

Monday - Orange and Balsamic Chicken Breasts

Ingredients

24 ounces boneless, skinless chicken breast, pounded to 1/2-inch thickness
Salt
1/4 cup all-purpose flour
2 tablespoons unsalted butter
1 tablespoon vegetable oil
1 shallot, finely chopped
1/3 cup low-sodium chicken broth
1/3 cup orange juice
1 tablespoon balsamic vinegar
1 teaspoon sugar

Preparation

1. Sprinkle chicken with salt and dredge in flour, shaking off excess.
2. Warm 1 Tbsp. butter and oil in a skillet over medium-high heat until butter foams. Add chicken; cook until cooked through and golden, turning once, about 8 minutes total. Transfer to a plate and cover with foil.
3. Add shallot to skillet and sauté until softened, about 1 minute. Add broth, orange juice, vinegar and sugar; cook, stirring, until slightly reduced, 1 to 2 minutes. Remove from heat, add remaining butter, and stir until thickened. Season with salt. Slice chicken, pour sauce on top and serve.

Calories: 320 Fat: 12g (sat 4g)



Cost per serving: \$1.95

Tuesday - Creamy Pasta Shells with Broccoli and Ham

Ingredients

Salt and pepper
1 pound small pasta shells
4 cups small broccoli florets (from 1 medium head broccoli)
2 tablespoons unsalted butter
1 small onion, finely chopped
4 ounces cooked ham, chopped
3/4 cup heavy cream**, warmed
1/2 cup grated Parmesan



Cost per serving: \$1.95

**To make this dish lighter, swap in evaporated milk instead of the cream to cut back on fat content and calories.

Preparation

1. Bring a large pot of salted water to boil. Add pasta and cook until al dente, 8 to 10 minutes. Add broccoli for last 2 to 3 minutes of cooking time. Drain and return to pot.
2. While pasta is cooking, melt butter over medium heat in a large skillet. Add onion and sauté until softened, about 3 minutes. Add ham and cook, stirring, 2 minutes longer. Stir in cream, bring to a simmer and cook, stirring occasionally, until thickened, 3 to 5 minutes.
3. Scrape cream mixture into pot with pasta and broccoli. Add cheese and toss to combine. Season with salt and pepper and serve immediately, passing more Parmesan, if desired.

Calories: 819 Fat: 36g (sat 19g)

Wednesday - Hawaiian Grilled Cheese Sandwiches

Ingredients

8 slices white bread
2 tablespoons unsalted butter, softened
4 ounces deli ham
8 slices Cheddar or American cheese
1 cup canned pineapple chunks packed in juice, drained and patted dry
Mustard, optional

Preparation

1. Spread one side of each slice of bread with butter. Lay ham on unbuttered side of 4 of the slices. Top each with 2 slices of cheese and pineapple chunks. Spread unbuttered sides of remaining bread slices with mustard, if desired. Place those 4 slices, buttered sides up, on top of pineapple.
2. Place sandwiches in a large nonstick skillet over medium-low heat and cook, pressing down on them occasionally with a spatula, until golden on one side, 3 to 4 minutes. Carefully turn and continue to cook until golden on the other side, about 3 minutes longer. Cut each sandwich in half and serve immediately.

Calories: 545 Fat: 36g (sat 19g)



Cost per serving: \$1.45

Thursday - Skirt Steak with Mustard Sauce

Ingredients

- 4 6-oz. skirt steaks
- Salt and pepper
- 1 tablespoon olive oil
- 3/4 cup low-sodium chicken broth
- 3 tablespoons grainy mustard
- 2 tablespoons unsalted butter

Preparation

1. Sprinkle steaks with salt and pepper. Warm oil in a large skillet over medium-high heat. Add steaks and cook, turning once, about 4 minutes total for medium-rare. Transfer to a plate, and cover loosely with foil to keep warm.
2. Wipe skillet with a paper towel and add broth. Bring to a boil and cook until reduced by half, about 5 minutes. Remove pan from heat and whisk in mustard and butter. Season with salt and pepper, spoon over steaks, and serve.

Calories: 378 Fat: 25g (sat 10g)



Cost per serving: \$4.45

Friday - Orecchiette with Broccoli, Tomatoes and Sausage

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- 8 ounces hot or sweet Italian sausage, removed from casings
- 1 15-oz. can diced tomatoes, with juice
- 1 pound orecchiette or pasta shells
- 4 cups small broccoli florets (from one head)
- Salt & Shredded Parmesan, optional

Preparation

1. Warm oil in a medium skillet over medium-high heat. Add garlic and sauté until fragrant, about 30 seconds. Add sausage and cook, breaking up with a wooden spoon, until it loses its pink color, about 6 minutes. Add tomatoes with their juice and 1/4 tsp. salt and cook, stirring occasionally, until most of juice has evaporated and sauce has thickened, about 10 minutes.
2. While sauce is cooking, bring a large pot of salted water to boil. Stir in pasta and cook according to package label directions. In last 2 minutes of cooking time, stir in broccoli and continue to cook until pasta is al dente and broccoli is tender. Drain, return to pot and toss with sauce. Serve immediately, with shredded Parmesan on the side, if desired.

Calories: 471 Fat: 15g (sat 4g)



Cost per serving: \$1.21



Grocery List

Find more FREE Weekly Meal Plans at LivingLocurto.com

Thanks to **allyou**

Orange and Balsamic Chicken Breasts

24 ounces boneless, skinless chicken breast
 flour
 unsalted butter
 vegetable oil
 1 shallot
 low-sodium chicken broth
 orange juice
 balsamic vinegar
 sugar

Creamy Pasta Shells with Broccoli and Ham

1 pound small pasta shells
 1 medium head broccoli
 unsalted butter
 1 small onion
 4 ounces cooked ham, chopped
 3/4 cup heavy cream
 (To make this dish lighter, swap in evaporated milk
 instead of the cream)
 grated Parmesan

Hawaiian Grilled Cheese Sandwiches

white bread
 4 ounces deli ham
 unsalted butter
 8 slices Cheddar or American cheese
 1 cup canned pineapple chunks
 Mustard, optional

Skirt Steak with Mustard Sauce

4 6-oz. skirt steaks
 olive oil
 low-sodium chicken broth
 grainy mustard
 unsalted butter
 vegetable of your choice

Orecchiette with Broccoli, Tomatoes and Sausage

olive oil
 2 cloves garlic
 8 ounces hot or sweet Italian sausage
 1 15-oz. can diced tomatoes
 1 pound orecchiette or pasta shells
 4 cups small broccoli florets (from one head)
 Shredded Parmesan, optional

Other groceries needed
