



WEEK ONE

# resolution

MEMORIAL HERMANN®



We're kicking things off with a black bean chili that's going to be your new favorite dinner. Save leftover chili for lunches during the week, or freeze for another serving down the road. For the chili, if you don't want to buy a jar of ground chipotle chili for ½ a teaspoon, just substitute for regular chili powder. For the tacos, look for frozen wild fish which is a great deal. If you'd like, substitute ground dark meat chicken or pork in the five spice lettuce wraps. And enjoy the leftovers from the quiche for breakfast or brunch all weekend long. If you're cooking for one or two, these recipes can easily be halved. But remember—leftover lunches save you money, time and calories. You'll quickly see that this month is going to be full of flavorful, delicious and healthy dinners. **Let's get started.**

### WEDNESDAY

Sweet Potato & Black Bean Chili and Kale Salad with Creamy Poppy Seed Dressing



### THURSDAY

Grilled Fish Tacos with Coleslaw



### FRIDAY

Spaghetti Squash & Chicken with Avocado Pesto and Garlic-Parmesan Roasted Brussels Sprouts



### Bonus Recipes

Broccoli, Ham & Cheese Quiche



Five-Spice Turkey & Lettuce Wraps



Garlic-Rosemary Smashed Potatoes



# PLATE METHOD SUGGESTIONS

MONDAY

## breakfast

Turkey sausage patty, whole grain english muffin, watermelon

## lunch

Turkey taco lettuce wraps, rice, grilled onions/peppers

## snack

Corn and black bean salsa, jicama sticks/chips

TUESDAY

## breakfast

Veggie/egg omelet, grapes, roasted breakfast potatoes

## lunch

Salmon, quinoa, mixed berries, brussels sprouts

## snack

Cottage cheese, peaches, bell pepper slices

WEDNESDAY

## breakfast

Scrambled eggs, whole grain toast, orange

## lunch

Light tuna salad with whole grain crackers, cucumbers, grapes

## snack

Carrots, celery, hummus, whole grain pretzels

THURSDAY

## breakfast

Greek yogurt, mixed berries, unsweetened granola

## lunch

Veggie burger with whole grain bun, cauliflower tots, orange

## snack

Light chicken salad, whole grain crackers, grapes

FRIDAY

## breakfast

Oatmeal with milk, peanut butter, banana

## lunch

Baked chicken breast, green beans, carrots, mashed potatoes

## snack

Boiled egg, mini bell peppers, popcorn

*Since these meals are suggestions, the ingredients are not included in the weekly shopping list.*

# SHOPPING LIST WEEK ONE

PRODUCE	
<input type="checkbox"/>	Avocado
<input type="checkbox"/>	Baby potatoes, 1 pound
<input type="checkbox"/>	Basil, 1 1/2 cups
<input type="checkbox"/>	Boston lettuce, 2 heads
<input type="checkbox"/>	Broccoli, 2 cups, stems and florets needed
<input type="checkbox"/>	Brussels sprouts, 3 pounds
<input type="checkbox"/>	Carrot, 1 large
<input type="checkbox"/>	Chives
<input type="checkbox"/>	Cilantro, 1 bunch
<input type="checkbox"/>	Garlic, 2 heads
<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Green or red cabbage, 3 cups
<input type="checkbox"/>	Kale, 1 bunch or bag
<input type="checkbox"/>	Lemons, 2
<input type="checkbox"/>	Limes, 3
<input type="checkbox"/>	Radicchio
<input type="checkbox"/>	Red bell pepper, 1 large
<input type="checkbox"/>	Rosemary
<input type="checkbox"/>	Spaghetti squash, 1, 2½ to 3 pounds
<input type="checkbox"/>	Sweet potato, 1
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	White onion, 1 large
PROTIEN	
<input type="checkbox"/>	Smoked ham, enough for 3/4 cup
<input type="checkbox"/>	Ground turkey, 93% lean, 1 pound
<input type="checkbox"/>	Skinless, boneless chicken breasts, 1 pound
<input type="checkbox"/>	White fish, 2 pounds
CONDIMENTS	
<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	Hoisin sauce
<input type="checkbox"/>	Low-fat mayonnaise
<input type="checkbox"/>	Sesame oil

DAIRY	
<input type="checkbox"/>	Extra-sharp Cheddar cheese
<input type="checkbox"/>	1 dozen eggs
<input type="checkbox"/>	Parmesan cheese, shredded
<input type="checkbox"/>	Reduced-fat sour cream
BAKERY	
<input type="checkbox"/>	12 corn tortillas
SPICES / HERBS	
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Five-spice powder
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Ground chipotle chile
<input type="checkbox"/>	Ground cumin
<input type="checkbox"/>	Ground pepper
<input type="checkbox"/>	Onion powder
<input type="checkbox"/>	Salt
CANNED GOODS	
<input type="checkbox"/>	1 14-ounce can of diced tomatoes
<input type="checkbox"/>	2 15-ounce cans of black beans
<input type="checkbox"/>	1 8-ounce can of water chestnuts
<input type="checkbox"/>	1 can of reduced-sodium chicken broth
FROZEN FOODS	
<input type="checkbox"/>	1 bag of steamable edamame
<input type="checkbox"/>	16-ounce bag of precooked shredded potatoes or frozen hash browns
OTHER	
<input type="checkbox"/>	Pine nuts, ¼ cup
<input type="checkbox"/>	All-purpose flour
<input type="checkbox"/>	Dried cranberries
<input type="checkbox"/>	Instant brown rice
<input type="checkbox"/>	Poppy seeds
<input type="checkbox"/>	Sugar
<input type="checkbox"/>	Toasted pepitas
<input type="checkbox"/>	Unsalted shelled pistachios, ¼ cup

Some recipes may include peanuts, tree nuts, eggs and wheat. Please make note of dietary restrictions before preparing.



# Sweet Potato & Black Bean Chili

Serving Size: 2 cups

Yield: 4 servings

Active Time: 25 minutes

Total Time: 40 minutes

**WEDNESDAY**

## Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

## Instructions

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes.

Remove from heat and stir in cilantro.

## Nutrition

Calories 319  
Total Fat: 8 g  
Saturated Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrates: 54 g  
Fiber: 15 g  
Total Sugars: 13 g

Added Sugars: 0 g  
Protein: 12 g  
Sodium: 518 mg  
Potassium: 1036 mg  
Folate: 117 mcg  
Calcium: 157 mg  
Carbohydrate servings: 3



# Kale Salad with Creamy Poppy Seed Dressing

Serving Size: 1 ½ cups

Yield: 6 servings

Active Time: 25 minutes

Total Time: 25 minutes

**WEDNESDAY**

## Ingredients

- ¼ cup low-fat mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon poppy seeds
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups coarsely chopped kale, any tough stems removed
- 2 cups matchstick-cut peeled broccoli stems, save florets for quiche if desired
- 2 cups thinly sliced trimmed Brussels sprouts (8 ounces)
- ½ cup sliced radicchio
- 3 tablespoons dried cranberries
- 3 tablespoons toasted pepitas

## Instructions

Whisk mayonnaise, vinegar, oil, poppy seeds, sugar (or honey), salt and pepper in a large bowl. Add kale, broccoli stems, Brussels sprouts, radicchio, cranberries and pepitas; toss until well coated with the dressing.

## Nutrition

Calories 161

Total Fat: 12 g

Saturated Fat: 2 g

Cholesterol: 4 mg

Carbohydrates: 12 g

Fiber: 3 g

Total Sugars: 6 g

Added Sugars: 3 g

Protein: 4 g

Sodium: 182 mg

Potassium: 375 mg

Folate: 43 mcg

Calcium: 61 mg

Carbohydrate servings: ½



# Grilled Fish Tacos with Coleslaw

Serving Size: 2 tacos  
Yield: 6 servings  
Active Time: 30 minutes  
Total Time: 50 minutes

**THURSDAY**

## Ingredients | Fish

4 teaspoons chili powder  
2 tablespoons lime juice  
2 tablespoons extra-virgin olive oil  
1 teaspoon ground cumin  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
2 pounds white fish, ½-¾ inch thick,  
skinned and cut into 4 portions

## Ingredients | Coleslaw

¼ cup reduced-fat sour cream  
¼ cup low-fat mayonnaise  
2 tablespoons chopped fresh cilantro  
1 teaspoon lime zest  
2 tablespoons lime juice  
1 teaspoon sugar  
¼ teaspoon salt  
Ground pepper to taste  
3 cups finely shredded red  
or green cabbage  
12 corn tortillas, warmed

## Instructions

To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub chili powder all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.

To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use. Preheat grill to medium-high.

Oil the grill rack or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks.

Serve the tacos family-style by passing the fish, tortillas, coleslaw and taco garnishes separately.

## Nutrition

Calories 318	Added Sugars: 1 g
Total Fat: 9 g	Protein: 31 g
Saturated Fat: 2 g	Sodium: 714 mg
Cholesterol: 110 mg	Potassium: 829 mg
Carbohydrates: 29 g	Folate: 28 mcg
Fiber: 5 g	Calcium: 99 mg
Total Sugars: 3 g	Carbohydrate servings: 2



# Spaghetti Squash & Chicken with Avocado Pesto

Serving Size: 1 ½ cups  
Yield: 4 servings  
Active Time: 30 minutes  
Total Time: 1 hour

**FRIDAY**

## Ingredients

1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded  
1 ripe avocado  
1 cup packed basil leaves  
¼ cup unsalted shelled pistachios  
2 tablespoons lemon juice  
1 clove garlic  
¾ teaspoon salt, divided  
½ teaspoon ground pepper, divided  
5 tablespoons extra-virgin olive oil, divided  
1 pound skinless, boneless chicken breasts, trimmed and cut into 1-inch pieces

## Instructions

Preheat oven to 400°. Coat a large rimmed baking sheet with cooking spray.

Place squash, cut-side down, on one side of the prepared pan. Bake until tender, about 45 minutes.

Meanwhile, combine avocado, basil, pistachios, lemon juice, garlic, ½ teaspoon salt and ¼ teaspoon pepper in a food processor. Pulse until finely chopped. Add 4 tablespoons oil and process until smooth.

Ten minutes before the squash is done, toss chicken, the remaining 1 tablespoon oil and the remaining ¼ teaspoon each salt and pepper together in a medium bowl. Spread the chicken in an even layer on the empty side of the baking sheet. Return to the oven and bake until just cooked through, about 10 minutes.

Using a fork, scrape the squash from the shells into a large bowl. Add the chicken and toss gently to combine. Serve topped with the pesto.

## Nutrition

Calories 497	Added Sugars: 0 g
Total Fat: 32 g	Protein: 30 g
Saturated Fat: 5 g	Sodium: 543 mg
Cholesterol: 83 mg	Potassium: 1072 mg
Carbohydrates: 26 g	Folate: 86 mcg
Fiber: 8 g	Calcium: 101 mg
Total Sugars: 6 g	Carbohydrate Servings: 1 ½





# Garlic-Parmesan Roasted Brussels Sprouts

Serving Size: 1 cup  
Yield: 6 servings  
Active Time: 10 minutes  
Total Time: 30 minutes

**FRIDAY**

## Ingredients

2 pounds Brussels sprouts, trimmed  
and halved (or quartered if large)  
1 small lemon, sliced  
4 cloves garlic, sliced  
¼ cup extra-virgin olive oil  
1 tablespoon chopped fresh thyme  
or 1 teaspoon dried  
½ teaspoon salt  
¼ teaspoon ground pepper  
⅓ cup finely shredded Parmesan cheese  
¼ cup toasted pine nuts

## Instructions

Position racks in upper and lower third of oven; preheat to 425°.

Toss Brussels sprouts, lemon, garlic, oil, thyme, salt and pepper in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.

Roast without stirring for 10 minutes. Switch the pans top to bottom and continue roasting, without stirring, until lightly browned and tender, 8 to 10 minutes more. Transfer to a serving dish and sprinkle with Parmesan and pine nuts.

## Nutrition

Calories 204  
Total Fat: 15 g  
Saturated Fat: 3 g  
Cholesterol: 3 mg  
Carbohydrates: 14 g  
Fiber: 5 g  
Total Sugars: 3 g

Added Sugars: 0 g  
Protein: 7 g  
Sodium: 304 mg  
Potassium: 577 mg  
Folate: 102 mcg  
Calcium: 122 mg  
Carbohydrate Servings: 1



## Five-Spice Turkey & Lettuce Wraps

Serving Size: 1 ¼ cups filling & about 6 lettuce wraps

Yield: 4 servings, 1 ¼ cups filling each

Active Time: 30 minutes

Total Time: 30 minutes

### BONUS

### Ingredients

½ cup water  
½ cup instant brown rice  
2 teaspoons sesame oil  
1 pound 93%-lean ground turkey  
1 tablespoon minced fresh ginger  
1 large red bell pepper, finely diced  
1 8-ounce can water chestnuts, rinsed and chopped  
½ cup reduced-sodium chicken broth  
2 tablespoons hoisin sauce  
1 teaspoon five-spice powder  
½ teaspoon salt  
2 heads Boston lettuce, leaves separated  
½ cup chopped cilantro or chives  
1 large carrot, shredded  
Bag of steamed edamame

### Instructions

Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.

Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.

To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Enjoy alongside steamed edamame.

### Nutrition

Calories 286	Added Sugars: 0 g
Total Fat: 11 g	Protein: 26 g
Saturated Fat: 2 g	Sodium: 596 mg
Cholesterol: 65 mg	Potassium: 414 mg
Carbohydrates: 24 g	Folate: 90 mcg
Fiber: 5 g	Calcium: 58 mg
Total Sugars: 6 g	Carbohydrate Servings: 1 ½



# Garlic-Rosemary Smashed Potatoes

Serving Size: ½ cup each

Yield: 4 servings

Active Time: 15 minutes

Total Time: 40 minutes

**BONUS**

## Ingredients

- 1 pound baby potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, minced
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon salt
- ¼ teaspoon ground pepper

## Instructions

Preheat oven to 425°. Place a large rimmed baking sheet in the oven to preheat.

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until just tender, 12 to 14 minutes.

Meanwhile, combine 1 ½ tablespoons oil, garlic, rosemary, salt and pepper in a small bowl.

Brush the hot baking sheet with the remaining ½ tablespoon oil. Place the steamed potatoes on the pan, skin-side up, and smash with the bottom of a jar or smooth side of a meat mallet. Drizzle with the garlic oil. Roast until browned on the bottom, about 15 minutes.

## Nutrition

Calories 146

Total Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Carbohydrates: 19 g

Fiber: 2 g

Total Sugars: 1 g

Added Sugars: 0 g

Protein: 2 g

Sodium: 312 mg

Potassium: 528 mg

Folate: 21 mcg

Calcium: 17 mg

Carbohydrate Servings: 1 ½



# Broccoli, Ham & Cheese Quiche

Serving Size: 1 slice

Yield: 6 servings

Active Time: 20 minutes

Total Time: 2 hours

**BONUS**

## Ingredients

16 ounces precooked shredded potatoes or frozen hash browns (thawed)  
8 eggs, beaten  
2 tablespoons all-purpose flour  
1 tablespoon Extra-virgin olive oil  
¼ teaspoon salt  
2 cups finely chopped broccoli florets  
1 cup shredded extra-sharp Cheddar cheese  
¾ cup finely diced smoked ham  
¾ cup reduced-fat sour cream  
¼ cup minced fresh chives  
¼ teaspoon freshly ground pepper

## Instructions

Preheat oven to 375°. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.

If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with ¼ cup egg, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.

Fill the crust with broccoli, cheese and ham. Whisk the remaining 1 ½ cups egg, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.

Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

## Nutrition

Calories 297

Total Fat: 16 g

Saturated Fat: 7 g

Cholesterol: 41 mg

Carbohydrates: 17 g

Fiber: 2 g

Total Sugars: 1 g

Added Sugars: 0 g

Protein: 21 g

Sodium: 622 mg

Potassium: 436 mg

Folate: 46 mcg

Calcium: 212 mg

Carbohydrate Servings: 1