



Dream Dinners' "Heart Healthy". Recommended by the Hope Heart Institute

Foods prepared at Dream Dinners may contain food allergens introduced during the assembly process. Potential food allergens include: milk, casein, whey, egg, albumin, fish, shellfish, tree nuts, wheat, gluten, peanuts, and soy beans.

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## August Menu

	Nutritional Information									Cooking Details			SERVING SUGGESTIONS / Provided Ingredients
	Calories	Fat	Sat Fat	Chol-estrol	Carbs	Fiber	Sugars	Protein	Sodium	Cooking Method	3 Servings	6 Servings	
○ Pesto Cheese Ravioli with Chicken & Walnuts	397	20 g	7 g	97 mg	29 g	2 g	4 g	24 g	659 mg	Stovetop	10-15 min	10-15 min	Crisp Caesar salad
○ McCormick Honey & Dijon Glazed Salmon	247	12 g	2 g	51 mg	7 g	0 g	7 g	25 g	216 mg	*Marinate Grill/Broil	6-10 min	6-10 min	Roasted beet, goat cheese and arugula salad
○ Chicken Parmesan with Garlic Bread	376 330	14 g 17 g	4 g 8 g	72 mg 34 mg	26 g 38 g	2 g 2 g	10 g 2 g	34 g 9 g	1141mg 479 mg	Oven	25-30 min	30-35 min	Grilled or steamed zucchini & garlic bread (provided)
○ Orangey Asian Chicken	308	5 g	0 g	56 mg	39 g	1 g	22 g	27 g	899 mg	Stovetop & Oven	20-30 min	20-30 min	Steamed white rice & tossed green salad
○ Greek Island Shrimp	306	11 g	4 g	195 mg	19 g	2 g	11 g	28 g	1291 mg	Stovetop	22-24 min	22-24 min	Fettuccini & Greek Salad
○ Pecan Crusted Chicken	262	15 g	1 g	56 mg	8 g	2 g	1 g	25 g	500 mg	Oven	12-18 min	12-18 min	Grilled asparagus & crunchy multi-grain rolls
○ Buffalo Chicken	189	8 g	1 g	65 mg	4 g	0 g	1 g	24 g	648 mg	Stovetop	15-20 min	15-20 min	Oven roasted or grilled steak fries with extra ranch dressing for dipping
○ Chicken Yakitori with Rice	214 96	7 g 0 g	1 g 0 g	60 mg 0 mg	17 g 22 g	0 g 0 g	9 g 0 g	23 g 2 g	1564 mg 0 mg	Stovetop	20-25 min	20-25 min	Stir-fried pea pods & Jasmine rice (provided)
○ Tuscan Steaks	215	13 g	6 g	72 mg	2 g	0 g	1 g	23 g	204 mg	Grill/Broil	6-10 min	6-10 min	Spinach salad & garlic bread
○ Gorgonzola Cheese Burgers	301 200	14 g 3 g	6 g 0 g	102 mg 0 mg	7 g 37 g	1 g 1 g	2 g 5 g	35 g 6 g	483 mg 350 mg	Grill/Broil	10-16 min	10-16 min	Fresh fruit plate & grilled corn on the cob
○ Sesame Crusted Pork Chops	341 96	15 g 0 g	2 g 0 g	57 mg 0 mg	24 g 22 g	2 g 0 g	15 g 0 g	27 g 2 g	326 mg 0 mg	*Marinate Oven	10-14 min	10-14 min	Mixed green salad with Asian ginger dressing & Jasmine rice (provided)
○ Chicken Paella	417	17 g	4 g	70 mg	44 g	2 g	2 g	24 g	1708 mg	Stovetop	30 min	30 min	Tossed green salad with tomatoes and avocado
○ Chicken with Sesame Honey Butter	243	12 g	4 g	71 mg	10 g	0 g	9 g	23 g	407 mg	Grill/Broil	10-14 min	10-14 min	Orzo pilaf & coleslaw
○ Italian Stuffed Shells	444	21 g	11 g	86 mg	43 g	2 g	10 g	21 g	484 mg	Oven	35-40 min	40-45 min	Tossed green salad & garlic bread
○ Steak with Garlic & Herb Butter	260	18 g	12 g	97 g	1 g	0 g	0 g	23 g	137 mg	Grill/Broil	6-10 min	6-10 min	Potato salad & vegetable platter with dip
○ Grilled Turkey Medallions	365	22 g	6 g	76 mg	9 g	0 g	6 g	33 g	733 mg	Grill/Broil	25-30 min	25-30 min	Pasta salad with artichoke hearts, goat cheese and walnuts
○ Chunky Oreo® Brownies	470	29 g	13 g	60 mg	49 g	2 g	34 g	5 g	270 mg				Your favorite beverage