Collard Greens

½ T. olive oil  |  3 cups low-sodium chicken broth
1 onion, chopped  |  ½ tsp. salt
2 garlic cloves, chopped  |  ¼ tsp. red pepper flakes, optional
1 pound fresh collard greens, chopped  |  2 medium tomatoes, sliced

Directions:
1. Warm olive oil in large pot over medium-high heat. Add onion; cook 4 minutes. Add garlic; cook 1 minute. Add collard greens, stir, and sauté about 2 minutes until they start to wilt. Add water, salt, and red pepper; return to a boil. Reduce heat to medium-low, cover, and simmer for 30 minutes or until greens are tender. Serve with sliced tomatoes.

Barbeque Chicken

3 T. water  |  1 tsp. dry mustard
3 T. no salt added ketchup  |  1 tsp. chili powder
2 T. brown sugar  |  ½ tsp. salt
2 T. apple cider vinegar  |  ¼ T. canola oil
2 T. Worcestershire  |  12 ounces boneless, skinless chicken breasts, cut into 2 inch strips
1 T. lemon juice

Directions:
1. Combine water, ketchup, brown sugar, vinegar, Worcestershire, lemon juice, dry mustard, chili powder, and salt in a large measuring cup; set aside. Warm olive oil in a large skillet over medium-high heat. Add chicken; sauté 6-7 minutes until golden brown. Add sauce, lower heat to medium and simmer about 15 minutes until sauce is thickened and chicken is cooked through.

Creamy Macaroni & Cheese

1- ⅛ cups whole wheat elbow macaroni, uncooked (5 ounces)  |  1 cup 1% milk
1 T. all purpose flour  |  2/3 cup shredded reduced-fat cheddar
1/8 tsp. salt

Directions:

Total Meal Nutrition Information (per ¼ of each recipe): 462 calories, 43 g protein, 12 g fat, 4 g saturated fat, 51 g carbohydrate, 8 g fiber, 87 mg cholesterol, 536 mg sodium, 1 serving equals: 1.5 whole grain, 1.5 protein/ dairy, 3 vegetable, 1 fat
Shopping List

Produce Department
- 1 pound fresh collard greens, chopped (see tip #1)
- 1 onion, chopped
- 2 garlic cloves, chopped

Dry Goods Department
- 5 ounces whole wheat elbow macaroni (see tip #2)
- 3 cups low-sodium chicken broth
- 1 T. all-purpose flour
- 3 T. no salt added ketchup
- 2 T. brown sugar
- 2 T. apple cider vinegar
- 2 T. Worcestershire
- 1 T. lemon juice (or juice of half of a lemon)
- 1 tsp. dry mustard
- 1 tsp. chili powder
- ½ tsp. red pepper flakes, optional

Meat/ Dairy Department
- 12 ounces boneless, skinless chicken breasts, cut into 2-inch strips
- 2 cups 1% milk
- 2/3 cup reduced-fat shredded cheddar cheese (a little less than 3 ounces)

Smart Shopper Tip #1:
To speed up prep time, look for pre-washed, pre-chopped collard greens bagged in the produce section.

Smart Shopper Tip #2:
Look for whole grain elbow macaroni in the dried pasta section. It offers more fiber and nutrients than refined white pasta. If you are not accustomed to the hearty taste of whole wheat pasta, try a combination of half white and half whole wheat.

Smart Shopper Tip #3:
Collard greens are also delicious simmered in stock or broth. There are several good options to use. First, you can make your own homemade stock, skim the fat, and freeze it for later. Second, you can purchase pre-made stock in cans or cartons on the soup aisle. Third, you can purchase soup bouillon granules on the soup aisle that need to be reconstituted with water.
Regardless of the method you choose, be sure to use a low-sodium stock with less than 20% daily value per cup of stock or teaspoon of granules.