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Menu Week 1 (Feb. 1-7, 2009)

<p>Monday Parmesan Garlic Chicken Bowtie Pasta Blanched Broccoli</p> <p>Parmesan Garlic Chicken 4 Chicken Breast, cleaned and cubed 4 cloves of garlic 1 tbsp of parmesan cheese 1 tsp of extra virgin olive oil ½ box of wheat bowtie pasta 2 heads of broccoli chopped</p>	<p>Tuesday Meatloaf Roasted Eggplant Baked Potato</p> <p>Lean Meatloaf 1lb of ground extra lean beef 97/3 ½ cup onion, chopped ½ cup celery, chopped 2 cloves garlic, chopped ¼ cup bread crumbs, dry ¼ teaspoon of pepper ½ tablespoon of parsley 1 eggs beaten</p> <p>Roasted Eggplant 1 whole eggplant 2 teaspoons of extra virgin olive oil 1 clove of garlic salt</p> <p>Baked Potato 4 potatoes Reduced fat sour cream salt pepper</p>	<p>Wednesday Mexican Pita Pizza Green Beans</p> <p>Mexican Pita Pizza 6 Wheat Pitas 1 can of refried beans ¾ cup of salsa ¾ cup shredded cheese 6 tbsp of fat free sour cream.</p> <p>Roasted Peppers 2 green peppers 1 red pepper 1 chili pepper (optional) 1 tsp extra virgin olive oil</p>	<p>Thursday BBQ Ginger Chicken Green Beans Brown Rice</p> <p>BBQ Ginger Chicken 4 Chicken Breasts, cleaned ½ cup of honey ½ cup of low sodium soy sauce ½ cup of vinegar 2 tablespoons of ginger</p> <p>Brown Rice 1 cup of uncooked rice 1 tsp of extra virgin olive oil</p> <p>Green Beans Fresh green beans (can substitute frozen) salt pepper</p>	<p>Friday Spaghetti with Ground Turkey Meat Sauce Salad</p> <p>Spaghetti ½ box whole wheat spaghetti 1 jar spaghetti sauce 1 pound ground turkey breast 1 onion 2 tbsp oregano 2 tsp basil 2 cloves of garlic pressed Salt & Pepper to taste</p> <p>Salad 1 prepackage bag of lettuce low fat dressing of your choice.</p>
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Grocery List

<u>Produce</u>	<u>Meat</u>	<u>Dry Goods</u>	<u>Dairy</u>	<u>Should be in Your Pantry</u>
1 Eggplant 4 Potatoes 2 Onions 1 Bunch of Celery 2 Green Peppers 1 Red Pepper 2 heads of Broccoli 1 Chili Pepper 1 Bag of Romaine Lettuce 24 ounces of fresh green beans or 3 cups	1 lb of Ground Beef 1 lb of Ground Turkey Breast 8 Chicken Breasts	1 can of Fat Free Refried Beans 1 Jar of Salsa 1 Bag of Pitas 1 Box of Whole Wheat Bow Tie Pasta 1 Box of Whole Wheat Spaghetti	Reduced fat Sour Cream 1 Jar of Spaghetti Sauce Shredded Low Fat Cheese Reduced Fat Parmesan	Low fat salad dressing of your choice 1 jar of spaghetti sauce basil oregano honey vinegar low sodium soy sauce fresh garlic extra virgin olive oil ginger pepper salt brown rice parsley bread crumbs Eggs

Directions

Monday

Chicken: cook chicken in oil on medium heat. Add garlic. Cook until center is not pink.

Broccoli: Boil water and shut off. Put broccoli in pot and let it sit until it becomes tender.

Pasta: Boil water and add pasta. Cook until tender.

Mix all ingredients in pan that you cooked you chicken and add parmesan cheese and toss so that ingredients are evenly distributed.

Tuesday

Lean Meatloaf: Preheat oven to 350 degrees. Put all the vegetables into the well of a food processor or chop fine. Beat the eggs with the chicken broth. Put all the ingredients into a large bowl and mix completely. Bake for 1 1/2 hours to two hours until cooked completely through. Remove from the oven and cool on a rack for at least 20 minutes. Makes 5 Servings.

Eggplant: Cut off each end of eggplant. Slice eggplant in 1 inch thick slices. Drizzle with olive oil and salt toss to coat. Bake in the oven a 350 for fifteen minutes or until brown. You can put crushed garlic on at the end or before you bake.

Baked Potato: Take each potato and poke holes with a fork. Place in microwave for two minutes per potato. Serve with low fat sour cream or low fat cottage cheese, salt and pepper to taste.

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Wednesday

Mexican Pita Pizzas: Bake whole wheat 6" pitas in oven on 400 d for about 7-9 minutes. Put equal amounts of the refried beans, salsa, and cheese on each pita. Put the pitas back in the oven until the cheese melts, this should take about 6 or 7 minutes. Serve with sour cream. Makes 6 servings.

Roasted Peppers: Combine all peppers on a baking sheet and toss with olive oil, salt and pepper. Bake in the oven at 350 degrees for 15 minutes.

Thursday

Ginger BBQ Chicken: Preheat oven to 350 degrees. Combine the honey, soy sauce, vinegar, garlic and ginger in a baking dish. Add chicken and bake for 10 minutes on each side. Use extra sauce to garnish brown rice.

Brown Rice: Boil 2 ½ cups of water. Add 1 tsp of olive oil. Add rice. Bring to boil and then turn down to low heat and let simmer until water is absorbed (about 35 minutes).

Green Beans: Clean green beans and put in a pot with 2 cups of water. Cook until they slide off the fork. Salt and pepper to taste.

Friday

Spaghetti: Put on water to boil spaghetti noodles. In a skillet brown 1 pound ground turkey and 1 chopped onion. Put noodles on to cook in boiling water. Add the jar of spaghetti sauce to the meat, basil, oregano, garlic, salt, and pepper. Turn on low and let simmer for 15 minutes or until hot. Drain spaghetti noodles when done (look at box for cooking lengths). Serve with spaghetti sauce and parmesan cheese.

Salad: Open your bagged lettuce and serve with your favorite vegetable toppings and low-fat dressing.

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Menu Week 2 (Feb. 8-14, 2009)

<p>Monday Jamaican Jerk Pork Sautéed Spinach Baked Potato</p> <p>Jamaican Jerk Pork ½ tsp ground ginger 1 teaspoon ground allspice 1 clove of garlic ¼ tsp cayenne pepper 1 tsp ground cinnamon 1/8 tsp ground cloves 2 tsp firmly packed brown sugar ¾ tsp salt, divided ½ tsp freshly ground black pepper 8 small pork loin chops, trimmed of visible fat 1 ½ tsp honey 1 tsp tomato paste 2 tsp white vinegar</p> <p>Sautéed Spinach Bag of Fresh Spinach 1 Tablespoon of Extra Virgin Olive Oil 1 clove of garlic</p> <p>Baked Potato 4 potatoes reduced fat sour cream</p>	<p>Tuesday Stuffed Peppers Salad</p> <p>Stuffed Peppers 6 Green peppers 1 lb ground turkey breast 1 onion 2 cloves of garlic ¾ cup of uncooked brown rice 2 cans of chopped stewed tomatoes ¼ tsp of basil</p> <p>Salad 1 bag of lettuce low fat dressing of your choice</p>	<p>Wednesday Bean Burritos Sautéed Vegetables</p> <p>Bean Burritos 6 Wheat Tortilla Shells 1 jar of Salsa 1 cup of Low Fat Shredded Cheddar Cheese 4 tbsp of low fat sour cream 1 can Refried Beans 1 can Black Beans</p> <p>Sautéed Vegetables 2 tsp of Extra Virgin Olive Oil 1 onion chopped 1 green pepper 1 jalapeño (optional)</p>	<p>Thursday Lime Chicken Roasted Potatoes Steamed Green Beans</p> <p>Lime Chicken 4 boneless skinless chicken breasts, cleaned Juice of three limes 2 tsp of cilantro 2 cloves of garlic</p> <p>Roasted Potatoes 4 medium potatoes, cubed 2 tsp extra virgin olive oil 1 tsp of salt 1 tsp of pepper</p> <p>Steamed Green Beans 3 cups of fresh green beans salt pepper</p>	<p>Friday Hamburger Buddy Cauliflower</p> <p>Hamburger Buddy 3 cloves garlic, crushed and peeled 1 pkg of mushrooms 1 large onion, cut into 2-inch pieces 1lb 97%-lean ground beef 2 tsp dried thyme ¾ tsp salt ¼ tsp pepper 2 cups water 2 cups of chicken broth, divided 8 ounces whole-wheat elbow noodles, cooked 2 tbsp low sodium soy sauce 1 tbsp wheat flour ½ cup of low fat sour cream 4 tsp of A1</p> <p>Cauliflower 1 head of cauliflower with the stem removed.</p>
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3 limes 8 potatoes 3 cups of green beans (or 24 ozs) 3 onion 1 bag of spinach 7 green peppers 1 pkg of mushrooms 1 jalapeño 1 head of cauliflower 1 bag of lettuce	1 lb of 97% lean ground beef 1 lb of ground turkey breast 4 chicken breasts 8 small pork loin chops	1 can of refried beans 1 can of black beans 1 small can tomato paste 2 cans of stewed tomatoes 1 box of whole wheat elbow macaroni 1 bag wheat tortilla shells (make sure there is no partially hydrogenated oil in the ingredients)	1 container of low fat sour cream 8 oz shredded low fat cheese	Ginger allspice fresh garlic cayenne cinnamon ground cloves brown sugar salt pepper honey vinegar extra virgin olive oil brown rice basil cilantro thyme low sodium soy sauce A1 wheat flour

Directions

Monday

Jamaican Jerk Pork: In a bowl, combine the ginger, allspice, garlic powder, onion powder, cayenne pepper, cinnamon, cloves, brown sugar, 1/2 teaspoon of the salt and the black pepper. Place the meat into the bowl and rub the spice mixture over the pork. Let stand for 15 minutes. In another small bowl, combine the honey, tomato paste, vinegar and the remaining 1/4 teaspoon salt. Stir to blend. Set aside. Place pork in a baking dish and bake at 400 degrees for 20 minutes or until cooked all of the way through, should not be pink. Baste with vinegar mixture after pork has baked for fifteen minutes.

Sautéed Spinach: Place bag of spinach in large pan. Press one clove of garlic into the pan. Drizzle 1 tablespoon of olive oil over spinach and cook on low heat until wilted.

Baked Potato: Take each potato and poke holes with a fork. Place in microwave for two to three minutes per potato or until soft. Serve with low fat sour cream.

Tuesday

Stuffed Peppers: Cook turkey, garlic, and onions until brown. Add rice, tomatoes, basil and 1/2 can of water and let simmer for 10 minutes. Cut tops off of peppers and remove membrane and seeds. Stuff with meat mixture and bake for 45 minutes at 350 degrees.

Lettuce: Open your bagged lettuce and serve with your favorite low-fat dressing.

Wednesday

Bean Burritos and Roasted Vegetables: Place chopped vegetables in a pan with olive oil. Cook until soft. Place tortilla shells on a plate that can go in the microwave. Spread refried beans down the middle the tortilla shells. Spoon rinsed black beans and sprinkle 2 tablespoons of shredded cheese on top. Heat in the microwave for 30 seconds. Spoon sautéed vegetable mixture on top. Serve with salsa and low fat sour cream.



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 105 Yadkin Street, Suite 105 Albemarle, NC 28001 (704) 983-7820 mandi.oresick@stanly.org



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Thursday

Roasted Potatoes: Preheat oven to 400 degrees. Cut a potato for each person into cubes. Place in a baking dish with 1 tbs of olive oil. Bake for 45 minutes or until edges turn brown.

Lime Chicken: Slice cleaned chicken into thin strips. Sauté chicken in a pan on medium heat with garlic and lime juice until tender and center is not pink and edges are brown about 15 minutes.

Green Beans: Break ends off green beans and then break them in half. Rinse with cold water and place in steamer in a pot with 2 cups of water and a lid. Turn burner on high and cook until green beans slide off of fork. Serve plain or with lemon juice or sprinkle with dill and salt and pepper to taste.

Friday

Hamburger buddy: Place hamburger meat in skillet breaking up with a wooden spoon until no longer pink. Place chopped vegetables and thyme in skillet and cook until soft about 5 to 7 minutes. Stir in water, 1 1/2 cups broth, noodles and soy sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.

Cauliflower: Fill large pot halfway with water. Bring to a boil on top of stove. Place chopped cauliflower and boil for 8-10 minutes or until easily pierced with a fork.

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Menu Week 3 (Feb. 15-21, 2009)

<p>Monday Avocado-Cilantro Chicken Black Beans Mexican Brown Rice</p> <p>Chicken 4 boneless, skinless chicken breasts 2 tbsp. lime juice 1 tbsp. olive oil ¼ tsp. salt</p> <p>Black Beans 1 can of black beans 2 teaspoons of cumin 1 clove of garlic, crushed</p> <p>Brown Rice 1 cup of uncooked brown rice 2 ¼ cup of water ½ tsp salt</p> <p>Salsa: 2 diced ripe avocados 1 chopped tomato ¼ cup finely chopped onion 1 tbsp cilantro ¼ tsp. salt</p>	<p>Tuesday Turkey Meatballs Wheat spaghetti Zucchini</p> <p>Turkey Meat Balls 1 lb of ground turkey breast 1 clove of garlic 1 Onion, chopped Salt Pepper Basil 1 jar of marinara sauce</p> <p>Spaghetti ½ box of wheat spaghetti</p> <p>Zucchini 2 small Zucchini, chopped ½ tbsp of extra virgin olive oil Salt Pepper</p>	<p>Wednesday Soy Pork Loins Stir Fry Vegetables and Brown Rice</p> <p>Pork Chops 8 small pork loin chops, trimmed of the fat 1 cup of low sodium soy sauce 2 tablespoons of brown sugar</p> <p>Rice 1 cup of uncooked brown rice 1 cup of peas 1 pkg of sliced Mushrooms 1 Onion, chopped 1 green pepper, chopped 1 squash, chopped 2 head of broccoli, chopped 2 tablespoons of low sodium soy sauce</p>	<p>Thursday Baked Chimichangas Roasted Veggies</p> <p>Chimichangas Wheat Tortilla Shells 3 boneless skinless chicken breasts, cubed 1 tomato ½ cup of reduced fat cheddar cheese salsa low fat sour cream</p> <p>Roasted Veggies 1 green pepper, chopped 1 onion, chopped 1 eggplant, sliced 1 tsp of extra virgin olive oil salt Pepper</p>	<p>Friday Buffalo Chicken Salad Wheat Pita Slices</p> <p>Buffalo Chicken Salad 3 boneless skinless chicken breasts, cubed 3 tablespoons of hot sauce can substitute bbq sauce low fat ranch bag of romaine lettuce cucumbers, sliced celery, chopped carrots, grated</p> <p>Wheat Pitas 2 pitas</p>
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3 Onion 2 Avocados 2 Tomatoes 2 small Zucchini 1 Bag of Romaine 2 Green Peppers 1 pkg of mushrooms 1 cucumber 1 bunch of celery carrots 1 lime 2 heads of broccoli 1 squash 1 small bag of frozen peas 1 eggplant	1 lb of Ground Turkey Breast 8 small pork loin chops 12 Chicken Breasts	1 can of black beans 1 pkg of Wheat Tortilla Shells (with no partially hydrogenated oil) 1 bag of Whole Wheat pitas 1 jar of marinara	1 container low fat Sour Cream 1 pkg of shredded Low Fat Cheese 1 container reduced fat feta cheese (optional)	extra virgin olive oil salt cumin garlic brown rice cilantro basil low sodium soy sauce brown sugar low fat ranch hot sauce pepper ½ box of whole wheat pasta

Directions

Monday

Chicken: In baking dish, arrange chicken in single layer. Add lime juice, olive oil and salt; Turn several times to coat. Bake chicken at 350 degrees for 20 minutes or until cooked and no longer pink in the center.

Rice: bring water to a boil. Add rice, salt and stir once. Add lid and reduce heat. Turn down heat and simmer for 45 minutes. Remove from heat. Let stand for 5 minutes. Make 3 cups.

Salsa: combine avocados, tomato, red onion, remaining salt and cilantro. Mix gently into rice being careful not to mash the avocado.

Beans: Open can of black beans and put in saucepan on medium heat. Add cumin and garlic. Cook for 7 minutes or until bubbling.

Tuesday

Turkey Meat Balls: Mix ground turkey with garlic, basil, salt, pepper and onion. Roll into 8-10 small meat balls. Put skillet on medium heat and add meat balls and brown on all sides. Add a jar of your favorite sauce and simmer until meatballs are cooked through.

Spaghetti: Prepare wheat pasta as directed on the package.

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Wednesday

Pork chops: Place pork chops in single layer in a baking dish. Cover with soy sauce and sprinkle with brown sugar. If time let sit for 10 minutes and turn and let the other side set for ten minutes. Bake at 350 degrees for approximately twenty minutes or until no longer pink in the middle.

Rice: bring water to a boil. Add rice and salt stir once. Add lid and reduce heat. Simmer for 45 minutes. Remove from heat. Let stand for 5 minutes. Make 3 cups.

Vegetables: During the last 15 minutes of the rice cooking start sautéing the vegetables. Place chopped onion and green pepper in the pan. Let that cook for approximately 5-7 minutes on medium heat. Then add the mushrooms, squash and broccoli. Let that cook for approximately 5-7 minutes. Add cooked rice and soy sauce and toss.

Thursday

Baked Chimichangas: Cook chicken in a tsp of oil on medium. Mix chicken, cheese and salsa. Warm tortillas until pliable in 400 degree oven or for 5 seconds each in a microwave. Dampen one side of the tortilla with water and place wet side down. Spoon on chicken mixture. Fold to hold in filling. Place a small amount of olive oil on a paper towel and use to grease baking dish. Lay chimichangas, seam side down. Bake for 15 minutes at 400 degrees.

Roasted Veggies: Place chopped veggies on a baking sheet. Toss with olive oil, salt and pepper to taste. Eggplant will absorb the oil so you may want to toss other veggies separately. The oil will help keep them from sticking on the bottom of the pan. Bake for 20 minutes at 400 degrees.

Friday

Buffalo Chicken Salad: Put chicken in a bowl and cover with hot sauce. If time let stand for fifteen minutes. Place chicken in a baking dish and bake for 15 minute at 350 degrees or until no longer pink in the middle. While chicken is baking put salad together, bag of lettuce, cucumbers, celery and carrots. Serve with chicken and pita slices on top. Also, you may garnish with a tsp of reduced fat feta cheese.

Wheat Pita Slices: Take pitas and cut into 8 triangles each. Can be served as is or you can bake in the oven for 5-8 minutes in a single layer until crispy.

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<p>Monday Honey Chicken Dill Green Beans Brown Rice</p> <p>Honey Chicken 6 boneless skinless chicken breasts ½ cup Honey 1/3 cup of lemon juice ¼ cup soy sauce</p> <p>Green Beans green beans dill</p> <p>Brown Rice 1 cup of uncooked brown rice 2 ¼ cup of water ½ tsp salt</p>	<p>Tuesday Black Bean Lasagna Salad</p> <p>Black Bean Lasagna 9 lasagna noodles 2 15 oz cans black beans rinsed and drained olive oil 1 onion chopped 1 green pepper chopped 2 cloves of garlic 2 15 oz cans of low sodium tomato sauce 1 8 oz package of reduced fat cream cheese ¼ cup of low fat sour cream 1 12 oz container of low fat cottage cheese. tomato slices cilantro to taste</p> <p>Salad Bagged lettuce Low Fat Salad Dressing of your Choice</p>	<p>Wednesday Sloppy Joes Cumin Cauliflower</p> <p>Sloppy Joes 1 tbsp olive oil 1 lb of ground turkey 1 stalk of celery (use left over from last week) ½ onion chopped 1 clove of garlic 1 tablespoon of red wine vinegar 1 tbsp of brown sugar 2 tbsp of A1 2 tbsp of hot sauce (optional) ½ cup of chicken stock 4 wheat rolls 1 large dill pickle sliced (optional)</p> <p>Cauliflower 1 head of cauliflower cumin salt pepper</p>	<p>Thursday Spaghetti Squash Chicken Meatballs Wheat Garlic Bread</p> <p>Spaghetti Squash & Chicken Meat Balls 1 large spaghetti squash 1 lb ground chicken ½ cup of bread crumbs 1 tsp dried oregano ½ tsp cumin seeds ¼ tsp chili powder 1 tsp rosemary 1 egg yolk 1 onion finely chopped 2 cloves of garlic finely chopped 1 tsp Dijon mustard ½ tsp of basil Tomato sauce from jar Olive oil 2 tablespoons of bread crumbs</p> <p>Wheat Bread 4 slices of wheat bread 2 tsp Olive Oil ½ clove Crushed Garlic</p>	<p>Friday Whole Chicken Mashed Potatoes Broccoli</p> <p>Whole Chicken 1 whole roasting chicken Olive Oil Salt Pepper</p> <p>Mashed Potatoes 4 large Potatoes ¼ cup Skim Milk Garlic</p> <p>Broccoli Fresh Broccoli Salt Pepper</p>
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Menu Week 4 (Feb. 22-28, 2009)



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1 lemon 3 cups of green beans 1 head of cauliflower 3 onions 1 bag of romaine lettuce 1 green pepper 3 potatoes 2 heads of broccoli 1 spaghetti squash 1 tomato	1 lb of ground chicken 1 whole roasting chicken 1 lb of ground turkey breast 4 chicken breasts	2 cans of black beans 1 jar of tomato sauce 2 cans of low sodium tomato sauce 1 box of Whole Wheat lasagna noodles (9) 1 small jar of dill pickles (optional) 4 whole wheat rolls	1 container low fat sour cream 1 8 oz pkg of reduced fat cream cheese 1 12 oz pkg of low fat cottage cheese	Extra Virgin Olive Oil Salt pepper Cumin garlic brown rice cilantro basil low sodium soy sauce brown sugar eggs red wine vinegar wheat bread oregano bread crumbs chili powder A1 hot sauce Dijon mustard chicken stock honey dill

Directions

Monday

Honey Chicken: Combine honey, lemon juice and soy sauce. Brush chicken with half of the mixture and bake at 350 degrees for 20 minutes. Brush with additional mixture and bake for an additional 35 minutes or until done.

Rice: bring water to a boil. Add rice and salt stir once. Add lid and reduce heat. Simmer for 45 minutes. Remove from heat. Let stand for 5 minutes. Make 3 cups.

Green Beans: clean fresh green beans. Place in pot with a steam basket. Cook until soft but not mushy. Should be easy to puncture with a fork. Add dill to taste, salt and pepper.

Tuesday

Black Bean lasagna: Preheat oven to 350 degrees. Cook 9 lasagna noodles and then drain. Mash one can of black beans and set aside. Lightly coat a skillet with olive oil, add onion, green pepper and garlic. Cook over medium heat until tender



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but not brown. Add mashed and unmashed black beans, tomato sauce and cilantro. In a large bowl combine cottage cheese, cream cheese, and sour cream, set aside. Put a small amount of olive oil on a paper towel and use to coat a rectangular baking sheet. Arrange three noodles on the bottom of pan. Then one third of the bean mixture. Next spread one third of the cheese mixture. Repeat this ending with the bean mixture. Reserve the ending cheese mixture. Cover with foil and bake for

40-45 minutes or until heated through. Dollop with the cheese mixture. Let stand for 10 minutes. Garnish with tomato and a sprinkle of cilantro.

Salad: Open your bagged lettuce and serve with your favorite low-fat dressing.

Wednesday

Sloppy Joes: Heat olive oil in a large skillet, add meat, and break it up. Cook 5-6 minutes. Add celery, onions, garlic, season with salt and pepper, cook for 7-8 minutes. In a bowl combine vinegar, sugar, A1, hot sauce (optional) tomato sauce and chicken stock. Pour into the skillet to combine. Slice up pickles and serve on top or on the side.

Cumin Cauliflower: Fill medium sized pot $\frac{1}{4}$ of the way with water. Put in steam basket and place lid on top. Put on high heat on stove top. Chop up cauliflower. Place in steaming basket. Cook until easy to puncture with fork. Sprinkle with salt, pepper and cumin all to taste.

Thursday

Chicken meat balls and spaghetti squash: Pre-heat the oven to 400 degrees. Put the spaghetti squash on a cookie tray and roast for 20 min then rotate and continue to roast for 15 to 20 min. Sauté the onion and garlic on med heat in some olive oil then set in a bowl to cool. Mix in a bowl the onion, garlic, breadcrumbs, dried oregano, cumin, chili pepper, rosemary, egg yolk, Dijon mustard, ground chicken, and some salt and pepper. Heat 2 tbsp of olive oil in a sauté pan. Roll the chicken mix into small balls. (Tip, wet your hands so the meat doesn't stick to them). Place the chicken balls into the hot oil and brown them on all sides, roll the chicken balls to brown all sides. Take the spaghetti squash out of the oven and let cool. Place the chicken balls into a baking dish. Pour the tomato sauce into the baking dish so the only the tops of the chicken meatballs are above the sauce. Cover the sauce and chicken balls with the torn basil and chunks of mozzarella cheese. Put the baking dish in the oven and cook for about 15-20 min, until the cheese is golden. Cut the spaghetti squash in half and take a fork and scrape the meaty part of the squash out onto a plate. It should look like angle hair spaghetti. Put some the spaghetti squash on a plate then top with some of the chicken meatballs.

Garlic Bread: Take garlic and add to oil. Use a kitchen brush to brush mixture on bread and toast.

Friday

Roasted Chicken: Preheat oven to 350 degrees. Rub olive oil on outside of the chicken and season with salt and pepper. You will cook the chicken for the following time depending on the size:

2½ - 3 lbs -	1 - 1¾ hrs
3½ - 4 lbs -	1½ - 1¾ hrs
4½ - 5 lbs -	1½ - 2 hrs
5 - 6 lbs -	1¾ - 2½ hrs

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Mashed Potatoes: Fill large pot halfway with water, put on the lid and put on high on the stove top. Peel and chop up potatoes and place in boiling pot. Cook until potatoes break apart when stabbed with a fork. Drain water, add skim milk, garlic, salt and pepper. Mash or whip with mixer until desired consistency.

Broccoli: Fill medium sized pot $\frac{1}{4}$ of the way with water. Put in steam basket and place lid on top. Put on high heat on stove top. Chop up broccoli. Place in steaming basket. Cook until easy to puncture with fork.