

# 5-Day Menu Planner Nutrient-Rich, Naturally

Eating healthfully may trigger thoughts of what *not* to eat, rather than what you should eat. But health experts actually recommend centering your diet approach on including *more* nutrient-rich foods each day. By focusing on all of the food

groups, including dairy foods, fruits, vegetables, whole grains and lean proteins, Cabot's team of Registered Dietitians has developed a 5 day meal plan to help you and your family get more nutrients per bite.



	Breakfast	Lunch	Snacks	Dinner
Day 1	<p>Orange Yogurt Smoothie: Mix 1 cup Cabot Nonfat Vanilla Yogurt, ½ cup orange juice, ½ cup banana</p>	<ul style="list-style-type: none"> <li>• <i>Curried Turkey Lunchtime Wrap</i></li> <li>• 1 ½ cups pretzels</li> <li>• ¾ cup blueberries</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• 12 whole wheat crackers, ½ banana, 2 tsp peanut butter</li> <li>• 1 oz Cabot Sharp Light Cheddar</li> <li>• 1 cup lowfat (1%) milk</li> <li>• 1 cup carrot sticks</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Bowties and Chicken Confetti</i></li> <li>• <i>Cabot Cheddar Stuffed Tomatoes</i></li> </ul>
Day 2	<ul style="list-style-type: none"> <li>• 1 whole grain English muffin w/2 tsp butter</li> <li>• ¼ cup Cabot Cottage Cheese w/1 medium peach, sliced</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Spicy Chicken Pita Pizza</i></li> <li>• 1 small apple</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups Cabot Plain Nonfat Yogurt, 1 cup lowfat granola, ¼ cup raisins</li> <li>• 1 oz Cabot Sharp Light Cheddar</li> <li>• 1 cup broccoli, cauliflower and cherry tomatoes w/1 Tbsp fat free dressing</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Couscous with Tomatoes, Sautéed Spinach and Two Cheeses</i></li> <li>• <i>Indian Spiced Chicken Thigh</i></li> <li>• 1 large whole grain dinner roll</li> </ul>
Day 3	<p>• Scramble to Go: Scramble 1 egg and 2 egg whites w/2 Tbsp lowfat (1%) milk, 1 tsp vegetable oil and 1 cup chopped vegetables. Stuff into 6" whole grain pita</p> <ul style="list-style-type: none"> <li>• 1 small banana</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Layered Broccoli Salad</i></li> <li>• 1 whole grain pita</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup salad greens w/2 Tbsp fat free salad dressing</li> <li>• 1 cup Cabot Plain Nonfat Yogurt w/2 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Oven Roasted Salmon with Cabot Cheddar Polenta</i></li> <li>• ½ cup steamed broccoli or asparagus</li> <li>• 1 small whole grain dinner roll</li> </ul>
Day 4	<ul style="list-style-type: none"> <li>• 1 ½ cups unsweetened ready-to-eat cereal w/1 cup lowfat (1%) milk and ¾ cup blueberries</li> <li>• 1 hard-cooked egg</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread w/1 Tbsp peanut butter and 1 small banana</li> <li>• 1 cup Cabot Nonfat Flavored Yogurt</li> <li>• 1 cup carrot sticks</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup lowfat (1%) milk</li> <li>• 2 oz Cabot Sharp Light Cheddar in 1 whole wheat pita</li> <li>• ¾ small grapes</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Kalamata Stuffed Chicken with Roasted Pepper Cream</i></li> <li>• 2 cups mixed salad greens</li> </ul>
Day 5	<ul style="list-style-type: none"> <li>• 1 whole wheat English muffin w/2 Tbsp + 1 tsp reduced fat cream cheese</li> <li>• 1 cup orange juice</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread w/2 oz chunk light tuna (packed in water, drained) mixed w/2 Tbsp reduced fat mayonnaise, 1 leaf of lettuce, 3 slices tomato, ½ oz Cabot Sharp Light Cheddar</li> <li>• 1 small orange</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• 10 (1 oz) baked tortilla chips w/½ c salsa</li> <li>• 1 small apple</li> <li>• 1 cup lowfat (1%) milk</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Tamale Skillet Supper</i></li> <li>• <i>Vegetarian Taco Salad</i></li> </ul>

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.

Recipes on pages 2 & 3

**Curried Turkey Lunchtime Wraps***Makes 4 servings*

- 1/2 cup plain nonfat yogurt
- 1/4 cup raisins
- 1/2 tsp curry powder
- 4 spinach tortillas
- 4 oz Cabot Sharp Light Cheddar, grated (about 1 cup)
- 6 oz sliced turkey breast
- 1 cup raw baby spinach leaves
- 1/2 cup grated carrots

1. In small bowl, stir together yogurt, raisins and curry powder. Spread mixture over tortillas to within 1/2 inch of edge.
2. Sprinkle each with one fourth of cheese, followed by turkey breast, spinach leaves and carrots.
3. Roll tortillas up tightly and wrap in plastic wrap. Refrigerate for at least 1 hour before serving. (For appetizer, slice wraps crosswise into pinwheels.)

Nutrition Analysis: Calories 272, Total Fat 8g, Saturated Fat 4g, Sodium 681mg, Carbohydrates 32g, Dietary Fiber 2g, Protein 20g, Calcium 300mg \*\*Contains 20% DV (32mg) of Omega-3 DHA.

**Bow Ties and Chicken Confetti***Makes 8 servings*

- 6 oz bow tie pasta
- 1/2 cup sun dried tomatoes, snipped into bits
- 1/4 cup boiling water
- 1 tsp + 1 Tbsp canola oil
- 6 oz boneless, skinless chicken breast, cut into 12 to 15 chunks
- Salt and ground black pepper to taste
- 1/2 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1 tsp Italian herb seasoning
- 2 tsp cornstarch
- 2 Tbsp cold water
- 6 oz Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)

1/2 cup slivered fresh basil leaves, plus sprigs for garnish

1. Cook pasta according to package directions, about 10 minutes.
2. Meanwhile, in small bowl, combine sun dried tomatoes and boiling water; set aside to soften.
3. Heat nonstick skillet over medium-high heat. Add 1 tsp of oil, tilting to coat. Add chicken and sauté until browned on all sides and no longer pink in center, 3 to 5 minutes. Season with salt and pepper, transfer to plate and set aside.
4. Add remaining 1 Tbsp oil to skillet and return to heat. Add green pepper and garlic and sauté until slightly softened. Add chicken broth, herb seasoning and softened sun dried tomatoes and bring to simmer.
5. Dissolve cornstarch in cold water. Add slowly to simmering broth mixture, stirring until thickened; cook for 1 minute. Stir in cheese, basil and reserved chicken; cook just until cheese is just melted.

6. Place drained pasta in serving bowl. Pour chicken mixture on top, stirring gently to combine. Garnish with basil sprigs.

Nutrition Analysis: Calories 380, Total Fat 14g, Saturated Fat 6g, Sodium 827mg, Carbohydrates 39g, Dietary Fiber 4g, Protein 29g, Calcium 324mg

**Cabot Cheddar Stuffed Tomatoes***Makes 8 halves for 4 servings*

- 4 large ripe tomatoes
- 2 Tbsp Cabot Salted Butter
- 1/2 cup finely chopped onion
- 2 tsp minced garlic
- 2 cups fresh bread crumbs (about 4 slices firm white bread)
- 4 oz Cabot Sharp or Extra Sharp Cheddar, grated (about 1 cup)\*
- 1/4 cup chopped fresh parsley
- 1/4 tsp salt
- 1/4 tsp ground black pepper

1. Place rack in upper third of oven and preheat oven to 400°F. Lightly butter shallow baking dish large enough to hold 8 tomato halves.
2. Pull off stems and cut tomatoes in half crosswise. With teaspoon, scoop out and discard seeds. Lightly salt interiors and set upside-down on paper towels to drain.
3. Meanwhile, melt butter in skillet over medium heat. Add onion and garlic and stir until onion is translucent, about 5 minutes.
4. Increase heat to medium-high, add bread crumbs and continue stirring until crumbs are golden, about 5 minutes longer.
5. Transfer crumb mixture to bowl and stir in cheese, parsley, salt and pepper. Spoon mixture into tomato halves and set in prepared dish.
6. Bake for about 15 minutes, or until tomatoes are tender and filling is lightly browned on top.

\*To vary the flavor, substitute Cabot Tomato Basil or Roasted Garlic Cheddar.

Nutrition Analysis: Calories 134, Total Fat 8g, Saturated Fat 5g, Sodium 264mg, Carbohydrates 10g, Dietary Fiber 1g, Protein 5g, Calcium 125mg

**Spicy Chicken Pita Pizzas***Makes 2 servings*

- 1 (6-in) whole-wheat pita bread
- 1 Tbsp marinara sauce
- 2 oz Cabot Habañero Cheddar, grated (about 1/2 cup)
- 2 (1/8-in thick) slices cooked deli chicken, cut into strips (about 2 oz)
- 1/2 cup diced jarred roasted red peppers
- 2 teaspoons finely chopped green onion
- Chopped fresh parsley (optional)

1. Preheat oven to 375°F. Note: Pitas can also be heated in microwave.
2. Split pita into two rounds by placing flat on work surface and cutting carefully around edge. Separate rounds and place rough-side-up on baking sheet.
3. Spread each round with 1 1/2 tsp sauce. Top each with half of cheese, followed by half of chicken, peppers, green onion and parsley, if using.

4. Bake for 8 to 10 minutes, or until cheese is melted and edges of pita are browned. Microwave directions: Cook in microwave on high until cheese is melted.

Nutrition Analysis: Calories 252, Total Fat 12g, Saturated Fat 6g, Sodium 1130mg, Carbohydrates 22g, Dietary Fiber 3g, Protein 16g, Calcium 230mg

**Couscous with Tomatoes, Spinach and Two Cheeses***Makes 6 servings*

- 3 1/2 cups packaged couscous (any flavor)
- 1 (8 oz) can Italian-style diced tomatoes
- 1/4 cup red onion, sliced into rings
- 1 Tbsp minced garlic
- 1/2 tsp olive oil
- 10 cups fresh spinach (10 ounces)
- 1 Tbsp water
- 6 oz Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)
- 3 Tbsp freshly grated Parmesan cheese
- Fresh basil sprigs for garnish

1. Prepare couscous according to package directions; set aside.
2. Heat tomatoes in small saucepan or microwave; set aside.
3. In large skillet over medium heat, combine onions, garlic and oil; stir until onions are heated and fragrant. Add spinach and water; stir until spinach is wilted and tender but still bright green, about 2 minutes.
4. On large platter, layer couscous, spinach mixture and tomatoes. Sprinkle with cheeses and garnish with basil.

Nutrition Analysis: Calories 221, Total Fat 7g, Saturated Fat 4g, Sodium 334mg, Carbohydrates 27g, Dietary Fiber 3g, Protein 14g, Calcium 270mg

**Indian Spiced Chicken Thighs***Makes 6 servings*

- 1 cup plain yogurt
- Juice of half lemon (about 2 Tbsp)
- 1 Tbsp minced fresh ginger
- 1 Tbsp minced garlic
- 1 1/2 tsp turmeric
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp ground coriander
- 6 chicken thighs (bone-in)
- 2 oz Cabot Jalapeño Light Cheddar, grated (about 1/2 cup)

1. In food processor, combine yogurt, lemon juice, ginger, garlic and spices; process until smooth.
2. Place chicken in zip-close bag; add yogurt mixture, turning to coat. Refrigerate for about 2 hours.
3. Preheat oven to 425°F. Remove chicken from marinade and arrange on baking sheet with sides. Bake for 30 to 35 minutes or until done all the way to center.
4. Sprinkle with cheese and return to oven until cheese is melted, about 3 minutes longer. (*nutrition info next page*)

Nutrition Analysis: Calories 151, Total Fat 6g, Saturated Fat 3g, Sodium 147mg, Carbohydrates 6g, Dietary Fiber <1g, Protein 18g, Calcium 150mg

### Layered Broccoli Salad

Makes 6 Servings

- 6 cups chopped broccoli florets
- 1 small red onion, very thinly sliced
- 1 cup dried sweetened cranberries or raisins
- 1/2 cup plain nonfat yogurt
- 3 Tbsp honey
- 2 Tbsp mayonnaise
- 2 Tbsp cider vinegar
- 6 oz Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)
- 1/4 cup unsalted dry-roasted hulled sunflower seeds or chopped walnuts
- 1 oz (2 Tbsp) 50% less-fat bacon pieces

1. In large glass serving bowl, arrange layers of broccoli, onion and cranberries.
2. In small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle dressing over layered salad.
3. Sprinkle cheese evenly on top. Cover and refrigerate until ready to serve.
4. Just before serving, sprinkle with sunflower seeds or walnuts and bacon pieces.

Nutrition Analysis: Calories 280, Total Fat 12g, Saturated Fat 4.5g, Sodium 350mg, Carbohydrates 29g, Dietary Fiber 4g, Protein 14g, Calcium 269mg

### Oven Roasted Salmon with Cabot Cheddar Polenta

Makes 2 servings

- 2 (4 oz) salmon fillets
- Cooking spray
- 1 tsp lemon-pepper seasoning
- 1/2 medium lemon, sliced
- 2 tsp olive oil
- 1 (14 oz) can reduced-sodium chicken broth
- 1/2 tsp chopped fresh or 1/4 tsp dried rosemary
- 1/4 tsp salt
- Dash of freshly ground black pepper
- 1/2 cup finely ground yellow cornmeal
- 2 oz Cabot Sharp Light Cheddar, grated (about 1/2 cup)

Fish is the perfect choice for folks looking for a simple dinner for two. It's quick to cook and easy to buy in small portions at the market. Even better, though, are the health benefits that this fish dish offers—“omega 3s”—the fatty acids found in salmon that are believed to offer a heart protective effect.

1. Preheat oven to 425°F.
2. Place salmon fillets in a shallow baking dish coated with cooking spray. Sprinkle lemon-pepper seasoning over fish and top with lemon slices; drizzle with olive oil. Bake 20 minutes or until fish flakes easily when tested with a fork.

3. While salmon bakes, bring chicken broth, rosemary, salt and pepper to a boil in a small saucepan. Gradually whisk in cornmeal, stirring constantly. Reduce heat to medium; cook 2 to 3 minutes or until thick, stirring frequently. Remove from heat, and stir in cheese. Serve immediately with salmon.

Nutrition Analysis: Calories 409, Total Fat 16g, Saturated Fat 3g, Sodium 604mg, Carbohydrates 29g, Dietary Fiber 3g, Protein 37g, Calcium 210

### Kalamata Stuffed Chicken with Roasted Pepper Cream

Makes 6 servings

- 6 skinless boneless chicken breast halves
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 oz Cabot Sharp Cheddar, grated (about 1/2 cup)
- 1/2 cup finely chopped pitted kalamata olives
- 1/2 cup Italian-seasoned dry breadcrumbs
- Cooking spray
- 1 (7 oz) jar roasted red bell peppers, drained and patted dry
- 1/2 cup Cabot Plain Greek-Style Yogurt
- 1/4 tsp salt
- Mixed salad greens

1. Preheat oven to 350°F.
2. Place chicken between two sheets plastic wrap; pound with meat mallet or heavy pan to flatten. Uncover and sprinkle evenly with salt and pepper.
3. Sprinkle cheese and olives evenly onto center of each chicken breast; roll up, jellyroll-style and secure with wooden toothpicks. Dredge chicken rolls in breadcrumb.
4. Place rolls seam-side-down on baking sheet coated with cooking spray; lightly coat rolls with cooking spray. Bake for 25-30 minutes or until chicken is cooked all the way to center.
5. Meanwhile, pulse red peppers in food processor until pureed; add yogurt and salt, pulsing just until smooth. Refrigerate until ready to serve.
6. Remove chicken from oven and remove toothpicks. Let cool slightly. Slice breasts crosswise into 1-inch thick slices; arrange over salad greens and serve with red bell pepper sauce.

Nutrition Analysis: Calories 273, Total Fat 15g, Saturated Fat 4g, Sodium 1176mg, Carbohydrates 10g, Dietary Fiber 1g, Protein 23g, Calcium 60mg

### Tamale Skillet Supper

Makes 6 servings

- 1 lb ground beef chuck
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 (15 oz) can kidney beans, drained
- 1 (14 1/2 oz) can Mexican-style stewed tomatoes
- Cooking Spray
- 1 (16 oz) tube prepared polenta\*, cut into 1/4 inch-thick slices
- 4 oz Cabot Sharp Light Cheddar, grated (about 1 cup)
- Chopped fresh cilantro or parsley (optional)

1. In large skillet over medium-high heat, combine ground beef, onion and bell pepper; cook until beef is browned, about 5 minutes, breaking it up with spoon. Drain well. Stir in beans and tomatoes and cook, stirring occasionally, until mixture is thickened, about 10 minutes longer.
2. Preheat oven to 375°F.
3. Coat 1 1/2 quart baking dish with cooking spray. Line bottom and sides of dish with some of polenta slices, leaving enough to cover top. Spoon in beef mixture, then sprinkle with cheese. Top with remaining polenta slices.
4. Bake for 25 minutes, or until lightly browned and bubbly. Let stand for 10 minutes before serving. Sprinkle with cilantro or parsley, if desired.

\*Find prepared polenta in produce section of supermarket.

Nutrition Analysis: Calories 317, Total Fat 13g, Saturated Fat 6g, Sodium 687mg, Carbohydrates 28g, Dietary Fiber 4g, Protein 25g, Calcium 166mg

### Vegetarian Taco Salad

Makes 4 servings

- 1 cup black beans, drained and rinsed
- 7 oz Romaine lettuce
- 1 cup diced tomatoes
- 4 oz Cabot Sharp Light Cheddar, grated (about 1 cup)
- 1/4 cup chile peppers
- 1/4 cup reduced fat sour cream
- 1 cup salsa
- 40 corn tortilla chips, baked

1. Mix all ingredients except salsa and chips in a large salad bowl. Toss to mix well. Add salsa and toss again.
2. Serve on bed of tortilla chips.

Nutrition Analysis: Calories 258, Total Fat 7g, Saturated Fat 4g, Sodium 940mg, Carbohydrates 34g, Protein 15g, Calcium 20%

### Recipes available at [cabotcheese.coop/recipes](http://cabotcheese.coop/recipes)