

# Menu #7, Spring 2006

## **FUEL FOR GOLD Meal Plan**

Kelly Anne Erdman M.Sc., R.D .  
Phone: 220-8232

[kannecar@telus.net](mailto:kannecar@telus.net)



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<b>Fruity Cottage Cheese Omelette*</b> with Sprouted Wheat Bread	Cream of Wheat with Raisins, strawberries & yogurt	Low-Fat Bran Muffin, Light Cheddar, Orange Sections	Scrambled Eggs, Salsa, Whole Grain Rye Toast, Grapes	Fruit Salad with Cottage Cheese, Granola	Peanut Butter & Banana on Whole Grain English Muffin	Powershake (milk, yogurt, fruit, protein powder or Skim Milk Powder), Alpen
Lunch	Ground Meat Tacos (include cheddar, red onion, tomato, avocado, red pepper) with Brown Rice	BBQ or Broiled Sliced Chicken Breast in whole Wheat Pita with Spinach, Grated Light Cheddar, Diced Tomatoes	Tuna Melts with diced celery, peppers, fresh basil;  Spinach salad	<b>Seriously Sloppy Joes*</b> ,  Raw Vegetable Platter	Whole Wheat Pasta Salad with chopped broccoli, cauliflower, celery, carrots, red peppers, Light Italian Dressing, leftover Chicken Breast or Cottage Cheese	Homemade Submarine Sandwich loaded with Vegetables	<b>Parmesan Chicken Wraps*</b> ,  Fruit Salad
Supper	BBQ or Broiled Salmon, <b>Spiced Almond Rice*</b> , Tossed Salad	Homemade Pizza, Low-fat Caesar Salad	<b>BBQ Lean Steak with Marinade(s)*</b> , oven baked sweet potato wedges tossed with nutmeg, steamed cauliflower & broccoli	<b>Warm Thai Chicken Salad*</b> ,  Multigrain Rolls	Three Bean Salad, <b>Pork Tenderloin with Mango Curry*</b> , Fresh Whole Grain Bread, Tossed Salad	BBQ or Broiled Sirloin or Bison Burgers, Multigrain Bun, Greek Salad	<b>Singapore Noodles with Shrimp &amp; Chicken*</b> ,  <b>Apple Crumble Cake*</b>
Snacks for the day	Raw Vegetables with Light Ranch Dressing  Vector Bar  Apple	Sesame Snaps  Mango & Strawberries  Rice Pudding	Fig or Date Newtons  Grapefruit  Trail Mix with peanuts, almonds, walnuts, dried fruit	Low-Fat Bran Muffin  Berries with Yogurt  Unsweetened Mixed Fruit-Applesauce	Cantaloupe Wedges  Ovaltine with Graham Crackers  Almonds	Hummus with Whole Wheat Pita Chips  Vegetable V8 Juice  Seasonal Fresh Fruit	Berry Banana Shake (milk, yogurt, frozen banana or berries, vanilla extract)  Trailmix Bar  Gingersnaps

## **Fruity Cottage Cheese Omelette\***

### **What You Will Need:**

4 eggs (or 2 egg whites for every egg)  
1/4 cup water  
Cooking Spray  
1/2 cup 0-1% Cottage Cheese  
1/3 cup drained fruit salad / or diced fresh fruit

### **How to Prepare:**

1. Spray 10" non-stick skillet with cooking spray. Heat over medium heat.
2. Mix eggs with water, pour egg mixture into skillet, as begins to "set" lift edges with spatula. Cook until bottom is set and top is almost set.
3. Spread cottage cheese evenly in middle of omelette. Place fruit over cottage cheese. Fold each side of omelette towards centre to cover fruit salad.

Makes 2 servings.

**Per Serving : 220 calories, 6 grams carbohydrates, 24 grams protein, 11 grams fat**

\*Recipe From [www.eggs.ca](http://www.eggs.ca)

## Seriously Sloppy Joes\*

### What You Will Need:

Vegetable oil  
1 onion, chopped  
1 green pepper, chopped  
1 lb (500 g) extra lean ground beef or ground bison or ground poultry or ground-round tofu  
1 tsp (5 ml) chopped garlic  
1 tsp (5 ml) Worcestershire sauce  
½ tsp each dried basil & thyme leaves  
¼ tsp each salt & pepper  
1 cup (250 ml) tomato pasta sauce  
¼ cup barbecue sauce  
Whole Wheat Buns

### How to Prepare:

1. In large skillet heat the oil over high heat; stir-fry onion & green pepper 3 minutes. Remove onion & green pepper from heat.
2. Add the meat and cook until no longer pink. Pour the meat into a colander/drainer and rinse under hot water.
3. Add back the onion & green pepper, then add the garlic, Worcestershire, basil, thyme, salt & pepper. Cook all together for a few minutes.
4. Stir in the pasta & barbecue sauces and keep stirring until all mixture is hot (2-3 minutes).
5. Spread over toasted whole wheat buns.

Makes 4 Servings

**Per Serving (without bun): 313 calories, 24 grams protein, 18 grams fat, 12 grams carbohydrates, 2 gram fibre, 42 mg calcium, 3 mg iron, 616 mg sodium.**

\*From February, 2006 Chatelaine; go to [www.chatelaine.com](http://www.chatelaine.com) for more quick recipes

## Spiced Almond Rice\*

### What You Will Need:

3 cups cooked brown rice (or start with 1 cup uncooked, add 2 cups water or chicken)

1-2 tsp (5-10 ml) curry powder (choose your degree of heat)

½ cup chopped almonds

Sprinkle of fresh basil or dill (or dried basil or dill)

### How to Prepare:

1. Bring water or chicken broth to a boil. Then add the dry rice and simmer for 45-50 minutes over low heat with lid on saucepan.
2. Stir in the curry, almonds, and basil or dill.

\*From [www.Chatelaine.com](http://www.Chatelaine.com) April, 2006.

## Parmesan Chicken Wraps<sup>^</sup>

### What You Will Need:

- 4 whole wheat tortillas
- 1 lb (500 g) boneless, skinless chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 tsp basil
- 2 Tbsp flour
- 1 cup Milk
- 1/3 cup parmesan cheese
- 1/2 tsp hot pepper sauce (optional)
- 1/4 tsp pepper
- 2 fresh tomatoes
- 1/4 cup chopped fresh basil (optional)

### How To Prepare:

1. Spray non-stick pan with Pam or use small amount of oil. On medium heat cook the chicken with garlic and dried basil, stirring until the chicken is brown all over.
2. Whisk flour into milk and gradually stir into skillet. Reduce heat to medium-low and cook, stirring for about 5 minutes or until thickened and chicken is no longer pink inside.
3. Remove from heat; stir in parmesan cheese, hot pepper sauce, pepper. Keep stirring until the cheese is melted. Spoon filling along centre of each tortilla; top with tomatoes and fresh basil.
4. Fold up bottom of tortilla, then fold in the sides to enclose the filling.

Makes 4 servings.

<sup>^</sup>From 2006 Milk Calendar, Alberta Milk, [www.albertamilk.com](http://www.albertamilk.com)

## Warm Thai Chicken Salad+

### What You Will Need:

2 large limes  
3 Tbsp (45 ml) soy sauce  
1 Tbsp granulated sugar  
1 Tbsp finely grated fresh gingerroot  
2 tsp fish sauce  
2 garlic cloves, minced  
½ to 1 tsp hot chilli flakes  
1 red pepper  
½ English cucumber  
¼ green cabbage  
1/3 cup chopped fresh coriander or cilantro  
4 cups baby spinach or salad greens  
6 skinless, boneless chicken thighs  
Vegetable oil  
Salt to taste

### How to Prepare:

1. Make the dressing by squeezing the limes, adding soy sauce, sugar, ginger, fish sauce, garlic & chilli flakes.
2. Cut up the vegetables – red pepper into strips, cube the cucumber, wash the greens, and slice the cabbage thinly. Toss all the vegetables together.
3. Trim the fat off the chicken, slice into thin strips. Heat oil in skillet (or use Pam) – medium high heat. Add the chicken, sprinkle with salt. Stir often until chicken begins to lose its pink colour for 2-3 minutes.
4. Pour the dressing over the chicken. Stir often until the chicken is cooked through – 3 minutes. Add the chicken mixture over the vegetable salad.
5. Optional – top the salad with chopped mango and peanuts.

Serves 4.

**Each Serving Contains: 192 calories, 21 grams protein, 6 grams fat, 16 grams carbohydrate, 111 mg calcium, 4 grams fibre.**

+ From April, 2006, Chatelaine, [www.chatelaine.com](http://www.chatelaine.com).

## Singapore Noodles with Shrimp & Chicken<sup>^</sup>

### What You Will Need:

250 g rice vermicelli  
454 g bag frozen, peeled uncooked large shrimp  
2 skinless, boneless chicken breasts  
4 green onions  
2 carrots  
1 red pepper  
¼ cup lime juice  
2 Tbsp each soy sauce and water  
2 Tbsp vegetable oil  
2 tsp chopped garlic  
2 tsp fresh gingerroot, grated/minced  
1 ½ Tbsp curry powder  
1 tsp salt  
2/3 cup chopped, fresh coriander (optional)

### How to Prepare:

1. Separate noodles, soak according to package directions for 20 minutes. Drain noodles & toss with a little oil.
2. Rinse the shrimp under cold running water, pat dry with paper towels.
3. Cut chicken length-wise into strips. Slice onions into 1 inch pieces. Slice carrots & peppers into strips.
4. In a small bowl stir the lime juice with soy sauce, water and 1 Tbsp oil.
5. Heat oil or Pam in saucepan over medium-high heat. Add chicken, stir-fry until golden brown, about 3 minutes. Then add the shrimp, carrot, pepper, garlic & ginger. Sprinkle with curry powder and salt. Stir often until shrimp turn bright pink, 3 minutes.
6. Add the drained noodles to the saucepan, then pour in the lime mixture. Stir often to separate the noodles, until hot & noodles turn yellow, 2 minutes. Remove from heat and stir in the onions & coriander.

**Makes 4 servings.**

<sup>^</sup>From April, 2006 Chatelaine. [www.chatelaine.com](http://www.chatelaine.com)

## Pork Tenderloin with Mango Curry+

### What You Need:

- 1 lb (454 grams) pork tenderloin
- 2 Tbsp oil or butter
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 Tbsp yellow curry paste or powder
- 1 cup Half & Half OR Whole Milk (3.25% M.F.)
- 1/3 cup mango chutney
- 1/2 cup plain yogurt
- Toasted sliced almonds

### How to Prepare: serves 4

1. Cut the pork tenderloin crosswise into 1 inch thick medallions. In a large skillet melt 1 Tbsp butter (or heat half of the oil) over medium-high heat. Brown the pork medallions, turning once for 2 minutes per side; transfer the pork to a plate.
2. Reduce heat to medium-low and add the second Tbsp of butter or oil with the garlic, onion & curry; cook stirring for about 3 minutes or until softened. Pour in the cream or milk along with the mango chutney and bring to a boil, stirring and scraping up any bits that stick to the pan. Boil gently until thickens slightly, about 3 minutes.
3. Return the pork to the skillet, simmer for about 2 minutes or until just a hint of pink remains in the pork. Serve with a dollop of yogurt and sprinkle with almonds.

+ From 2006 Milk Calendar, [www.albertamilk.com](http://www.albertamilk.com).

## Apple Crumble Cake\*

### What You Will Need:

- 2 cups thinly, sliced peeled apples (about 2)
- 1/3 cup melted butter
- 3/4 cup packed brown sugar
- 2 eggs
- 1 cup milk
- 1/2 cup sour cream
- 2 tsp vanilla
- 2 1/2 cups white flour
- 2 tsp each ground cinnamon and ginger
- 2 tsp baking powder
- 1/2 tsp each baking soda and salt

### Crumble Topping:

- 1/3 cup quick-cooking rolled oats
- 1/4 cup packed brown sugar
- 1/4 tsp each ground cinnamon & ginger
- 2 Tbsp melted butter

### How to Prepare:

1. Preheat oven to 350 degrees F. Lightly butter a 9-inch pan.
2. Mix the topping ingredients until crumbly.
3. Chop the apple, set aside. In a separate bowl whisk together the butter, brown sugar & eggs, then add the apples, milk, sour cream & vanilla. Without stirring add the flour, cinnamon, ginger, baking powder, baking soda & salt. Finally stir all ingredients together until JUST mixed.
4. Pour mixture into the pan, smooth the top then sprinkle on the topping mixture. Bake for about an hour (until toothpick comes out clean from centre of cake).

\* From 2006 Alberta Milk Calendar, [www.albertamilk.com](http://www.albertamilk.com)

## BBQ Marinades^

### Spicy BBQ Sauce:

- 1 cup ketchup
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp dried thyme
- ¼ cup honey or brown sugar
- ¼ cup each lemon juice, water, Worcestershire sauce
- 2 tsp prepared yellow mustard

*In a medium saucepan combine all ingredients and simmer for 5 minutes*

### Hoisin Marinade:

- ½ cup hoisin sauce
- 2 Tbsp rice wine or dry sherry or red wine
- 1 Tbsp oyster or fish sauce
- 1 Tbsp sugar
- ½ tsp ground allspice
- ¼ tsp grated ginger root

*In a glass jar with a tight fitting lid thoroughly combine all ingredients.*

### Honey Mustard Marinade:

- ½ cup beer
- 2 Tbsp each canola oil, honey, Dijon mustard, prepared yellow mustard
- 1 tsp coarse black pepper

*In a glass jar with a tight fitting lid thoroughly mix all ingredients.*

### Teriyaki Marinade:

- ¾ cup orange or pineapple juice
- ¼ cup soy sauce
- 2 cloves garlic, minced
- 2 Tbsp honey
- ½ tsp ground ginger

*Mix all ingredients in a glass jar.*

### Sweet & Simple Marinade:

- ½ cup apricot jam
- 1 Tbsp Dijon mustard
- 1 ½ Tbsp Worcestershire sauce
- 1 Tbsp cider vinegar

*Heat all ingredients in a saucepan, stirring until the jam is melted.*

**^Recipes from Alberta Pork.**