



Your Weekly Menu

MONDAY – Split Pea and Ham Soup with Crusty Bread

TUESDAY – Tomato and Garlic Pizza with Side Salad

WEDNESDAY – Chicken Vegetable Stir Fry with Steamed Rice

THURSDAY – Lemon Garlic Tilapia with Steamed Veggies and Couscous

FRIDAY – Pastelon Casserole with Side Salad

Monday's soup can be made ahead of time and frozen. I make it in the pressure cooker and it is ready in 20 minutes. It can also be made in a slow cooker so it is ready when you are. This is a delicious and satisfying soup that you can serve with some crusty bread and butter.

Tuesday's pizza is very easy to make and has no cheese on it. However, if you cannot live with this no worries! Go ahead and add some Parmesan cheese to your pizza before you bake it. It will be excellent. I make this pizza with my homemade pizza dough and sauce but you can definitely make this with store bought. You can serve this with a side salad.

Wednesday's stir-fry is very easy to make. The longest you will spend is prepping your ingredients but once you are done with that you will be able to prep this very quickly. In fact, please do not start this if you do not have all your ingredients ready as you will not have time to do so once you start. Serve this with some steamed rice.

Thursday's lemon garlic tilapia is also very easy to make. You should have dinner on the table within 30 minutes. If you do not like using tilapia go ahead and substitute this with any mild, white fleshed fish. Other choices are sole, catfish, mahi-mahi or haddock. This meal can be served with steamed vegetables and couscous.

Friday's casserole takes some work but can be made a couple of days ahead. Pastelon is a Puerto Rican meal that is made with plantains and ground beef. It is absolutely delicious and freezes very well. This is an excellent addition to any lunch box for school or work. Make a large one and feed the family two days in a row! You can serve this with a side salad if you like.