

Weekly Menu

MONDAY – Pasta with Roasted Tomatoes and Roasted Garlic

TUESDAY – Chicken Quinoa Veggie Soup with Crusty Bread

WEDNESDAY – Chinese Fried Rice

THURSDAY – Greek Style Baked Fish

FRIDAY – Gorditas with Mexican Shredded Beef

Monday's pasta is made with roasted tomatoes and roasted garlic. This is one of my favorite meals to make and eat. It is extremely flavorful and very satisfying. It is also vegetarian but I promise you will not miss the meat. You can go ahead and make the sauce for this meal in advance and freeze it. Thaw it and add the cooked pasta. Delicious.

Tuesday's soup is loaded in flavor and nutrients. It has chicken and quinoa plus a bunch of veggies. This soup will leave you completely satisfied as well. Serve it with some crusty bread and enjoy.

Wednesday's Chinese fried rice is vegetarian but you can add ham, chicken, pork or shrimp to it. It is wicked easy to make but you will need day old rice for it. The rice needs to dry up in the fridge so that this works so go ahead and make some rice on Tuesday. This is a great meal to sent to school or the office in lunch boxes.

Thursday's baked fish is made in a snap. You will need white fleshy fish for this recipe. You can use fish like Haddock, tilapia, catfish, mahi-mahi or wahoo The cheese will melt in the oven and turn into a delicious sauce that will make it moist and flaky. Delicious.

Friday's gorditas can be filled with Mexican shredded beef, chicken or cheese (queso fresco). If you made the beef last week you can go ahead and thaw it and use it. These gorditas are very simple to make and are delicious. Serve them with a little sour cream and some salsa on the side. Perfection.