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- 1 **SUNDAY:** {PHOTO}
HAM STEAK. BAKED SWEET POTATOES. GREEN BEANS WITH MUSHROOMS. BISCUITS. **APPLE DUMPLINGS.**
- 2 **MONDAY:** CHILI DOGS, TATER TOTS & CARROT SALAD. CHOCOLATE PUDDING.
- 3 **TUESDAY:** TORTILLA CASSEROLE. STEAMED FRESH ZUCCHINI. CARROT SALAD. PEARS.
- 4 **WEDNESDAY:** PENNE PASTA WITH CHICKPEAS & SPINACH. LETTUCE & TOMATO SALAD. FLATBREAD. STRAWBERRY ICE CREAM.
- 5 **THURSDAY:** CAESAR SALAD. SOUP & BREAD STICKS. PINEAPPLE.
- 6 **FRIDAY:** CHICKEN ROLL-UPS. YELLOW RICE. ICE CREAM.
- 7 **SATURDAY:** ANGEL-HAIR PASTA WITH GORGONZOLA SAUCE. SPINACH SALAD. ITALIAN BREAD. COCONUT CAKE.

Family } Sunday

Make the family meal a simple one by serving a HAM STEAK. BAKED SWEET POTATOES are a perfect accompaniment. Slash the tops of the potatoes and sprinkle with light brown sugar; squeeze a little fresh lemon juice over the tops as well. Add GREEN BEANS WITH MUSHROOMS to the menu. Microwave 2 (9- or 10-ounce) packages frozen French (or thin) green beans according to directions; drain. Add 1 (8-ounce) package sliced fresh mushrooms; microwave on high (100 percent power) for 2 minutes; drain. Combine 1 tablespoon melted butter, ½ teaspoon dried rosemary and ½ teaspoon dried basil; pour over beans and mushrooms and toss to coat.

Serve with BISCUITS. For dessert, make everyone happy with APPLE DUMPLINGS (see recipe).

APPLE DUMPLINGS

Makes 8 servings

Preparation time: 20 minutes

Cooking time: 50 to 55 minutes

INGREDIENTS

1 teaspoon cinnamon

¼ teaspoon ground nutmeg

1 (14.1-ounce) package refrigerated piecrusts (2 crusts)

4 apples, such as Gala or Braeburn, peeled, cored and halved

8 teaspoons butter, divided

½ cup light brown sugar, firmly packed

½ cup water

1 tablespoon butter

½ teaspoon pure vanilla extract

Light whipped cream for topping

Heat oven to 475 degrees. Mix cinnamon and nutmeg in a small bowl. Prepare crusts as directed on package. Sprinkle spice mixture evenly on surface of each crust. Cut each crust into 4 equal pieces. Place 1 apple half in center of each piece of crust. Fill center of each apple half with 1 teaspoon butter. Carefully fold crust up over apple half, pinching seams together to seal. Place dumplings, seam-side down, in 9-by-13-inch baking dish coated with cooking spray. Bake dumplings about 10 minutes or until crust begins to brown.

Meanwhile, bring brown sugar, water and 1 tablespoon butter to boil in small saucepan. Remove from heat; stir in vanilla and set aside. Reduce oven temperature to 350 degrees. Pour sauce over dumplings. Bake for 40 to 45 minutes longer or until apples are tender and golden brown. Serve warm, topped with light whipped cream.

Per serving: 343 calories, 2 grams protein, 18 grams fat (46 percent calories from fat), 8.9 grams saturated fat, 46 grams carbohydrate, 20 milligrams cholesterol, 310 milligrams sodium, 1 gram fiber.

Dietary exchanges: 1½ starch, ½ fruit, 1 other carbohydrate, 3½ fat.

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Kids } Monday

When the kids see CHILI DOGS on the dinner menu, you'll see your little angels smile. Top fat-free hot dogs (on toasted whole-grain buns) with (heated) canned vegetarian chili and any shredded cheese.

On the side, they'll love TATER TOTS (frozen) and deli CARROT SALAD. For dessert, make instant CHOCOLATE PUDDING with 1 percent milk and add sliced bananas to the pudding.

TIP: Choose hot dogs with the lowest fat and sodium content you can find. I like Applegate's hot dogs.

PLAN AHEAD: Save enough carrot salad for Tuesday.

Budget } Tuesday

You'll save money with this TORTILLA CASSEROLE (see recipe) on the menu. On the side, STEAMED FRESH ZUCCHINI adds some color, as does the leftover CARROT SALAD. PEARS are an easy dessert.

PLAN AHEAD: Save enough pudding for Wednesday.

TORTILLA CASSEROLE

Makes 4 servings

Preparation time: 10 minutes

Cooking time: 30 to 35 minutes

INGREDIENTS

2½ cups baked or reduced fat-tortilla chips, lightly crushed and divided

1 (10- to 12-ounce) can no-salt-added (or regular) chicken breast, drained

2 cups mild to hot salsa

1 cup frozen corn

¼ cup reduced-fat sour cream

1 tablespoon flour

½ cup shredded 50 percent reduced-fat jalapeno or plain cheddar cheese

Thinly sliced fresh jalapeno peppers for garnish

Heat oven to 350 degrees. Coat a 7-by-11-inch baking dish with cooking spray. Place 1½ cups chips in bottom of dish. In a medium bowl, combine chicken, salsa, corn, sour cream and flour; mix well. Spoon over chips. Bake, uncovered, 25 minutes. Sprinkle dish with remaining chips and the cheese. Continue baking for 5 to 10 more

minutes or until heated through and cheese melts. Top with peppers if desired.

Per serving: 292 calories, 23 grams protein, 6 grams fat (19 percent calories from fat), 2.7 grams saturated fat, 36 grams carbohydrate, 47 milligrams cholesterol, 727 milligrams sodium, 3 grams fiber.

Dietary exchanges: 2 starch, 1 vegetable, 3 lean meat.

Meatless } Wednesday

Skip meat tonight for PENNE PASTA WITH CHICKPEAS AND SPINACH. Cook 8 ounces penne pasta according to directions; reserve ½ cup cooking water. Drain pasta and return to pot; set aside.

Meanwhile, heat 1 tablespoon olive oil on medium-high in a large nonstick skillet. Add 1 small chopped onion; cook, covered, 4 minutes, stirring often. Stir in 1 clove crushed garlic and ¼ teaspoon dried oregano; cook 30 seconds. Stir in 1 (15-ounce) can rinsed reduced-sodium chickpeas, 1½ tablespoons balsamic vinegar, ¾ teaspoon coarse salt and ¼ teaspoon pepper; cook 5 minutes, stirring often. Add 1 (6-ounce) package baby spinach, the chickpea mixture and reserved cooking water to pasta; toss to combine.

Serve with LETTUCE AND TOMATO SALAD with crumbled feta cheese and FLATBREAD. For dessert, fat-free STRAWBERRY ICE CREAM is good.

PLAN AHEAD: Save enough ice cream for Friday.

Express } Thursday

Up the protein in a packaged CAESAR SALAD by topping it with cooked chicken breast strips (refrigerated). Serve with any deli SOUP and BREAD STICKS. Fresh PINEAPPLE is a quick dessert.

PLAN AHEAD: Save enough chicken strips for Friday.

Heat and Eat } Friday

Make CHICKEN ROLL-UPS with the leftover chicken strips. Spread fat-free flour tortillas with heated canned refried beans. Top with chicken strips, salsa, shredded lettuce, chopped tomatoes and any shredded cheese. Roll and serve them with packaged YELLOW RICE. Scoop the leftover ICE CREAM for dessert.

Easy Entertaining } Saturday

This ANGEL-HAIR PASTA WITH GORGONZOLA SAUCE (see recipe) is easy to prepare and will be devoured by your guests. Serve it with a SPINACH SALAD with sliced red onion and sliced eggs. Add ITALIAN BREAD. For dessert, buy a COCONUT CAKE.

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