



CHOOSE YOUR WAY

Valentine's Day

MENU

CHOOSE YOUR WAY

Plan your Valentine's Day Menu with our Choose Your Way menu plan. Recipes are available for serving two or serving a family, depending on your Valentine's Day plans. To use this menu:

- Decide how many will be having Valentine's Day dinner with you
- Plan your menu following the steps below
- Make a grocery list and go grocery shopping
- Cook!

1

PICK A MAIN DISH

Lemon Garlic Chicken
Lemon Garlic Salmon

2

CHOOSE A VEGETABLE

Au Gratin Vegetables
Baked Potato with Broccoli
Green Beans with Flair

3

CHOOSE A GRAIN

Quinoa Tabbouleh
Rice Pilaf

4

PICK A DESSERT

Chocolate Cover Strawberries
Chocolate Berry Delight

5

Enjoy!

Sit down together and enjoy the meal and evening.

MAIN DISH

LEMON GARLIC CHICKEN FOR TWO

Makes 2 chicken breasts | 2 servings | \$2.50 per serving

Ingredients

1 pound boneless, skinless chicken breast
1/8 teaspoon salt
Dash teaspoon black pepper
1 small lemon, washed and quartered
1 garlic clove, peeled (1/4 teaspoon powder or 3/4 teaspoons minced)
1/4 cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Sprinkle salt and pepper onto the chicken. Add lemon quarters and garlic.
3. Place chicken in roasting pan. Pour broth over the chicken.
4. Roast uncovered, at 375°F until internal temperature reaches 165°F, about 20-25 minutes.
5. Transfer chicken to plates. Juice from roasting pan goes well over the chicken and vegetables.

LEMON GARLIC CHICKEN FOR SIX

Makes 1 chicken | 6 servings | \$1.30 per serving

Ingredients

1 3-pound broiler-fryer chicken or roasting hen
1/2 teaspoon salt
1/4 teaspoon black pepper
1 medium lemon, washed and quartered
4 garlic cloves, peeled (1 teaspoon powder or 2 teaspoons minced)
1/2 cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Sprinkle salt and pepper into the inside of the chicken. Add lemon quarters and garlic.
3. Place chicken in roasting pan. Pour broth over the chicken.
4. Roast uncovered, at 375°F until internal temperature reaches 165°F, about 1 1/2 hours.
5. Transfer chicken to a platter and carve into pieces. Juice from roasting pan goes well over the chicken and vegetables.

LEMON GARLIC SALMON PACKET

Makes 2 Packets | 2 servings | \$3.84 per serving

Ingredients

2 3-ounce frozen salmon fillets

½ teaspoon salt

½ teaspoon black pepper

½ small lemon, washed and cut into thin rounds

1 garlic clove, peeled (¼ teaspoon powder or ¾ teaspoons minced)

Instructions

1. Place frozen fillets in the refrigerator overnight to thaw, or thaw in cold water, changing water every 30 minutes.
2. Preheat oven or electric skillet to 450°F.
3. Place each fish fillets on a sheet of aluminum foil (12x18-inches each). Sprinkle with salt, pepper, and garlic
4. Lay lemon rounds over fillets.
5. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate.
6. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a cookie sheet. Bake at 450°F for 30 minutes. Halfway through baking, use a fork to poke small holes in the packet for steam to escape.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
7. Packets are done when the fish reaches 145°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

VEGETABLES

AU GRATIN VEGETABLES

Makes 2 cups | 2 servings | \$1.71 per serving

Ingredients

2 cups vegetables, chopped
2 Tablespoons butter or margarine
2 Tablespoons all-purpose flour
1 cup low-fat milk
1 cup low-fat shredded cheese
½ cup crushed cereal or bread crumbs
Nonstick spray

Instructions

1. Preheat oven to 325°F.
2. Spray an 8x8-inch baking pan with nonstick spray.
3. Steam or saute vegetables until crisp tender.
4. In a skillet, melt the butter. Add the flour and stir continuously until combined. Cook 2-3 minutes.
5. Whisk in milk and continue whisking until smooth. Continue stirring until milk mixture begins to thicken.
6. Add cheese and stir until just melted.
7. Add cooked vegetables to cheese sauce. Stir well to coat the vegetables.
8. Place in the baking pan. Sprinkle the top with crushed cereal or bread crumbs.
9. Bake for 15 minutes, or until heated through and top is golden brown.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

BAKED POTATOES WITH BROCCOLI

Makes 2 potatoes | 2 servings | \$0.57 per serving

Ingredients

2 medium russet or sweet potatoes

1 cup frozen broccoli

Margarine, salt, pepper, shredded cheese, or other favorite toppings

Instructions

1. Preheat oven to 425°F.
2. Scrub potatoes thoroughly with a brush. Pat dry.
3. Poke potatoes all over with a fork.
4. Wrap each potato in foil.
5. Bake at 425°F for 40-60 minutes or until tender.
6. About 10 minutes before potatoes are done, place frozen broccoli in a microwave safe bowl. Cover with plastic wrap or a microwave safe lid and heat until warm.
7. When potatoes are done, split them open and top with broccoli and your favorite toppings.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

GREEN BEANS WITH FLAIR

Makes 1½ cups | 2 servings | \$0.68 per serving

Ingredients

½ pound fresh or frozen, or 1 8-ounce can of green beans
1 Tablespoons canola oil
¼ cup onion, chopped
¼ cup celery, diced
2 Tablespoons water
¼ teaspoon sugar

Instructions

1. If using fresh green beans, wash and cut into 1-inch pieces. If using canned, drain liquid from green beans.
2. Heat oil in skillet or electric skillet over medium heat.
3. Add onion and celery. Cook slightly.
4. Add green beans, water, and sugar to skillet.
5. Cover and cook on low about 25 minutes or until beans are tender. Frozen and canned green beans may cook faster.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

GRAINS

RICE PILAF

Makes 1 cup | 2 servings | \$1.60 per serving

Ingredients

½ cup chopped onion
1 Tablespoon canola oil
½ cup uncooked brown rice
1¼ cups low-sodium broth or water
¼ teaspoon black pepper
¼ teaspoon garlic powder

Instructions

1. In a saucepan, cook onions in oil until soft but not brown.
2. Add rice, broth or water, pepper, and garlic. Heat to boiling. Stir once.
3. Reduce heat, cover, and simmer 45 minutes until rice is tender and liquid is absorbed.
4. Mix lightly and serve.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

QUINOA TABBOULEH

Makes 2 cup | 2 servings | \$2.20 per serving

Ingredients

½ cup uncooked quinoa
1 cup water or low-sodium broth
¼ -½ cup fresh parsley, chopped (to taste)
1 tomato, chopped
1 cucumber, chopped
½ green onion, finely chopped
½ garlic clove, chopped (¼ teaspoon minced or ⅛ teaspoon powder)
1 Tablespoon olive oil
2 Tablespoons fresh lemon juice

Instructions

1. Rinse quinoa under cool running water to reduce bitterness (unless package says it is pre-rinsed).
2. Combine quinoa with water or broth, bring to a boil, then reduce heat and let simmer for 10-15 minutes. Quinoa is done when all the water or broth is absorbed and grains are light. Fluff with a fork.
3. Toss quinoa with all other ingredients. Refrigerate until chilled to let flavors blend. Serve cold.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

DESSERT

CHOCOLATE COVERED STRAWBERRIES

Makes 12 strawberries | 2 servings | \$3.88 per serving

Ingredients

12 strawberries
¼ cup dark chocolate

Instructions

1. Microwave chocolate in a small bowl on medium for 1 minute. Stir, then continue microwaving on medium in 20-second intervals until melted, stirring after each interval. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.
2. Dip strawberries in the melted chocolate.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.

BERRY CRISP

Makes 12 crisp | 9 servings | \$1.58 per serving

Ingredients

Filling

3 cups frozen berries (strawberries, raspberries, blueberries, or your favorite fruit)

1 Tablespoon cornstarch or all-purpose flour

¼ cup sugar

Topping

¾ cup oats

¼ cup sugar

½ cup flour

3 Tablespoons margarine

Instructions

1. Preheat oven to 400°F, if using or the electric skillet to 350°F.
2. Coat an electric skillet or 8x8-inch baking pan with nonstick spray.
3. In a bowl, combine berries, 1 Tablespoon of cornstarch or flour, and ¼ cup sugar.
4. Pour fruit mixture into the baking pan or electric skillet.
5. Melt margarine, mix in other topping ingredients, and sprinkle over the fruit.
6. Cook at 350°F in electric skillet for 20-30 minutes or bake at 400°F for 25-30 minutes.
7. Serve warm with low-fat vanilla yogurt or ice cream.