



January 2024 ... celebrating a Happy and Prosperous New Year!!

Eggnog Bread Pudding with Bourbon Sauce (Oven)

Happy New Year! Delicious flavors of eggnog and nutmeg in this bread pudding... and topped with Bourbon Sauce!

Based on 6 servings Diet Points: 19 Calories: 422 Total Fat: 27g, Sat. Fat: 14, Monounsaturated Fat: 3g, Polyunsaturated Fat: 0g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 102mg, Total Carbohydrates: 22g, Dietary Fiber: 0g, Sugars: 22g, Protein: 4g

Beef

Balsamic Burgundy Pot Roast (Crockpot or Oven)

Our fabulous pot roast cooked in burgundy and balsamic vinegar for the perfect flavor! with potatoes

Diet Points: 14 (includes potatoes) Gluten free! Calories: 363, Total Fat: 8.5g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 37mg, Sodium: 756mg, Total Carbohydrates: 53.4g, Dietary Fiber: 6.9g, Sugars: 31.8g, Protein: 16.8g

Beef, Sausage, and Tortellini Casserole (Oven)

All the flavors of lasagna!! This is a great casserole baked thawed or frozen!

Diet Points: 18 Calories: 501, Total Fat: 29.5g, Sat. Fat: 11.3g, Trans Fat: 0.0g, Cholesterol 59mg, Sodium: 1824mg, Potassium: 834mg, Total Carbohydrates: 33.0g, Dietary Fiber: 6.9g, Sugars: 14.6g, Protein: 26.8g

Crockpot Ethiopian Flank Steak with Cauliflower *Lighter, no egg noodles (Crockpot or Oven)... with egg noodles

Flank steak lightly spiced with chili powder, cumin, coriander, and ginger! Cooked with cauliflower on top!

Diet Points: 8 Gluten free with rice! Calories: 334, Total Fat: 14.6g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 83mg, Sodium: 313mg, Total Carbohydrates: 5.5g, Dietary Fiber: 2.3g, Sugars: 1.7g, Protein: 43.8g

Fajitas *Lighter (corn tortillas) (Crock pot or Stovetop)

Flank steak with green and red peppers and onions in a slightly spicy fajita sauce are really easy in the crock pot... or a quick stir fry!

Diet Points: 11 (includes flour tortillas)(*9, corn tortillas), Gluten free with corn tortillas and GF soy sauce! Calories: 434(*392), Total Fat: 10.7g(*9.0), Sat. Fat: 3.1g(*3.0), Trans Fat: 0.0g(*0), Cholesterol 101mg(*101), Sodium: 1396mg(*1169), Total Carbohydrates: 39.9g(*36.0), Dietary Fiber: 2.7g(*5.7), Sugars: 7.4g(*7.9), Protein: 41.8g(*40.1)

Chicken

Apple Butter Mustard Chicken and Gorgonzola Grits *Lighter (less grits), with green beans (Oven, Stovetop)... with California Blend

A blend of apple butter and spicy mustard top this baked chicken, slice and serve on grits with gorgonzola cheese, sour cream, and a dash of nutmeg...the flavors are delicious!

Diet Points: 15 (*10) (Includes grits) Gluten free! Calories: 521(*407), Total Fat: 25.1g(*17.5), Sat. Fat: 12.4g(*7.6), Trans Fat: 0.0g, Cholesterol 162mg(*140), Sodium: 833mg(*495), Potassium: 380mg(*362), Total Carbohydrates: 22.4g(*16.2), Dietary Fiber: 3.0g(*1.7), Sugars: 9.4g(*8.9), Protein: 50.3g(*44.3)

Balsamic Apple Chicken Thighs (Crockpot or Oven) with carrots and egg noodles

Balsamic vinegar sweetened a bit with apple juice and spiced just right with garlic powder, paprika, thyme, and lemon juice.

Diet Points: 11 Gluten free! Calories: 335, Total Fat: 22.6g, Sat. Fat: 9.6g, Trans Fat: 0.0g, Cholesterol 114mg, Sodium: 624mg, Total Carbohydrates: 7.6g, Potassium: 70mg, Dietary Fiber: 0.4g, Sugars: 2.6g, Protein: 23.9g

Chicken, Andouille, and White Bean Casserole (Oven)

Perfect casserole for a cold night! Diced chicken, andouille, white beans with chicken broth, thyme, tomato paste and breadcrumbs

Diet Points: 13 Gluten free with gluten free breadcrumbs! Calories: 519, Total Fat: 12, Sat. Fat: 3, Trans Fat: 0g, Cholesterol 102mg, Sodium: 946mg, Total Carbohydrates: 56g, Dietary Fiber: 9g, Sugars: 4g, Protein: 45g

Eight Layer Quiche *Lighter (no sausage or bacon, less cheese, more vegetables) (for single serving meals, will count as 3) (Oven)

Layers of green peppers, onion, mushrooms, cheese, sausage, ham, chicken, and bacon make this a great all in one meal.

Diet Points: 11 (*9) Gluten free with no crust! Calories: 339 (*248) Total Fat: 21.2g (*13.8), Sat. Fat: 8.1g (*5.0), Trans Fat: 0.0g, Cholesterol 51mg (*29), Sodium: 785mg (*488), Total Carbohydrates: 15.6g (*15.7), Dietary Fiber: 0.6 (*0.8)g, Sugars: 1.8g (*1.8), Protein: 20.6g (*14.9)

One Pot Sweet and Sour Chicken! (Stovetop) ...with peas

Just brown the chicken thighs, and add the onion, red pepper, garlic, rice, and our secret homemade sweet and sour dressing and let it simmer

Diet Points: 9 (includes rice) Gluten free! Calories: 336, Total Fat: 2.1g, Sat. Fat: 0.1g, Trans Fat: 0.0g, Cholesterol 82mg, Sodium: 877mg, Total Carbohydrates: 45.5g, Dietary Fiber: 1.3g, Sugars: 18.6g, Protein: 33.2g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

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Pork Panko Chicken Parmigiana *Lighter with California blend (Stovetop and Oven) ... with vegetable medley and egg noodles

Pork Panko crusted chicken breasts sauteed, topped with marinara and mozzarella cheese, and baked for 5 minutes!

Diet Points: 12 Gluten free with gluten free flour! Calories: 460, Total Fat: 20.2g, Sat. Fat: 8.7g, Polyunsaturated Fat: 0.4g, Monounsaturated Fat: 4.3g; Cholesterol 143mg, Sodium: 877.1mg, Potassium: 58.8mg, Total Carbohydrates: 19.2g, Dietary Fiber: 1.7g, Sugars: 3.0g, Protein: 52.2g

Sour Cream Green Chile Chicken *Lighter with California blend (Stovetop) ... with penne and green beans

Chicken breasts marinating in green chilies, sour cream, cumin, and cilantro, just lightly coat with flour and sauté to a golden brown.

Diet Points: 7 Gluten free! Calories: 286, Total Fat: 10.0g, Sat. Fat: 3.9g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 387mg, Potassium: 123mg, Total Carbohydrates: 19.6g, Dietary Fiber: 1.6g, Sugars: 1.5g, Protein: 29.3g

****Pork****

Bleu Cheese Stuffed Bacon Wrapped Pork Tenderloin *Lighter, with green beans (Stovetop and oven) ...with peas and rice

Pork tenderloin stuffed with bleu cheese, almonds, red onion, rosemary, and garlic and wrapped in bacon...what a treat!

Diet Points: 12 Gluten free! Calories: 473, Total Fat: 26.8g, Sat. Fat: 11.2g, Trans Fat: 0.1g, Cholesterol 150mg, Sodium: 768mg, Potassium: 719mg, Total Carbohydrates: 3.9g, Dietary Fiber: 1.5g, Sugars: 0.8g, Protein: 52.9g

Ginger Sherry Pork Chops *Lighter, with California blend (Stovetop) ... with egg noodles and green beans

Pork chops in a ginger sherry with brown sugar, lemon, ginger, and soy sauce.

Diet Points: 9 Gluten free! Calories: 322, Total Fat: 16.0g, Sat. Fat: 6.0g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 436mg, Total Carbohydrates: 7.7g, Dietary Fiber: 0.8g, Sugars: 3.0g, Protein: 32.1g

Italian Pork Roast (Crockpot or Oven) ...with rice

Pork roast simmering with basil, oregano, green peppers, onions, and mushrooms....great crockpot meal! .

Diet Points: 10 Gluten free! Calories: 394, Total Fat: 21.3g, Sat. Fat: 7.9g, Trans Fat: 0.0g, Cholesterol 121mg, Sodium: 293mg, Potassium: 910mg, Total Carbohydrates: 5.9g, Dietary Fiber: 1.7g, Sugars: 3.0g, Protein: 43.0g

Pork Chops with Creamy Parmesan Sauce *Lighter, with green beans (Stovetop) ... with penne and corn

A really good Parmesan sauce with a hint of nutmeg and thyme top sauteed pork chops.

Diet Points: 14 Gluten free! Calories: 522, Total Fat: 32g, Sat. Fat: 13g, Trans Fat: 0g, Cholesterol 201mg, Sodium: 544mg, Total Carbohydrates: 6g, Dietary Fiber: 0g, Sugars: 0g, Protein: 52g

Pork with Brown Rice, Black Eyed Peas, and Spinach (Stovetop)

Cubed pork is sautéed and added to brown rice, garlic, smoked paprika, sherry, onion, spinach, and black eyed peas!

Diet Points: 10 (includes rice) Gluten free! Calories: 389, Total Fat: 8.2g, Sat. Fat: 1.7g, Trans Fat: 0.0g, Cholesterol 63mg, Sodium: 521mg, Total Carbohydrates: 46.6g, Dietary Fiber: 6.5g, Sugars: 1.8g, Protein: 32.4g

Smoky Bacon, Pork, and White Bean Stew (Stovetop)with egg noodles

Pork cubes, bacon, and onion sautéed with chili powder and smoked paprika with tomatoes and white beans for a fabulous smoky stew!

Diet Points: 12 Gluten free with rice instead of egg noodles Calories: 479, Total Fat: 15.4g, Sat. Fat: 5.4g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 312mg, Total Carbohydrates: 36.4g, Dietary Fiber: 10.1g, Sugars: 3.7g, Protein: 48.9g

****Seafood****

Bang Bang Shrimp *Lighter, with California blend (Stovetop) ...with rice and vegetable medley

Shrimp lightly sautéed to a crispy crunch and dipped in our special homemade bang bang sauce... great on the rice, too!

Diet Points: 9 Gluten free! Calories: 387, Total Fat: 1.9g, Sat. Fat: .5g, Trans Fat: 0.0g, Cholesterol 295mg, Sodium: 349mg, Total Carbohydrates: 53.6g, Dietary Fiber: 0.9g, Sugars: 8.7g, Protein: 34.1g

Parmesan Almond Crusted Tilapia *Lighter, with California blend (Stovetop) ...with vegetable medley and egg noodles

Crushed almonds and Parmesan are the crust for this tilapia!

Diet Points: 10(*7), Gluten free with GF breadcrumbs! Calories: 377(*286), Total Fat: 22.9g(*14.4), Sat. Fat: 8.9g(*5.9), Trans Fat: 0.0g(*0), Cholesterol 91mg, Sodium: 422mg, Total Carbohydrates: 9.2g, Dietary Fiber: 2.3g, Sugars: 0.9g, Protein: 34.5g

****Ground Turkey or Ground Beef****

Meatloaf with Sweet Potato Fries *Lighter....with green beans (Oven) ...with vegetable medley

Just bake this meatloaf (with celery, onion, walnuts, and spiced just right) surrounded by sweet potato fries and supper is done!

TURKEY Diet Points: 14 (includes sweet potato fries) Can be gluten free with gluten free breadcrumbs substituted! Calories: 508, Total Fat: 22.2g, Sat. Fat: 4.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 717g, Total Carbohydrates: 40.1g, Dietary Fiber: 4.3g, Sugars: 9.7g, Protein: 36.4g

BEEF Diet Points: 13 (includes sweet potato fries) Gluten free with GF breadcrumbs! Calories: 467, Total Fat: 14.9g, Sat. Fat: 3.0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 790g, Total Carbohydrates: 40.5g, Dietary Fiber: 3.5g, Sugars: 12.4g, Protein: 40.9g

****Vegetarian****

Potato Torta with Spinach (Oven)

Mashed potatoes and spinach with milk, eggs, nutmeg, and mozzarella make this torta really tasty!

Diet Points: 11 Gluten free! Calories: 344, Total Fat: 12.4g, Sat. Fat: 5.6g, Trans Fat: 0.0g, Cholesterol 23mg, Sodium: 842mg, Total Carbohydrates: 40.7g, Dietary Fiber: 0.5g, Sugars: 3.1g, Protein: 18.4g