



Your Weekly Menu

Monday – Linguine and Clams in Creamy White Sauce

Tuesday – Chinese Chicken Salad

Wednesday – Pita Bread Portabella Pizza's

Thursday – Peanut Marinated Chicken Wings with Asian Cole Slaw

Friday – Cobb Burgers

Monday's linguine is very easy to make. It is certainly not health food but it is a meal that adults and kids love. You can use canned clams for this recipe if you like.

Tuesday's Chinese chicken salad can be made with rotisserie chicken pieces in order to save time. The wonton strips can be substituted with crispy chow Mein noodles. Those are the two things that take the longest in this recipe. The rest requires chopping and making your dressing. This salad is fantastic.

Wednesday's pizzas require some marinating of the mushroom. You can marinate as little as 20 minutes or up to overnight. This is a super easy meal that is light and delicious. Use store bought pita bread for this.

Thursday's wings need to be in the fridge overnight. One thing I have to recommend is that you be generous with the salt when prepping the peanut sauce. Once you have them all flavored all you have to do is remove them from the marinade and bake them. These go beautifully with Asian Cole slaw which you can make a couple of days ahead.

Friday's burgers can be grilled or fried. You will need cooked bacon for this and avocados. Talk about a delicious and perfect burger.