



# WEEK TWO

CREATE IN THE KITCHEN

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MEMORIAL  
HERMANN

# WEEK TWO DINNERS



**Monday**  
TOMATO AND  
ARTICHOKE GNOCCHI



**Tuesday**  
FISH TACOS WITH  
AVOCADO-LIME CREMA



**Wednesday**  
SANTA FE CHILE  
COLORADO



**Thursday**  
CLASSIC SESAME NOODLES  
WITH CHICKEN



**Friday**  
LEFTOVER MAKEOVER



**Bonus**  
CHICKEN AND SPINACH  
SOUP WITH FRESH PESTO

*This program offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health, you should always consult with a physician.*



NO STORE DOES  
**MORE**



Here Everything

# DINNER SHOPPING LIST

## PRODUCE

- Carrots, enough for ½ cup grated and 1 cup julienned
- Garlic, 9 cloves
- Baby spinach, enough for 2 6-oz. servings
- Basil, enough for 1/3 cup leaves
- Small onion, 1
- White onion, enough for 1/2 cup chopped
- Red bell pepper, 2
- Oregano, enough for 1 tablespoon plus garnish
- H-E-B® Coleslaw Salad Kit, enough for 3 cups
- Avocado, 1
- Lime, 1
- Cilantro, enough for 1/2 cup and garnish
- Potatoes 1/2-inch, 1 pound
- Green cabbage, enough for 2 cups thinly sliced
- Radishes
- Scallions, 2
- Ginger, enough for 2 teaspoons
- Snap peas, enough for 1 cup
- Sweet potato, 1
- Arugula, 6 ounces

## PROTEIN

- Boneless, skinless chicken breast, 8 ounces
- H-E-B® Beef Boneless Chuck Roast USDA Select, 3 pounds
- H-E-B® Select Ingredients Low Sodium Chicken Breast, 8 ounces

## CONDIMENTS

- Mayonnaise, enough for ¼ cup
- Hot sauce
- Ketchup, enough for 2 tablespoons

## DAIRY

- Grated Parmesan cheese, enough for ¼ cup

## BAKERY

- Corn tortillas, 8
- Flour tortillas (optional)

## CANNED GOODS

- Cannellini beans or great northern beans, (1) 15-oz. can
- Chickpeas, (1) 15-oz. can
- No-salt-added diced tomatoes, (1) 14-oz. can

## SPICES/HERBS

- Dried marjoram
- New Mexican red chili powder or regular chili powder, enough for 6 tablespoons
- Ground cumin
- Dried oregano, preferably Mexican

## FROZEN FOOD

- Frozen artichoke hearts, (1) 9-oz. box
- Fish sticks, enough for 8 ounces
- Corn kernels, enough for 3 cups

## OTHER

- Extra virgin olive oil
- Low sodium chicken broth, enough for 5 cups
- Fresh ground pepper
- Multigrain croutons
- H-E-B® Select Ingredients Onion & Garlic Premium Croutons
- Shelf-stable gnocchi, 16-oz
- Pitted Kalamata olives, enough for 8 sliced
- Red wine vinegar
- Rice vinegar
- Salt
- Corn oil or canola oil, enough for one tablespoon
- Low sodium beef broth, enough for 2 cups
- H-E-B® Select Ingredients 100% Whole Wheat Spaghetti Pasta, 8 ounces
- Toasted (dark) sesame oil, enough for 3 tablespoons
- Brown sugar
- Reduced-sodium soy sauce, enough for 2 tablespoons
- Toasted sesame seeds, enough for 3 tablespoons
- Minced garlic, 1 tablespoon

This list does not include bonus recipe.



# PLATE METHOD SUGGESTIONS

WEEK TWO

MONDAY

**BREAKFAST**  
Greek yogurt,  
mixed berries,  
unsweetened granola

**LUNCH**  
Baked chicken breast,  
green beans, carrots,  
mashed potatoes

**SNACK**  
Light chicken salad,  
whole grain  
crackers, grapes

TUESDAY

**BREAKFAST**  
Oatmeal with milk,  
peanut butter,  
banana

**LUNCH**  
Mixed greens salad  
with boiled egg,  
croutons,  
light dressing

**SNACK**  
Boiled egg,  
mini bell peppers,  
popcorn

WEDNESDAY

**BREAKFAST**  
Boiled eggs, apple,  
whole grain cereal

**LUNCH**  
Turkey taco lettuce  
wraps, rice, grilled  
onions/peppers

**SNACK**  
Light chicken salad,  
whole grain  
crackers, grapes

THURSDAY

**BREAKFAST**  
Black beans with  
scrambled egg, salsa,  
whole grain tortilla,  
peach

**LUNCH**  
Salmon, quinoa,  
mixed berries,  
brussels sprouts

**SNACK**  
Cottage cheese,  
peaches, bell  
pepper slices

FRIDAY

**BREAKFAST**  
Turkey sausage patty,  
whole grain english  
muffin, watermelon

**LUNCH**  
Light tuna salad with  
whole grain crackers,  
cucumbers, grapes

**SNACK**  
Snap peas,  
string cheese,  
cantaloupe

Since these meals are suggestions, the ingredients are not included in the weekly shopping list.

# MONDAY

## TOMATO AND ARTICHOKE GNOCCHI

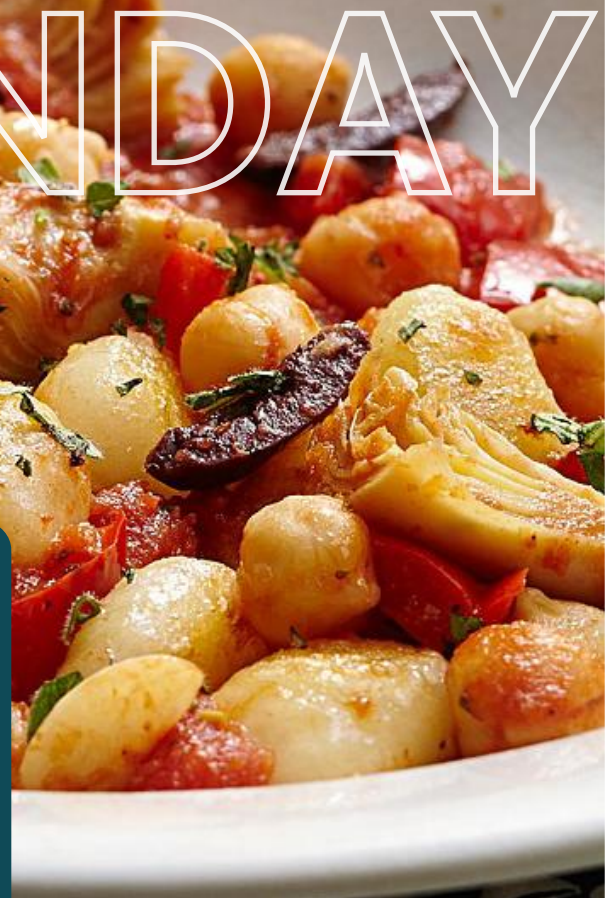
2 tablespoons extra-virgin olive oil, divided  
1 16-ounce package shelf-stable gnocchi  
1 small onion, sliced  
1 small red bell pepper, diced  
4 large cloves garlic, thinly sliced  
1 tablespoon chopped fresh oregano,  
plus more for garnish  
1 15-ounce can chickpeas, rinsed  
1 14-ounce can no-salt-added diced tomatoes  
1 9-ounce box frozen artichoke hearts, thawed and chopped  
8 pitted Kalamata olives, sliced  
1 tablespoon red-wine vinegar  
¼ teaspoon ground pepper

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Transfer to a bowl and cover to keep warm.

Reduce heat to medium. Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally, until starting to brown, 2 to 3 minutes. Add bell pepper; cook, stirring occasionally, until crisp-tender, about 3 minutes. Add garlic and oregano; cook, stirring, for 30 seconds. Add chickpeas, tomatoes and artichokes; cook, stirring, until hot, about 3 minutes. Stir in olives, vinegar, pepper and the gnocchi.

Sprinkle with oregano, if desired.

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Serves 4  
Active Time 30m  
Total Time 30m

## NUTRITION FACTS

Amount Per Serving:  
Calories: 423  
Total Fat: 11g  
Saturated Fat: 1g  
Monounsaturated Fat: 7g  
Cholesterol: 0mg  
Sodium: 606mg  
Carbohydrates: 70g  
Dietary Fiber: 9g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 12g  
Potassium: 328mg

# TUESDAY

## FISH TACOS WITH AVOCADO-LIME CREMA

16 fish sticks (about 8 ounces)  
3 cups coleslaw mix or shredded cabbage  
2 tablespoons rice vinegar  
⅛ teaspoon salt  
½ ripe avocado  
¼ cup mayonnaise  
2 teaspoons lime juice  
½ teaspoon hot sauce  
8 corn tortillas, warmed  
Cilantro for garnish

Prepare fish sticks according to package directions.

Meanwhile, toss coleslaw mix (or cabbage) with vinegar and salt. Mash avocado in a small bowl, then mix in mayonnaise, lime juice and hot sauce.

Serve the fish sticks in tortillas topped with the slaw, avocado crema and cilantro, if desired.

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Serves 4  
Active Time: 15m  
Total Time: 30m

## NUTRITION FACTS

Calories: 395  
Total Fat: 24g  
Saturated Fat: 4g  
Monounsaturated Fat: 7g  
Cholesterol: 20mg  
Sodium: 417mg  
Carbohydrates: 38g  
Dietary Fiber: 7g  
Total Sugars: 3g  
Added Sugars: 0g  
Protein: 10g  
Potassium: 402mg

# WEDNESDAY

## SANTA FE CHILE COLORADO

3 pounds boneless chuck roast, trimmed and cut into 1-inch chunks  
1 teaspoon salt  
 $\frac{3}{4}$  teaspoon ground pepper  
1 tablespoon corn oil or canola oil, divided  
4 cloves garlic, minced  
3 cups water  
2 cups low-sodium beef broth  
6 tablespoons New Mexican red chile powder or regular chili powder  
 $1\frac{1}{2}$  teaspoons ground cumin  
 $1\frac{1}{2}$  teaspoons dried oregano, preferably Mexican  
3 cups diced potatoes (1/2-inch; about 1 pound)  
3 cups corn kernels (fresh or frozen, thawed)  
2 cups thinly sliced green cabbage  
1 cup sliced radishes  
 $\frac{1}{2}$  cup chopped white onion  
 $\frac{1}{2}$  cup chopped fresh cilantro  
Warm flour tortillas for serving (optional)

Season beef with salt and pepper. Heat  $1\frac{1}{2}$  teaspoons oil over medium-high heat in a large pot.

Add half the beef and cook, stirring occasionally, until the liquid evaporates and the meat is browned, 10 to 15 minutes. Transfer to a plate. Repeat with the remaining oil and beef.

Return the first batch of beef to the pot and add garlic; cook, stirring, until it just starts to brown, about 1 minute. Add water, broth, chile powder, cumin and oregano; stir well to combine. Bring to a boil.

Reduce heat to maintain a simmer and cook, stirring occasionally, until the beef is tender, about 1 hour.

Stir in potatoes and corn; return to a simmer and cook, stirring occasionally, until the potatoes are tender, 15 to 20 minutes.

Serve the chili topped with cabbage, radishes, onion and cilantro, and with flour tortillas, if desired.



Serves 8  
Active Time: 1h  
Total Time: 2h 45m

## NUTRITION FACTS

Amount per serving:  
Calories: 347  
Total Fat: 11g  
Saturated Fat: 3g  
Monounsaturated Fat: 4g  
Cholesterol: 99mg  
Sodium: 568mg  
Carbohydrates: 26g  
Dietary Fiber: 5g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 38g  
Potassium: 932mg

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# THURSDAY

## CLASSIC SESAME NOODLES WITH CHICKEN

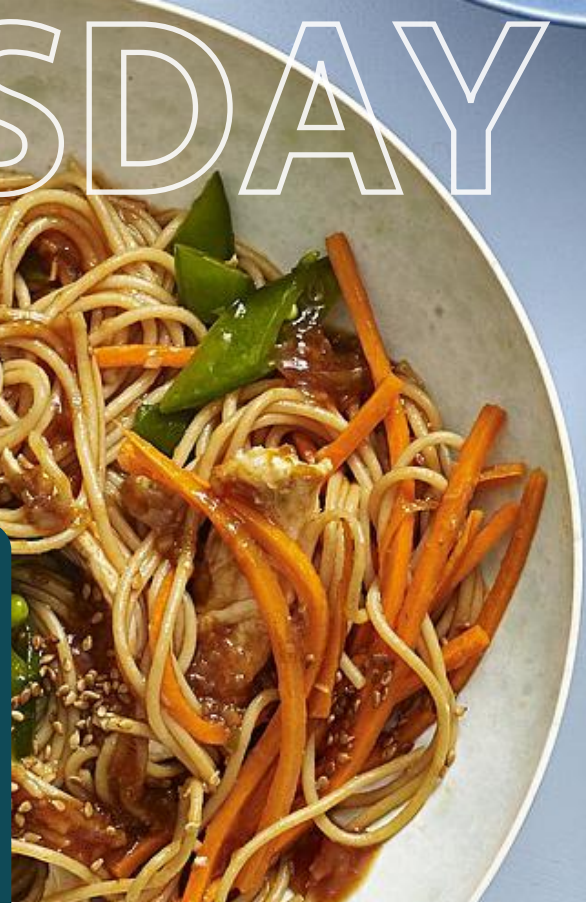
8 ounces whole-wheat spaghetti  
3 tablespoons toasted (dark) sesame oil  
2 scallions, chopped  
1 tablespoon minced garlic  
2 teaspoons minced fresh ginger  
1 teaspoon brown sugar  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons ketchup  
8 ounces cooked boneless, skinless chicken breast, shredded  
1 cup julienned carrots  
1 cup sliced snap peas  
3 tablespoons toasted sesame seeds

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.

Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup.

Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

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Serves 4  
Active Time: 20m  
Total Time: 20m

## NUTRITION FACTS

Amount per serving:  
Calories: 460  
Total Fat: 17g  
Saturated Fat: 3g  
Monounsaturated Fat: 6g  
Cholesterol: 48mg  
Sodium: 407mg  
Carbohydrates: 53g  
Dietary Fiber: 9g  
Total Sugars: 7g  
Added Sugars: 2g  
Protein: 29g  
Potassium: 478mg



# FRIDAY

## LEFTOVER MAKEOVER

If you have leftover Santa Fe Chile Colorado from Wednesday's recipe, add it to the top of a cooked sweet potato. Or, if you have leftover sesame noodles from Thursday's recipe, toss them cold with fresh spinach or arugula leaves.

### CLASSIC SESAME NOODLES WITH CHICKEN

Serves 4

#### NUTRITION FACTS

Amount per serving:

Calories: 485

Total Fat: 17g

Saturated Fat: 3g

Monosaturated Fat: 5g

Cholesterol: 48mg

Sodium: 456mg

Carbohydrates: 54g

Dietary Fiber: 9g

Total Sugars: 7g

Protein: 28g

Potassium: 764mg

### SANTA FE CHILE COLORADO

Serves 4

#### NUTRITION FACTS

Amount per serving:

Calories: 623

Total Fat: 19g

Saturated Fat: 7g

Monounsaturated Fat: 9g

Cholesterol: 126mg

Sodium: 1018mg

Carbohydrates: 70g

Dietary Fiber: 16g

Total Sugars: 32g

Protein: 43g

Potassium: 1971mg

# BONUS

## CHICKEN AND SPINACH SOUP WITH FRESH PESTO

2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided  
½ cup carrot or diced red bell pepper  
1 large boneless, skinless chicken breast (about 8 ounces),  
cut into quarters  
1 large clove garlic, minced  
5 cups low-sodium chicken broth  
1½ teaspoons dried marjoram  
6 ounces baby spinach, coarsely chopped  
1 15-ounce can cannellini beans or great northern beans, rinsed  
¼ cup grated Parmesan cheese  
⅓ cup lightly packed fresh basil leaves  
Freshly ground pepper to taste  
¾ cup plain or herbed multigrain croutons for garnish (optional)

Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

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Serves 5  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 226  
Total Fat: 9g  
Saturated Fat: 2g  
Monounsaturated Fat: 5g  
Cholesterol: 29mg  
Sodium: 211mg  
Carbohydrates: 18g  
Dietary Fiber: 6g  
Total Sugars: 2g  
Added Sugars: 0g  
Protein: 19g  
Potassium: 525mg

# WEEK TWO

## OPTIONAL WEEKEND PROJECT

### ORANGE-DATE PUMPKIN MUFFINS

1 cup whole-wheat flour  
1 cup all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
½ teaspoon ground cinnamon  
1 large seedless orange, scrubbed and cut into 8 sections  
(peel left on)  
1 large egg  
1 large egg white  
⅔ cup canned unseasoned pumpkin puree  
½ cup packed light brown sugar or ¼ cup Splenda Sugar Blend for Baking  
¼ cup honey  
3 tablespoons canola oil  
¾ cup chopped pitted dates  
3 tablespoons chopped walnuts or pecans

Preheat oven to 400°. Coat 12 standard 2 ½-inch muffin cups with cooking spray.

Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in a large bowl.

Puree orange sections in a food processor. Add egg, egg white, pumpkin, sugar (or Splenda), honey and oil; process until mixed. Make a well in the center of the dry ingredients; add the wet ingredients and dates, and stir with a rubber spatula until just combined. Scoop the batter into the prepared pan and sprinkle with nuts.

Bake the muffins until the tops spring back when touched lightly, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

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Serves 12  
Active Time: 30m  
Total Time: 1h 15m

### NUTRITION FACTS

Amount per serving:  
Calories: 226  
Total Fat: 6g  
Saturated Fat: 1g  
Monounsaturated Fat: 3g  
Cholesterol: 16mg  
Sodium: 283mg  
Carbohydrates: 42g  
Dietary Fiber: 3g  
Total Sugars: 22g  
Added Sugars: 15g  
Protein: 5g  
Potassium: 207mg

H-E-B® GROCERY TOUR



Join us on Friday, January 13  
at 8:30 a.m. at H-E-B® Webster  
for a grocery tour led by an  
H-E-B® dietitian who will give  
you tips and tricks as you shop.

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SCHEDULED WORKOUTS



**ATHLETE**<sup>®</sup>  
TRAINING + HEALTH

**January 14  
Saturday, 9 a.m.**

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# JOURNALING WORKSHOP

Join us on Wednesday, January 11  
at 12 p.m. for a virtual journaling  
workshop led by  
Memorial Hermann Chaplain  
Laura Salazar-Hopps.

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