








THE SIX O'CLOCK SCRAMBLE

A meal plan that fits your family's taste and needs!

07/02/2014 Summer 2014 Week 2

(uncheck to remove recipe from plan)

Recipe Title (click to view)	
<input checked="" type="checkbox"/>	 <p>Lemon Oregano Chicken EX GF SC Prep + Cook Time: 20 minutes ★★★★★ (38 votes, average: 3.95 out of 5)</p>
<input checked="" type="checkbox"/>	 <p>Grilled Trout Stuffed with Fresh Herbs and Lemon Slices EX GF SC Prep + Cook Time: 20 minutes ★★★★★ (17 votes, average: 4.00 out of 5)</p>
<input checked="" type="checkbox"/>	 <p>Baked Mexican Egg Rolls V 30 minutes prep / 25 minutes cook ★★★★★ (3 votes, average: 5.00 out of 5)</p>
<input checked="" type="checkbox"/>	 <p>Crustless Spanish Quiche V SC 10 minutes prep / 45 minutes cook ★★★★★ (37 votes, average: 3.84 out of 5)</p>
<input checked="" type="checkbox"/>	 <p>Soba Noodles with Snow Peas and Mushrooms V EX Prep + Cook Time: 20 minutes ★★★★★ (33 votes, average: 4.18 out of 5)</p>

customize your grocery list!

Scale any recipe for your family size

30 min or less to prepare any meal

Menu Plan Actions

- Include Grocery List
You can now add and remove items from your grocery list!
- Include this weeks article
- View as PDF

Select your options and then click *print selected recipes* or *print grocery list*.

PRINT SELECTED RECIPES

PRINT THE GROCERY LIST

CUSTOMIZE THIS PLAN

SEARCH FOR RECIPES

Saved Menu Plans

Include only your favorite recipes

All recipes are family tested and rated

V - Vegetarian **EX** - Scramble Express **GF** - Wheat/Gluten-free **SC** - Slow-Cooker/Crock-Pot

Filter recipes by your family's dietary needs

Lemon Oregano Chicken

Prep + Cook: 20 minutes # of Servings: 4

You can whip together this quick and tasty chicken dish on a busy night. Serve it with roasted fingerling potatoes and grape or cherry tomatoes.

Ingredients for main dish

- 2 lbs. boneless, skinless chicken breasts
- 3 Tbsp. extra virgin olive oil
- 1/2 - 3/4 lemon, *juice only, about 2 Tbsp., plus extra slices for serving*
- 3/4 tsp. dried oregano, *or 2 tsp. fresh*
- 1 tsp. minced garlic, *(about 2 cloves)*
- 1/2 tsp. kosher salt

Ingredients for side dish - Roasted Fingerling or New Potatoes

- 1 - 1 1/2 lb. fingerling potatoes or new potatoes, *halved or quartered*
- 1 Tbsp. extra virgin olive oil
- 1/4 tsp. garlic powder
- 1/4 tsp. kosher salt
- 1/4 - 1/2 tsp. dried or fresh rosemary

Ingredients for side dish - Grape or Cherry Tomatoes

- 4 cups grape or cherry tomatoes
- 1/2 cup ranch dressing or other dressing or dip *(optional)*

(Start the potatoes first, if you are serving them.) Wrap the chicken breasts in plastic wrap and flatten them with a mallet to an even thickness. This allows them to cook more quickly and evenly. (Alternatively, cut them into 1-inch pieces.)

Put the chicken (without the plastic wrap, of course) in a flat dish large enough to hold it in one layer. Drizzle over it 2 Tbsp. of the oil and all of the lemon juice, oregano, garlic and salt. Flip the chicken several times to coat it. (At this point, the chicken dish can be covered and refrigerated for as little as 15 minutes or up to 24 hours.)

In a large heavy skillet over medium heat, add the remaining oil. When the pan is hot, cook the chicken on the first side for 4 - 5 minutes until it is just starting to brown. Flip the chicken and partially cover the pan. Reduce the heat to medium-low, and continue cooking the chicken for 4 - 5 more minutes until it is just cooked through. Transfer the chicken to a cutting board and cut it into strips to serve it. Serve it with lemon wedges.

Slow Cooker Directions: There's no need to marinate the chicken in advance. Combine all ingredients except the chicken in the slow cooker and stir well. Add the chicken, turning it several times until it is well coated. Cook on low for 5 - 6 hours or on high for 3 - 4 hours.

(Slow cooker cooking times may vary—Get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

Do Ahead or Delegate: Pound or cut the chicken and refrigerate, juice the lemon, peel the garlic, make the marinade, marinate the chicken and refrigerate.

Flavor Booster: Marinate and refrigerate the chicken. Season the chicken with freshly ground black pepper at the table.

Tip: When substituting fresh herbs for dry herbs in a recipe, the ratio I use is generally 3 to 1, or about 3 times the amount of fresh herbs as dried.

Serve with Roasted Fingerling or New Potatoes

In a baking or broiling pan, toss the potatoes with the oil, garlic powder, salt and rosemary. Bake them at 450 degrees for about 30 minutes, until they are slightly browned, tossing every 10 minutes. For more rapid browning, broil for the final few minutes, if desired.

Serve with Grape or Cherry Tomatoes

Serve the tomatoes with your favorite dressing or dip, such as ranch or hummus, if desired— (Note: As a safety precaution, children age 3 and younger should eat halved tomatoes.)

Nutritional Information Per Serving (% based upon daily values): Calories 310, Total Fat: 9g, 14%; Saturated Fat: 2g, 8%; Cholesterol: 130mg, 43%; Sodium: 360mg, 15%; Total Carbohydrate: 1g, 0%; Dietary Fiber: 0g, 0%; Sugar: 0g; Protein: 53g

Nutrition with side dish(es): Calories 387, Total Fat: 14g, 21%; Saturated Fat: 3g, 13%; Cholesterol: 130mg, 43%; Sodium: 457mg, 19%; Total Carbohydrate: 31g, 10%; Dietary Fiber: 5g, 19%; Sugar: 5g; Protein: 58g

Weight Watcher Points: 7 - Weight Watcher Points(+Sides): 12

Grilled Trout Stuffed with Fresh Herbs and Lemon Slices

Prep + Cook: 20 minutes # of Servings: 4

This terrific recipe is from my friend and food writer, April Fulton, former host of the NPR food blog, The Salt. I just love making trout on the grill or in the oven -- it always tastes wonderful, never too fishy, and adapts to a variety of flavors and preparation techniques. What makes it even better is that trout is on the "eco-best" list of the Environmental Defense Fund's Ocean's Alive project. Serve it with grilled zucchini and whole wheat couscous.

Ingredients for main dish

- 2 Tbsp. fresh mint leaves, *finely chopped*
- 2 Tbsp. fresh rosemary, *finely chopped*
- 2 lemons
- 4 whole trout, cleaned, gutted, heads removed (the fishmonger can do this for you)
- 1 - 2 Tbsp. extra virgin olive oil
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper

Ingredients for side dish - Grilled Zucchini or Yellow Squash

- 2 - 3 zucchini or yellow squash
- 1 Tbsp. extra virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. black pepper

Ingredients for side dish - Whole Wheat Couscous

- 1 - 2 cup whole wheat or regular couscous

(Start the zucchini first, if you are serving it.) Preheat the grill to medium heat and oil the grates to prevent the fish from sticking. (Alternatively, bake the trout at 400 degrees for about 25 minutes.) In a small bowl, combine the chopped herbs, the zest of 1 1/2 lemons, and the juice of 1 lemon. Cut the other lemon into thin slices.

Lay the trout on a cutting board, skin side up, and brush the skin with oil to coat it. Flip the fish and rub the lemon-herb mixture over the flesh of the trout, season it with the salt and pepper, and lay the lemon slices on top of one half of each trout. Close the trout around the herbs and lemon slices, and transfer the fish to the grill. (Start the couscous now, if you are serving it.)

Grill the fish with the lid closed, without flipping it, for 8 minutes or until the flesh is opaque and flaky. Using a thin spatula, carefully transfer the trout to a plate to serve it. Garnish the plate with a few fresh mint leaves and sprigs of rosemary, if desired.

Slow Cooker Directions: Place each piece of fish on an individual piece of aluminum foil and prepare the fish following the directions above. Fold the foil into a packet to completely surround the fish. Place the foil packets in the slow cooker and cook for 4 - 5 hours on high or 8 - 10 hours on low.

(Slow cooker cooking times may vary—Get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

Do Ahead or Delegate: Chop the mint and the rosemary, zest, juice and slice the lemons.

Flavor Booster: Season the fish with freshly ground black pepper or low-salt lemon pepper seasoning at the table.

Tip: Just as you clean your stove or microwave, your grill needs the same love and care. It's best to clean your grill grates with a stiff brush after each use— It takes just 20 seconds or so to brush off any bits of food clinging to the grates right after removing the food from the grill. This will help food cook evenly, prevent sticking and help to maintain the food's natural flavors. I do it when the grill is hot right after taking the food off so I won't forget.

Serve with Grilled Zucchini or Yellow Squash

Cut the zucchini or yellow squash lengthwise into quarters, and then cut the strips crosswise into several shorter pieces. Toss them with the oil, salt and pepper, to taste. Spread the squash slices on a vegetable tray or sturdy piece of aluminum foil, and grill them over medium or medium-high heat for 10-20 minutes, flipping them once, until they reach desired tenderness. (Alternatively, sauté the zucchini or squash in the oil over medium heat for about 10 minutes until it is lightly browned and tender.)

Serve with Whole Wheat Couscous

Prepare the couscous according to package directions, using water or broth for the liquid. For even more flavor, stir fresh herbs, toasted pine nuts or slivered almonds, or dried cranberries or currants into the hot couscous.

Nutritional Information Per Serving (% based upon daily values): Calories 250, Total Fat: 12g, 18%; Saturated Fat: 3g, 15%; Cholesterol: 90mg, 30%; Sodium: 300mg, 15%; Total Carbohydrate: 0g, 0%; Dietary Fiber: 0g, 0%; Sugar: 0g; Protein: 33g

Nutrition with side dish(es): Calories 455, Total Fat: 20g, 30%; Saturated Fat: 4g, 18%; Cholesterol: 90mg, 30%; Sodium: 405mg, 19%; Total Carbohydrate: 40g, 13%; Dietary Fiber: 7g, 28%; Sugar: 3g; Protein: 41g

Weight Watcher Points: 6 - Weight Watcher Points(+Sides): 13

Baked Mexican Egg Rolls

Prep: 30 minutes Cook: 25 minutes Total: 55 minutes # of Servings: 8 Serving Size: 2 egg rolls

The burrito meets the egg roll and my family approves of the match! Up until now, I've always shied away from making my own egg rolls because I thought it would be really hard to roll them right. Now I know that was an unfounded fear--they are actually super easy to roll, even if, like me, you are not incredibly dexterous or crafty. This can be a fun family project if you have the time and patience, or even a great activity for a party or play date. Scramble recipe tester Greg Kershner said that in his 5 years or so of testing recipes for me, this is probably his family's favorite yet. Serve them with cucumbers with dressing or dip.

Ingredients for main dish

- 16 oz. ground turkey breast, *or use 12 oz. meatless crumbles*
- 1 1/2 tsp. chili powder
- 1 tsp. ground cumin
- 1 cup frozen corn kernels, *thawed*
- 15 oz. canned black beans, *drained and rinsed*
- 1 cup salsa
- 8 oz. shredded Monterey Jack, Mexican Blend or Cheddar cheese
- 16 egg roll wraps, *sold frozen or refrigerated*
- 1 egg, *beaten*
- 1 cup sour cream, *for serving (optional)*

Ingredients for side dish - Cucumbers, Peeled and Sliced, with Dressing

- 1 - 2 cucumber, *peeled and sliced*
- 1/2 cup salad dressing, such as Annie's Naturals Goddess, ranch or Italian

Preheat the oven to 425 degrees. Meanwhile, brown the turkey or crumbles in a nonstick skillet over medium heat. While the turkey is cooking, season it with the chili powder and cumin (if using meatless crumbles, add the spices with the corn and beans). Drain, if necessary (if using turkey), remove it from the heat, and let it cool for a few minutes. Spray a large baking sheet with nonstick cooking spray or line it with parchment paper.

In a medium mixing bowl, combine the corn, beans, salsa, cheese and turkey. (The filling can be made in advance and refrigerated for up to 2 days.)

Lay an egg roll wrapper on a flat surface with one of the corners facing you, and, using a pastry brush, brush the opposite corner with a little of the egg. Put about 1/3 cup of the mixture in the center of the wrapper, fold the corner nearest to you over the filling, fold in the sides, and roll the wrapper up toward the corner with the egg. Lay the roll on the baking sheet with the seam facing down to hold it together. Repeat with the remaining wrappers.

Spray the top of the rolls lightly with nonstick cooking spray (preferably olive oil flavor if you have it), and bake them for 15 – 25 minutes until they are deep golden brown. (Alternatively, freeze the rolls for up to 3 months to bake for a future meal) (Meanwhile, slice the cucumbers, if you are serving them.) Let them cool for 10 minutes or so before serving, topping them with sour cream, if desired.

Do Ahead or Delegate: Thaw the corn, shred the cheese, if necessary, and refrigerate, beat and refrigerate the egg, prepare and refrigerate the filling for up to 2 days, or fully assemble and freeze the egg rolls.

Flavor Booster: To the filling, add 1 Tbsp., finely diced jalapeno pepper or 1/4 cup fresh chopped cilantro or scallions, use Pepper Jack cheese, and/or add 1/4 – 1/2 tsp. cayenne pepper to the filling.

Tip: Parchment paper, which is moisture and heat resistant, is a great choice for cooking because most brands can withstand temperatures up to approximately 420 degrees Fahrenheit (but peek at your package to be safe). Parchment paper is great for lining baking sheets and eliminates the need to grease them. Also, assuming there's no residue or sticky mess on the paper after you've used it, you can use the paper again next time you need it.

Serve with Cucumbers, Peeled and Sliced, with Dressing

Dip the cucumbers in dressing of your choice, such as Annie's Naturals Goddess, ranch or Italian.

Nutritional Information Per Serving (% based upon daily values): Calories 480, Total Fat: 23g, 34.5%; Saturated Fat: 11g, 56%; Cholesterol: 108mg, 36%; Sodium: 721mg, 30%; Total Carbohydrate: 46g, 15.5%; Dietary Fiber: 6g, 22%; Sugar: 3g; Protein: 29g

Nutrition with side dish(es): Calories 546, Total Fat: 28g, 41.5%; Saturated Fat: 11g, 58%; Cholesterol: 108mg, 36%; Sodium: 831mg, 34%; Total Carbohydrate: 52g, 17.5%; Dietary Fiber: 7g, 25%; Sugar: 6g; Protein: 30g

Weight Watcher Points: 13 - Weight Watcher Points(+Sides): 15

Crustless Spanish Quiche

Prep: 10 minutes Cook: 45 minutes Total: 55 minutes # of Servings: 4

We enjoyed tiny wedges of this crustless quiche on slices of toasted bread at a lively tapas (little Spanish appetizers) bar called Txapela in Barcelona. It's so flavorful and can be eaten hot or cold. Serve it with Garlic Toast and fresh cherries.

Ingredients for main dish

- 10 oz. frozen chopped spinach, *or use 10 oz. fresh spinach*
- 4 eggs
- 1/2 cup plain nonfat yogurt
- 1 cup shredded mozzarella or Swiss cheese
- 1/4 cup flour
- 5 oz. pitted Spanish olives with pimientos, *chopped*

Ingredients for side dish - Garlic Toast

- 3 Tbsp. extra virgin olive oil
- 1 tsp. minced garlic, (*about 2 cloves*)
- 1/4 tsp. kosher salt
- 1/4 tsp. fresh or dried rosemary
- 1/4 tsp. crushed red pepper flakes (*optional*)
- 6 slices sourdough, French or challah bread, *about 1/2-inch thick*

Ingredients for side dish - Fresh Cherries

- 1 lb. cherries

Preheat the oven to 375 degrees. Spray a pie dish with nonstick cooking spray. Defrost the spinach in 1 Tbsp. of water in the microwave according to the package directions, and press out the extra water after it is cooked. (To thoroughly remove the liquid, I put the steamed spinach in a colander and use the bottom of a bowl to press out the water.) (If using fresh spinach, steam it with 1 Tbsp. water in the microwave until wilted, press it thoroughly to remove any water, and chop it.)

In a large bowl, beat together the eggs, yogurt, cheese and flour. Stir in the spinach and olives.

Pour the mixture into the pie plate and smooth the top. Bake it for 45 minutes until it is lightly browned and firm. (While the quiche is baking, prepare the garlic toast, if you are serving it. If you only have one oven, bake the toast at 375 degrees for a few extra minutes.) Serve it immediately, or refrigerate it for up to 24 hours. Cut it into wedges and serve it hot or cold.

Slow Cooker Directions: In a slow cooker, whisk together the eggs, yogurt, cheese and flour. Stir in the spinach and olives until all ingredients are well combined. Cook on high for 2 - 2-1/2 hours or on low for 4 - 5 hours or until a knife inserted into the center comes out clean.

(Slow cooker cooking times may vary—Get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

Do Ahead or Delegate: Defrost and drain the spinach if using frozen, make and refrigerate the egg mixture, or fully prepare and refrigerate the quiche.

Flavor Booster: Add 1/4 – 1/2 tsp. dried herbs, such as basil, oregano or dill with the spinach and olives, and use the Swiss instead of the mozzarella cheese.

Tip: We've probably all heard about the health benefits of olive oil. It makes sense, then, that olives themselves have a number of nutrients that are beneficial to your health including anti-inflammatory properties and antioxidants.

Serve with Garlic Toast

Preheat the oven to 400 degrees. In a small bowl, combine the oil, garlic, salt, rosemary and red pepper flakes (optional). Brush the oil mixture evenly over the tops of the bread. Bake them for 7 - 10 minutes until they just start to brown.

Serve with Fresh Cherries

Serve it with the fresh cherries.

Nutritional Information Per Serving (% based upon daily values): Calories 230, Total Fat: 11g, 17%; Saturated Fat: 5g, 23%; Cholesterol: 220mg, 73%; Sodium: 830mg, 35%; Total Carbohydrate: 11g, 4%; Dietary Fiber: 2g, 8%; Sugar: 4g; Protein: 19g
Nutrition with side dish(es): Calories 434, Total Fat: 19g, 29%; Saturated Fat: 6g, 28%; Cholesterol: 220mg, 73%; Sodium: 1060mg, 45%; Total Carbohydrate: 43g, 14%; Dietary Fiber: 6g, 22%; Sugar: 19g; Protein: 22g

Weight Watcher Points: 6 - Weight Watcher Points(+Sides): 11

Soba Noodles with Snow Peas and Mushrooms

Prep + Cook: 20 minutes # of Servings: 6 Serving Size: about 1 3/4 cups

My daughter Celia had at least 3 helpings of these tasty noodles. Soba noodles are made of whole grain buckwheat flour, so they're healthy, but still very family-friendly. If you can't find them in your store, you can use lo mein noodles, udon noodles, or even whole wheat spaghetti. This recipe is loosely adapted from a recipe by Nava Atlas in her book, *The Vegetarian Family Cookbook*. Serve it with a green salad with Asian pear, crumbled Gorgonzola and fresh mint, and with chocolate dipped strawberries for dessert.

Ingredients for main dish

- 6 cups reduced-sodium vegetable or chicken broth
- 8 - 9 oz. soba noodles (Japanese buckwheat noodles), *or use lo mein or udon noodles or whole wheat spaghetti*
- 1 Tbsp. canola or vegetable oil
- 2 - 3 tsp. fresh ginger, *peeled and grated, to taste*
- 1 tsp. minced garlic, *(1 - 2 cloves)*
- 4 oz. snow peas, *(about 2 cups)*
- 8 oz. cremini or baby bella mushrooms, *stemmed and sliced*
- 1/4 cup water
- 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed), *or more to taste*
- 1 tsp. sesame oil
- 2 scallions, *dark and light green parts, thinly sliced*

Ingredients for side dish - Green Salad with Asian Pear, Crumbled Gorgonzola, and Fresh Mint

- 1 head butter lettuce or other soft lettuce
- 1/2 Asian pear, *diced*
- 2 Tbsp. crumbled Gorgonzola or blue cheese
- 2 Tbsp. fresh mint leaves, *chopped*
- 2 - 4 Tbsp. vinaigrette dressing, *or dressing of your choice*

Ingredients for side dish - Chocolate Dipped Strawberries

- 1 lb. strawberries, *washed and completely dried*
- 1 - 1 1/2 cup semi-sweet chocolate bits, *or use chocolate syrup*

(Prepare the strawberries first, if you are serving them.) In a large saucepan, bring the broth to a low boil. Add the noodles to the boiling broth and cook them according to package directions, stirring occasionally, until they are al dente. (Make the salad now, if you are serving it.)

Meanwhile, in a large skillet, heat the canola or vegetable oil over medium-high heat. Add the ginger and garlic and cook them for about 30 seconds until they are fragrant, and add the snow peas, mushrooms and water. Cook, stirring frequently, until the snow peas are tender-crisp, about 4 minutes.

When the noodles are ready, leave them in the broth, add the vegetable mixture to the saucepan, and stir in the soy sauce, sesame oil, and scallions. Serve the noodles with the vegetables in bowls, adding a little of the broth to each bowl, or refrigerate for up to 2 days.

Do Ahead or Delegate: Cook the noodles and store tossed with a little oil to prevent sticking, peel and grate the ginger, peel the garlic, stem and slice the mushrooms, slice the scallions, or fully prepare and refrigerate the dish.

Flavor Booster: Use extra ginger and garlic, and add some cayenne pepper to individual bowls at the table.

Tip: Want whiter teeth? Eat strawberries. These delicious nuggets contain salicylic acid, which is a natural tooth whitener. Another dental bonus? Strawberries help to fight plaque!

Serve with Green Salad with Asian Pear, Crumbled Gorgonzola, and Fresh Mint

Toss the lettuce with the pear, Gorgonzola or blue cheese, mint and the vinaigrette dressing or dressing of your choice.

Serve with Chocolate Dipped Strawberries

Make sure the strawberries are completely dry before dipping them. Melt the chocolate bits in a completely dry microwave-safe bowl at half power. Stir the chocolate after 1 minute, then at 30-second intervals until it is melted and smooth. Dip the strawberries and let them harden on a wax paper-lined baking sheet in the refrigerator until you are ready to serve them. For a quicker version, dip strawberries in chocolate syrup or spread them with Nutella at the table.

Nutritional Information Per Serving (% based upon daily values): Calories 193, Total Fat: 4g, 5%; Saturated Fat: 1g, 2%; Cholesterol: 0mg, 0%; Sodium: 1057mg, 44%; Total Carbohydrate: 33g, 11%; Dietary Fiber: 4g, 13.5%; Sugar: 3g; Protein: 11g
Nutrition with side dish(es): Calories 417, Total Fat: 14g, 21%; Saturated Fat: 7g, 32%; Cholesterol: 4mg, 8%; Sodium: 1117mg, 49.5%; Total Carbohydrate: 67g, 24.5%; Dietary Fiber: 9g, 28.5%; Sugar: 29g; Protein: 14g

Weight Watcher Points: 5 - Weight Watcher Points(+Sides): 11



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TEAR OFF FOR A FRIEND!

GROCERY LIST

Staples

8 Tbsp. + 1 - 2 Tbsp. extra virgin olive oil (1) (1S) (2) (2S) (4S)
 1 Tbsp. canola or vegetable oil (5)
 1 tsp. sesame oil (5)
 * 1/2 cup ranch dressing or other dressing or dip (*optional*) (1S)
 1/2 cup salad dressing, such as Annie's Naturals Goddess, ranch or Italian (3S)
 2 - 4 Tbsp. vinaigrette dressing (5S)
 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed) (5)
 5 eggs (3) (4)
 3 tsp. minced garlic (1) (4S) (5)
 1/4 cup flour (4)

Spices

1/4 tsp. salt (2S)
 1 1/2 tsp. kosher salt (1) (1S) (2) (4S)
 3/4 tsp. dried oregano (1)
 1/4 - 1/2 tsp. dried or fresh rosemary (1S)
 * 1/4 tsp. crushed red pepper flakes (*optional*) (4S)
 3/8 tsp. black pepper (2) (2S)
 1 tsp. ground cumin (3)
 1/4 tsp. garlic powder (1S)
 1 1/2 tsp. chili powder (3)

Meat and Fish

2 lbs. boneless, skinless chicken breasts (1)
 16 oz. ground turkey breast (3)
 4 whole trout, cleaned, gutted, heads removed (the fishmonger can do this for you) (2)

Refrigerated/Frozen Section

2 Tbsp. crumbled Gorgonzola or blue cheese (5S)
 8 oz. shredded Monterey Jack, Mexican Blend or Cheddar cheese (3)
 1 cup shredded mozzarella or Swiss cheese (4)
 1/2 cup plain nonfat yogurt (4)
 * 1 cup sour cream (*optional*) (3)
 16 egg roll wraps (3)
 1 cup frozen corn kernels (3)
 10 oz. frozen chopped spinach (4)

Produce

2 scallions (5)
 4 cups grape or cherry tomatoes (1S)
 1 head butter lettuce or other soft lettuce (5S)
 2 - 3 tsp. fresh ginger (5)
 1/4 tsp. fresh or dried rosemary (4S)
 2 Tbsp. fresh rosemary (2)
 4 Tbsp. fresh mint leaves (2) (5S)
 2 - 3 zucchini or yellow squash (2S)
 1 - 2 cucumbers (3S)
 1 - 1 1/2 lb. fingerling potatoes or new potatoes (1S)
 4 oz. snow peas (5)
 8 oz. cremini or baby bella mushrooms (5)
 2 + 1/2 - 3/4 lemons (1) (2)
 1 lb. strawberries (5S)
 1/2 Asian pear (5S)
 1 lb. cherries (4S)

Shelved Items

6 slices sourdough, French or challah bread (4S)
 1 - 2 cup whole wheat or regular couscous (2S)
 8 - 9 oz. soba noodles (Japanese buckwheat noodles) (5)
 6 cups reduced-sodium vegetable or chicken broth (5)
 1 cup salsa (3)
 15 oz. canned black beans (3)
 5 oz. pitted Spanish olives with pimentos (4)
 1 - 1 1/2 cup semi-sweet chocolate bits (5S)

The above ingredients will make

(1) = Lemon Oregano Chicken, (1Sa) = Roasted Fingerling or New Potatoes, (1Sb) = Grape or Cherry Tomatoes, (2) = Grilled Trout Stuffed with Fresh Herbs and Lemon Slices, (2Sa) = Grilled Zucchini or Yellow Squash, (2Sb) = Whole Wheat Couscous, (3) = Baked Mexican Egg Rolls, (3S) = Cucumbers, Peeled and Sliced, with Dressing, (4) = Crustless Spanish Quiche, (4Sa) = Garlic Toast, (4Sb) = Fresh Cherries, (5) = Soba Noodles with Snow Peas and Mushrooms, (5Sa) = Green Salad with Asian Pear, Crumbled Gorgonzola, and Fresh Mint, (5Sb) = Chocolate Dipped Strawberries,
 * - Includes ingredients that are optional.



THE SIX O'CLOCK SCRAMBLE

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