

Your Weekly Menu

Monday – Fried Fish Sandwiches

Tuesday – Vegetarian Garbanzo Stew

Wednesday – Couscous Salad with Marinated Beef

Thursday – Kung Pao Chicken

Friday – Roasted Pepper Soup

You can make Monday's fried fish sandwiches with tilapia or any other fleshy white fish. These are very easy to make and a treat to eat. If you would like to you can serve this with French fries. You can buy the ones that are pre-cut and frozen and cook them in the oven. Frankly, I think the sandwich alone is pretty filling!

Tuesday's stew can be made in advance and frozen. It is a very healthy meal that is loaded in flavor. Garbanzos are also know as chickpeas and are full of protein, vitamins and minerals. You can use canned ones for this but make sure you drain and rinse them before adding them to your stew.

Couscous is made in minutes so Wednesday you should be fine. You could go ahead and prep the beef and caramelized onions the day before (even a couple of days before) if you needed to. The rest of the salad can be made that day. This is a very good salad to send to work or school for lunch. It is loaded in delish flavors.

Thursday's Kung Pao chicken is an all time favorite. It is very easy to make and will be ready in minutes after the chicken has marinated. Make sure to have all your ingredients ready for this recipe before you start. You will not have time to get them once you have started cooking. This goes beautifully with steamed rice.

Friday's soup is light, super tasty, elegant and very clean. You can go ahead and use store bought roasted peppers if you don't have time to roast your own. Serve this with a side salad and some crusty bread. What a wonderful meal!