

## 6 Dinners Menu (Week 18)

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# Herb-Crusted Pork Chops with Brussels Sprouts and Sweet Potatoes

Makes extra pork chops for Recipe 4

## Ingredients:

- 8 boneless pork chops (about 2 lbs - 4 for this meal, 4 reserved for Recipe 4)
- 1.5 lbs Brussels sprouts, halved
- 3 large sweet potatoes, cubed
- 4 tablespoons olive oil, divided
- 4 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 2 tablespoons maple syrup
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon dried thyme
- Salt and pepper to taste

## Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Season all 8 pork chops with salt and pepper.
3. Mix 1 tablespoon olive oil, garlic, Dijon, maple syrup, rosemary, and thyme.
4. Brush mixture on 4 chops only (for tonight's meal). Store other 4 plain.
5. Toss Brussels sprouts and sweet potatoes with remaining oil, salt, and pepper.
6. Roast seasoned pork with vegetables for 25-30 minutes until pork reaches 145°F.

Nutrition per serving: Calories: 420 | Protein: 28g | Carbs: 32g | Fat: 20g

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# Creamy Tuscan White Bean and Sausage Soup

## Ingredients:

- 1.5 lbs Italian turkey sausage, casings removed
- 3 (15 oz) cans cannellini beans, drained (save 1 can for Recipe 5)
- 4 cups chicken stock
- 1 bunch kale, stems removed, chopped
- 1 large leek, white and light green parts, sliced
- 4 cloves garlic, minced
- 1/2 cup heavy cream
- 1/4 cup sun-dried tomatoes, chopped
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- 1/2 teaspoon red pepper flakes
- Crusty bread for serving
- Salt and pepper to taste

## Directions:

1. Heat olive oil in large Dutch oven over medium heat.
2. Add sausage, breaking apart with spoon, cook until browned, 6-8 minutes.
3. Add leek and garlic, cook until softened, 4 minutes.
4. Add 2 cans beans, stock, rosemary, and red pepper flakes.
5. Bring to boil, reduce heat, simmer 20 minutes.
6. Stir in kale, sun-dried tomatoes, and cream. Cook until kale wilts.
7. Season with salt and pepper. Serve with crusty bread.

Nutrition per serving: Calories: 480 | Protein: 28g | Carbs: 38g | Fat: 24g

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# Pan-Seared Cod with Lemon Herb Quinoa Pilaf

## Ingredients:

- 1.5 lbs cod fillets, cut into 6 portions
- 1.5 cups quinoa
- 3 cups vegetable broth
- 1 zucchini, diced
- 1 yellow squash, diced
- 4 cloves garlic, minced
- 3 tablespoons butter, divided
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh chives, chopped
- 1 lemon, zested and juiced
- 2 tablespoons olive oil
- 1 tablespoon capers
- Salt and pepper to taste

## Directions:

1. Rinse quinoa and combine with broth in saucepan. Bring to boil, reduce heat, cover, simmer 15 minutes.
2. Heat 1 tablespoon butter and olive oil in large skillet over medium heat.
3. Sauté zucchini and squash until tender, 5 minutes. Add garlic, cook 1 minute.
4. Season cod with salt and pepper. Pan-sear in same skillet 4-5 minutes per side.
5. Fluff quinoa, stir in vegetables, herbs, lemon zest, remaining butter.
6. Serve cod over quinoa pilaf, drizzle with lemon juice and capers.

Nutrition per serving: Calories: 380 | Protein: 32g | Carbs: 42g | Fat: 12g

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# Mediterranean Pork and Orzo Skillet

Uses pre-cooked pork chops from Recipe 1

## Ingredients:

- 4 pre-cooked pork chops from Recipe 1, diced
- 1.5 cups orzo pasta
- 2 heads butter lettuce, chopped
- 1 red cabbage, thinly sliced
- 2 carrots, diced
- 1 cucumber, diced
- 4 cloves garlic, minced
- 1/4 cup fresh mint, chopped
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried oregano
- 4 oz feta cheese, crumbled
- Salt and pepper to taste

## Directions:

1. Cook orzo according to package directions, drain and cool slightly.
2. Heat 1 tablespoon olive oil in large skillet over medium heat.
3. Add diced pork, garlic, and oregano. Heat through, 2-3 minutes.
4. In large bowl, combine orzo, pork mixture, lettuce, cabbage, carrots, cucumber.
5. Whisk remaining olive oil, lemon juice, and balsamic vinegar.
6. Toss salad with dressing, top with mint and feta.

Nutrition per serving: Calories: 480 | Protein: 26g | Carbs: 48g | Fat: 20g

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# Mediterranean Baked Cod with White Beans and Tomatoes

Uses remaining beans from Recipe 2

Ingredients:

- 1.5 lbs cod fillets (or use remaining from Recipe 3)
- 1 (15 oz) can cannellini beans from Recipe 2
- 1 (14 oz) can diced tomatoes
- 1 red onion, sliced
- 1/2 cup kalamata olives, pitted
- 4 cloves garlic, minced
- 1/4 cup fresh basil, chopped
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried oregano
- 4 oz goat cheese, crumbled
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Grease a 9x13 baking dish.
2. Combine beans, tomatoes, red onion, olives, garlic, and oregano in baking dish.
3. Drizzle with 2 tablespoons olive oil and balsamic vinegar.
4. Season cod with salt and pepper, nestle into bean mixture.
5. Drizzle fish with remaining oil, top with goat cheese.
6. Bake 20-25 minutes until fish flakes easily.
7. Garnish with fresh basil before serving.

Nutrition per serving: Calories: 390 | Protein: 35g | Carbs: 28g | Fat: 16g

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# Shrimp and Grits with Andouille Sausage

## Ingredients:

- 1.5 lbs large shrimp, peeled and deveined
- 1/2 lb andouille sausage, sliced
- 1 cup stone-ground grits
- 4 cups whole milk
- 4 tablespoons butter, divided
- 1 cup sharp cheddar cheese, grated
- 1 large onion, diced
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 2 tablespoons flour
- 1 cup chicken stock
- 2 tablespoons Creole seasoning
- 2 green onions, sliced
- Hot sauce to taste

## Directions:

1. Bring milk to simmer in large saucepan. Whisk in grits, cook 20-25 minutes, stirring frequently.
2. Meanwhile, cook andouille in large skillet until browned. Remove and set aside.
3. Add 2 tablespoons butter to same skillet. Sauté onion, bell pepper, and celery until soft.
4. Add garlic and flour, cook 1 minute. Gradually add stock, stirring until thickened.
5. Season shrimp with Creole seasoning. Add to skillet with sausage, cook 2-3 minutes until pink.
6. Stir remaining butter and cheese into grits. Season with salt and pepper.
7. Serve shrimp mixture over cheesy grits, garnish with green onions.

Nutrition per serving: Calories: 520 | Protein: 38g | Carbs: 35g | Fat: 26g