

Menu Planning Central – Healthy Option Sample

Day _____ Date _____

Mexican Steak (A)

Makes 4 servings

- 1 pound beef tenderloin steaks or boneless top loin steak, about 1/2 inch thick
- 1 tablespoon vegetable oil
- 1 medium onion, chopped (1/2 cup)
- 1 (15-ounce) can Mexican-style chunky tomato sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

1. Cut beef across grain into strips about 1 1/2x1/2 inch. (Beef is easier to cut if partially frozen, about 1 1/2 hours.)

2. Heat oil in 10-inch skillet over medium-high heat. Cook beef and onion in oil, stirring occasionally, until beef is brown. Stir in tomato sauce, chili powder and cumin. Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until beef is tender.

NUTRITION FACTS

Calories	225
Fat	11g
Saturated Fat	4g
Cholesterol	55mg
Sodium	400mg
Carbohydrate	11g
Dietary Fiber	2g
Protein	22g

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Mixed Vegetable Salad – A*

Makes 8 servings

- 2 cups cauliflowererets
- 2 cups bite-size pieces broccoli flowerets and stems
- 1 (10-ounce) package frozen green peas
- 1/3 cup reduced-fat mayonnaise or salad dressing
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 medium carrots, thinly-sliced (3/4 cup)
- 2 cups cherry tomatoes, cut in half

1. Heat 1 inch water to boiling in 2-quart saucepan. Add cauliflowererets and broccoli. Heat to boiling; reduce heat. Cover and cook 5 minutes; drain. Rinse with cold water; drain.
2. Rinse peas with cold water to separate; drain.
3. Mix mayonnaise, yogurt, lemon juice, salt and pepper in large glass or plastic bowl. Add cauliflowererets, broccoli, peas and carrots; toss. Cover and refrigerate at least 4 hours. Stir in tomatoes.

NUTRITION INFORMATION

Calories	90
Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	170mg
Carbohydrate	11g
Dietary Fiber	3g
Protein	3g

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Day _____ Date _____

Jamaican Chicken Salad (B)

Makes 4 servings

- 2 tablespoons chopped fresh or 2 teaspoon dried thyme leaves
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground allspice
- 4 boneless skinless chicken breast halves (about 1 pound)
- 2 medium red onions cut into 1/2-inch slices
- 2 medium green bell peppers, each cut into 8 pieces
- 6 cups bite-size pieces mixed salad greens or 1 head Romaine lettuce, torn into bite-size pieces
- 1/3 cup fat-free Caesar or Italian salad dressing
- 1 papaya, peeled, seeded and cubed

1. Heat coals or gas grill.
 2. Mix thyme, red pepper, salt and allspice; rub on chicken with the back of a spoon. Cover and grill chicken 5 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut. After 5 minutes, add onions and bell peppers; grill, turning 2 or 3 times, until crisp-tender.
 3. Cut chicken into 1/2-inch slices.
 4. Toss salad greens and dressing. Carefully toss salad mixture with grilled vegetables and papaya.
 5. Serve salad mixture with chicken.
- Serve with (B*) Reduced Fat Refrigerated Tube Rolls

NUTRITION FACTS

Calories	220
Fat	4g
Saturated Fat	2g
Cholesterol	65mg
Sodium	420mg
Carbohydrate	18g
Dietary Fiber	4g
Protein	29g

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Day _____ Date _____

Crispy Pork with Sweet N' Sour Vegetables (C)

Makes 4 servings

1/2 pound pork tenderloin
1 egg white, lightly beaten
1 teaspoon water
34 crisp rice crackers, crushed (1/2 cup)
1/4 teaspoon garlic powder
1/4 teaspoon ground dry mustard
1 teaspoon sesame oil or vegetable oil
1 pound package frozen mixed vegetables, stir fry, with sweet-and sour sauce and pineapple

1. Trim fat from pork. Cut pork crosswise into 1/4-inch slices; stack slices and cut lengthwise into 1/2-inch strips.
2. Mix egg white and water in medium bowl. Stir in pork until well coated.
3. Mix crushed crackers, garlic powder and mustard in plastic bag or glass bowl. Add a few pork strips at a time; toss to coat evenly.
4. Spray 12-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add sesame oil; rotate skillet to coat bottom. Reduce heat to medium. Place pork strips flat in skillet; cook 2 to 3 minutes or until brown on bottom. Turn pork. Cook 2 to 3 minutes more or until no longer pink in center.
5. Remove pork from skillet. Wipe skillet clean. Add frozen vegetables and sauce. Cover and cook 7 to 10 minutes, stirring frequently, until vegetables are crisp-tender and sauce is hot. Gently stir in pork strips just until well coated with sauce. Serve immediately.

Serve with (C*) Fresh Strawberries

NUTRITION FACTS

Calories	240
Fat	6g
Saturated Fat	2g
Cholesterol	35mg
Sodium	710mg
Carbohydrate	33g
Dietary Fiber	4g
Protein	17g

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Day _____ Date _____

Tuna Salad Roll-Ups (D)

Makes 4 servings

- 1 (6-ounce) can tuna in water, drained
- 1 stalk medium celery, coarsely chopped (1/2 cup)
- 2 medium green onions, sliced (1/4 cup)
- 1 small apple, coarsely chopped (1/4 cup)
- 1/2 cup nonfat lemon-flavored yogurt
- 1/8 teaspoon coarsely ground pepper
- 4 fat-free flour tortillas (6 or 7 inches in diameter)
- Leaf lettuce
- Thin slices red onion

1. Mix all ingredients except tortillas, lettuce and red onion.
2. Layer tortillas with lettuce and red onion. Fold up bottom third of each tortilla; roll up tortilla to form cone shape with folded end at bottom. Secure with toothpick. Spoon tuna mixture into center of each tortilla cone.

Serve with (D*) Spinach Salad with Fat-Free or Low Fat Dressing

NUTRITION FACTS

Calories	225
Fat	4g
Saturated Fat	1g
Cholesterol	15mg
Sodium	370mg
Carbohydrate	34g
Dietary Fiber	3g
Protein	16g

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Day _____ Date _____

Peach Chicken (E)

Makes 4 servings

- 12 ounces peaches preserves
- 1 tablespoon orange juice concentrate
- 1 teaspoon grated ginger root
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 4 boneless skinless chicken breast halves (about 1 pound)

1. Mix all ingredients except chicken in shallow dish or heavy-duty resealable plastic bag. Add chicken, turning to coat with marinade. Cover dish or seal bag and refrigerate 2 to 4 hours, turning chicken occasionally.

2. Heat coals or gas grill.

3. Remove chicken from marinade; reserve marinade. Place chicken on grill; brush with half of the marinade. Cover and grill 5 to 6 inches from medium heat 15 to 20 minutes, turning once and brushing with remaining marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut.

*If desired, heat remaining marinade to boiling. Boil 1 minute. Serve with chicken.

Serve with (E*) Steamed Fresh Green Beans

NUTRITION FACTS

Calories	370
Fat	4g
Saturated Fat	1g
Cholesterol	65mg
Sodium	240mg

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Day _____ Date _____

Garden Phyllo Quiches (F)

Makes 4 servings

- 1 (10-ounce) box frozen chopped spinach, thawed and squeeze to drain
- 1 cup sliced mushrooms (3 ounces)
- 1 cup milk
- 1/2 teaspoon ground dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 2 eggs
- 4 frozen (thawed) frozen phyllo pastry leaves sheets
- 2 teaspoons margarine or butter, melted
- 1/4 cup shredded mozzarella cheese (1 ounce)
- 1/4 cup alfalfa sprouts (optional)

1. Heat oven to 350°. Spray 10-inch skillet with nonstick cooking spray. Cook spinach and mushrooms in skillet over medium heat, stirring occasionally, until spinach is wilted and mushrooms are tender; remove from heat.
3. Mix milk, mustard, salt, nutmeg and eggs; set aside.
4. Spray four 6-ounce custard cups with nonstick cooking spray.
5. Place 1 phyllo sheet on flat surface; lightly brush with margarine. Top with remaining phyllo sheets, brushing each with margarine. Cut phyllo into fourths. Place 1 phyllo section in each custard cup. Trim overhanging edge of phyllo 1 inch from rim of cup.
6. Divide spinach mixture evenly among cups. Pour about 1/3 cup egg mixture into each cup. Fold edges of phyllo toward center. Bake 15 to 20 minutes or until egg mixture is set.
7. Sprinkle with cheese. Top with alfalfa sprouts if desired. Serve immediately.

NUTRITION FACTS

Calories	185
Fat	7g
Saturated Fat	3g
Cholesterol	115mg
Sodium	370mg
Carbohydrate	20g
Dietary Fiber	1g
Protein	11g

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Honey Lime Fruit Salad – F*

Makes 8 servings

Enjoy this refreshing salad with a variety of fresh fruit--kiwifruit, strawberries, pineapple, mangoes and papayas.

- 1/4 cup honey
- 1/4 cup (thawed) frozen limeade concentrate
- 4 teaspoons poppy seeds, if desired
- 4 cups cut-up fresh fruit
- 1/2 cup slivered almonds, toasted

1. Mix honey, limeade concentrate and poppy seed in medium bowl.
2. Carefully toss fruit and honey mixture.
3. Sprinkle with almonds.

NUTRITION INFORMATION

Calories	130
Fat	4g
Saturated Fat	0g
Cholesterol	0mg
Sodium	5mg
Carbohydrate	24g
Dietary Fiber	2g
Protein	2g

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Beef and Broccoli with Garlic Sauce (G)

Makes 4 servings

- 1/2 pound boneless beef sirloin steaks or round steak
- 1/4 teaspoon salt
- Dash of white pepper
- 1 pound broccoli, cut into flowerets and 1 1/2 inch pieces (4 cups)
- 1 teaspoon cornstarch
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/4 cup fat-free reduced-sodium chicken broth
- 1 teaspoon vegetable oil
- 1 tablespoon finely chopped garlic (6 cloves)
- 1 teaspoon finely chopped ginger root
- 2 tablespoons brown beans paste
- 1 (8-ounce) jar sliced bamboo shoots, drained
- 2 cups hot cooked rice

1. Trim fat from beef. Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8-inch slices. Toss beef with salt and white pepper.
2. Place broccoli in 1 inch boiling water; heat to boiling. Cover and cook 2 minutes. Immediately rinse with cold water; drain.
3. Mix cornstarch and soy sauce; stir in sesame oil and broth.
4. Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add beef; stir-fry about 2 minutes or until brown.
5. Remove beef from wok. Cool wok slightly. Wipe clean and respray. Add oil and rotate wok to coat sides. Heat over medium-high heat. Add garlic, gingerroot and bean paste; stir-fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir about 30 seconds or until thickened. Serve over rice.

Serve with (G*) Apple Slices

NUTRITION FACTS

Calories	215	Dietary Fiber	3g
Protein	15g	Carbohydrate	30g
Fat	5g	Sodium	270mg
Saturated Fat	1g		
Cholesterol	25mg		

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