

5-Day Menu Planner Heart Health for You-Two

You probably know that heart disease is the number one cause of death among Americans, but do you really know how to stop from becoming a statistic yourself? The challenge of making heart healthy meals for empty-nesters is even greater given that so

many recipes and meal plans are aimed at families of four or more. Cabot's team of Registered Dietitians wants to make eating well easier with this 5-day menu plan tailored to the smaller family. So eat well and enjoy... your heart (and budget) will thank you!



	Breakfast	Lunch	Snacks	Dinner
Day 1	<ul style="list-style-type: none"> • 2 pkts unflavored instant oatmeal prepared w/ 3/4 c blueberries and 1 cup fat free milk 	<ul style="list-style-type: none"> • Sweet and Savory Salad: Combine 4 cup spinach leaves w/ 5 oz chopped ckd turkey breast, 1 cup cucumber slices, 2 Tbsp dried cranberries, 4 walnut halves, 1/2 oz Cabot Sharp Light Cheddar and 2 Tbsp reduced-fat salad dressing • 1 large 2-oz whole wheat dinner roll • 1 cup fat free milk 	<ul style="list-style-type: none"> • 1 slice whole wheat bread w/1 oz Cabot Sharp Light Cheddar • 1 small apple • 1 cup fat free milk 	<ul style="list-style-type: none"> • Cheddar & Pear Panini • 1 cup steamed green beans • 1 cup raspberries
Day 2	<ul style="list-style-type: none"> • 1 whole wheat English muffin w/ 2 tsp butter • 1 small banana • 1 cup fat free milk 	<ul style="list-style-type: none"> • 10 whole wheat crackers and 1 cup carrot sticks; dip into 1/3 cup hummus w/1 1/2 tsp pine nuts • 1 oz Cabot Sharp Light Cheddar • 17 seedless grapes 	<ul style="list-style-type: none"> • 1 cup Cabot Plain Nonfat Yogurt, 2 Tbsp lowfat granola, 2 Tbsp raisins, 1 cup raspberries • 2 cup cucumber slices • 1 hard-cooked egg • 1 cup fat free milk 	<ul style="list-style-type: none"> • Pesto Pasta with Sautéed Shrimp • 1 cup squash, cooked
Day 3	<ul style="list-style-type: none"> • 1 cup ready-to-eat unsweetened bran cereal w/1 cup fat free milk • 1/2 cup orange juice 	<ul style="list-style-type: none"> • Tasty Tuna Sandwich: Mix 2 oz chunk light tuna w/2 Tbsp reduced fat mayo, 2 tsp chopped celery and 1 tsp chopped onion; layer w/1 leaf of romaine on 2 slices whole wheat bread 	<ul style="list-style-type: none"> • 3 graham cracker squares • 16 dried apricot halves • 1 cup celery strips w/ 1 Tbsp Cabot Ranch Sour Cream Dip • 1 cup fat free milk 	<ul style="list-style-type: none"> • Chicken, Apricot and Cabot Cheddar Stirfry • 2/3 cup brown rice
Day 4	<ul style="list-style-type: none"> • 1 whole wheat English muffin w/1 tsp butter and 1 hard-cooked egg, sliced • 1 medium peach • 1 cup fat free milk 	<ul style="list-style-type: none"> • Lightened Up Reuben: 3 oz cooked chicken breast strips, 2 Tbsp Thousand Island dressing and 3 Tbsp shredded cabbage on 2 slices toasted whole wheat bread • 1 1/2 cup raw broccoli and cauliflower w/1 Tbsp Cabot Ranch Sour Cream Dip • 1 small apple • 6 oz Cabot Nonfat Flavored Yogurt 	<ul style="list-style-type: none"> • 10 whole wheat crackers • 17 seedless grapes • 1 cup frozen edamame, thawed • 1 cup fat free milk 	<ul style="list-style-type: none"> • Cabot Cheddar & Mustard-Topped Broiled Fish • Maple-Wheat Berry Salad • 3/4 cup blueberries

	Breakfast	Lunch	Snacks	Dinner
Day 5	<ul style="list-style-type: none"> • Scramble to Go: Saute 1 egg & 2 egg whites w/ 1 cup chopped veggies, 1 tsp butter, 2 Tbsp fat free milk; place in 1/2 6" whole grain pita • 1 cup fat free milk • 1/2 cup orange juice 	<ul style="list-style-type: none"> • 2 slices whole wheat bread w/ 1 1/2 oz Cabot Sharp Cheddar, 1 oz cooked skinless chicken breast, 1 1/2 tsp prepared pesto and 1 sliced, plum tomato • 1 peach • 1 cup fat free milk 	<ul style="list-style-type: none"> • 1 cup cucumber slices • 1 cup Cabot Plain Nonfat Yogurt w/ 24 sweet cherries 	<ul style="list-style-type: none"> • Cumin-Lime Crusted Chicken Fajitas • Light Sweet Potato Fries: Cut 1/2 large, peeled sweet potato into strips; sprinkle w/cinnamon and saute in 1 tsp butter until golden on each side
<p><i>Note: This menu plan is based on an 1800 calorie/day diet (50% Carbohydrate, 20% Protein, 30% Fat). Each complies with the DASH Diet (Dietary Approaches to Stop Hypertension) and provides the following Exchanges for Diabetes Meal Planning: 8 Starch, 8 Lean Meat, 4 Vegetable, 4 Fruit, 3 Low-Fat Milk and 4 Fat. Exchange calculations are based on the American Dietetic Association Choose Your Foods: Exchange Lists for Diabetes, 2007.</i></p>				

5-Day Menu Planner - Recipes (in order of listing)

Cheddar & Pear Panini

Makes 2 sandwiches

- 2 Tbsp mango chutney
- 1 Tbsp reduced-fat mayonnaise
- 4 slices whole-wheat sandwich bread
- 3 oz Cabot Seriously Sharp or Sharp Light Cheddar, thinly sliced, divided
- 1/4 of pear or apple, thinly sliced
- Cooking spray

1. Preheat a panini press or contact grill, if using.
2. Mix chutney and mayonnaise; spread over 4 slices bread. Place half the cheese on 2 slices bread. Top with pear slices, remaining cheese and bread slices, chutney-side down. Spritz both sides of sandwiches with cooking spray.
3. Place sandwiches in panini press or contact grill; cook 4 to 8 minutes or until golden brown and cheese has melted. Alternatively, heat a skillet, preferably cast-iron, over medium-low heat. Place sandwiches in skillet. Set a piece of foil on top, then weigh with a heavy saucepan or smaller skillet. Add a few unopened food cans for extra weight, if needed. Cook 2 to 4 minutes, or until underside has browned. Turn and cook 2 to 4 minutes more. Cut sandwiches in half and serve immediately.

Nutrition Analysis: Calories 371, Total Fat 19g, Saturated Fat 10g, Sodium 632mg, Carbohydrates 39g, Dietary Fiber 5g, Protein 16g, Calcium 352mg

Pesto Pasta with Sautéed Shrimp

Makes 2 servings

- 4 oz uncooked angel hair pasta
- 2 cup packed fresh basil leaves (or 1 [1-oz] package)
- 2 garlic cloves, minced and divided
- 2 Tbsp walnuts
- 1/2 cup Cabot Sharp Light Cheddar, grated
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 Tbsp extra-virgin olive oil
- 1/4 to 1/4 cup warm water
- Cooking spray
- 1/2 lb large shrimp, peeled and deveined
- 2 Tbsp fresh lemon juice (about 1/2 of a lemon)
- Dash of freshly ground black pepper

1. Cook pasta according to package directions; set aside and keep warm.
2. Place basil, half of garlic and next 4 ingredients (walnuts through pepper) in a food processor or blender; process in 10-second intervals or until finely chopped. Add oil and pulse 2 to 3 times or until combined. With processor own, slowly add water and continue processing until smooth. Toss with hot kcd pasta (add additional hot water if pasta becomes too thick).
3. Coat a medium nonstick skillet with cooking spray and place over medium-high heat. Add shrimp and remaining garlic; sauté 1 minute. Add lemon juice, salt and pepper. Reduce heat to medium and cook an additional 3 to 5 minutes or until shrimp are done. Serve over pasta.

***Tip: This dish is best served just after preparing as this pesto uses considerably less oil than the traditional version. Otherwise, the pesto will begin to darken the longer it stands.*

Nutrition Analysis: Calories 526, Total Fat 19g, Saturated Fat 5g, Sodium 628mg, Carbohydrates 47g, Dietary Fiber 1g, Protein 40g, Calcium 210mg

Chicken, Apricot & Cabot Cheddar Stirfry

Makes 2 servings

- 1 1/2 tsp olive oil
- 2 cup diced roast chicken
- 1/2 (16 oz) package frozen broccoli & carrots
- 1 garlic clove, minced
- 2 Tbsp chicken broth
- 1/4 cup apricot jam
- 1 1/2 tsp fresh lime juice
- 1/4 cup Cabot Chipotle Cheddar, grated
- 1/8 tsp salt
- Dash ground white pepper

1. Place wok or nonstick skillet over high heat and add oil. When oil is shimmering, add chicken, vegetables and garlic; stir fry for 1 minute.
2. Stir in broth and cover pan with lid or foil. Reduce heat to medium and cook until vegetables are crisp-tender, 6 to 8 minutes.
3. In small bowl, combine jam and lime juice. Pour over chicken mixture and stir in well. Cook until hot, about 2 minutes longer. Stir in cheese, salt and pepper. Serve over rice.

Recipe courtesy of Chef Jon Ashton

Nutrition Analysis: Calories 456, Total Fat 13g, Saturated Fat 5g, Sodium 370mg, Carbohydrates 33g, Dietary Fiber 3g, Protein 50g, Calcium 130mg

Cabot Cheddar & Mustard-Topped Broiled Fish

Makes 2 servings

- 1 large or 2 small halibut or cod steaks
- Olive oil
- 1 large egg white
- ¼ cup Cabot Sharp Light Cheddar, grated
- 1 Tbsp spicy brown mustard
- 1 Tbsp chopped green onions

1. Preheat broiler.
2. Brush both sides of fish lightly with oil. Set wire rack on baking sheet and place fish on top.
3. Broil about 2 to 3 inches from heat for 5 minutes. Turn over and continue broiling until just opaque in center, 6 to 8 minutes longer.
4. In medium bowl with electric mixer, beat egg white until stiff. Fold in cheese, mustard and green onions. Spread mixture over top of fish.
5. Return to broiler until topping is golden, about 1 ½ minutes longer.

Nutrition Analysis: Calories 200, Total Fat 7g, Saturated Fat 2g, Sodium 355mg, Carbohydrates 1g, Dietary Fiber <1g, Protein 30g, Calcium 101mg

Maple-Wheat Berry Salad

Makes 2 servings

Salad:

- ½ cup wheat berries
- 2 cup water
- ½ cup Cabot Sharp Light Cheddar, finely diced
- ½ cup chopped grape tomatoes
- 1/8 cup frozen white corn, thawed
- 1 small green onion, green and white parts, sliced
- 1 tsp fresh lemon juice

Dressing:

- 1 Tbsp Dijon mustard
- 1 Tbsp pure maple syrup
- 1 Tbsp red wine vinegar
- 1 Tbsp olive oil
- ½ tsp minced garlic
- ¼ tsp chopped fresh rosemary
- Salt and ground black pepper to taste

To make salad:

1. In large saucepan, combine wheat berries and water; bring to boil and cook until tender (about 30 to 45 minutes). Drain well, spread out on baking sheet, and let stand until cool.
2. Transfer to large bowl; add cheese, tomatoes, corn, green onion and lemon juice.

To make dressing and finish salad:

3. In medium bowl, whisk together all dressing ingredients except salt and pepper. Pour over salad and toss together well. Cover and refrigerate for several hours.
4. Just before serving, stir salad again and season with salt and pepper.

First Place Salad from Jillian Wanik of New Britain, CT

Nutrition Analysis: Calories 158, Total Fat 1g, Saturated Fat 0g, Sodium 1mg, Carbohydrates 33g, Dietary Fiber 6g, Protein 7g, Calcium 10mg

Cumin-Lime Crusted Chicken Fajitas

Makes 2 servings

- 2 limes
- 1 Tbsp olive oil
- 1 Tbsp ground cumin
- ½ tsp salt, divided
- ¼ tsp black pepper
- 8 oz boneless, skinless chicken breast, thinly sliced
- Cooking spray
- 1 small red onion, thinly sliced
- 1 small red bell pepper, cut into thin strips
- 1 clove garlic, minced
- 2 small Roma tomatoes, diced
- ¼ cup torn cilantro leaves
- ½ cup Cabot Sharp Light Cheddar, grated
- 4 whole wheat tortillas

1. Grate 1 tsp of lime rind from 1 lime into a large zip-top plastic bag; cut the lime in half and squeeze the juice into the bag. Add olive oil, cumin, ¼ tsp salt and pepper to bag. Add chicken, tossing well to coat. Seal bag and let marinate in refrigerator at least 30 minutes or up to overnight.
2. Toss tomato, cilantro, remaining ¼ tsp salt and the juice of the remaining lime in a small bowl. Refrigerate until ready to serve.
3. Coat a large non-stick skillet with cooking spray; place over medium-high heat. Add onion, bell pepper and garlic to pan; sauté 5 to 7 minutes or until tender. Remove from pan and set aside, keeping warm. Wipe pan clean with paper towels; coat with cooking spray.
4. Remove chicken from bag. Add to pan and sauté over medium-high heat 3 minutes or until desired degree of doneness.
5. Divide cooked chicken, pepper mixture, tomato and shredded cheese evenly among tortillas and roll-up. Serve immediately.

***Tip: To save time, look for pre-cut frozen bell pepper and onion strips in the frozen vegetable section of your supermarket.*

Nutrition Analysis: Calories 422, Total Fat 11g, Saturated Fat 4g, Sodium 910mg, Carbohydrates 41g, Dietary Fiber 23g, Protein 41g, Calcium 220mg

Recipes available at
cabotcheese.coop/recipes