

Balsamic Pork and Potatoes

Serves 6

all you need

1-1/2 lbs Hy-Vee Blue Ribbon pork tenderloin, trimmed
Hy-Vee salt and pepper, to taste
2 tsp chopped fresh rosemary or 2 tsp dried rosemary, divided

2 large garlic cloves, finely chopped, divided
2 tbsp Grand Selections olive oil, divided
1/4 cup Grand Selections balsamic vinegar
1 lb potatoes, cut into 1/2-inch wedges

all you do

1. Preheat oven to 400°F. Season pork with salt and pepper to taste. Rub pork evenly with half the rosemary and half the garlic. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add pork; cook 10 minutes, turning to brown all sides. Remove skillet from heat. Transfer pork to a 15-by-10-inch jellyroll pan or broiler pan. Set aside.
2. Return skillet to medium-low heat. Add vinegar, scraping pan to loosen any browned bits. Remove skillet from heat; stir in remaining oil, rosemary and garlic. Add potatoes; toss to coat.
3. Spoon potatoes around pork; pour vinegar mixture over pork. Roast 15 to 20 minutes or until an instant-read thermometer inserted into the pork registers 155°F and potatoes are tender. Remove from oven and let stand 5 minutes. Thinly slice pork and serve with potatoes.

Nutrition facts per serving: 475 calories, 21g carbohydrate, 54g protein, 18g fat, 4g saturated fat, 2g fiber, 160mg cholesterol, 115mg sodium
Source: Hy-Vee recipe of month, Try-Foods International.

nutrition tip of the week

Here's a time-saving meal tip from the Hy-Vee dietitians. Try ready-to-use fresh herbs from Gourmet Garden. Fresh chopped garlic or ginger is ready-to-use and a great way to add flavor and lower the sodium in your favorite recipes. Look for Gourmet Garden herbs in the plastic tubes in your produce department.

Note: A modified version of the Weekly Menu is available on our website at www.hy-vee.com, which has lower sodium, fat, sugar and calories.

shopping list

meat, poultry & seafood

1-1/2 lbs Hy-Vee Blue Ribbon pork tenderloin
1 package Hy-Vee 100% Natural value pack split chicken breast
4 Blue Ribbon boneless pork loin chops

Pantry

1 container dried rosemary
1 bottle Grand Selections olive oil
1 bottle Grand Selections balsamic vinegar
1 package egg noodles
1 bottle prepared low-fat ginger vinaigrette salad dressing
1 package Pepperidge Farm whole grain soft honey oat bread
1 container Hy-Vee honey
1 container Hy-Vee Dijon mustard
1 container Hy-Vee Italian seasoning
8 cups Swanson 50% Less Sodium Beef Broth
1 package dried lentils
1 package pearl barley
1 package dried oregano leaves
1 package Barilla plus spaghetti pasta
1 jar Barilla pasta sauce

Produce

1 garlic bulb
1 lb potatoes
4 Stemilt organic Braeburn apples
1 package Dole coleslaw mix
1 package carrots
1 lb Chile red seedless grapes
1 package Dole sugar snap peas
1 container strawberries
1 Del Monte Gold pineapple
1 large onion
4 Chile black plums
1 bag lettuce
4 California kiwi

Refrigerated

1 Hormel fully-cooked slow-simmered beef roast au jus
1 container Hy-Vee orange juice
1 container Boursin cheese
¼ lb thinly sliced Di Lusso prosciutto

Frozen

1 package Birds Eye frozen green beans
1 package Birds Eye frozen mixed vegetables
1 package Seabest frozen tilapia fillets

This menu is written with the assumption that you have the following ingredients and items on hand: Salt, pepper, sugar, flour, favorite low-calorie salad dressing for salads, margarine and vegetable oil.

menu suggestions

02.17.2010



This brochure corresponds with Hy-Vee's corporate ad, effective on regular beginning & ending dates for distribution to stores during the week of February 17th, 2010

HyVee

Interested in learning more about nutrition or culinary tips? Contact the Hy-Vee Registered Dietitians at 1-866-865-4878 or online at www.hy-vee.com. This information is not intended as medical advice. Please consult a medical professional for individual advice. Information may not be reproduced without permission from Hy-Vee, Inc.

Honey-Dijon Pork Chops

Serves 4

all you need

- 4 Blue Ribbon boneless pork loin chops
- Hy-Vee salt and pepper, to taste
- 1 tbsp Grand Selections olive oil

- ½ cup Hy-Vee orange juice
- ¼ cup Hy-Vee honey
- 2 tbsp Hy-Vee Dijon mustard
- 1 tbsp Hy-Vee flour
- ½ tsp Hy-Vee Italian seasoning

all you do

- Season pork chops with salt and pepper. Heat olive oil in large nonstick skillet over medium to medium-high heat. Add pork chops and cook 5-7 minutes on each side, or until meat reaches 160 degrees.
- Combine remaining ingredients in small bowl. Add honey-Dijon mixture to pork chops and heat until bubbly and thickened, about 2 minutes. Serve pork chops with honey-Dijon sauce.

Nutrition Facts per serving: 340 calories, 10g fat, 2.5g saturated fat, 125mg cholesterol, 280mg sodium, 21g carbohydrate, 0g fiber, 39g protein.
Source: www.hy-vee.com

Prosciutto-Wrapped Tilapia

Serves 4

all you need

- 8 tsp Boursin cheese, divided
- 4 tilapia fillets

- ¼ lb thinly sliced Di Lusso prosciutto, halved lengthwise

all you do

- Spread 2 tsp cheese on top of each fillet.
- Wrap each fillet with sliced prosciutto.
- Bake at 350 degrees for 10 minutes. Broil an additional 5 minutes.

Nutrition Facts per serving: 210 calories, 7g fat, 3g saturated fat, 0g trans fat, 95mg cholesterol, 720mg sodium, 0g carbohydrate, 0g fiber, 37g protein.
Daily nutrition value: 0 vitamin A, 0 vitamin C, 2% calcium, 6% iron.
Source: www.hy-vee.com

menu suggestions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
entree	Balsamic Pork and Potatoes	Barilla Plus Pasta with Pasta Sauce	Asian Chicken Salad Sandwich	Honey-Dijon Pork Chop	Prosciutto-Wrapped Tilapia	Barley & Lentil Soup	Hormel Slow-Simmered Beef Roast Au Jus
side one	Broccoli	Lettuce Salad	Red Grapes	Sugar Snap Peas	Mixed Vegetables	Black Plum	Egg Noodles
side two	Braeburn Apple	Kiwi		Strawberries	Pineapple		Green Beans
nutritional information	580 calories 45g carbs 60g protein 18g fat 10g fiber 117mg sodium	337 calories 63g carbs 14g protein 4g fat 10g fiber 527mg sodium	420 calories 56g carbs 30g protein 8g fat 6g fiber 384mg sodium	453 calories 43g carbs 45g protein 10g fat 8g fiber 287mg sodium	344 calories 33g carbs 40g protein 7g fat 5g fiber 762mg sodium	156 calories 32g carbs 9g protein 0g fat 8g fiber 454mg sodium	342 calories 28g carbs 33g protein 12g fat 3g fiber 455mg sodium

Note on portion sizes and nutritional content of suggested menus. The nutritional content information listed with each suggested menu is approximate and is based on one serving of each of the menu items listed. Each recipe indicates the number of servings it provides. Other menu items are based on normal portion sizes (that is: 3-4 oz. meat; 1 roll or slice of bread; 1/2 cup rice or potatoes; 1/2 cup vegetable or fruit; 1 small piece of fresh fruit; 1 cup salad with low-calorie dressing). You may also check the nutrition facts panel on packaged foods which provides the serving size and number of servings per container.

Barley and Lentil Soup

Serves 8

all you need

- 8 cups Swanson 50% Less Sodium Beef Broth
- 2 cloves garlic, minced
- 1 tsp dried oregano leaves, crushed

- 4 large carrots, sliced
- 1 large onion, chopped
- ½ cup dried lentils
- ½ cup uncooked pearl barley

all you do

- Stir broth, garlic, oregano, carrots, onion, lentils and barley in 3-½- to 6-quart slow cooker.
- Cover and cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours, or until lentils and barley are tender.

Nutrition Facts per serving: 126 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 454mg sodium, 24g carbohydrate, 7g fiber, 8g protein.
Daily nutrition value: 129% vitamin A, 4% vitamin C, 3% calcium, 8% iron.
Source: Campbell's Kitchen, www.campbellwellness.com

Asian Chicken Salad Sandwich

Serves 2

all you need

- 1 cup diced cooked chicken
- 1 cup packaged coleslaw mix
- ¼ cup shredded carrot
- 3 tbsp prepared low-fat ginger vinaigrette salad dressing

- 4 slices Pepperidge Farm Whole Grain Soft Honey Oat Bread, toasted

all you do

- Place chicken, slaw mix and carrots into medium bowl. Add dressing and toss to coat.
- Divide chicken mixture between 2 bread slices. Top with remaining bread slices.

Nutrition Facts per serving: 360 calories, 8g fat, 2g saturated fat, 62mg cholesterol, 382mg sodium, 41g carbohydrate, 5g fiber, 29g protein.
Daily nutrition value: 37% vitamin A, 29% vitamin C, 7% calcium, 22% iron.
Source: Campbell's Kitchen, www.campbellwellness.com