

Serving Size: 4 People

[A] Cheese Crusted Avocado Sandwiches | Blue Cheese and Pear Salad

[B] Baked Oatmeal Granola Casserole

[C] Vegetarian Chili (the healthiest ever)

Each recipe and side is coded with an A,B,C,D or E that corresponds to the shopping list. If you're unable to make a particular dinner, simply cross off everything in the grocery list with that code. There is extra room under each category for you to write in your own ingredients.

What You Need But May Already Have

baking powder
butter
chili powder
cinnamon
coarse salt
Dijon mustard
dried basil
dried oregano
garlic, minced
ground cumin
milk
raisins
sugar
vegetable oil

Dried Fruit

1/2 cup "Craisins" **B**

Cereal

3 cups old-fashioned rolled oats **B**

Baking

1 cup shredded coconut **B**

Produce

2 avocados **A**

Produce (cont)

1 baking apple(s) (Gala, Granny Smith, Pink Lady) **B**
2 1/2 pint containers fresh blueberries **B**
1 lime **A**
1 pear **A**
2 tomatoes **A**
1 head Romaine lettuce **A**
1 red onion **A**
1 yellow onion **C**
1 4-ounce package alfalfa sprouts **A**
3 carrots **C**
1 bunch celery **C**
1 green bell pepper **C**
2 red bell peppers **A C**
1 8-ounce package sliced button mushrooms **C**

Bread

1 loaf thick French country sandwich white bread **A**

Nuts

1/2 cup chopped walnuts **A**

Dairy

2 large eggs **B**

Cheese

1/2 cup crumbled blue cheese **A**
1/4 cup shredded Parmesan cheese **A**

Canned Goods/Sauce

2 15-ounce cans black beans **C**

Canned Goods/Sauce (cont)

1 11-ounce can corn **C**
1 28-ounce can whole peeled tomatoes **C**

Salad Dressing/Condiments

1/4 cup Girard's Champagne dressing **A**
1/8 cup mayonnaise **A**

RECIPES FOR FEBRUARY 28 - 1 OF 3

[A] Cheese Crusted Avocado Sandwiches B&L V

Prep and cook time: 30 minutes

- **6** tablespoons butter, softened
- **1/4** cup shredded Parmesan cheese
- coarse salt and freshly ground pepper, to taste
- **8** slices thick French country sandwich white bread
- **2** tablespoons mayonnaise
- **1** tablespoon Dijon mustard
- **2** avocados
- **2** tablespoons lime juice
- **2** tomatoes , sliced thin
- **1/2** red onion , sliced thin
- **2** cups alfalfa sprouts

per serving: 488 calories; 12 grams protein; 34 grams total fat; 8 grams fiber; 13 grams saturated fat; 38 grams carbohydrates; 47 mgs cholesterol; 575 mgs sodium; 12 weight watcher points

[1] In a small bowl, blend the butter with the Parmesan and season with salt and pepper. Spread 1 side of each bread slice with the Parmesan butter.

[2] In another small bowl, blend the mayonnaise with the mustard. Halve and pit the avocados and thinly slice them lengthwise. Sprinkle the slices with the lime juice.

[3] Put the slices of bread, buttered side down, in a large skillet set over medium heat, you might have to work in batches. Cook until the bottoms are crisp and deep brown, about 3 minutes. Remove from the pan.

[4] Put half of the cheese toasts on a work surface, browned side down. Arrange an avocado half and 3 tomato slices on each toast and season with salt and pepper. Top each with 1 onion slice, 1 tablespoon of the mustard-mayonnaise and 1/2 cup of alfalfa sprouts. Top with the remaining cheese toasts, browned side up.

[A] Blue Cheese and Pear Salad

Prep time: 15 minutes

- **1/2** head Romaine lettuce, torn into bite-sized pieces
- **1** pear , cored and diced
- **1** red bell pepper , cored and sliced
- **1/4** cup Girard's Champagne dressing
- **1/2** cup crumbled blue cheese
- **1/2** cup chopped walnuts

per serving: 222 calories; 6 grams protein; 19 grams total fat; 4 grams fiber; 4 grams saturated fat; 11 grams carbohydrates; 8 mgs cholesterol; 166 mgs sodium; 5 weight watcher points

[1] Place lettuce in a large salad bowl. Add pear and bell pepper and toss with enough dressing to coat. Serve in individual bowls, topped with blue cheese and walnuts.

RECIPES FOR FEBRUARY 28 - 2 OF 3

[B] Baked Oatmeal Granola Casserole D

Prep time: 15 minutes Cook time: 30 minutes

*Can be prepared the night before, refrigerated (covered), and baked or warmed up in the morning

Note this serves 8 and doesn't scale

1/2 cup vegetable oil

3/4 cup sugar

2 large eggs

3 cups old-fashioned rolled oats

2 teaspoons baking powder

1/2 teaspoon coarse salt

1/2 teaspoon cinnamon

1 cup milk, plus more for topping

1 baking apple(s) (Gala, Granny Smith, Pink Lady) , peeled, cored and diced

1/2 cup raisins

1 cup shredded coconut

1/2 cup "Craisins"

2 1/2 pint containers fresh blueberries

1 butter flavored Pam cooking spray butter flavored Pam cooking spray

per serving: 401 calories; 7 grams protein; 18 grams total fat; 4 grams fiber; 4 grams saturated fat; 57 grams carbohydrates; 46 mgs cholesterol; 249 mgs sodium; 11 WW points plus

[1] Preheat oven to 350. Mix oil, sugar and egg(s) and beat until yellow and glossy. Add oats, baking powder, salt, cinnamon and milk, and beat until well mixed.

[2] Stir in fruit. Coat baking dish with cooking spray, then pour oat mixture into dish. Bake for 30 minutes.

[3] Serve warm in a bowl with a splash of milk on top.

RECIPES FOR FEBRUARY 28 - 3 OF 3

[C] Vegetarian Chili (the healthiest ever) **F**

Prep time: 25 minutes

1	tablespoon vegetable oil
1	yellow onion , chopped
3	carrots , peeled and chopped
2	teaspoons garlic, minced
1	green bell pepper , seeded and chopped
1	red bell pepper , seeded and chopped
3	stalks celery, chopped
1	tablespoon chili powder
1 1/2	cups sliced button mushrooms
1	28-ounce can whole peeled tomatoes, with liquid, chopped
2	15-ounce cans black beans, with liquid
1	11-ounce can corn, undrained
1	tablespoon ground cumin
1 1/2	teaspoons dried oregano
1 1/2	teaspoons dried basil
	coarse salt and freshly ground pepper, to taste

per serving: 362 calories; 17 grams protein; 7 grams total fat; 16 grams fiber; 1 gram saturated fat; 66 grams carbohydrates; 0 mgs cholesterol; 1179 mgs sodium; 9 WW points plus

[1] Heat oil in a Dutch oven or large saucepan over medium heat. Sauté the onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.

[2] Stir in mushrooms, and cook 5 minutes. Stir in tomatoes, black beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Let cool and pour into a plastic container with a tight-fitting lid. Using packing tape, affix the cooking label. Lay flat in the freezer.

COOKING INSTRUCTIONS (ALSO ON LABEL BELOW)

Thaw

1. Pour the chili into a large soup pot and warm over medium-low heat, 20 minutes. Serve with grated cheese if you have it on hand.

Vegetarian Chili (the healthiest ever)

COOKING DIRECTIONS

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SIDE SELECTIONS

Corn Bread, Flour Tortillas

Post this dinner summary on your freezer to keep track of what you have.
Simply check it off after you have prepared the meal.

QTY	MEAL	COOKING METHOD	EST COOKING TIME	SIDE SUGGESTION
_____	[C] Vegetarian Chili (the healthiest ever) Thaw	Oven	20 minutes	Corn Bread Flour Tortillas