



Your Weekly Menu

Monday – Chipotle Turkey Burgers

Tuesday – Shrimp Skewers with a Salad

Wednesday – Grilled cheese with Caramelized Onions, Tomato and Spinach

Thursday – Beef Fajitas

Friday – Tomato and Garlic Pizza

Monday's burgers can be made in advance and frozen. They can also be made with plain ground beef or chicken. These burgers are incredibly flavorful and can be served on a salad or as a sandwich with lettuce, tomato, red onion and pickles. Whatever you like.

Tuesday's skewers can be cooked on a grill or in a skillet. We are going to skewer the peeled and deveined shrimp and then prepare the marinade. The marinade will be poured over the shrimp which will then be refrigerated for about 30 minutes. Shrimp cooks very quickly so once it is ready to cook your meal will be on the table in minutes.

Wednesday's grilled cheese sandwiches are delightful. The longest that you will take is caramelizing the onion which can be done the day before and stored in the fridge in a closed container. Once that is ready the sandwich will be ready very quickly. This is a vegetarian sandwich that is very satisfying.

Thursday's beef fajitas also require marinating. Go ahead and marinate the beef the night before. Frankly, this is the longest process in this recipe. Once it is ready the fajita will come together very quickly. You can serve these fajitas with Mexican rice and refried beans if you like.

Friday's pizza can be made with homemade dough or store bought. This is a very simple pizza but it is truly delicious. The tomatoes and garlic will turn sweet as they cook at high temperature. This pizza does not have cheese but you can certainly add some if you prefer. As a matter of fact if you want to add meat to this that will be perfect as well.