

Lose It! Premium Meal Plan #27

Spinach and Feta Stuffed Pork Tenderloin
Simply Baked Salmon
Pan-Seared Chicken with Chive Sauce
Sesame-Fried Tofu Stir-Fry
Swedish Meatballs

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

12 ounces salmon filet
2 (6-ounce) boneless, skinless chicken breasts
1 pound pork tenderloin
1 pound 85% lean ground beef

Produce

1 lemon
1 red bell pepper
1 bunch parsley
½ pound spinach
3 oz baby portabella mushrooms
2 yellow onions
4 scallions
Fresh chives (or substitute scallions)
1 head of garlic
Broccoli
Green beans
Mixed green salad ingredients
Yukon gold potatoes
Baby carrots

Dairy/Eggs/Juices

Crème fraîche (or substitute low-fat sour cream)
Eggs (need 2 large)
Feta cheese (need 2 oz)

Grains

Oats (need 1/3 c)
Rice pilaf
Couscous
Brown rice
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
White pepper (or substitute black pepper)
Lemon pepper
Flour
Potato flour (or substitute corn starch)
Plain breadcrumbs
Sesame seeds
Olive oil
Canola oil
Sesame oil
Low-sodium soy sauce
Salad dressing

Canned/jarred goods

Reduced-sodium chicken broth (need 6 oz)
Roasted red peppers
Lingonberry jam

Other

Extra-firm tofu
Kitchen string

Spinach and Feta Stuffed Pork Tenderloin

Servings: 4 (save leftovers for lunch)

2 + 2 teaspoons olive oil
2 cloves garlic, thinly sliced
½ pound spinach, washed and dried
2 ounces feta cheese, crumbled (about ½ cup)
¼ cup roasted red peppers, chopped
¼ teaspoon salt
Freshly ground pepper to taste
1 pound pork tenderloin, trimmed and butterflied*
Kitchen string

**To butterfly pork tenderloin, cut lengthwise down the middle, but don't cut all the way through. Open the halves as if it were a sub sandwich and cut each half the same way.*

1. Preheat oven to 450° F.
2. Heat oil in a Dutch oven or large nonstick skillet over medium-high heat. Add garlic and sauté for 30 seconds. Add spinach and sauté for another couple of minutes, until wilted.
3. In a medium bowl, combine spinach mixture with the feta and red peppers. Drain any excess fluid from the mixture and season with salt and freshly ground pepper.
4. Spread the spinach and feta mixture over the center of the butterflied pork. Fold the pork together over the filling and then use kitchen string to tie it together in 4 places.
5. Heat remaining oil in a large, ovenproof skillet over medium-high heat. Add tenderloin and sear on all sides until browned. Transfer skillet to oven and continue cooking for another 15 minutes, or until cooked through.
6. Let rest for 5-10 minutes before slicing.

Nutrition Information

(For ¼ of recipe) 230 calories; 3.5 g carbohydrate; 28 g protein; 12 g fat (4 g sat); 2 g fiber; 525 mg sodium.

Side suggestions: **Mixed green salad. Crusty bread.**

Simply Baked Salmon

Servings: 2

12 ounces salmon filet

½ teaspoon salt

Freshly ground pepper to taste

1 tablespoon water

1 tablespoon lemon juice

2 teaspoons olive oil

2 tablespoons chopped parsley

1. Preheat oven to 400° F.
2. Place fish skin side down in an oven safe baking dish. Season with salt and pepper and then drizzle with water, lemon juice, and olive oil. Then spread the parsley out evenly over the fish.
3. Cover baking dish with foil and bake for about 20 minutes, or until fish is cooked through and flakes easily with a fork.

Nutrition Information

(For ½ of recipe) 285 calories; 1 g carbohydrate; 34 g protein; 15 g fat (2 g sat); 0.5 g fiber; 660 mg sodium.

Side suggestions: Rice pilaf. Steamed broccoli.

Pan-Seared Chicken with Chive Sauce

Note: Scallions can be substituted for the chives in this recipe.

Servings: 2

2 (6-ounce) boneless, skinless chicken breasts
½ teaspoon lemon pepper
2 teaspoons olive oil
2 cloves garlic, chopped
6 ounces reduced-sodium chicken broth
1 tablespoon flour
3 tablespoons crème fraiche (or substitute reduced fat sour cream)
¼ cup chives, chopped

1. Place chicken breasts between 2 sheets of plastic wrap and pound with a meat mallet or rolling pin until ½ inch thick. Season both sides with lemon pepper.
2. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook until browned, about 2-3 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add garlic to the pan and cook for about 1 minute. Add in broth and flour. Bring to a boil while stirring, scraping up any browned bits.
4. Return chicken and its juices to the pan. Reduce heat to low and simmer until cooked through.
5. Stir in crème fraiche and cook for another minute, turning the chicken a couple of times. Add the chives and serve.

Nutrition Information

(For ½ of recipe) 300 calories; 6 g carbohydrate; 43 g protein; 10 g fat (3 g sat); 0.5 g fiber; 560 mg sodium.

Side suggestions: **Lemony couscous. Steamed green beans.**

Sesame-Fried Tofu Stir-Fry

Servings: 2

1 large egg

¼ teaspoon salt

Freshly ground pepper to taste

6 ounces extra-firm tofu (about 2/5 of a block), drained and cut into 1-inch long pieces

½ cup plain breadcrumbs

2 tablespoons all-purpose flour

1 tablespoon sesame seeds

2 + 2 teaspoons sesame oil

½ small yellow onion, chopped

1 garlic clove, minced

3 ounces baby portabella mushrooms, halved

4 scallions, chopped into 1-inch pieces

1 red bell pepper, cut into strips

1 tablespoon reduced-sodium soy sauce

1 tablespoon water

1. In a small bowl, whisk together the egg, salt, and pepper. Place tofu in the bowl and swirl around to coat with egg mixture.
2. In a resealable plastic bag, combine the breadcrumbs, flour, and sesame seeds. Transfer tofu into plastic bag and gently toss to coat.
3. Heat 2 teaspoons of the oil in a wok or large nonstick skillet over medium-high heat. Add tofu and cook until golden, 1-2 minutes per side. Transfer to a plate and cover with foil to keep warm.
4. Add the remaining oil to the wok and then add the onion and garlic. Stir-fry for 1-2 minutes. Add the mushrooms, scallions, and bell pepper, and cook for another 2-3 minutes. (Reduce heat if the onions start to brown.) Stir in the soy sauce and water.
5. Turn off heat and gently add the tofu back to the wok. Serve over rice.

Nutrition Information

(For ½ of recipe) 370 calories; 34 g carbohydrate; 18 g protein; 19 g fat (3 g sat); 4.5 g fiber; 820 mg sodium.

Side suggestions: **Brown rice.**



Swedish Meatballs

Servings: 4 (These meatballs freeze well in resealable plastic bags and are great to have on hand for a quick dinner.)

1/3 cup oats
1 tablespoon potato flour (can substitute corn starch)
2/3 cup water
1/2 + 2 teaspoons canola oil
2 tablespoons yellow onion, grated
1 pound 85% lean ground beef
1 teaspoon salt
1 large egg
1/8 teaspoon white pepper (can substitute black pepper)

1. In a large bowl, mix together the oats, potato flour, and water. Let sit for about 10 minutes.
2. Meanwhile, heat 1/2 teaspoon canola oil in a small nonstick skillet over medium-high heat. Add onion and sauté until golden, 3-4 minutes.
3. Add the ground beef and salt to the oat mixture and stir to combine. Then add in the egg, pepper, and sautéed onions and use a wooden spoon or your hands to mix until well combined.
4. Wet hands and form meat mixture into small balls, making sure that they are all about the same size. (Recipe should make anywhere from 30 to 40 meatballs, depending on size). Place meatballs on a wet cutting board.
5. Heat remaining 2 teaspoons of canola oil in a large skillet over medium-high heat. Add about 1/3 to 1/2 of the meatballs. Shake the pan so that they cook evenly while retaining round shape. Once browned on all sides, reduce heat to medium-low and continue cooking for another 3-5 minutes, until cooked through. Repeat with remaining meatballs.

Nutrition Information

(For 1/4 of recipe) 300 calories; 3 g carbohydrate; 23 g protein; 21 g fat (7.5 g sat); 0.5 g fiber; 675 mg sodium.

Side suggestions: **Boiled Yukon gold potatoes. Steamed baby carrots. Lingonberry jam.**

