

Grocery List:

Produce:

- Green peppers: 2
- Onions: 5
- Mushrooms: 1 cup, sliced, fresh
- Lettuce of choice for salad
- Celery: 1 package
- Carrots: 2 pounds
- Red potatoes to make 2 cups diced
- Potatoes: 6 medium/large
- 1 pound fresh or frozen green beans
- Jar of minced garlic

Meats:

- Boneless, skinless chicken (2 cups diced)
- Ham: 2 cups cooked and cubed
- 1 1/2 pounds of cod fillets
- 1 1/2 pounds of lean beef round steak

Dairy:

- Shredded Cheddar Cheese: 1 cup
- Skim milk (1 3/4 cup)

Other:

- Wild rice: 2 cups
- Brown rice: enough to make 2 cups cooked
- Slivered almonds: 1/2 cup
- 4 cups low sodium chicken broth
- 2 cups low sodium, fat free beef broth
- Miso paste (1 tablespoon)
- Sesame seeds (2 tablespoons)
- 16 oz. dried split peas
- 15 oz. can black beans
- 14.5 oz. can of diced tomatoes with chiles
- Salsa: 1 1/4 cup
- 8 flour tortillas (6")
- 1 12oz. can of beer

*continued on next page

Grocery List (continued):

Pantry staples:

- Chili powder (1 tablespoons)
- Cinnamon (1 teaspoon)
- Salt
- Black pepper
- Garlic powder
- Whole wheat flour (2 1/2 cups)
- All-purpose flour (2 1/2 cups)
- Brown sugar
- Baking powder
- Canola oil
- Olive oil (3 tablespoons)
- Lemon juice (3 tablespoon)
- Low sodium soy sauce (1/4 cup)
- Worcestershire sauce
- Dried Parsley (1 tablespoon)
- Red pepper flakes
- Ground ginger
- Cumin

This brochure is provided for general informational purposes only. It is not intended as and should not be relied upon as medical advice. People that have a medical condition should seek the advice of their physician or dietitian before significantly changing their dietary intake.

*Healthier Cumberland is funded by the
Healthier Wisconsin Partnership Program,
a component of the
Advancing a Healthier Wisconsin endowment at
the Medical College of Wisconsin.*

www.healthiercumberland.org

Healthier Cumberland
Taking Steps to a Healthier Community



Weekly Meal Planner

Volume 2

What's for Dinner?

- Crock-pot Wild Rice Hotdish with Sesame Green Beans
- Slow Cooker Split Pea Soup with Whole Wheat Beer Bread
- Enchiladas with lettuce salad
- Beef Stew with Whole Wheat Biscuits
- Cod Baked with Vegetables

Healthier Cumberland
Taking Steps to a Healthier Community



Crock-pot Wild Rice Hotdish

Serves 8—Best served with Sesame Green Beans (below).

- 2 cup wild rice, uncooked
- 1/2 cup almonds, slivered
- 1 cup onions, chopped
- 1 cup celery, chopped
- 1 cup mushrooms, chopped
- 1 cup green pepper, chopped
- 2 cups chicken, diced
- 4 cups low sodium chicken broth
- 2 cups water
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 Tbsp parsley

Directions: Wash and drain rice. Combine all ingredients in slow cooker. Mix well. Cover and cook on LOW for 4-6 hours or until rice is fully cooked. Do not remove lid before rice has cooked 4 hours.

Calories: 280 Total Fat: 6g Saturated Fat: 1g
Fiber: 4g Carbs: 37g Sodium: 340mg

Sesame Green Beans

Serves 8

- 1 pound fresh or frozen green beans
- 1/4 cup low sodium soy sauce
- 1 tablespoon miso paste
- 1 teaspoon red pepper flakes
- 2 tablespoons minced garlic
- 1 teaspoon ground ginger
- 2 tablespoons toasted sesame seeds

Directions: Place the green beans in a pot with one inch of water. Bring to a boil, cover and steam for 5 minutes. Remove from the heat and transfer beans to a serving bowl. Stir together the soy sauce, miso paste, red pepper flakes, garlic and ginger. Pour over the green beans and toss to coat. Sprinkle sesame seeds on top.

Calories: 51 Total Fat: 1.7g Saturated Fat: 0g
Fiber: 2.3g Carbs: 6g Sodium: 296mg

Whole Wheat Beer Bread

Serves 12

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 4 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1/3 cup packed brown sugar
- 1 (12 fluid ounce) can or bottle beer

Directions: Combine all dry ingredients in a large mixing bowl. Pour in beer. Stir or mix with hands until a stiff batter is formed. Scrape dough into a lightly greased loaf pan. Bake in 350 degree oven for 50-60 minutes (until toothpick inserted into the center of the loaf comes out clean).

Calories: 144 Total Fat: 0.4g Saturated Fat: 0.1g
Fiber: 2.3g Carbs: 30.1g Sodium: 388mg

Slow Cooker Split Pea Soup

Serves 9—Best served with Whole Wheat Beer Bread (left)

- 1-16 oz. package of dried split peas
- 2 cups fully cooked ham, cut up
- 1 cup of carrots, diced
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 5 cups boiling water
- 1 cup hot skim milk

Directions: In a slow cooker, layer the first nine ingredients in order listed. Cover and cook on high for 4 – 5 hours or until vegetable are tender. Stir in the milk.

Calories: 214 Total Fat: 3g Saturated Fat: 1g
Fiber: 11g Carbs: 31g Sodium: 542mg

Black Bean and Rice Enchiladas

Serves 8—Best served with a lettuce salad

- 1 green pepper, chopped
- 1 medium onion, chopped
- 3 teaspoons minced garlic
- 1 tablespoon olive oil
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with green chilies
- 1 1/4 cup salsa
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes
- 2 cups cooked brown rice
- 8 (6 inch) flour tortillas
- 1 cup shredded Cheddar cheese

Directions: Sauté the green pepper, onion and garlic in oil until tender. Add the beans, tomatoes, 1/4 cup of the salsa, chili powder, cumin and red pepper flakes. Bring to a boil. Reduce heat and simmer until heated through and mixture thickens. Add rice. Cook until heated through. Spoon 1/2 cup of mixture down the center of each tortilla. Fold sides over filling and roll up. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon salsa over each tortilla. Cover and bake at 350 degrees F for 25 minutes. Uncover and sprinkle with cheese. Bake 2-3 minutes longer.

Calories: 283 Total Fat: 6g Saturated Fat: 1.5g
Fiber: 6g Carbs: 44g Sodium: 714mg

Visit us online at:

www.healthiercumberland.org

to view our collection of recipes, which
includes these meal ideas and more!

Healthier Cumberland

Taking Steps to a Healthier Community



Beef Stew

Serves 6—Best served with Whole Wheat Biscuits

- 1 1/2 pound lean beef round steak, cut into bite sizes
- 6 medium to large potatoes, peeled and diced
- 1 onion, chopped
- 6 carrots, chopped
- 2 teaspoons minced garlic
- 2 cups fat free, low sodium beef broth
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions: Place ingredients in crock-pot in order listed. Cook on LOW for 8 hours.

Calories: 310 Total Fat: 5g Saturated Fat: 1.6g
Fiber: 5.5g Carbs: 37g Sodium: 464mg

Whole Wheat Biscuits

Serves 12

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup canola oil
- 3/4 cup skim milk

Directions: Combine dry ingredients. Add oil and milk at the same time. Stir just until the dough pulls away from the sides of the bowl. Drop dough onto lightly greased cookie sheet to make 12 biscuits. Bake in 450 degree oven for 8-10 minutes, until lightly browned.

Calories: 113 Total Fat: 5g Saturated Fat: 0.4g
Fiber: 1g Carbs: 16g Sodium: 338mg

Cod Baked with Vegetables

Serves 6

- 1 1/2 pounds cod fillets, cut in 2 inch pieces
- 2 cups washed and cubed red potatoes
- 6 carrots, diced
- 1 medium onion, sliced
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon dried dill weed

Directions: Place potatoes, carrots, and onion in lightly greased 9x13 inch baking pan. Drizzle with mixture of olive oil, lemon juice, salt, pepper, and dill weed. Cover and bake at 350 degrees for 25 minutes. Stir in the cod. Cover and bake an additional 15-20 minutes or until fish flakes easily.

Calories: 227 Total Fat: 5.5g Saturated Fat: 1g
Fiber: 3.2g Carbs: 21g Sodium: 495mg