

Weekly Menu

MONDAY – Eggplant and Zucchini Soup

TUESDAY – Mexican Shredded Beef

WEDNESDAY – Chicken in Coconut Milk with Pasta

THURSDAY – Parmesan Fish Sticks with Sweet Potato Fries

FRIDAY – Salt and Pepper Pork Chops

Monday's eggplant and zucchini soup is a great way to start the week. Not only is this soup excellent in flavor it is excellent for you. It is super clean and loaded in nutrients. You can make this a day ahead of time and heat it if you like. Serve it with some crusty bread.

Tuesday's Mexican shredded beef can partially be made in a slow cooker. Once the meat is tender and ready you can shred it and finish it in a skillet. This is a fairly easy recipe that is a delight to eat. It will render you enough meat for two meals so go ahead and freeze half of it for next week's gorditas. Serve the shredded beef in soft taco tortillas with chopped white onions, salsa and chopped cilantro if you like.

Wednesday's chicken is cooked in a coconut sauce and should be ready within 30 minutes. The chicken is tender and exquisite. I like using chicken breast for this recipe but you can certainly go ahead and use skinless, boneless chicken thighs. This can be made a day in advance and heated before dinner. You can serve this with pasta or rice.

Thursday's fish is super easy to make and very popular among adults and kids alike. These little pieces of fish are crusted in breadcrumbs and Parmesan cheese and cooked in the oven. I like serving these with baked sweet potato fries. If you make the fries cook them first as they will take longer than the fish. Don't forget to make tartar sauce.

Friday's salt and pepper pork chops are legendary. The pork needs to marinate overnight so you will have to do this on Thursday. Not a big deal but necessary. Once you have done that your recipe will go pretty quickly. This is a marvelous meal that will leave a smile on your face. You can serve it with crispy rice noodles, which are a breeze to make.