

Shopping List: Valentine's Day Dinner

Fresh Produce

1 small lemon
1 fresh lime
1 large banana
4 large strawberries
1 small Chinese eggplant
1 bell pepper
1 small tomato
1 small bunch of green onions
A handful of basil leaves*

Juice/Beverages

1 tablespoon pomegranate
or cranberry juice
1 cup cranberry-raspberry juice
4 cups seltzer water

Dry Goods

$\frac{1}{4}$ pound whole wheat pasta
 $\frac{1}{8}$ cup unsalted peanuts or tree nuts
1 tablespoon semi-sweet chocolate
chips

Dairy

$\frac{1}{8}$ cup grated parmesan

Pantry Staples

$\frac{1}{8}$ cup olive oil
1 tablespoon balsamic vinegar
Salt and pepper

**Optional ingredients*



Whole Wheat Pasta with Lemon

A refreshing pasta dish to incorporate more whole grains into your diet.

Makes 2 servings. $\frac{3}{4}$ cup per serving.

Ready in 15 minutes.

Ingredients

- $\frac{1}{4}$ pound whole wheat pasta
- $\frac{1}{8}$ cup lemon juice
- $\frac{1}{4}$ tablespoon lemon zest (optional)
- $\frac{1}{8}$ cup olive oil
- $\frac{1}{8}$ cup chopped basil (optional)
- $\frac{1}{8}$ cup grated parmesan (optional)
- $\frac{1}{8}$ teaspoon salt

Directions

1. Boil pasta with salt according to package directions
2. Zest the lemon (optional) before juicing. In a small bowl, whisk together lemon juice, olive oil, grated parmesan (optional), chopped basil (optional) and lemon zest (optional) with small whisk or fork.
3. Toss lemon mixture with pasta.

Allergen Alert

If you are allergic or sensitive to gluten, you can use brown rice or quinoa pasta.

Nutrition information per serving: Calories 373, Total Fat 18g, Saturated Fat 4g, Carbohydrate 44g, Dietary Fiber 5g, Protein 13g, Sodium 635mg

Recipe Source: SuperFood Drive

Eggplant Salad

A quick and easy cold salad with a fresh, tart flavor and vibrant color.

Makes 2 servings. $\frac{3}{4}$ cup per serving.

Ready in 40 minutes.

Ingredients

- 1 small Chinese eggplant or *1/2 large eggplant, cut into 1-inch pieces*
- 1½ tablespoons vegetable oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup water
- 1 tablespoon pomegranate or cranberry juice plus 1 tablespoon balsamic vinegar or 2 tablespoons pomegranate syrup
- $\frac{1}{4}$ bell pepper, *seeded and chopped*
- $\frac{1}{2}$ small tomato, *chopped*
- $\frac{1}{4}$ cup green onions, *sliced*
- $\frac{1}{2}$ tablespoon lemon juice or 1 tablespoon sumac

Directions

1. In a large skillet, heat vegetable oil over medium-high heat.
2. Add eggplant and $\frac{1}{4}$ teaspoon of salt and pepper. Coat eggplant in oil, stirring and flipping to evenly coat.
3. When oil is completely absorbed, add $\frac{1}{4}$ cup water, cook for 2 minutes. Flip eggplant, cover, and continue to cook for 1 minute.
4. When eggplant is cooked, pour into a medium-sized bowl. Add juice and vinegar (or pomegranate syrup), tomato, bell peppers, and spring onion. Gently toss to mix.
5. Cover with a plastic wrap and refrigerate for 20 minutes, or until cold.
6. Season with lemon juice and remaining salt and pepper. Serve.

Nutrition information per serving: Calories 163, Total Fat 14g, Saturated Fat 1g, Carbohydrate 10g, Dietary Fiber 3g, Protein 2g, Sodium 301mg

Recipe Source: Leah's Pantry

Fudgy Fruit

A great way to get your loved one involved with decorating and to enjoy seasonal fruit.

Makes 2 servings. 4 pieces per serving.

Ready in 15 minutes.

Ingredients

1 tablespoon semi-sweet chocolate chips

1 large banana, *peeled and cut into quarters*

4 large strawberries

$\frac{1}{8}$ cup unsalted peanut , *chopped*

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted (about 30 seconds).
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Allergen Alert

If you are allergic to peanuts, you can use unsalted almonds, walnuts or other tree nuts of choice. You can also try crushed low-sugar granola.

Nutrition information per serving: Calories 112, Total Fat 2g, Saturated Fat 1g, Carbohydrate 25g, Dietary Fiber 5g, Protein 2g, Sodium 3mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Raspberry Lime Fizz

A fresh, bubbly beverage and healthy alternative to soda.

Makes 5 servings. 1 cup per serving.

Ready in 10 minutes.

Ingredients

1 cup cranberry-raspberry juice

4 cups seltzer water

1 fresh lime

Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition information per serving: Calories 80, Total Fat 0g, Saturated Fat 0g, Carbohydrate 19g, Dietary Fiber 0g, Protein 0g, Sodium 20mg

Recipe Source: Share Our Strength's Cooking Matters

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