

Meal Plan Menu

Thursday:

Taco Tues....Thursday?! How about a little fresh corn salsa to go with your tacos?

Fresh Corn Salsa

Submitted by Cheryl Kastanowski

Ingredients:

4 sweet corn ears
4 tomatoes medium sized – seeded and diced
1 onion medium sized – diced
3 jalapeños – seeded and diced fine
1 lime – juiced
1/2 teaspoon garlic powder
2 teaspoons salt
1/4 cup cilantro – fresh and chopped

Directions:

Husk and boil the sweet corn until desired doneness. You could also grill the sweetcorn if you prefer.

When the corn is done, set aside to allow it to cool.

Dice the tomatoes, onions and jalapenos and place them in a mixing bowl.

Cut the corn from the ears and add it into the mixing bowl.

Add in the juice from one lime, salt and garlic powder.

Chop the cilantro and mix all together.

Can be served immediately or covered and refrigerated until ready to use.

Friday:

If you chose the lettuce this week, try this lettuce wrap recipe.

[Edamame Quinoa Lettuce Wraps](#)

Ingredients:

1 1/2 cups cooked quinoa
1 cup cooked, shelled edamame
1 medium red pepper, seeded and chopped
3 green onions, sliced thin
1/2 cup chopped fresh cilantro
1-2 shredded carrots
8-10 leaves of bibb, butter or green leaf lettuce, washed and dried

Sauce:

1/4 cup soy sauce
2 tablespoon rice vinegar
2 tablespoons water
1-2 tablespoons sweet chili sauce
1 tablespoon sesame oil (optional)
1-2 cloves minced fresh garlic

Directions:

In a large bowl, combine the cooked quinoa, edamame, red pepper, green onions, cilantro and shredded carrots together. Combine the sauce ingredients together in an empty jar and shake well. Mix about half the dressing over the quinoa mixture. Place a couple of tablespoons of the mixture in a lettuce cup, top with a little extra drizzle of sauce, wrap and enjoy!

If you chose the swiss chard, you can try this recipe below as a side dish to any entree of your choice.

Swiss Chard with Lentils and Feta Cheese

Ingredients:

2 tablespoons olive oil
1/2 cup small-dice yellow onion (from about 1/2 medium onion)
2 medium garlic cloves, finely chopped
1 cup brown or green lentils
2 cups water
12 ounces Swiss chard (about 1 bunch)
1/2 teaspoon kosher salt, plus more for seasoning
1/4 teaspoon freshly ground black pepper, plus more for seasoning
4 teaspoons red wine vinegar
1/2 cup crumbled feta cheese (about 2 1/2 ounces)

Directions:

Heat 1 tablespoon of the oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes. Add the lentils, stir to combine, and add the water. Increase the heat to high and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the lentils are just tender and the water has evaporated, about 30 minutes. Remove from the heat and set aside. Meanwhile, trim the ends from the chard stems and discard. Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4-inch pieces. Place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop into bite-sized pieces; set aside. Heat the remaining tablespoon of oil in a large frying or straight-sided pan over medium-high heat until shimmering. Add the reserved chard stems, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes. Add the chopped chard leaves, measured salt, and measured pepper and cook, stirring occasionally, until wilted, about 2 minutes. Stir in the red wine vinegar and reserved lentil mixture until evenly combined. Remove from the heat

and allow to cool slightly, about 3 minutes. Sprinkle in the feta and stir to combine. Taste and season with salt and pepper as needed. Serve warm or at room temperature.

Saturday:

The weather is supposed to be grand this weekend! How about grilling out and making some stuffed banana peppers as an appetizer?

Stuffed Banana Peppers

Ingredients:

6-8 large banana peppers
2 cups shredded sharp cheddar cheese
1 small tomato, diced
1 medium onion, diced
1/2 small green bell pepper, diced
1-2 jalapeños, diced
1/8 tsp. salt
12-16 bacon slices

Directions:

Cut a slit lengthwise in each banana pepper, cutting to, but not through, other side. Remove seeds. Combine cheese and next 6 ingredients. Spoon mixture evenly into each pepper, and wrap each with 2 bacon slices; secure with wooden picks. Place peppers on a rack in a broiler pan. Broil 5 1/2 inches from heat 4 to 5 minutes on each side or until golden.

Sunday:

Roasted Eggplant and Pepper Salad

Submitted by Cheryl Kastanowski

Ingredients:

For the salad:

Nonstick vegetable oil spray
2 eggplants (about 2 1/2 pounds total), cut into 3 x 3/4 x 3/4-inch strips
2 large green bell peppers, cut into 1/2-inch wide strips
2 large red bell peppers, cut into 1/2-inch wide strips

Dressing:

8 large garlic cloves (unpeeled)
1/2 cup olive oil
3/4 cup red wine vinegar
1 tablespoon ground cumin
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
3/8 teaspoon cayenne pepper

For the sesame spread:

1 cup (2 sticks) unsalted butter, room temperature

2/3 cup toasted sesame seeds

1 teaspoon salt

8 warm pita bread rounds, cut into wedges

Directions:

To make the salad: Place rack in top third of oven and preheat to 450°F. Spray large heavy baking sheet with nonstick vegetable oil spray. Combine eggplant, peppers, garlic and oil in large bowl. Toss well. Transfer to prepared sheet. Bake until eggplant is brown and vegetables are tender, stirring every 10 minutes, about 50 minutes. Remove garlic and reserve. Scrape vegetables and all pan juices into bowl.

To make the dressing: Combine vinegar, cumin, salt, pepper and cayenne in processor. Peel roasted garlic; add to processor. Puree until smooth.

Toss vegetable mixture with 1/4 cup garlic dressing. Cool, tossing occasionally. (Can be made 1 day ahead. Cover and chill vegetables and remaining dressing separately. Bring to room temperature.)

Mound salad in center of large platter. Surround with pita wedges. Serve, passing remaining dressing and Sesame Spread separately.

To make the sesame spread: Beat butter, sesame seeds and salt to blend in small bowl. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to room temperature before serving.)

Yield: 8 servings

Monday:

Homemade Gyros

Recipe from [Culinary Hill](#)

Ingredients:

1 cup plain nonfat Greek yogurt

1 cucumber, peeled, seeded and finely chopped

2 tbsp. fresh lemon juice (from 1 lemon), divided

1 tbsp. fresh dill, chopped

4 garlic cloves, minced

salt and freshly ground black pepper

6-6 inch pita breads

1/2 medium onion, chopped

2 tbsp. fresh oregano leaves, chopped

1 lb. lean (90/10) ground beef (or lamb)

1 tbsp. olive oil

optional garnishes such as tomatoes, cucumbers, sweet onion and feta cheese

Directions:

Combine yogurt, cucumber, 1 tbsp. lemon juice, dill, 1 garlic clove and 1/2 tsp. salt in a small bowl to make the dill sauce. Chill at least 30 minutes to blend flavors. Preheat oven to 350°. Cut the top quarter of each pita and tear these into pieces and set aside. Wrap pitas in a stack in foil. Place the pitas wrapped in foil in the oven and heat for 10-15 minutes. Meanwhile, combine torn pita pieces, onion, remaining 1 tbsp. lemon juice, 1/2 tsp. salt, 1/4 tsp. pepper, oregano and remaining garlic in a food processor. Process until a smooth paste forms, about 30 sections. Transfer to a large bowl. Add beef to the paste and mix until thoroughly combined with hands or a spatula. Turn beef mixture out onto a cutting board. Form into a uniform loaf and cut into 12 sections. Roll each section into a ball and flatten into a patty about 1/2" thick. Heat oil in a large skillet over medium-high heat. Add patties and cook until well browned and a dark crust forms on one side, 3-4 minutes. Flip the patties and cook until the second side is also well-browned. Drain on paper towels. Serve with warmed pitas, dill sauce and optional toppings if desired such as shredded lettuce, sliced cucumbers, sliced tomatoes, sliced sweet onion, Kalamata olives or feta cheese.

Tuesday:

Spaghetti Squash with Fresh Tomatoes and Rosemary

Ingredients:

1 spaghetti squash
Kosher salt
1 1/2 pounds tomatoes, seeds removed, roughly chopped
1 tablespoon fresh rosemary (or more to taste)
1 clove garlic, coarsely chopped
Dash dried pepper flakes
2 Tablespoons olive oil
Freshly grated parmigiano reggiano cheese

Directions:

Preheat oven 450 degrees.

Carefully slice spaghetti squash in half lengthwise. Use a spoon to scoop out the seeds, discard. Place squash cut side down on an aluminum foil lined baking sheet. Bake for 30-45 minutes, until they can be easily pierced with a pairing knife. Remove from oven and allow to cool to room temperature. Using a fork, scrape the strands of squash from the inside of the skin. Season with 1/2 teaspoon of coarse sea salt.

In a food processor combine 1 cup of the chopped tomatoes, the rosemary, garlic, red pepper flakes, 1/2 teaspoon salt, and olive oil. Puree until smooth.

In a large bowl combine the spaghetti squash, chopped tomatoes, and tomato puree. Taste and add additional salt to taste. Serve warm or at room temperature with a sprinkle of freshly grated parmigiano reggiano cheese.

Wednesday:

Leftovers day! Clean out that fridge for new vegetables coming Thursday.