

healthy in a hurry

**ONE BAG
OF GROCERIES,
5 FAST DINNERS!**

Monday:

Brussels Sprout
& Potato Hash

Tuesday:

Chickpea &
Chorizo Fideos

Wednesday:

Pork Milanese
with Mashed
Sweet Potato

Thursday:

Creamy Mustard
Chicken

Friday:

Chard & Chorizo
Frittata



Great ideas for meals in minutes!

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Weeknight Dinner Plan: One Bag of Groceries

Shopping List

This list outlines everything you need to make all the recipes for the week:



Shop For:

Produce & Fresh Herbs

- 1 pound Brussels sprouts
- 1 small bunch chard
- 1 head garlic
- 1 lemon (optional)
- 1 small onion
- 1 bunch fresh sage
- 1 bunch scallions
- 1 large shallot
- 2 large sweet potatoes

Dry Goods & Bread

- 14- to 16-ounce package whole-wheat angel hair pasta
- Coarse dry whole-wheat breadcrumbs

Canned & Bottled Goods

- 15-ounce can chickpeas
- 14-ounce can petite diced tomatoes

Refrigerator Items & Dairy

- Reduced-fat sour cream
- Parmesan cheese
- 1 dozen eggs

Frozen

- 30-ounce bag frozen shredded hash browns

Meat & Seafood

- 4 thin-sliced chicken breasts (about 1 pound)
- 1 pound pork tenderloin
- 4 ounces Spanish chorizo (or pepperoni)

Check Your Pantry For:

Oils, Vinegars & Condiments

- Extra-virgin olive oil
- Dijon mustard

Refrigerator Items

- All-purpose flour

Flavorings

- Salt
- Black pepper
- Garlic powder
- Dried rosemary

Spirits

- Dry white wine (1 cup)

Weeknight Dinner Plan: One Bag of Groceries

Monday



Make It for Two:

Halve all the ingredients (using about 2 Tbsp. Parmesan); prepare hash in a medium nonstick skillet and poach eggs in a medium saucepan.

Brussels Sprout & Potato Hash

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Makes: 4 servings, 1 egg & 1 cup hash each

Active time: 45 minutes

Total: 45 minutes

Cost per serving: under \$2.50

This hash is perfect for a cool fall evening. Look for hash browns that don't have added salt to help keep sodium in check.

- 3 tablespoons extra-virgin olive oil
- ¼ cup chopped onion
- ½ teaspoon dried rosemary
- 5 cups frozen shredded hash browns
- ½ teaspoon salt

- ½ teaspoon freshly ground pepper
- 1 pound Brussels sprouts, trimmed and thinly sliced
- ⅓ cup finely shredded Parmesan cheese
- 4 large eggs

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and rosemary; cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper. Spread into an even layer. Cook, undisturbed, for 4 minutes.
2. Reduce heat to medium. Stir in Brussels sprouts, spread back into an even layer and cook, stirring every 2 to 3 minutes and returning to an even layer, until golden brown, 12 to 14 minutes total. Remove from heat and stir in cheese.

3. Meanwhile, bring 2 inches of water to a boil in a Dutch oven. Reduce to a gentle simmer. Break an egg into a small bowl, submerge the bowl's lip in the water and slide the egg in. Repeat with the remaining eggs. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Transfer the eggs to a clean dish towel to drain. Serve the eggs over the hash.

Per serving: 377 calories; 18 g fat (4 g sat, 11 g mono); 192 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 14 g protein; 7 g fiber; 594 mg sodium; 489 mg potassium.

Nutrition bonus: Vitamin C (129% daily value), Vitamin A (26% dv), Folate (25% dv), Iron (18% dv), Calcium (15% dv).

Weeknight Dinner Plan: One Bag of Groceries

Tuesday



Chickpea & Chorizo Fideos

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Makes: 4 servings,
about 1½ cups each

Active time: 25 minutes

Total: 25 minutes

Cost per serving: under \$2

This quick, one-pot Spanish pasta gets a smoky flavor from chorizo. If you can't find Spanish chorizo, pepperoni works well in its place. Serve with a green salad drizzled with sherry vinaigrette.

- 3 tablespoons extra-virgin olive oil, divided
- ½ package whole-wheat angel hair pasta (7-8 ounces), broken into 2-inch pieces
- 2 large cloves garlic, minced
- ½ cup chopped Spanish chorizo or pepperoni (about 2 ounces)
- 1 14-ounce can petite diced tomatoes
- 1½ cups water
- ½ cup dry white wine
- 1 15-ounce can chickpeas, rinsed
- 3 scallions (½ bunch), sliced

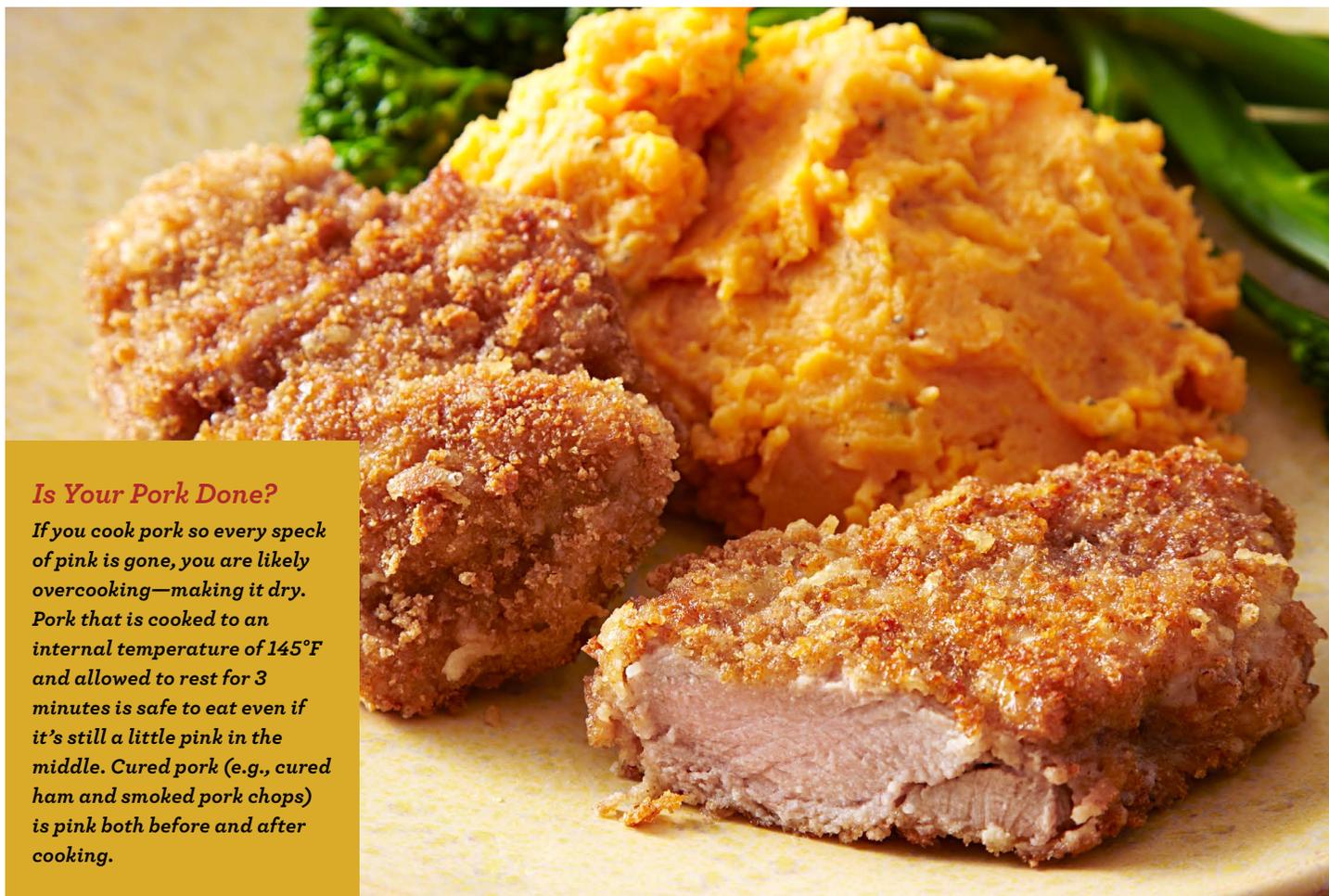
1. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add pasta pieces and cook, stirring, until toasted and browned in spots, 2 to 3 minutes. Transfer to a bowl.
2. Add the remaining 1 tablespoon oil to the

pan and heat over medium heat. Add garlic and chorizo (or pepperoni) and cook, stirring, until fragrant, about 1 minute. Add tomatoes, water, wine and the toasted pasta; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the pasta is tender and most of the liquid is absorbed, about 8 minutes. Stir in chickpeas and scallions and cook 1 minute more.

Per serving: 474 calories; 18 g fat (4 g sat, 11 g mono); 12 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 11 g fiber; 483 mg sodium; 546 mg potassium. **Nutrition bonus:** Magnesium (29% daily value), Vitamin C (25% dv), Folate & Iron (24% dv), Zinc (18% dv), Potassium (16% dv).

Weeknight Dinner Plan: One Bag of Groceries

Wednesday



Is Your Pork Done?

If you cook pork so every speck of pink is gone, you are likely overcooking—making it dry. Pork that is cooked to an internal temperature of 145°F and allowed to rest for 3 minutes is safe to eat even if it's still a little pink in the middle. Cured pork (e.g., cured ham and smoked pork chops) is pink both before and after cooking.

Pork Milanese with Mashed Sweet Potato

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Makes: 4 servings,
2 pork medallions & about
½ cup sweet potato each

Active time: 30 minutes

Total: 30 minutes

Cost per serving: under \$3.50

You'll swear that these crispy pork medallions were deep-fried, when in fact they achieve their delectable crispy crust with a nonstick skillet and a mere 3 tablespoons extra-virgin olive oil. To round out the meal, serve with steamed broccolini with a squeeze of lemon.

- 2 large sweet potatoes (about 2 pounds)
- 2 tablespoons all-purpose flour
- 1 large egg, lightly beaten
- ¾ cup coarse dry breadcrumbs, preferably whole-wheat
- ¼ cup finely shredded Parmesan cheese

- 1 pound pork tenderloin, trimmed and cut crosswise into 8 slices (medallions)
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- ¼ cup reduced-fat sour cream
- 1 tablespoon chopped fresh sage
- 4 lemon wedges (optional)

1. Prick sweet potatoes in several places with a fork. Place on a plate and microwave on High until tender all the way through, 10 to 15 minutes.
2. Meanwhile, place flour in a shallow dish and egg in another dish. Combine breadcrumbs and Parmesan in a third dish. Press pork medallions down with your hand so they are all about ½ inch thick. Sprinkle with ¼ teaspoon each salt and pepper. Coat both sides of the pork first in the flour, shaking off any excess, then dip in egg. Finally, coat on both sides with the breadcrumb mixture, pressing to help the crumbs stick.

3. Heat oil in a large nonstick skillet over medium heat. Add the pork and cook, turning once, until golden brown and an instant-read thermometer inserted in the center registers 145°F, 4 to 5 minutes per side (see *Tip*, below). Transfer to a clean plate and let rest while you finish the sweet potatoes.
4. When the sweet potatoes are cool enough to handle, cut open and scoop the flesh into a medium bowl. Mash with sour cream, sage and the remaining ¼ teaspoon each salt and pepper. Serve the pork with the mashed sweet potato and a lemon wedge, if desired.

Per serving: 469 calories; 18 g fat (5 g sat, 10 g mono); 130 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 33 g protein; 6 g fiber; 527 mg sodium; 1,159 mg potassium. **Nutrition bonus:** Vitamin A (534% daily value), Vitamin C (45% dv), Potassium (33% dv), Zinc (20% dv), Magnesium (19% dv), Iron (17% dv).

Weeknight Dinner Plan: One Bag of Groceries

Thursday



Creamy Mustard Chicken

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Makes: 4 servings, 1 cutlet & 1 cup pasta with $\frac{1}{4}$ cup sauce each

Active time: 35 minutes

Total: 35 minutes

Cost per serving: under \$2.50

Thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook up quickly and are delicious smothered in a velvety, light mustard sauce garnished with fresh chopped sage. If you can't find chicken cutlets, cut boneless, skinless chicken breast into 4-ounce pieces and place between pieces of plastic wrap. Pound with a meat mallet, rolling pin or heavy skillet until flattened to about $\frac{1}{2}$ inch thick.

- $\frac{1}{2}$ package whole-wheat angel hair pasta (7-8 ounces)
- 4 thin-sliced chicken breasts *or* cutlets (about 1 pound)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon freshly ground pepper, divided
- $\frac{1}{4}$ cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 large shallot, finely chopped
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup reduced-fat sour cream
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped fresh sage, plus more for garnish

1. Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain.
2. Meanwhile, sprinkle chicken with garlic powder and $\frac{1}{4}$ teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.
4. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining $\frac{1}{4}$ teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce.
5. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

Per serving: 447 calories; 16 g fat| (3 g sat, 10 g mono); 69 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 456 mg sodium; 367 mg potassium. **Nutrition bonus:** Magnesium (25% daily value), Iron (16% dv).

Weeknight Dinner Plan: One Bag of Groceries

Friday



Chard & Chorizo Frittata



Makes: 4 servings
Active time: 40 minutes
Total: 40 minutes

Cost per serving: under \$2

Frittatas are the ultimate no-fuss dinner, and that's why we love them for busy weeknights. In this one, we sauté earthy chard, chorizo and hash browns in the pan before adding the eggs. The broiler finishes cooking the eggs and turns the top of the frittata a lovely golden brown.

7 large eggs
3 scallions (½ bunch), sliced
½ cup shredded Parmesan cheese
¼ teaspoon freshly ground pepper
⅛ teaspoon salt

2 tablespoons extra-virgin olive oil
4 cups chopped chard (1 small bunch)
½ cup finely diced Spanish chorizo or pepperoni (about 2 ounces)
3 cups frozen shredded hash browns

1. Position rack in upper third of oven; pre-heat broiler.
2. Whisk eggs, scallions, cheese, pepper and salt in a large bowl.
3. Heat oil in a large cast-iron skillet (or broiler-safe nonstick skillet) over medium-high heat. Add chard and chorizo (or pepperoni) and cook, stirring frequently, until the chard is wilted, 2 to 3 minutes. Stir in hash browns. Pat the mixture into an even layer in the pan.
4. Pour the egg mixture into the pan and evenly spread to the edges. Cook over medium-high heat, lifting around the edges with

a heatproof spatula to allow uncooked egg to flow under, until set around the edges, 3 to 4 minutes. Place the skillet under the broiler until the top is cooked and the eggs are slightly browned, 3 to 4 minutes. Let stand 5 minutes.

5. To release the frittata from the pan, run the spatula around the edges, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 384 calories; 24 g fat (8 g sat, 12 g mono); 345 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 683 mg sodium; 356 mg potassium.

Nutrition bonus: Vitamin A (57% daily value), Vitamin C (22% dv), Calcium (20% dv), Iron (17% dv).