

Menu – Week 3	Recipes	
<p>Monday</p> <p>Family BLT</p> <p>Zucchini & Summer Squash Sauté</p> <p>Apples</p>	<p>Family BLT:</p> <ul style="list-style-type: none"> • 8 bacon slices (about ¼ pound) • 1/2 tsp crushed garlic • 2 tbsp fresh lemon juice • ¼ cup mayonnaise or salad dressing • salt & pepper • 1 small red onion, sliced • 1 large tomato, sliced • ½ head green leaf lettuce • 1 loaf french or italian bread • 1 tsp olive oil <p>bowl</p> <p>In a skillet, cook bacon over moderate heat, stirring occasionally, until crisp. In a small bowl whisk together garlic, lemon juice, mayonnaise, salt & pepper to taste. Slice loaf in half lengthwise, brush with olive oil and broil until golden brown. Spread both halves of bread with dressing and layer with bacon, tomato & lettuce. Slice into 4 sections.</p>	<p>Zucchini & Summer Squash Sauté:</p> <ul style="list-style-type: none"> • 2 tbsp white wine vinegar • 2 tbsp fresh lemon juice • 1 tsp crushed garlic • 1 tsp thyme, crushed • Salt & pepper to taste • 2 tbsp olive oil* • 2 zucchini trimmed and sliced diagonally about 1/4-inch thick • 2 yellow crookneck squash sliced diagonally about 1/4-inch thick <p>skillet</p> <p>Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil. Add the zucchini and yellow squash to the remaining marinade in the large bowl and toss to coat. Let set for 10 minutes. Heat skillet and add vegetable and marinade, sauté until squash is tender.</p> <p>* for added flavor, substitute 1 tbsp bacon drippings for 1 tbsp of oil.</p>
<p>Tuesday</p> <p>Sirloin in Wine Sauce</p> <p>Rice</p> <p>Summer Fruit w/Mint</p> <p>Fruit Ices - add ½ orange juice, ½ lemonade with ice cubes in blender until slushy, top with raspberries or strawberries.</p>	<p>Sirloin in Wine Sauce:</p> <ul style="list-style-type: none"> • 1 lb sirloin • Salt and pepper • 1 tbsp olive oil • 2 tbsp butter • 1 onion, thinly sliced • 1 tbsp minced garlic • 1 tsp dried oregano • ¼ cup tomato paste² • 2 ½ cups dry red wine (non-alcoholic ok) <p>saucepan</p> <p>Sprinkle the steaks with salt and pepper and drizzle with olive oil. Grill to desired doneness, about 5 minutes per side for medium-rare.</p> <p>Meanwhile, melt butter in saucepan over medium-high heat. Add the onions and sauté until tender, about 5 minutes. Add the garlic and oregano and sauté about 30 seconds. Stir in the tomato paste and cook for 2 minutes, stirring constantly. Whisk in the wine. Simmer until the sauce reduces by half, stirring occasionally, about 10 minutes. Season the sauce, to taste, with salt and pepper. Thinly slice the steaks across the grain. Divide the steak slices among 4 plates. Drizzle the sauce over the steak.</p>	<p>Summer Fruit w/Mint:</p> <ul style="list-style-type: none"> • 1 ¼ cups white grape juice • ¼ cup sugar • 1/2 ripe cantaloupe, seeded, cut into 3/4-inch cubes • 8 oz fresh strawberries, quartered • 1 cup seedless green grapes, halved • 1 tablespoon chopped fresh mint leaves • 2 oz chopped walnuts <p>bowl* saucepan</p> <p>Heat grape juice & sugar in saucepan until sugar is dissolved. Add fruit to bowl, pour warm mixture over and toss. Refrigerate for 30 minutes before serving.</p> <p>* for some fun, use cantaloupe rinds as your bowl.</p>

<p>Wednesday</p> <p>Salmon & Barley Medley</p> <p><i>Tossed Salad</i></p> <p>Lemon Pudding Cake</p> <p>* To get them most juice from your lemon, microwave 10-30 seconds before slicing & squeezing.</p> <p>**I used 6 oz Pyrex bowls</p>	<p>Salmon & Barley Medley:</p> <ul style="list-style-type: none"> • 1 tbsp butter • 4 green onions, chopped • 1 tsp crushed garlic • ¼ cup chopped celery leaves • ¾ cup barley • 1 bay leaf • 1 tsp thyme, crushed • ¼ tsp pepper • ¼ tsp salt • 1 cup water • 1 cup chicken broth • 1 tbsp red wine vinegar • 1 tsp soy sauce • 8 oz diced carrots • 8 oz sweet peas • 4-6 oz salmon fillets (skinned & boned) • 2 tbsp olive oil <p>saucepan skillet</p> <p>In saucepan, melt butter and sauté onions, garlic & celery leaves. Add barley, bay leaf, thyme, pepper, salt, water, broth, vinegar & soy sauce. Bring to a boil, reduce heat, cover and let simmer until barley is tender, about 45 minutes. Add carrots & peas and simmer until tender. In skillet, heat oil and sear salmon on both sides until medium-rare (about 5 minutes each side). Serve over barley mixture.</p>	<p>Lemon Pudding Cake:</p> <ul style="list-style-type: none"> • ¾ cup sugar • 1 tbsp butter • 3 lemons* • 1 tbsp lemon zest • 4 eggs, separated • 1 tbsp flour • 1 cup milk • ½ pint raspberries or strawberries • 1 tsp sugar <p>2 bowls 4 soufflé molds** 13 x 9 baking dish</p> <p>In bowl, cream sugar and butter. Juice the lemons and stir juice, zest, egg yolk and flour into butter mixture. Add milk and mix thoroughly. In separate bowl, beat egg whites until stiff and fold into lemon mixture. Pour into soufflé molds, place molds into baking dish and fill baking dish with enough water to come ½ way up the sides of the soufflé bowls. Bake at 350° for 25 minutes. Let sit 10 minutes, remove to plates and top with fruit.</p> <p>Fruit: add fruit and sugar together and let sit while lemon pudding bakes.</p>
<p>Thursday</p> <p>International Night <i>Greek</i></p> <p>Beef-Tomato Pilaf*</p> <p>Greek Salad</p> <p><i>Grapes</i></p> <p>* for a new taste treat, try ground lamb in this dish.</p>	<p>Beef-Tomato Pilaf:</p> <ul style="list-style-type: none"> • 2 cups water • 1 cup rice • ½ tsp salt • ¼ tsp pepper • 2 large tomatoes, chopped • 6 green onions, chopped • 2 tbsp olive oil • 1 lb lean ground beef* • 1 tbsp lemon juice • 1 tsp oregano, crushed • 1 tsp garlic, crushed <p>saucepan skillet bowl</p> <p>In saucepan, add water, rice, salt & pepper, bring to a boil, cover, reduce heat and cook until water is absorbed by rice, 15 to 20 minutes. Meanwhile, in bowl, mix together beef, lemon juice, oregano and garlic. In skillet heat olive oil, add tomatoes, green onions and cook for 2 minutes, stirring constantly. Add brown ground beef. ⇒</p>	<p>Add beef mixture to cooked rice mixture, mixing with a fork to fluff rice.</p> <p>Greek Salad:</p> <ul style="list-style-type: none"> • 1 head romaine lettuce, torn • 1 green bell pepper, seeded, sliced in rings • ½ red onion, sliced in rings • 3 Roma tomatoes, chopped • 2 oz can anchovies (opt) • 4 oz crumbled Feta cheese <p>serving bowl</p> <p>Add all ingredient, except feta to bowl, toss with dressing and add feta.</p> <p>Dressing:</p> <ul style="list-style-type: none"> • ¼ cup lemon juice • ¼ cup olive oil • 1 tsp oregano, crushed • ¼ tsp salt • pepper to taste <p>In blender, add lemon juice, oregano, salt & pepper, slowly add oil as you blend, until all oil is added and mixture is well blended. Chill before serving.</p>

<p>Friday Kids Night Dipping Night</p> <p>Barbecue Shredded Chicken (Crockpot)</p> <p>Spinach dip & Rye bread bowl</p> <p><i>Raw Vegetables w/dip</i></p>	<p>Barbecue Shredded Chicken:</p> <ul style="list-style-type: none"> • 1 to 2 lb “pick of the chick” boneless chicken (usually 2 breasts, 4 thighs) • 16 oz favorite barbecue sauce • ½ onion, sliced • 8 small rolls <p>crockpot</p> <p>Place chicken, onion and barbecue sauce in crockpot and cook according to manufacturer’s directions (usually low for 8 to 10 hours). Shred chicken with a fork. Serve with rolls.</p>	<p>Spinach Dip & Rye Bread Bowl:</p> <ul style="list-style-type: none"> • 2 oz grated parmesan cheese • 2 oz grated Monterey jack • 6 green onions, chopped • 10 oz chopped, frozen spinach, thawed and drained • 1 tsp crushed garlic • 4 oz sour cream • 4 oz mayonnaise or salad dressing • 1 round loaf rye bread <p>bowl platter</p> <p>Mix all ingredients together, except bread and refrigerate. Meanwhile, cut a large round circle out the top of the bread. Put bread on a platter and pull out chunks of bread and place around platter until you have the bread hollowed out. Add spinach dip to hollowed area of bread. To serve, dip the bread pieces into spinach mixture and eat.</p>
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Notes:

² You can freeze any remaining tomato paste in ice cube trays, remove to a freezer bag and use as needed, each cube equals about 1 tbsp.