



**Homemade  
Nutrition**

## Weeknight Dinner Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Zucchini Panini with Tomato Soup	Upside Down Turkey Nachos	Cheesy Mini Frittatas with Side Salad	Easy No-Mayo Tuna Salad Wraps with Fresh Berries	Quick Green Chicken Enchilada Casserole

### Grocery List:

#### Grains:

- 1 package hearty whole grain bread
- 10 whole grain tortillas

#### Protein:

- 1/2 dozen eggs
- 1 pound ground turkey breast (at least 90% lean)
- 2 cups shredded pre-cooked chicken breast (about 2 chicken breasts)
- 2-5 ounce cans tuna
- 1-15 ounce can low sodium pinto beans

#### Dairy:

- 2-6 ounce packages shredded cheddar cheese, shredded (about 3 cups shredded cheese)
- 1-6 ounce container low fat plain Greek yogurt
- 1 cup low fat milk

#### Extras:

- 1 jar red salsa
- 1 jar green salsa
- 1 bag tortilla chips
- 1-32 ounce container low sodium tomato soup

#### Fruit and Veggies:

- 2 large zucchini
- 1 medium red onion
- 2 medium yellow onions
- 1 large avocado
- 1-6 ounce bag baby spinach (about 4 cups)
- 1 bunch cilantro (optional)
- 1 bunch green onions
- 4 cups berries of choice (strawberries, blackberries, raspberries...)
- 1 small lime
- 1 small bag frozen corn
- 1 package frozen chopped broccoli, about 10 ounces

#### Pantry Staples:

- Italian seasoning
- Garlic powder
- Canola oil
- Chili powder
- Ground cumin
- Non-stick cooking spray
- Salad dressing of choice

# Grilled Zucchini Panini

Makes 4 servings

## Ingredients:

- 8 slices whole grain bread
- 2 large zucchini, thinly sliced
- 1 medium red onion, sliced
- 1 cup shredded reduced fat cheddar or mozzarella cheese
- 2 teaspoons canola oil
- salt and pepper to taste
- 1/2 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 1-32 ounce container low sodium tomato soup



## Directions:

1. Preheat Panini press or grill pan to medium high heat. If using oven, preheat to 425 degrees. Toss the zucchini and onion slices with the oil and seasonings.
2. Place the veggies in an even layer on the Panini press, close, and cook for about 5 minutes or until the veggies are tender and have grill marks. If using a grill pan or skillet, cook for about 4 minutes on each side. If using oven, spread the veggies in an even layer on 1-2 baking sheets and bake for about 20-25 minutes, turning half way through cooking time.
3. Top each slice of bread with 2 tablespoons of the cheese. When the veggies are done cooking, divide the mixture evenly among 4 slices of bread, then place the remaining slices of bread on top of each sandwich.
4. Place the sandwiches in the Panini press and cook for about 5 minutes or until golden and the cheese is melted. If using a grill pan, cook for about 4 minutes per side. Serve with 1 cup tomato soup per serving on the side.

# Healthy Upside-Down Turkey Nachos

Makes 6-8 servings

## Ingredients:

- 1 teaspoon canola oil
- 1 pound ground turkey breast (at least 90% lean)
- 1 medium yellow onion, chopped
- 1 cup frozen corn
- 1 15-ounce can low sodium pinto beans
- 2 cups salsa
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 10-12 corn tortilla chips or sweet potato tortilla chips per person
- 3/4 cup shredded reduced fat cheddar cheese
- 1 large avocado, chopped



## Directions:

1. Heat a skillet over medium high heat. Add the oil, turkey, and onion. Start breaking up the meat and stir the mixture as it browns.
2. After about 5 minutes, add the corn, beans, salsa and seasonings to the skillet, reduce the heat to low and simmer for about 15 minutes, stirring occasionally.
3. To serve, scoop some of the turkey mixture into a bowl, top with 2 tablespoons of cheese, 2 tablespoons avocado, and 10-12 tortilla chips on top per serving.

# Cheesy Mini Frittatas

Makes 12 muffins, 4 servings

## Ingredients:

- 6 large eggs
- 3/4 cup milk
- 3/4 cup shredded reduced fat cheddar cheese
- 4 green onions (scallions), sliced
- salt and pepper to taste
- cooking spray
- 3 cups fresh baby spinach
- 2 cups fresh berries of choice
- 1/4 cup salad dressing of choice
- Salsa for serving (optional)



## Directions:

1. Preheat oven to 400 degrees. In a large bowl, mix the eggs, milk, salt, pepper, cheese, and green onions until well combined.
2. Lightly spray a muffin pan with nonstick cooking spray and pour the egg mixture to fill each muffin tin about 2/3 full. Bake for about 15 minutes or until the eggs are set and the tops are lightly golden.
3. Top the frittatas with salsa if desired serve with a side salad made of the spinach and berries, topped with your favorite salad dressing.

*\*Note: These mini frittatas puff up as they cook, then deflate as they cool.*

# Easy No-Mayo Tuna Salad Wraps

Makes 4 servings

## Ingredients:

- 2-5 ounce cans tuna packed in oil or water, drained
- 1 6-ounce container plain Greek yogurt
- 2 tablespoons freshly squeezed lime juice (about 1 small lime)
- 4 green onions, thinly sliced
- Pepper to taste
- 4 whole grain tortillas
- 1 cup baby spinach
- 2 cups fresh berries of choice



## Directions:

1. In a medium bowl, mix together all ingredients except the tuna. Next, flake the tuna into the bowl and mix everything together.
2. Spread the tuna mixture evenly over the 4 tortillas with  $\frac{1}{4}$  cup spinach on each wrap, then roll them into wraps. Serve berries on the side.

# Quick Green Chicken Enchilada Casserole

Makes 6 servings

## Ingredients:

- 2 cups cooked shredded chicken breast meat (about 2 chicken breasts)
- 2 cups frozen chopped broccoli, thawed
- 1 cup green salsa
- 1 cup reduced fat shredded pepper-jack, mozzarella, or cheddar cheese
- 1/2 cup chopped onion
- 6 whole grain tortillas or 8 corn tortillas, each cut into 6 triangles
- 1 bunch fresh cilantro (optional)



## Directions:

1. Preheat the oven to 400 degrees. Spread about 1 tablespoon of the salsa in an 8x8 square baking dish. Spread 1/3 of the tortilla triangles evenly over the salsa, making the bottom layer of the casserole.
2. Next, spread half of the broccoli, onion, and chicken over the tortillas, along with 1/3 cup of the cheese.
3. Top with another layer of tortillas, then another layer of the chicken, onion, and cheese.
4. Add one final layer of tortillas on top and sprinkle the remaining cheese over the tortillas.
5. Bake for 20-25 minutes, until the cheese is melted and the casserole is bubbling and lightly golden on top. Garnish with fresh cilantro if desired.