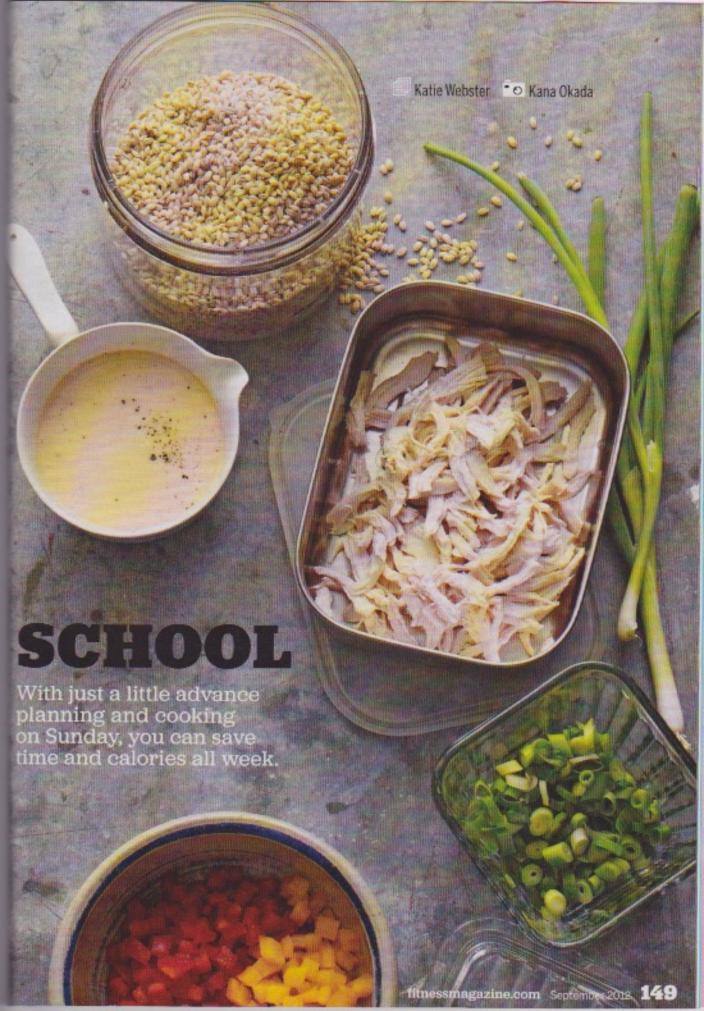
PREP



SHOPPING LIST

PRODUCE

- 2½ pounds plum tomatoes
- 1 small beefsteak tomato
- 3 lemons
- 1 large red bell pepper
- 1 large yellow bell pepper
- + 1 large carrot
- 1 bunch celery
- One 8-ounce package white button mushrooms
- 1 head garlic
- *1 shallot
- + 1 bunch scallions
- 1 small Vidalia onion
- 1 cucumber
- * 1 bunch basil
- 1 bunch parsley
- 1 package baby arugula

MEAT AND POULTRY

- 1 pound boneless, skinless chicken breasts
- ¾ pound flank steak
- 6 ounces hot Italian pork sausage

CANNED AND PACKAGED FOODS

- One 16-ounce package whole-wheat fusilli
- 1 package pearled barley
- One 10-count package corn tortillas
- One 15-ounce can pinto beans
- One 15-ounce can no salt-added chickpeas

- Two 15-ounce cans no-salt-added cannellini beans
- 1 jar pitted Kalamata olives
- One 32-ounce carton reduced-sodium chicken broth

DAIRY

- 4 ounces shredded Monterey Jack (about 1 cup)
- 1 ounce crumbled feta (about ¼ cup)

FROZEN FOODS

- One 10-ounce package frozen corn kernels
- We pound frozen
 peeled and develned
 large shrimp

STAPLES

If you don't already have these in your pantry, add them to the list.

- Nonstick cooking spray
- Extra-virgin olive oil
- Hones
- Dijon mustard
- Red wine vinegar
- . Dry white wine
- . Dry red wine
- · Chili powder
- Ground cumin
- Crushed red pepper flakes
- Dried thyme leaves
- Italian seasoning blend
- Salt
- · Black pepper

READY, SET, PREP

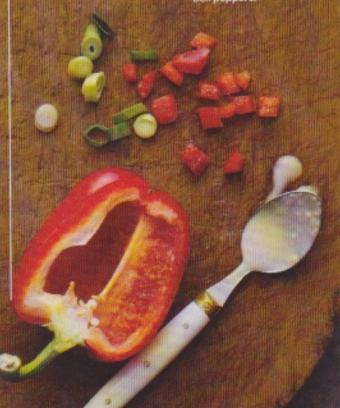
Spend a couple of hours whipping up these key ingredients (just refrigerate them in resealable containers), then use them to make dinners a snap.

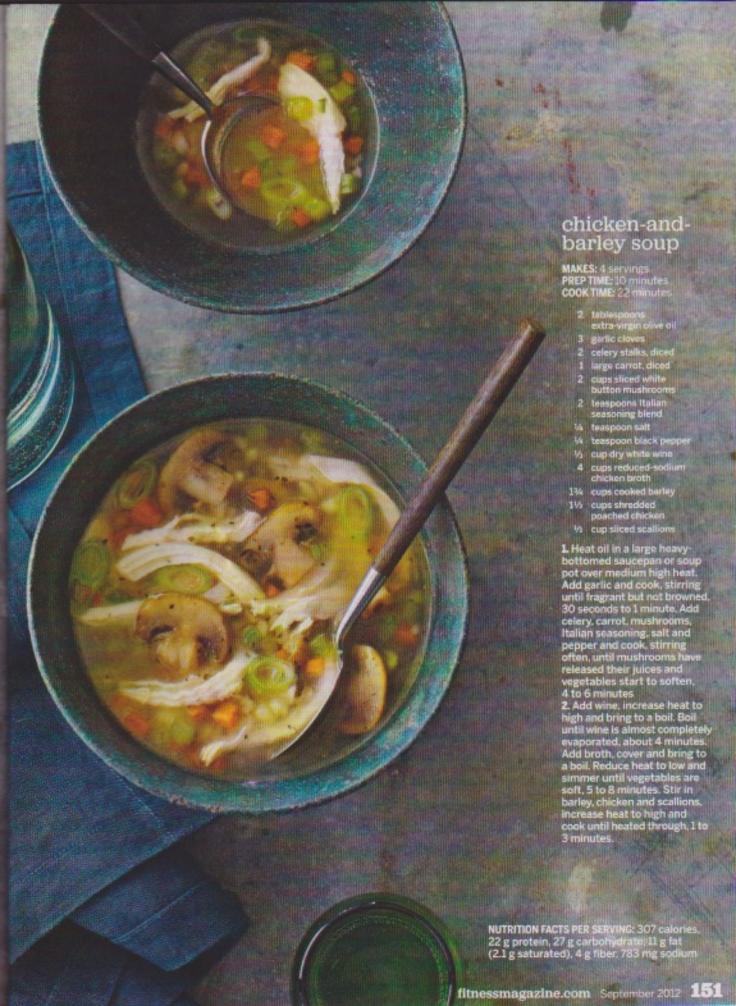
Roast tomatoes: Preheat the oven to 350°. Halve and stern 2½ pounds plum tomatoes; cut each half into quarters. Lay in a 9-by-13-inch baking dish, drizzle with 4 teaspoons olive oil and sprinkle with ½ teaspoon salt and ¼ teaspoon salt and ¼ teaspoon pepper: stir to coat. Roast until juicy and breaking down. 40 minutes to 1 hour. Stir in 1 table-spoon red wine vinegar.

Cook barley: Place 1 cup barley in a large saucepan with 5 cups cold water. Bring to a boil, reduce heat to low and simmer until just al dente, 40 minutes to 1 hour. Drain. Poach chicken: Place 1 pound boneless, skinless chicken breasts in a large saucepan and cover with water. Bring to a boil over high heat. Reduce heat to medium low and simmer until chicken is no longer pink in the center, 9 to 14 minutes. Remove from liquid, let cool and shred.

Make lemon dressing: Purce 1 chopped shallot. ½ cup olive oil. ½ cup freshly squeezed lemon juice. 2 teaspoons Dijon mustard, 1 teaspoon honey. ¼ teaspoon salt and ¼ teaspoon pepper in a food processor or blender until smooth.

Prep vegetables: Slice 1 cup scallions. Dice 3 cups bell peppers.



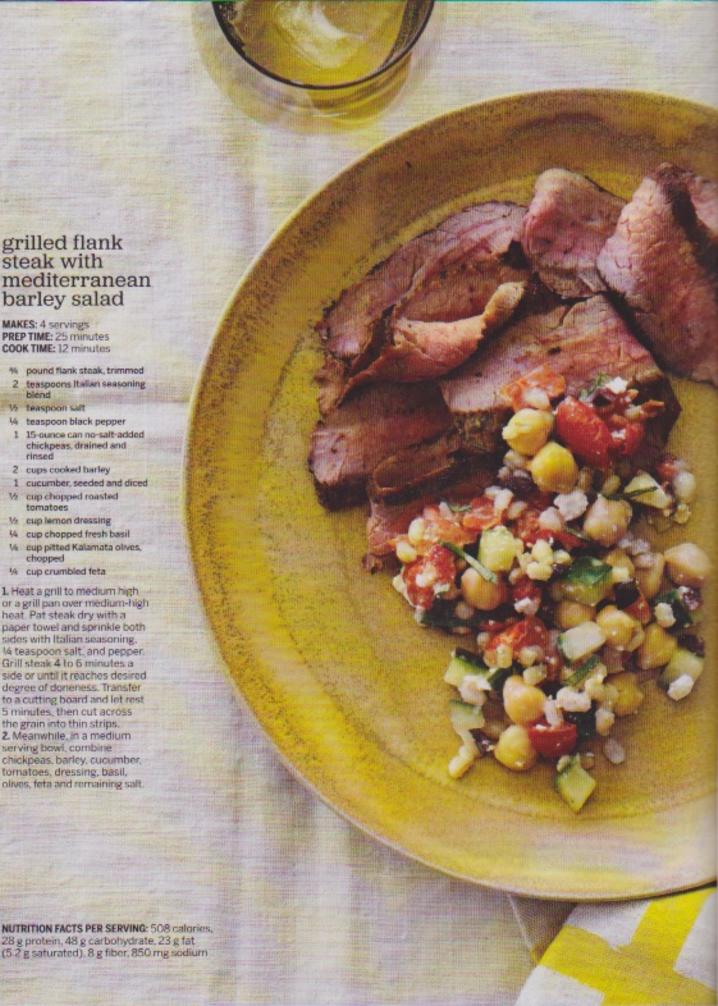


grilled flank steak with mediterranean barley salad

MAKES: 4 servings PREP TIME: 25 minutes COOK TIME: 12 minutes

- % pound flank steak, trimmed
- teaspoons Italian seasoning blend
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 15-ounce can no-salt-added chickpeas, drained and
- 2 cups cooked barley
- cucumber, seeded and diced
- 1/2 cup chopped roasted tomatoes
- 1/2 cup lemon dressing
- 14 cup chopped fresh basil
- 1/4 cup pitted Kalamata olives, chopped
- 1/4 cup crumbled feta

1. Heat a grill to medium high or a grill pan over medium-high heat. Pat steak dry with a paper towel and sprinkle both sides with Italian seasoning. 14 teaspoon salt, and pepper. Grill steak 4 to 6 minutes a side or until it reaches desired degree of doneness. Transfer to a cutting board and let rest 5 minutes, then cut across the grain into thin strips. 2. Meanwhile, in a medium serving bowl, combine chickpeas, barley, cucumber, tomatoes, dressing, basil, olives, feta and remaining salt.





MAKES: 4 servings PREP TIME: 15 minutes COOK TIME: 16 minutes

- 8 ounces whole wheat fusilli
- teaspoons extra-virgin olive oil
- ounces hot Italian pork sausage, casings removed
- small Vidalia onion, diced
- cups diced bell pepper
- teaspoon Italian seasoning blend
- teaspoon crushed red pepper flakes
- teaspoon salt
- cups chopped roasted tomatoes
- 1/2 cup dry red wine
- cup chopped fresh basil

1. Cook pasta according to package instructions. Drain. 2. Meanwhile, heat oil in a large skillet over medium-high heat. Crumble in sausage and cook, breaking up chunks with a wooden spoon, until meat begins to brown, 2 to 3 minutes. Stir in onion, bell pepper, Italian seasoning, red pepper flakes and salt and cook, stirring often,

3. Stir in tomatoes and wine. increase heat to high and cook until sauce is thickened, 3 to 5 minutes. Return pasta to pot. add sauce to pasta and toss to coat; stir in basil.

until vegetables start to brown.

5 to 8 minutes.

NUTRITION FACTS PER SERVING:

460 calories, 16 g protein, 57 g carbohydrate, 17 g fat (4.5 g saturated), 4 g fiber, 790 mg sodium



MAKES: 4 servings PREP TIME: 15 minutes COOK TIME: 17 minutes

Nonstick cooking spray

- 1 15-ounce can pinto beans 11/2 cups chopped roasted
- tomatoes
- 1 cup frozen corn kernels
- 11/2 cups shredded poached chicken
- cup sliced scallions
- tablespoon chili powder
- tablespoon ground

- 1/4 teaspoon salt
- 6-inch corn tortillas, each cut into 6 wedges
- cup shredded Monterey Jack
- small beefsteak tomato, diced
- 1. Preheat oven to 400". Coat an 8-by-8-inch baking dish with cooking spray.
- 2. Combine pinto beans and their liquid, tomatoes, corn. chicken, ¼ cup scallions, chili powder, cumin and salt in a large saucepan. Cook over medium-high heat, stirring often, until mixture is bubbling and corn is completely thawed, 3 to 5 minutes.

3. Layer about a third of the tortilla wedges, half the bean mixture and a third of the Monterey Jack in prepared baking dish; repeat. Top with remaining tortilla wedges and cheese. Bake until cheese is melted and casserole is heated through, about 12 minutes. Let cool slightly before serving; garnish with diced tomato and remaining scallions.

NUTRITION FACTS PER SERVING:

443 calories, 31 g protein, 45 g carbohydrate, 17 g fat (6.6 g saturated), 9 g fiber, 802 mg sodium



with warm shrimp and white beans

MAKES: 4 servings PREP TIME: 20 minutes COOK TIME: 5 minutes

- 4 cups baby arugula
- 1/2 cup lemon dressing
- teaspoons extra-virgin olive oil
- pound frozen peeled and deveined large shrimp, thawed, tails removed
- 14 teaspoon black pepper
- 2 15 ounce cans no-saltadded cannellini beans, drained and rinsed
- 1 cup diced bell pepper
- cup finely chopped celery. including some leaves

1/4 cup chopped parsley

1. Toss arugula with 2 tablespoons dressing. Divide among four plates. 2. Heat oil in a large nonstick skillet over medium-high heat. Add shrimp, sprinkle with black pepper and cook, stirring occasionally, until bright pink, 2 to 3 minutes. Stir in beans, bell pepper, celery and remaining dressing and continue cooking until shrimp are just cooked through, 1 to 2 minutes more. Stir in parsley. remove from heat and serve over arugula.

NUTRITION FACTS PER SERVING:

387 calories, 23 g protein. 34 g carbohydrate, 19 g fat (2.3 g saturated), 10 g fiber, 742 mg sodium

