



Your Weekly Menu

Monday – Pasta with Seared Scallops

Tuesday – Veggie Quesadillas

Wednesday – Balsamic Glazed Shrimp with Salad

Thursday – Chicken Vegetable Stir Fry with Steamed Rice

Friday – Smothered Pork Chops

Monday's meal is very simple to make and can be on the table in under 30 minutes. You can make the sauce while the pasta cooks and then simply mix it all together. Please make sure to dry the scallops very well before you sear them. This will render you deliciously browned morsels of perfection.

Tuesday's quesadillas can be made in a skillet or in the oven. The beautiful sautéed veggies can be placed in between the tortillas or on top. I prefer the latter. This filling can also be used as a fajita rolled inside a tortilla to keep the meal vegan.

Wednesday's meal is also very easy. It will take you no time to cook the shrimp so make sure you have your salad ready before you start. This is a healthy meal that is very satisfying. All I can recommend is that you do not overcook the shrimp as it will make it rubbery. Actually, I would also like you to make sure the shrimp has been deveined and cleaned well.

Thursday's stir-fry will be ready in a snap once you start cooking it so be absolutely ready for it. The longest you are going to spend making this is chopping your ingredients. You will not have any time to get ingredients once you start cooking this. Serve it with some steamed rice for a complete and wonderful dinner.

Friday's pork chops cook for three hours in a very low oven. You can make these a day ahead and simply heat them if you like. These chops are extremely tender and flavorful. Serve them with some mashed potatoes or sweet potato fries.