



Week Six

Regular Recipes

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Peanut Butter & Banana Smoothie

Ingredients

- 10 ounces skim milk or plain soy milk
- 1 tablespoon natural peanut butter
- 1 medium banana

Directions

1. In a blender, combine all ingredients and mix until smooth.
2. Use 6 ice cubes for a thicker consistency.

BREAKFAST

Chipotle Pork & Avocado Wraps

Ingredients

- 1/2 cup mashed peeled avocado
- 1 1/2 tablespoons low-fat mayonnaise
- 1 teaspoon fresh lime juice
- 2 teaspoons chopped canned chipotle chiles in adobo sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 4 (8-inch) fat-free flour tortillas
- 1 1/2 cups (1/4-inch-thick) slices cut Simply Roasted Pork (about 8 ounces)
- 1 cup shredded iceberg lettuce
- 1/4 cup bottled salsa

Directions

1. Combine the first 7 ingredients, stirring well.
2. Warm tortillas according to package directions.
3. Spread about 2 tablespoons avocado mixture over each tortilla, leaving a 1-inch border.
4. Arrange Simply Roasted Pork slices down center of tortillas.
5. Top each tortilla with 1/4 cup shredded lettuce and 1 tablespoon salsa, and roll up

Serving Size	Calories	Fat	Protein	Sodium
1 Wrap	239 per serving	5.8g per serving	13.9g per serving	683mg per serving

LUNCH

Pan-Seared Scallops

Ingredients

- 12 ounces sea scallops, thawed if frozen
- 2 lemons
- 3 tablespoons olive oil
- 1 pound asparagus spears, trimmed and cut into 2-inch pieces
- 1 medium red onion, cut into wedges
- Salt, to taste
- Black pepper, to taste
- 2 to 3 fresh basil sprigs, including stems
- 2 tablespoons fresh basil leaves, cut into strips (optional)

Directions

1. Rinse the scallops and pat dry. Set aside.
2. With a sharp knife, score one lemon lengthwise in four sections and remove the peel from each section. Scrape the white portion from the peel; discard. Cut the peel into very thin strips and set aside. Squeeze 2 tablespoons of juice from the lemon; reserve.
3. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the asparagus and onion and cook for 2 to 3 minutes; season to taste with the salt and black pepper. Transfer to a serving platter and keep warm.
4. Combine the lemon peel, basil sprigs, and remaining 2 tablespoons of olive oil in the skillet. Cook for 1 minute or until heated through. Remove the lemon peel and basil sprigs with a slotted spoon, leaving the oil in the skillet; discard.
5. Cook the scallops in the hot oil for 3 to 5 minutes or until opaque, turning once. Stir in the reserved lemon juice. Season to taste with salt and black pepper.
6. Place the scallops over the asparagus mixture. Cut the remaining lemon into wedges. Garnish the scallops with the wedges and, if desired, the fresh basil.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	190 per serving	11g per serving	16g per serving	458mg per serving

DINNER