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59 fresh, fun (and easy!) birthday ideas

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what's normal, what could be OCD



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# **5 Easy Meals**

Supper is solved! With only one grocery trip and a bit of prep, your weeknights will now go a lot more smoothly. by KATIE WEBSTER photographs by KANA OKADA

# weekend prep

1. Steam 8 cups cauliflower florets until tender, about 14 minutes. Puree with ½ cup half-and-half and salt and pepper to taste. Refrigerate half; freeze half for Thursday.

2. Cook a 12-oz. box of whole-wheat couscous in 3 cups reduced sodium chicken broth according to package directions. Chill.

#### \* MONDAY

#### Maple Pork Sauté

ACTIVE TIME 40 MINUTES TOTAL TIME 40 MINUTES MAKES 4 SERVINGS

#### ingredients

- 2 Tbs. pure maple syrup
- 2 Tbs. tahini
- 2 Tbs. reduced-sodium soy sauce
- 2 tsp. cornstarch
- 2 tsp. olive oil
- 1 bunch asparagus, cut into 1-in. lengths
- 2 cups sliced carrots

- 1 lb. pork tenderloin, cubed
- 2 cups weekendprepped couscous, heated
  - Chopped cilantro, optional

#### make it

- In a small bowl combine % cup water, maple syrup, tahini, soy sauce, and cornstarch; set aside.
- 2. Heat oil in a large nonstick skillet over medium-high heat. Add

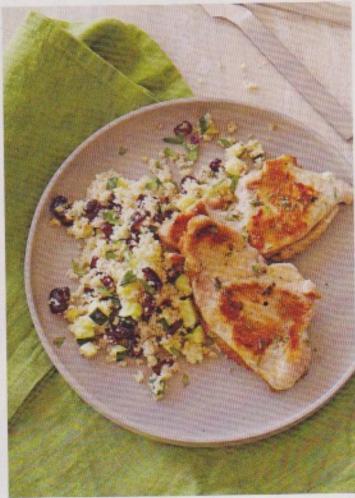
asparagus and carrots.
Cook 7 minutes, stirring
occasionally. Add pork;
cook 4 minutes more.
Add the reserved sauce.
Cook 1 to 2 minutes or
until sauce is thickened
and pork is just barely
pink in the center. Serve
over couscous with
cilantro garnish, if using.
NUTRITION PER SERVING

434 calories; 35g protein; 9g fat (2g sat, fat); 55g carbs; 10g fiber; 13g sugar; 5mg iron; 86mg calcium; 409mg sodium



GET this week's grocery list on your phonel Find it in your Mom+ app under "Extras." See page 181 for Mom+ details.





#### \* TUESDAY

## Cheddar and Cauliflower Soup

ACTIVE TIME 25 MINUTES TOTAL TIME 25 MINUTES MAKES 4 SERVINGS

#### ingredients

- 2 tsp. olive oil
- 1 cup finely chopped onion
- 3 Tbs. all-purpose flour
- 1/4 tsp. salt
  - Dash pepper
- 4 cups reduced-sodium chicken broth
- 2 cups weekend-prepped cauliflower puree
- 1 cup shredded reduced-fat sharp cheddar cheese

#### make it

- 1. Heat oil in a large saucepan over medium heat. Add onion. Cook 5 to 7 minutes or until tender. Stir in flour, salt, and pepper. Add broth all at once. Whisk to combine. Bring to a simmer, whisking occasionally. Whisk in cauliflower puree; simmer 5 minutes. Remove from heat and stir in cheese.
- Let mixture cool slightly. In a blender, blend mixture half at a time until smooth.
- 3. Ladle soup into bowls.

NUTRITION PER SERVING 188 calories; 12g protein; 10g fat (5g sat. fat); 14g carbs; 2g fiber; 4g sugar; 1mg iron; 291mg calcium; 484mg sodium

#### \* WEDNESDAY

### Herby Turkey Cutlets

ACTIVE TIME 30 MINUTES TOTAL TIME 30 MINUTES MAKES 4 SERVINGS

#### ingredients

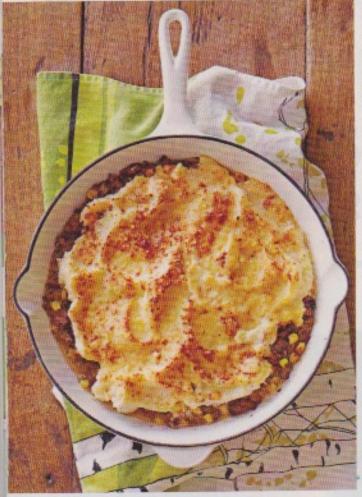
- 2 Tbs. cider vinegar
- 2 Tbs. olive oil, divided
- 2 tsp. honey
- 1/2 tsp. salt, divided
- 2 tsp. Italian seasoning
- 1/4 tsp. ground pepper
- 1 lb. turkey-breast cutlets
- ¼ cup all-purpose flour
- 1 cup chopped zucchini
- 2½ cups weekendprepped couscous, heated
- 1/4 cup dried cranberries

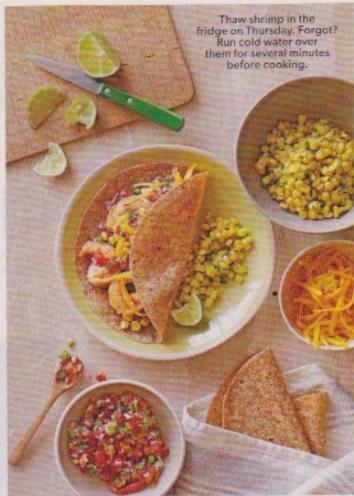
#### make it

- Mix vinegar, 1 Tbs. oil, the honey, and ¼ tsp. salt; set aside. Add seasoning, ¼ tsp. salt, and pepper to cutlets. Dredge in flour; rid excess.
- 2. Heat 1 tsp. oil in nonstick skillet over medium-high heat. Add zucchini. Cook 3 minutes or until lightly browned. Transfer to a bowl. Mix in couscous, berries, and reserved dressing; cover.
- Add 2 tsp. oil to skillet.
   Cook cutlets until browned and heated through, about 5 minutes. Serve with couscous.

#### NUTRITION PER SERVING

406 calories; 35g protein; 8g fat (1g sat. fat); 48g carbs; 3g fiber; 9g sugar; 2mg iron; 18mg calcium; 425mg sodium





#### \* THURSDAY

## Skillet Shepherd's Pie

ACTIVE TIME 25 MINUTES TOTAL TIME 25 MINUTES MAKES 4 SERVINGS

#### ingredients

- 2 tsp. olive oil
- 1 lb. lean ground beef
- 1 cup chopped onion
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 2 Tbs. all-purpose flour
- 1 cup reduced-sodium chicken broth
- 1 cup frozen corn kernels
- 2 cups weekend-prepped frozen cauliflower puree, thawed
- 2 Tbs. grated Parmesan cheese

#### make it

- Place a rack in top of oven. Preheat broiler. Heat oil in a broiler-proof skillet on medium-high. Add beef, onion, seasoning, and salt. Cook, crumbling beef until browned and onlon is tender, 6 to 8 minutes. Drain fat.
- Coat beef mixture with flour. Add broth and corn.
   Cook and stir until mixture simmers and thickens, about 3 minutes. Spread cauliflower puree over beef mixture. Top with cheese.
   Broil until top is golden and hot, 6 minutes.

#### NUTRITION PER SERVING

336 calories; 28g protein; 16g fat (6g sat. fat); 20g carbs; 3g fiber; 4g sugar; 3mg iron; 84mg calcium; 511mg sodium

#### \* FRIDAY

# Shrimp Fajitas

ACTIVE TIME 30 MINUTES TOTAL TIME 30 MINUTES MAKES 4 SERVINGS

#### ingredients

- 1 Tbs. olive oil
- 1 cup sliced onion
- 1 sweet pepper, sliced
- 1 cup chopped zucchini
- 1 lb. medium shrimp, peeled and deveined
- 1¼ tsp. ground cumin, divided Salt to taste
- 2 cups frozen corn
- 2 Tbs. chopped cilantro
- 4 8-in. whole-grain flour tortillas, warmed
- 4 Tbs. shredded reducedfat sharp cheddar cheese

#### makeit

- Heat oil in a nonstick skillet over medium-high heat. Add onion and pepper. Cook and stir 2 minutes. Add zucchini. Cook 2 minutes more. Add shrimp, 1 tsp. cumin, and salt. Cook 2 to 3 minutes more or until shrimp are opaque.
- In a microwave-safe bowl, mix corn, remaining ¼ tsp. cumin, and salt. Heat until steaming, about 4 minutes.
   Stir in cilantro.
- Fill the tortillas with shrimp mixture and cheese. Serve with corn.

#### NUTRITION PER SERVING

380 calories; 29g protein; 10g fat (3g sat. fat); 47g carbs; 6g fiber; 8g sugar; 3mg iron; 223mg calcium; 523mg sodium

may 2014 **156** parents