

Menu – Week 2	Recipes	
<p>Monday</p> <p>Basil Grilled Chicken¹ - Marinate chicken <u>and</u> Wednesday's steak overnight -</p> <p>Marinated Potatoes</p> <p>Yellow Summer Squash</p> <p>Sliced Peaches</p> <p>Important note: Grill steak and boil potatoes (scrubbed & quartered with skins on) and refrigerate for Wednesday (see note at end of week)</p>	<p>Basil Grilled Chicken¹:</p> <ul style="list-style-type: none"> • 4 boneless chicken breasts • 4 to 6 basil leaves, chopped • 1 cup white wine (non-alcoholic ok) • 1 tsp dried oregano, crushed • 2 tsp crushed garlic <p>zip-lock bag</p> <p>Wrap one breast in plastic and pound with flat side of meat tenderizer. Repeat with each breast. In zip-lock bag, add all ingredients and marinate overnight. Remove chicken from marinade and grill, approximately 15 minutes for each side, until cooked through. Don't let dry out.</p>	<p>Marinated Potatoes:</p> <p>6 small red potatoes, scrubbed & quartered</p> <p>1 cup Italian dressing salt & pepper to taste 2 slices bacon, cooked & crumbled 2 tbsp fresh chopped chives saucepan</p> <p>In saucepan boil potatoes until tender (about 20 minutes). Drain well. Toss with remaining ingredients, serve hot or chilled.</p>
<p>Tuesday</p> <p>Nachos - We've taken an old favorite and changed it up</p> <p>Fresh Salsa</p> <p>Chunky Guacamole</p> <p>Broccoli - either raw with dip or steamed w/butter</p> <p>Fresh Pineapple - to cut a fresh pineapple, remove the crown, quarter, remove core and cut into slices. You can leave the rind on and eat like watermelon, discarding the rind when done.</p>	<p>Nachos:</p> <ul style="list-style-type: none"> • 10 count taco size flour tortillas • 1 tbsp olive oil • 1 lb lean ground beef or turkey • 2 tsp to 1 tbsp chili powder* • ¼ tsp to 1 tsp cumin* • 1 tsp crushed garlic • salt & pepper • 6 oz shredded cheddar or pepper jack • sliced black olive (opt) • sour cream (opt) <p>2 baking sheets skillet</p> <p>Brush tortillas lightly with oil, then cut with scissors or knife into quarters (you can cut 3 to 4 at the same time). Place in a single layer on a baking sheets and bake at 400° for about 6 to 8 minutes, watching carefully, until lightly browned & crisp. Remove from oven and set aside. Meanwhile, in skillet, brown ground beef and spices. Scoop meat mixture by the spoonful to each tortilla chip, top with cheese and broil until cheese melts, 1 to 2 minutes. Top with salsa and serve with optional toppings.</p> <p>*depending on how hot you want it.</p>	<p>Fresh Salsa:</p> <ul style="list-style-type: none"> • 4 tomatoes, quartered • 6 green onions • 2 tsp crushed garlic • ½ to 1 bunch cilantro, remove stems • 2 to 4 jalapenos*, remove stems • 2 tbsp red wine vinegar <p>blender or food processor</p> <p>In blender or food processor, add all ingredients and coarsely chop until blended well**. If you can make a day ahead, it gets even better ☺ This makes extra, just seal in an airtight container and refrigerate for up to a week.</p> <p>**If you prefer a chunkier style salsa, you'd be better off chopping vegetables by hand. This will take longer. Blender/food processor version takes less than 5 minutes.</p> <p>Chunky Guacamole (opt):</p> <p>3 ripe avocados, pitted 1/3 cup lime juice 1 cup fresh salsa bowl</p> <p>Scoop avocado from shells, mix with limejuice & 1 cup of salsa.</p>

<p>Wednesday</p> <p>Steak & Potato Salad¹ - grill steak & boil potatoes on Monday –</p> <p><i>Hearty Bread</i></p> <p>Sublime Lime & Berry Smoothie</p> <p>Note: If you like, you can cook Thursday's pasta and refrigerate.</p>	<p>Steak & Potato Salad¹:</p> <ul style="list-style-type: none"> • ½ cup red wine vinegar • ¼ cup soy sauce • 1 tsp crushed garlic • 1 lb sirloin • 4 small red potatoes, quartered & cooked • 1 head red leaf lettuce, washed, torn • 4 green onions, chopped • 1 yellow bell pepper, seeded, diced • 1 red bell pepper, seeded, diced • 1 tbsp orange zest • salt & pepper to taste • Red Wine Vinaigrette dressing <p>Zip-lock bag Serving bowl</p> <p>Combine vinegar, soy, garlic and steak in zip-lock bag, <i>marinate overnight and cook on Monday. Scrub, quarter & boil potatoes on Monday.</i> Refrigerate both. Slice steak into thin strips. In serving bowl, add lettuce, steak, potatoes, onions, peppers, zest, salt & pepper and toss with dressing.</p>	<p>Sublime Lime & Berry Smoothie:</p> <ul style="list-style-type: none"> • 1 pint lime sherbet • 1 pint raspberries (reserve 4) • 1 pint strawberries • 8 oz orange juice <p>blender 4 parfait glasses</p> <p>It may take two batches to prepare this. Wash fruit & hull strawberries. Add all ingredients (or half of all ingredients & repeat) to blender and blend until smooth. As ice cubes if needed to thicken.</p> <p>Pour into glasses and top each with a raspberry.</p>
<p>Thursday</p> <p>New England Farmer's Market</p> <p>Pasta w/ Marinated Vegetables</p> <p>Tomato & Olive Oil Bruschetta</p> <p><i>Grapes</i></p>	<p>Pasta w/Marinated Vegetables</p> <ul style="list-style-type: none"> • 10 oz Rotini pasta • 1 tray ice cubes • 1 tbsp olive oil • 1 small eggplant, peeled & chopped • 4 mushrooms, sliced • 2 zucchini, sliced • 10 to 12 cherry or grape tomatoes, halved • 6 oz jar marinated artichoke hearts • 1 red onions, sliced in rings • 2 oz black olives • 8 oz Italian or Caesar dressing (more if needed) • 2 oz grated parmesan <p>saucepan skillet bowl serving bowl</p> <p>In saucepan, cook pasta according to package directions, drain, rinse in cold water and toss with ice cubes. Set aside and let cubes melt. While pasta is cooking, in skillet, heat oil and sauté eggplant, mushrooms and zucchini. Remove and cool in refrigerator while preparing remaining vegetables. In bowl, toss remaining vegetables with dressing. Remove any un-melted ice cubes from pasta, and toss with all vegetables once they are cold. Add cheese, more dressing if needed and serve.</p>	<p>Tomato & Olive Oil Bruschetta:</p> <ul style="list-style-type: none"> • 1 loaf Italian bread, sliced in half lengthwise • 2 tbsp olive oil (more if needed) • 2 tsp crushed garlic • 4 basil leaves, chopped • 2 Roma tomatoes, sliced • 3 green onions, chopped <p>baking sheet bowl</p> <p>Mix together 1 tbsp oil and 1 tsp garlic. Spread on sliced sides of bread. Broil bread until golden brown on top (watch carefully). Gently toss 1 tbsp of oil, 1 tsp garlic, basil, tomatoes and onions. Layer tomato mixture on each half of the bread and then slice each half into quarters.</p>

<p>Friday Kids Night</p> <p><i>Curried Turkey Burgers</i></p> <p><i>Chips</i></p> <p><i>Corn on the Cob</i></p> <p><i>Fruit Tray w/yogurt dips</i></p> <p><i>Ice Cream Drumsticks</i></p>	<p>Curried Turkey Burgers: If you're daring, you can substitute ground lamb.</p> <ul style="list-style-type: none"> • 1 lb ground turkey • 3 tbsp plain yogurt • 1 tsp ground curry • 1/8 tsp ground cumin • 1/2 tsp salt • 3 green onions, chopped • 4 pita breads <p>bowl</p> <p>In bowl combine all ingredients except bread and mix well. Form 4 patties and grill, broil or fry to desired doneness. Serve in pita bread. Ground mustard and mayonnaise make good toppings, along with lettuce & tomatoes.</p>	<p>Fruit Tray w/yogurt dips:</p> <ul style="list-style-type: none"> • 1 mango, cut into large chunks • 2 bananas, quartered • 1 pint strawberries, washed • 8 oz cherries, washed • 1 pineapple, cored and cut into wedges (leave rind on, let kids eat like watermelon) • 1 small watermelon, cut into wedges, rind on. • 8 oz vanilla yogurt • 8 oz strawberry yogurt <p>toothpicks 2 bowls 1 platter</p> <p>Arrange fruit on platter, place a bowl of each yogurt in the center, have toothpicks available to skewer fruit for dipping.</p>
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Notes: I hope trying to save you cooking time, by combining the grilling for two meals on one night, isn't too confusing or too difficult. If it is, please let me know and I'll try to find a different way next time.

Ground Turkey: If you're concerned about fat, look carefully at the fat content of your ground turkey, it can be as high as some ground beefs. You can purchase lower fat ground turkey in most stores, but read labels so you know what you're getting.

¹ Marinades: these are best to do when you purchase the meat, mix all the marinade ingredients into a plastic bag and blend, add meat and freeze. All that's left is to thaw the meat and cook.

Next menu email is on August 28.