

SEVEN-MENU

Planner is compiled by Susan Nicholson, an cookbook author and registered dietitian. She can be e-mailed at menuplanner@mindspring.com. The planner is also accessible at www.7daymenuplanner.com.



SUNDAY: Family Dinner

For family dinner, bake turkey breast. Serve it with mashed potatoes. Add fresh brussels sprouts. For dessert, buy a whole cake. Plan ahead: Save enough cake for Wednesday. Shopping list: whole turkey breast, fat-free half-and-half, whipped cream, cheddar cheese and fresh chives, garlic powder, brussels sprouts if desired, fresh brussels sprouts.



MONDAY: Ham and Pineapple

Make Turkey Ham with chipotle mayonnaise on a slice of ham. Add pineapple over turkey, a slice of ham with leftover potato for dessert. Shopping list: chipotle mayonnaise, ham, fresh pineapple.



TUESDAY: Minestrone

It's so easy and healthy. Use 1 1/2 cups of Sun-dried Tomato and 1/2 cup each refrigerated minestrone, 1/3 cup whole milk cheddar cheese, 1/3 cup whole milk ricotta cheese, and 1/3 cup chopped fresh basil. Serve with mixed greens and garlic bread for dessert. Shopping list: spaghetti, refrigerated minestrone, tomatoes, fresh basil, salad greens, garlic bread.



Wednesday's Chipotle Chicken Tacos

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nutmeg. Beat until smooth. Spoon into baking dish. Bake, uncovered, 30 minutes. Sprinkle almonds over top; bake 15 more minutes or until lightly browned. Dot with remaining butter and let stand 15 minutes before serving; garnish with chives if desired.

Makes 16 servings

Preparation time: 20 minutes

Cooking time: about 1 hour; standing time: 15 minutes

Per servings: 190 calories, 6 grams protein, 7 grams fat (31 percent calories from fat), 3.4 grams saturated fat, 29 grams carbohydrate, 14 milligrams cholesterol, 120 milligrams sodium, 2

SHORT ORDERS TO GO

Poblano's Mexican acquires 4th location

Poblano's Mexican Bar and Grill (3900-A Battleground Ave., Greensboro; 282-4800) has taken over Wholly Guacamole. Adel Ghalyoun, David Romero and Jerry Rose own the new restaurant. They also own Poblano's Mexican Bar and Grill locations at Adams Farm Shopping Center and Friendly Center. Ghalyoun also owns Venice Pizza and Poblano's on North Elm Street in downtown Greensboro.

Ghalyoun says the Battleground location will offer the same traditional Mexican and Tex Mex menu as its sister locations, including Poblano's signature burritos — such as Burrito al Pastor (\$8.95) stuffed with pork marinated in guajillo chili sauce and pineapple and Burrito Caliente (\$8.95) stuffed with grilled chicken and chipotle sauce — and an assortment of seafood dishes.

Kids eat free Monday through Wednesday with the purchase of an adult entree, and a 15 percent discount is offered on menu items on Sunday for people who bring in a church bulletin.

Live music by Gary Woodard is offered every Saturday night.

Hours are 11 a.m. to 10 p.m. Sunday through Thursday and 11 a.m. to 11 p.m. Friday and Saturday.