

## This Week's Menu

### *Meal 1*

**Shrimp Tacos with Cilantro Lime Sauce**  
**Black Bean and Avocado Dip With Chips**

### *Meal 2*

**Chicken with Artichoke Hearts and Tomato Cream Sauce**  
**Tomato Basil Angel Hair Pasta**

### *Meal 3*

**Barbequed Tri Tip with Avocado Salsa**  
**Mango and Avocado Salad**

### *Meal 4*

**Apricot Glazed Salmon**  
**Baby Broccoli with Sesame Oyster Sauce**

### *Meal 5*

**Roasted Beet Salad with Goat Cheese**  
**Individual Peach Cobbler**

### *Meal 6*

**Cherry Glazed BBQ Pork Ribs**  
**Corn on the Cob with Chili Butter**



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# Shrimp Tacos with Cilantro Lime Sauce

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 10 minutes

**Cooking Time:** 5 minutes

**Difficulty:** Easy

## Comments

Delicious and quick! Makes 2 tacos each. For non shrimp lovers, cook some fish or chicken on the side and swap out the shrimp.

## Ingredients

- 1 pound shrimp, raw (medium or large)
- 8 tortillas, corn
- 2 cups coleslaw mix (shredded carrots and cabbage)
- 2 tomato(es), medium
- 1/2 avocado(s), Haas or any
- 1/2 cup mayonnaise, light or reduced fat
- 1 teaspoon honey
- 1 teaspoon garlic, bottled minced
- 1 lime(s), use 1 teaspoon of juice
- 1/3 cup cilantro, fresh, chopped
- 1 teaspoon soy sauce, low sodium
- 1 tablespoon canola oil or vegetable oil
- 1/4 teaspoon garlic powder

## Preparation

To make the dressing, place the mayonnaise, lime juice, soy sauce, honey and minced garlic in a small bowl and stir. Add the chopped cilantro, stir and set aside. Slice the tomato and avocado and arrange on a platter with the shredded cabbage. Remove the shells and tails from the shrimp and devein. Dry the shrimp in a paper towel and then season with salt and garlic powder (I like to add a quarter teaspoon of cumin and chili powder for extra flavor and color). Heat oil in a large skillet over medium high heat (or you can cook the shrimp on an outside grill). Add the shrimp to the skillet in a single layer. Cook for 1 to 2 minutes per side until opaque and cooked through. Remove the shrimp and place on a plate (don't overcook). Wrap the tortillas in a damp paper towel and place in the microwave for 30 seconds or so to heat and soften so that they fold without cracking. Place 2 to 3 shrimp in each tortilla and serve with garnishments and cilantro lime sauce.

## Nutritional Information

Per Serving About: 440 calories, 20 g fat, 3 g saturated fat, 28 g protein, 38 g carbohydrates, 7 g dietary fiber, 640 mg sodium

# Black Bean and Avocado Dip With Chips

By *The Simple Skillet*

**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 7 minutes

**Difficulty:** Easy



## Comments

This is a healthy snack, appetizer or side dish, especially when you bake your own chips!

## Ingredients

1 can (15 ounces each) black beans, reduced sodium, rinsed and drained

1 avocado(s), Haas or any

1/4 onion(s), red

1 tomato(es), medium

1/2 cup cilantro, fresh

1/2 teaspoon salt

1 cup corn, frozen white kernels

cooking spray, olive oil type

1/2 cup salsa, fresh

4 tortillas, corn

## Preparation

Rinse and drain the beans and pour into a medium bowl. Thaw corn and add to the bowl. Dice the tomato and the avocado and add to the bowl. Chop the onion into a small dice and chop the cilantro, add both to the bowl. Add the salsa and stir.

To bake the chips, heat the oven to 375 degrees. Spray a baking sheet with cooking spray. Cut each tortilla in half and then cut each into 5 strips (10 pieces per tortilla). Spread the tortilla pieces onto the baking sheet, spray with cooking oil spray. Lightly sprinkle with salt. Bake for 4 minutes and turn the chips over, baking an additional 2 or 3 minutes. Remove from the oven and serve with the dip.

## Nutritional Information

Per Serving About: 240 calories, 7 g fat, 1 g saturated fat, 9 g protein, 44 g carbohydrates, 10 g dietary fiber, 680 mg sodium

# Chicken with Artichoke Hearts and Tomato Cream Sauce

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 10 minutes

**Cooking Time:** 20 minutes

**Difficulty:** Easy

## Comments

This is a simple dish with a delicious creamy tomato sauce (one of our favorites). And when we feel like being bad, we use real half and half instead of the fat free. We sometimes add a can of drained, diced tomatoes as well.

## Ingredients

- 1 1/2 pounds chicken breast, boneless and skinless
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black, ground
- 1 tablespoon olive oil
- 2 cloves garlic, fresh, minced
- 1/2 onion(s), medium, chopped
- 1 can (10 ounces) artichoke hearts, drained and halved,
- 3 tablespoons tomato paste
- 1/2 cup chicken broth, reduced sodium (or vegetable broth, reduced sodium), or white wine
- 3/4 cup half and half, fat free
- 2 tablespoons basil, fresh, chopped

## Preparation

Pound chicken to about 1/4 inch thickness. Season with salt and pepper (and a dash of paprika if desired). Heat a large skillet over medium high heat. Add olive oil. Add chicken to skillet and cook for about 4 minutes per side until just cooked through. Remove chicken to a plate and cover with foil to keep warm. Add garlic to skillet and lower heat to medium. Add onions and stir. Cook for about 1 to 2 minutes. Add drained and halved artichoke hearts, tomato paste and chicken broth and cook over medium low heat for about 2 to 3 minutes. Add half and half and stir. Cook over low heat for 2 to 3 minutes. Add chicken back to skillet and cook for about 1 minute until warmed through. Serve with sauce on top and garnish with fresh basil if desired. This is great served over a bed of spinach or whole wheat pasta.

## Nutritional Information

Per Serving About: 300 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 39 g protein, 16 g carbohydrates, 3 g dietary fiber, 950 mg sodium

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# Tomato Basil Angel Hair Pasta

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 15 minutes

**Difficulty:** Easy

## Comments

Using whole grain angel hair pasta adds protein and fiber to this vegetarian dish and your family won't even notice the whole grain. Our whole family loves this light and easy dish and it is inexpensive to make.

## Ingredients

- 10 ounces pasta, angel hair, whole wheat
- 1 tablespoon olive oil
- 1 teaspoon garlic, bottled minced
- 2 tomato(es), Roma
- 14 1/2 ounces diced tomatoes, canned with italian seasoning
- 1/3 cup basil, fresh, chopped
- 1/4 cup parmesan cheese, shredded

## Preparation

Bring a large pot of water to a boil over high heat. Add pasta and cook according to package directions (usually 6 to 7 minutes for whole grain angel hair). Meanwhile, heat oil in a large skillet over medium high heat. Add garlic and stir. Add chopped Roma tomatoes and stir. Reduce heat to medium and cook for 2 to 3 minutes. Add canned tomatoes and juice to skillet and stir. Cook for 5 minutes over medium low heat. Add basil and stir. Add pasta to sauce and combine, adding a quarter cup or so of the pasta water if needed. Serve in bowls with parmesan on top.

## Nutritional Information

Per Serving About: 350 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 12 g protein, 59 g carbohydrates, 8 g dietary fiber, 300 mg sodium

# Barbequed Tri Tip with Avocado Salsa

By *The Simple Skillet*

**Serves:** 6

**Prep Time:** 5 minutes

**Cooking Time:** 20 minutes

**Difficulty:** Easy



## Comments

The avocado salsa adds color and nutrition to this tri tip. It's great served with warm tortillas!

## Ingredients

- 2 tomato(es), Roma
- 1 avocado(s), Haas or any
- 1 cup corn, frozen white kernels
- 1/4 onion(s), red
- 1/2 pepper(s), bell, red, yellow, or green
- 1 teaspoon garlic, bottled minced
- 1 lime(s)
- 1 3/4 pounds tri tip roast, lean
- 2 teaspoons olive oil
- 2 teaspoons seasoning blend, Mrs. Dash Fiesta Lime, salt free
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black, ground
- 2 tablespoons salad dressing, Newman's Own Lighten Up Light Lime Vinaigrette, or other vinaigrette
- 1/4 cup cilantro, fresh, chopped (optional item)

## Preparation

Chop tomatoes, avocado, onion, bell pepper and cilantro and gently mix together in a medium sized bowl. Add corn, garlic, vinaigrette and juice from the lime and stir gently. Rub olive oil over the tri tip and season with Mrs. Dash seasoning blend (or use 1 teaspoon cumin and 1 teaspoon chili powder instead), salt and pepper. Heat an outdoor grill or indoor grill pan over medium high heat. Cook tri tip until desired doneness (about 7 to 10 minutes per side). Wrap in foil and let sit for 5 minutes before cutting. Slice tri tip in slices against the grain and serve with avocado salsa spooned over top.

## Nutritional Information

Per Serving About: 340 calories, 20 g fat, 5 g saturated fat, 0 g trans fat, 30 g protein, 14 g carbohydrates, 4 g dietary fiber, 330 mg sodium

# Mango and Avocado Salad

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 7 minutes

**Difficulty:** Easy

## Comments

Delicious! We recommend using Newman's Own Lighten up - Lime Dressing to lower the fat and calories. If you can't find a ripe mango, you can use jarred or frozen mangos. Macadamia nuts are a great substitute for the cashews.

## Ingredients

- 1 bag(s) (7 ounces) lettuce, mixed greens
- 1 mango, fresh
- 1 avocado(s), Haas or any
- 1/4 cup nuts, cashews, roasted and salted
- 2 tablespoon(s) olive oil
- 1 tablespoon vinegar, cider
- 1 tablespoon honey
- 1 tablespoon lime(s), juice
- 4 green onion(s)
- 2 tablespoons cilantro, fresh

## Preparation

To make the dressing, mix the oil, vinegar, lime juice and honey in a small bowl. Chop the green onion and cilantro and add to the dressing and mix well. Remove the skin from the mango and cut into slices away from the seed. Cut the avocado in half and remove the seed. Remove the skin and cut into thin slices. Place the lettuce, sliced mango and sliced avocado in a salad bowl. Pour the dressing over and toss well. Top with chopped cashews and serve.

## Nutritional Information

Per Serving About :260 calories, 18 g fat, 2.5 g saturated fat, 4 g protein, 25 g carbohydrates, 6 g dietary fiber, 50 mg sodium

# Apricot Glazed Salmon

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 15 minutes

**Difficulty:** Easy

## Comments

Yum..this is a simple and delicious way to serve salmon. You could also use the glaze on other types of fish as well.

## Ingredients

- 1 1/2 pounds salmon, wild, steaks or filet
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper, black, ground
- 1 teaspoon garlic, bottled minced
- 1/3 cup apricot fruit spread such as Simply Fruit, 100% fruit
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 1/3 cup chicken broth, reduced sodium (or vegetable broth, reduced sodium)
- 2 teaspoons soy sauce, low sodium
- 1/4 teaspoon pepper, black, ground

## Preparation

Heat olive oil in a large skillet or grill pan. Pat salmon dry with a paper towel and cut into 4 equal pieces. Season top side of salmon with garlic powder and pepper. Place salmon in skillet with seasoned side down. Cook for 3 to 4 minutes per side until cooked through. Remove salmon to a plate and cover with foil to keep warm. Place minced garlic in the skillet and cook over medium heat. Stir and cook for about 1 minute. Add remaining ingredients and stir. Cook over medium heat for about 5 minutes until ingredients and flavors are combined and glaze thickens. Spread glaze over salmon and serve.

## Nutritional Information

Per Serving About: 340 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 34 g protein, 17 g carbohydrates, 0 g dietary fiber, 270 mg sodium

## Baby Broccoli with Sesame Oyster Sauce

By *The Simple Skillet*



**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 5 minutes

**Difficulty:** Easy

### Comments

This is my take on Chinese broccoli which is difficult to find in our local markets. The sauce really adds great flavor and a unique twist to broccoli Rabe or baby broccoli. To make it vegetarian, replace the oyster sauce with a little soy sauce.

### Ingredients

- 3/4 pound broccoli rabe
- 2 teaspoons sesame oil, dark
- 1 tablespoon oyster sauce
- 1 teaspoon garlic, bottled minced
- 1 teaspoon vinegar, rice, seasoned

### Preparation

Heat a large skillet over medium heat. Add sesame oil. Add broccoli and stir. Cook for about 2 minutes until crisp tender. Add garlic, vinegar and oyster sauce. Stir and cook for 1 minute and serve.

### Nutritional Information

Per Serving About: 50 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 3 g protein, 5 g carbohydrates, 0 g dietary fiber, 170 mg sodium

# Roasted Beet Salad with Goat Cheese

By *The Simple Skillet*

**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 40 minutes

**Difficulty:** Easy



## Comments

This is such a pretty salad, full of antioxidants and nutrition. Sometimes I shortcut it as well as lighten it up a little by using Newman's Own Lite Cranberry Walnut salad dressing.

## Ingredients

- 1 pound beets, fresh
- 3 ounces goat cheese, fresh
- 1/3 cup nuts, pecans
- 1 shallot(s), finely minced
- 3 tablespoons olive oil, extra virgin
- 1 tablespoon lemon(s), juice
- 1 teaspoon Dijon mustard
- 1 tablespoon vinegar, rice, seasoned
- 1 teaspoon honey
- 8 cups lettuce, mixed greens

## Preparation

To cook the beets: trim the tops and the bottoms from the beets and wash thoroughly. Wrap them together in foil and place on a baking sheet. Bake at 375 degrees for approximately 40 minutes until fork tender (depending on the size of the beets, large beets take longer but you can cut them in half to shorten the cooking time).

Cut the goat cheese into 8 pieces. Finely crush pecans in a zip lock bag, smashing them with a mallet or rolling pin. Spread the pecans onto a plate and coat each piece of cheese with the nuts. Coat a baking sheet with cooking spray and place the goat cheese on it. Bake for approximately 8 minutes at 375 degrees. Remove the cheese from the oven and place on a plate. Make the dressing at the bottom of a salad bowl by adding the lemon juice, finely chopped shallots, olive oil, honey, vinegar and Dijon. Whisk the ingredients together. Add the greens to the dressing and toss well. Divide the greens onto four plates.

Remove the beets from the oven. To remove the skin, wrap a double layer of paper towels around the beet and rub the skin to remove it. Slice the beets onto a plate and allow them to cool. Top each plate of lettuce with the beets and the goat cheese and serve.

## Nutritional Information

Per Serving About : 200 calories, 14 g fat, 3.5 g saturated fat, 6 g protein, 14 g carbohydrates, 5 g dietary fiber, 210 mg sodium

# Individual Peach Cobbler

By *The Simple Skillet*



**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 30 minutes

**Difficulty:** Easy

## Comments

These are a fast and easy dessert and fun served in individual cups. You can use fresh peaches if they are in season, we use frozen peaches allowing you to make this any time of year!

## Ingredients

- 1/2 cup butter
- 1 1/4 cup sugar
- 1 cup flour, all purpose
- 1 cup milk, whole
- 1 egg(s), large
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 2 cups peaches, frozen
- 1 tablespoon turbinado sugar
- 1 tablespoon butter

## Preparation

Lightly butter and sugar individual 3 inch soufflé' cups (or you can make one cobbler in a 9 inch diameter cake pan or pie pan). Preheat oven to 350 degrees. Melt butter in a microwave safe bowl. Place sugar and butter in a large mixing bowl and whisk together. Add egg, vanilla and milk and whisk together. Add flour and baking powder and whisk together. Pour batter into soufflé' cups. Arrange peaches over top of batter. Sprinkle with Turbinado sugar. Place soufflé' cups on top of a baking sheet and place in oven. Bake for approximately 30 minutes. Best served warm, and can be reheated in the microwave.

## Nutritional Information

Per Serving About: 380 calories, 18 g fat, 11 g saturated fat, 0 g trans fat, 5 g protein, 55 g carbohydrates, 1 g dietary fiber, 200 mg sodium

# Cherry Glazed BBQ Pork Ribs

By *The Simple Skillet*



**Serves:** 8

**Prep Time:** 10 minutes

**Cooking Time:** 2 hours 15 minutes

**Difficulty:** Medium

## Comments

Ribs are not on the "healthy" list, they are high in fat and saturated fat, and these have a high amount of sugar, so reserve them for special occasions. These are tender, juicy, delicious ribs great for a summer BBQ or any time of year. They take about 2 and a half hours to make, but are worth it.

## Ingredients

3 pounds pork ribs, baby back

18 ounces cola

8 ounce black cherry preserves, jar

2 cups pomegranate juice

2 tablespoons soy sauce, low sodium

1 tablespoon garlic, bottled minced

2 tablespoons honey

2 tablespoons vinegar, cider

1/3 cup Dijon mustard

## Preparation

Combine the juice and cola and let stand at room temperature for at least an hour to remove the carbonation. Cut each rack of ribs into 6 inch sections with about 5 or 6 ribs each. Season with salt if desired and wrap each section tightly in foil. Place the ribs on a baking sheet and bake in a 325 degrees oven for 1 hour and 45 minutes. While the ribs are cooking, make the sauce. Heat a large skillet over medium heat. Add the cola and juice and bring to a low boil. Allow the liquid to reduce by slightly more than half (about 25 minutes to 30 minutes). Mix in the Dijon, preserves, soy sauce, honey, vinegar and garlic. Bring to a low boil and simmer for about 10 minutes and remove from heat. Sauce will thicken as it cools. It makes approximately 2 cups of sauce. Remove the ribs from the oven, open the foil to cool for 10 minutes, making it easier to handle the ribs. Cut ribs into individual pieces. Coat with sauce and grill on an outdoor grill for 1 to 2 minutes per side until crisp and browned. Or, you can place them on a baking sheet and broil in the oven for 2 to 3 minutes until browned and crisp. Enjoy!

## Nutritional Information

Per Serving About: 650 calories, 40 g fat, 15 g saturated fat, 28 g protein, 41 g carbohydrates, 0 g dietary fiber, 480 mg sodium

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## Corn on the Cob with Chili Butter

By *The Simple Skillet*

**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 5 minutes

**Difficulty:** Easy



### Comments

This is a quick way to add a little spice to your fresh corn.

### Ingredients

4 ears corn, fresh

1 tablespoon butter

2 tablespoons parsley, fresh, chopped

1 teaspoon chili powder

1 teaspoon garlic powder

1 tablespoon olive oil

### Preparation

Bring a large pot of water to a boil over high heat. Remove husks from corn and clean well. Place in boiling water for 2 to 3 minutes and remove to a plate. In a small microwave safe bowl, add butter, oil and spices. Heat for 30 seconds until butter is melted. Stir and pour over corn.

### Nutritional Information

Per Serving About: 140 calories, 8 g fat, 2.5 g saturated fat, .0 g trans fat, 3 g protein, 18 g carbohydrates, 2 g dietary fiber, 35 mg sodium

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# This Week's Shopping List

## Canned Foods/Soups

10 ounce(s) artichoke hearts  
1 can (15 ounces each) black beans, reduced sodium  
7 ounce(s) chicken broth, reduced sodium (or vegetable broth, reduced sodium)  
14 1/2 ounce(s) diced tomatoes, canned with italian seasoning  
3 ounce(s) tomato paste

## Dairy

butter  
1 egg(s), large  
6 ounce(s) half and half, fat free  
8 ounce(s) milk, whole

## Dressings/Condiments

Dijon mustard  
mayonnaise, light or reduced fat  
salad dressing, Newman's Own Lighten Up Light Lime Vinaigrette  
vinegar, cider  
vinegar, rice, seasoned

## Frozen Foods/Refrigerated Section

13 ounce(s) corn, frozen white kernels  
3 ounce(s) goat cheese, fresh  
parmesan cheese, shredded  
16 ounce(s) peaches, frozen  
4 ounce(s) salsa, fresh

## International Foods

oyster sauce  
sesame oil, dark  
soy sauce, low sodium  
12 tortillas, corn

## Meats/Poultry/Seafood

1 1/2 pound(s) chicken breast, boneless and skinless  
3 pound(s) pork ribs, baby back  
1 1/2 pound(s) salmon, wild, steaks or filet  
1 pound(s) shrimp, raw (medium or large)  
1 3/4 pound(s) tri tip roast, lean

## Other

3 ounce(s) apricot fruit spread such as Simply Fruit, 100% fruit  
8 ounce(s) black cherry preserves, jar  
18 ounce(s) cola  
honey  
16 ounce(s) pomegranate juice

## Pasta/Rice

10 ounce(s) pasta, angel hair, whole wheat

## Produce

3 1/2 avocado(s), Haas or any  
basil, fresh  
1 pound(s) beets, fresh  
3/4 pound(s) broccoli rabe  
cilantro, fresh  
4 ounce(s) coleslaw mix (shredded carrots and cabbage)  
4 ears corn, fresh  
2 garlic, fresh  
4 green onion(s)  
1 lemon(s)  
1 bag(s) (7 ounces) lettuce, mixed greens  
7 ounce(s) lettuce, mixed greens  
3 lime(s)  
1 mango, fresh  
1/2 onion(s), medium  
1/2 onion(s), red  
parsley, fresh  
1/2 pepper(s), bell, red, yellow, or green  
1 shallot(s)  
4 tomato(es), Roma  
3 tomato(es), medium

## Spices/Baking Aisle

baking powder  
canola oil or vegetable oil  
chili powder  
cooking spray, olive oil type  
flour, all purpose  
garlic powder  
garlic, bottled minced  
nuts, cashews, roasted and salted  
2 nuts, pecans  
olive oil  
olive oil, extra virgin  
pepper, black, ground  
salt  
seasoning blend, Mrs. Dash Fiesta Lime  
sugar  
turbinado sugar  
vanilla extract

## Shopping List - Continued

Milk/eggs and other dairy

Juice/coffee/other beverages

Bread/bakery items

Cereal/snacks

Fruits/Vegetables

School lunch items

Deli/meats

Condiments/dressings

Detergents/cleaning

Tooth paste, shampoo and other toiletries

Tissue and other paper goods

Pet Food

Pharmacy

Miscellaneous, other



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