



February 2019

...celebrating love, love, love!!

## \*\*Beef\*\*

### *Beef Stew* (Crockpot, Stovetop)

A family favorite with beef, potatoes, and carrots...this recipe is perfect for your crock pot or you can cook on the stove top!  
Diet Points: 8 Gluten free with gluten free flour! Calories: 378, Total Fat: 9.7g, Sat. Fat: 3.7g, Trans Fat: 0.0g, Cholesterol 135mg, Sodium: 543mg, Total Carbohydrates: 21.5g, Dietary Fiber: 3.1g, Sugars: 3.3g, Protein: 48.5g

### *Cheesy Macaroni Beef Casserole* (Oven)

Beef, macaroni, corn, peas, mushrooms, onions, and cheddar with a hint of chili powder and Worcestershire....one dish meal! Diet Points: 13 Gluten free with rice! Calories: 379, Total Fat: 18.6g, Sat. Fat: 11.0g, Trans Fat: 0.0g, Cholesterol 50 mg, Sodium: 873mg, Potassium: 236mg, Total Carbohydrates: 34.8g, Dietary Fiber: 3.1g, Sugars: 4.6g, Protein: 20.0g

### *Crockpot Enchilada Casserole* (Crockpot)

Enchiladas ready when you get home! Layers of flour tortillas, beef, tomatoes, green chilies, onion, green peppers, chili powder, cumin, Monterey Jack and cheddar cheeses....all in the crockpot!

Diet Points: 13 Gluten free with corn tortillas! Calories: 417 Total Fat: 18.3g, Sat. Fat: 8.9g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 1662mg, Potassium 382mg, Total Carbohydrates: 34.1g, Dietary Fiber: 6.7g, Sugars: 6.9g, Protein: 31.1g

### *Horseradish Encrusted Beef Tenderloin...add 3 Lobster Tails for additional \$30* \*Lighter (less sour cream, no rice) (Oven)

Our unbelievably tender beef tenderloin encrusted in horseradish and Dijon and served with a sour cream and horseradish sauce.

(Also available with no horseradish)...with rice and green beans. Make it a Valentine's night in and add lobster!

Diet Points: 12(\*10) Gluten free! Calories: 425(\*381), Total Fat: 23.7g(\*19.6), Sat. Fat: 10.5g(\*8.0), Trans Fat: 0.0g, Cholesterol 156mg(\*147), Sodium: 994mg(\*769), Total Carbohydrates: 5.9g(\*4.3), Dietary Fiber: 1.4g(\*1.1), Sugars: 2.6g(\*2.0), Protein: 45.5g(\*44.8)

### *Steak Medallions with Gorgonzola Pasta* \*Lighter (no pasta, more California blend) (Stovetop)

Steak medallions marinated in balsamic vinegar and brown sugar top the gorgonzola pasta....with California blend.

Diet Points: 15(includes pasta)(\*9) Gluten free with GF pasta! Calories: 535(\*344), Total Fat: 24.3g(\*19.4), Sat. Fat: 10g(\*8.5), Trans Fat: 0.0g(\*0.0), Cholesterol 141mg(\*94), Sodium: 723mg(\*723), Total Carbohydrates: 35.8g(\*3.8), Dietary Fiber: 0.5g(\*0.5), Sugars: 2.5g(\*1.7), Protein: 40.6g(\*36.2)

## \*\*Chicken\*\*

### *Apricot Curry Chicken* \*Lighter...with California blend (Oven or Grill)

Chicken breasts marinated in an apricot jam sauce with a hint of curry....with peas and rice.

Diet Points: 7 Gluten Free! Calories: 228, Total Fat: 3.2g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 79mg, Sodium: 231mg, Total Carbohydrates: 18.4g, Dietary Fiber: 0.2g, Sugars: 12.5g, Protein: 28.4g

### *Chicken Asparagus Bundles* \*Lighter (less sauce, no cheese) no egg noodles (Oven)

Chicken breasts rolled up around Swiss cheese and asparagus spears, topped with Dijon tarragon sauce. ...with egg noodles.

Diet Points: 11(\*7), Gluten free with GF breadcrumbs! Calories: 430(\*276), Total Fat: 13.7g(\*5.3), Sat. Fat: 3.8g(\*0.3), Trans Fat: 0.0g(\*0), Cholesterol 99mg(\*82), Sodium: 1569mg(\*979), Total Carbohydrates: 34.2g(\*22.3), Dietary Fiber: 4.2g(\*3.6), Sugars: 7.1g(\*4.9), Protein: 41.2g (\*34.9)

### *Chicken with Walnuts Casserole* (Oven)

Chicken, walnuts, peas, carrots, potatoes, and French fried onions! An all in one dinner!

Diet Points: 14 Gluten free with onions! Calories: 428 Total Fat: 22g, Sat. Fat: 9.7g, Trans Fat: 0.0g, Cholesterol 78mg, Sodium: 1371mg, Potassium 236mg, Total Carbohydrates: 27.5g, Dietary Fiber: 2.7g, Sugars: 2.9g, Protein: 26.2g

### *Crockpot Chicken in Spinach Cream Sauce* (Crockpot, Oven)

Chicken thighs rubbed with paprika simmer in creamed spinach with Parmesan and a touch of lemon juice...with penne

Diet Points: 7 Gluten free with rice! Calories: 292, Total Fat: 12.1g, Sat. Fat: 6.2g, Trans Fat: 0.0g, Cholesterol 109mg, Sodium: 470mg, Potassium: 139mg, Total Carbohydrates: 4.3g, Dietary Fiber: 1.1g, Sugars: 1.3g, Protein: 41.5g

### *Crockpot Italian Chicken and Shrimp* (Crockpot, Oven)

Chicken thighs rubbed, shrimp, tomatoes, green pepper, onion, celery, and orzo all blended with Italian seasonings for a wonderfully flavorful one pot meal!...with green beans

Diet Points: 9 Gluten free with rice! Calories: 359, Total Fat: 6.0g, Sat. Fat: 1.4g, Trans Fat: 0.0g, Cholesterol 157.8mg, Sodium: 881.6mg, Potassium: 119.3mg, Total Carbohydrates: 36.1g, Dietary Fiber: 4.0g, Sugars: 10g, Protein: 33.3g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)  
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)  
SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/ for 6-8 serving meals  
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

The Dinner Shoppe 404-748-1502 www.thedinnershoppe.com carol@thedinnershoppe.com

### *It's Amore! Chicken* \*Lighter ...with carrots (Stovetop)

Another great Valentine's month dinner...these chicken breasts marinated with rosemary and lemon juice are butterflied so that when you sauté them in your skillet they look like a heart! Add our delicious topping of parsley, mint, basil, and a little Dijon mustard for a great Mediterranean taste! ...with corn and penne.

Diet Points: 6 Gluten free! Calories: 285, Total Fat: 15.0g, Sat. Fat: 2.5g, Trans Fat: 0.0g, Cholesterol 86mg, Sodium: 699mg, Total Carbohydrates: 2.6g, Dietary Fiber: 0.6g, Sugars: 0.3g, Protein: 33.5g

### *Sautéed Chicken Breasts with Raspberry Chipotle Sauce* \*Lighter with California blend (Broil, Grill, or Stovetop)

Chicken breasts sautéed and topped with our special sauce made with raspberries, chipotle paste, jalapenos (optional), brown sugar, and cider vinegar. You will love it! ...with corn and egg noodles

Diet Points: 6 Gluten free! Calories: 208, Total Fat: 4.2g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 172mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.4g, Sugars: 16.9g, Protein: 22.5g

### \*\*Pork\*\*

#### *Caramelized Pork and Jasmine Rice* \*Lighter, no rice. (Stovetop)

Toss pork cubes, onion, green chilies pepper, green onion, and sesame oil in caramelized sugar heated in your skillet. Serve over Jasmine rice...with vegetable medley

Diet Points: 7 Gluten free! Calories: 673, Total Fat: 15.4g, Sat. Fat: 5.3g, Trans Fat: 0.0g, Cholesterol 119mg, Sodium: 79mg, Potassium: 655mg, Total Carbohydrates: 84.20g, Dietary Fiber: 3.6g, Sugars: 34.4g, Protein: 47.7g

#### *Crockpot Orange Cranberry Pork Roast* \*Lighter, with California blend (Crockpot or Oven)

Sweet and tangy! This pork roast cooks in cranberry sauce, sweet and tangy dressing, and orange juice...with vegetable medley and egg noodles

Diet Points: 8 Gluten free! Calories: 356, Total Fat: 14.7g, Sat. Fat: 5.2g, Trans Fat: 0g, Cholesterol 119mg, Sodium: 141mg, Potassium: 683mg, Total Carbohydrates: 7.6g, Dietary Fiber: 1.6g, Sugars: 3.7g, Protein: 43.3g

#### *Crockpot Cheddar Pork Chops* (Crockpot or Oven)

On top of shredded potatoes, this warm and cheesy pork chop dinner with cream sauce, sour cream, and French fried onions will hit the spot! ...with green beans

Diet Points: 28 Gluten free! Calories: 686, Total Fat: 41.4g, Sat. Fat: 21.4g, Trans Fat: 0g, Cholesterol 153.3mg, Sodium: 807mg, Potassium: 353.4mg, Total Carbohydrates: 29.3g, Dietary Fiber: 2.0g, Sugars: 2.9g, Protein: 45.8g

#### *Marsala Pork Tenderloin* \*Lighter, with squash (Stovetop)

Pork tenderloin rubbed with parsley, rosemary, sage, and garlic powder simmering with mushrooms and onions in a Marsala wine sauce!...with corn and rice

Diet Points: 5 Gluten free! Calories: 222, Total Fat: 5.4g, Sat. Fat: 2.0g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 858mg, Potassium: 159mg, Total Carbohydrates: 9.3g, Dietary Fiber: 0.8g, Sugars: 1.5g, Protein: 25.4g

#### *Pork Chops with Cherry Jalapeno Sauce* \*Lighter (less sauce), with green beans (Stovetop)

Celebrate President's Day with our pork chops sautéed then simmered in a sauce with cherries and jalapenos (bagged separately!)...with peas and penne.

Diet Points: 8 (\*6) Gluten free! Calories: 316(\*257), Total Fat: 9.1g (\*9.1), Sat. Fat: 3.0g (\*3.0), Trans Fat: 0.0g(\*0.0), Cholesterol 75mg(\*75), Sodium: 555mg(\*546), Total Carbohydrates: 29.9g(\*15.5), Dietary Fiber: 0.7g(\*0.4), Sugars: 0.7g(\*0.7), Protein: 25.1g(\*24.9)

### \*\*Seafood\*\*

#### *Baked Bruschetta Shrimp* (Oven)

Bruschetta shrimp!! Shrimp baked in garlic and wine with panko, tomatoes, basil, and Parmesan... with penne and vegetable medley

Diet Points: 7 Gluten free with gf panko! Calories: 315, Total Fat: 7.4g, Sat. Fat: 3.6g, Trans Fat: 0.0g, Cholesterol 292mg, Sodium: 828mg, Potassium: 427mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.6g, Sugars: 2.8g, Protein: 39.3g

#### *Tilapia with Artichoke Caponata* \*Lighter (no rice) (Oven or Grill, Stovetop)

Tilapia baked and topped with a warm caponata of artichokes, red peppers, capers, pine nuts, celery, onion, and white wine – this is so good!! ...with rice

Diet Points: 7 Gluten free! Calories: 268, Total Fat: 14.4g, Sat. Fat: 2.1g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 302mg, Total Carbohydrates: 13.2g, Dietary Fiber: 3.6g, Sugars: 6.7g, Protein: 24.0g

### \*\*Ground Beef or Ground Turkey\*\*

#### *Bacon Cheeseburger Meatloaf* \*Lighter (less cheese, bacon, mayo, fried onions), with carrots (Oven)

One fantastic meatloaf! It tastes just like a bacon cheeseburger!!...with rice and corn

TURKEY Diet Points: 14 (\*12) Gluten free with GF breadcrumbs and no fried onions! Calories: 479(\*384), Total Fat: 30.4g (\*22.1), Sat. Fat: 9.7g(\*5.9), Trans Fat: 0.0g, Cholesterol 143mg(129), Sodium: 923mg(\*731), Total Carbohydrates: 15.4g(\*13.0), Dietary Fiber: 0.8g(\*0.8), Sugars: 6.0g(\*6.0), Protein: 41.1g(\*38.0)

BEEF Diet Points: 14 (\*12) Gluten free with GF breadcrumbs and no fried onions! Calories: 469(\*374), Total Fat: 25.0g (\*16.7), Sat. Fat: 10.3g(\*6.5), Trans Fat: 0.0g, Cholesterol 129mg(115), Sodium: 876mg(\*685), Total Carbohydrates: 15.4g(\*13.0), Dietary Fiber: 0.8g(\*0.8), Sugars: 6.0g(\*6.0), Protein: 44.5g(\*41.4)

### \*\*Vegetarian\*\*

#### *Spinach Lasagna* (Oven)

Our spinach lasagna can be vegetarian...or add bacon to give it a new twist!

Diet Points: 13 (nutritional information does not include bacon)

Calories: 385, Total Fat: 14.5g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 841mg, Total Carbohydrates: 39.5g, Dietary Fiber: 2.9g, Sugars: 8.4g, Protein: 23.9g