

MONDAY

ACTIVE COOK TIME: 25 MINS

TORTELLINI SOUP

5 cups vegetable or chicken broth	2 cloves garlic, finely chopped
2 pkgs (350 g each) fresh cheese tortellini	1 tsp basil, crumbled
1 can (14 oz/398 mL) diced tomatoes	1/2 tsp freshly ground pepper
1/2 cup chopped green onions	Freshly grated Parmesan cheese, garnish

1. Bring broth to a boil in a Dutch oven over medium heat. Add tortellini, tomatoes, onions, garlic, basil and pepper. Bring to a boil.
2. Reduce heat and simmer, uncovered, until tortellini is tender, about 10 minutes. Ladle soup into bowls. Sprinkle with Parmesan cheese. Serve immediately.

COUNTRY STYLE BUTTERMILK BISCUITS

1 cup all-purpose flour	1/2 tsp baking soda
1 cup whole wheat flour	1/2 tsp salt
1 tbsp baking powder	1/4 cup salted butter, chilled and cubed
1 tsp granulated sugar	1 cup buttermilk

1. Preheat oven to 400°F.
2. Combine flour, whole wheat flour, baking powder, sugar, baking soda and salt in a bowl.
3. Cut in butter with a pastry blender until mixture is crumbly.
4. Add buttermilk to flour mixture and stir just until combined.
5. Turn dough out onto a lightly floured surface. Knead dough gently 5 times. Roll out dough 1/2 inch thick. Using a floured 2 inch cookie cutter, cut dough into rounds. Place on an ungreased cookie sheet.
6. Bake for 15 – 17 minutes or until lightly browned.

TUESDAY

ACTIVE COOK TIME: 10 MINS

EASY CHICKEN SATÉ

2 tbsp peanut butter

1/2 cup balsamic vinaigrette salad dressing

1 lb (0.5 kg) boneless skinless chicken breasts,
cut into thin strips

Bamboo skewers

1. To prepare marinade, whisk together peanut butter and salad dressing until blended. Place chicken in a heavy zip-lock plastic bag. Pour marinade over chicken. Squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate for at least 2 hours or up to 8 hours
2. Soak bamboo skewers in hot water for 30 minutes.
3. Preheat broiler. Remove chicken from marinade; discard marinade. Thread chicken onto soaked skewers.
4. Broil chicken skewers, turning occasionally, until chicken is cooked through, about 6 - 8 minutes. Alternatively, chicken skewers may be grilled over medium heat on natural gas barbecue.

ASIAN COLESLAW

1/2 cup rice vinegar

1/4 cup granulated sugar

8 cups coleslaw mix

1 red bell pepper, thinly sliced

1 1/2 cups snow peas, trimmed and halved
diagonally

1/4 cup thinly sliced pickled ginger

1 green onion, diagonally sliced

1 tsp sesame seed, toasted

1. To prepare dressing, stir together vinegar and sugar.
2. Combine coleslaw mix, bell peppers, snow peas, pickled ginger, onion and sesame seeds. Add dressing and toss to coat. Cover and refrigerate for at least 1 hour or up to 6 hours

WEDNESDAY

ACTIVE COOK TIME: 40 MINS

PRO TIPS: Cook all your ground beef up today and save half for Friday's dinner. Make a large salad today using the mixed green, celery, carrots and a red pepper and save half of it for Friday.

ONE POT SPAGHETTI

1 tbsp canola oil	1/2 tsp oregano, crumbled
1 lb (0.5 kg) lean ground beef	1/2 tsp salt
1 cup chopped onion	1/4 tsp red pepper flakes
2 cloves garlic, crushed	1/4 tsp freshly ground pepper
4 cups chicken broth	2 cups broken spaghetti
1 can (5 1/2 oz/156 mL) tomato paste	Freshly grated Parmesan cheese*

1. Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in broth, tomato paste, oregano, salt, red pepper flakes and pepper. Bring to a boil. Add spaghetti. Stir until water returns to a boil.
2. Reduce heat and simmer, stirring frequently, until spaghetti is tender, about 12 - 15 minutes. Serve with Parmesan cheese.

ITALIAN OIL AND VINEGAR DRESSING

1 cup canola oil	1 tsp salt
1/2 cup pure white vinegar	1 tsp seasoned salt
1/4 cup grated Parmesan cheese	1/2 tsp dry mustard
1 tbsp granulated sugar	1/2 tsp freshly ground pepper
2 tsp balsamic vinegar	1 clove garlic, finally chopped

1. Combine all ingredients in a jar.
2. Cover and shake until mixed. Dressing may be kept refrigerated for up to 1 week.
3. Serve over a green or vegetable salad.

THURSDAY

ACTIVE COOK TIME: 40 MINS

PRO TIPS: Cut up all your broccoli today and save about 4 ½ cups for Saturdays dinner. Steam up the rest for tonight. Use up the rest of the potatoes on Sunday.

HERB CRUSTED PORK TENDERLOIN

2 tbsp packed golden brown sugar	1/4 tsp salt
1 tbsp canola oil	1/4 tsp freshly ground pepper
1 tsp herbes de Provence or thyme, crumbled	1 pork tenderloin (1 lb/0.5 kg)
1/2 tsp ground coriander	

1. Preheat oven to 425°F.
2. Combine all ingredients except pork in a heavy plastic bag. Add pork and squeeze bag to coat pork with seasoning mixture. Remove pork from bag. Place pork on a rack in a small roasting pan.
3. Bake, uncovered, until a meat thermometer registers 160°F, about 35 - 40 minutes. Let stand for 5 minutes before slicing.

PARMESAN AND GREEN ONION MASHED POTATOES

4 cups cubed peeled yellow potatoes	1 1/2 cups freshly grated Parmesan cheese
3/4 cup salted butter	3/4 cup sliced green onions
1/4 cup whipping cream	Salt and freshly ground pepper*

1. Cook potatoes in boiling salted water until tender.
2. Meanwhile, place butter and cream in a small saucepan over low heat; cook, stirring frequently, until butter is melted and mixture is heated. Remove from heat; cover and set aside.
3. Drain potatoes. Squeeze potatoes through a potato ricer. Alternatively, mash with a potato masher until smooth.
4. Stir in melted butter mixture. Add Parmesan cheese and green onions; stir to combine. Season to taste with salt and pepper.

FRIDAY

ACTIVE COOK TIME: 45 MINS

PRO TIPS: Use the remaining salad and the ground beef you cooked on Wednesday for this meal. Your mixed greens can also be used in place of the Romain lettuce as a topping.

BEEF AND BEAN BURRITOS

8 flour tortillas (10 inch)	1 tsp ground cumin
2 cups shredded cheddar cheese	1/2 tsp salt
1 cup water	1/4 tsp freshly ground pepper
1/2 cup long grain white rice	1/8 tsp garlic powder
1/4 tsp salt	1/8 tsp onion powder
1 cup canned black beans, rinsed and drained	Salsa*
1 tbsp canola oil	Sour cream*
1 lb (0.5 kg) lean ground beef	Toppings: chopped romaine lettuce, diced tomatoes, diced onion, chopped fresh cilantro*
1 1/2 tsp oregano, crumbled	
1 tsp chili powder	

1. Place tortillas on parchment paper-lined rimmed baking sheets. Sprinkle 1/4 cup cheese over each tortilla; set aside.
2. Combine water, rice and 1/4 tsp salt in a saucepan. Bring to a boil. Reduce heat and simmer, covered, until liquid is absorbed and rice is tender, about 15 minutes. Remove from heat. Fluff rice with a fork. Stir in beans. Cover and set aside.
3. Preheat oven to 400°F.
4. Heat oil in a medium frypan over medium heat. Add beef and cook, stirring to break up beef, until browned and cooked through. Drain off excess fat. Add oregano, chili powder, cumin, 1/2 tsp salt, pepper, garlic powder and onion powder to beef; cook, stirring, for 1 minute. Remove from heat; cover and set aside.
5. Bake tortillas just until cheese is melted. On each tortilla, spread about 1/4 cup rice mixture over melted cheese. Place about 1/4 cup beef mixture over rice mixture. Top with salsa, sour cream and toppings. Fold bottom edge of tortillas 1 inch over filling. Fold sides of tortillas to centres, overlapping edges. Roll up to enclose filling.

SATURDAY

ACTIVE COOK TIME: 15 MINS

PRO TIPS: Use up the rest of the cut-up broccoli from Thursday. Salmon can be used as a substitute for the Arctic Char in this recipe.

ARCTIC CHAR WITH ORANGE MAYONNAISE

1 tbsp chopped fresh parsley	3 1/2 lb (1.75 kg) arctic char fillet
1 tbsp chopped fresh thyme	3/4 cup mayonnaise
2 tsp grated lemon peel	2 tbsp finely chopped green onion
2 tsp grated lime peel	2 tbsp fresh orange juice
1/2 tsp salt	2 tsp grated orange peel
1/2 tsp freshly ground pepper	1/8 tsp salt
3 cloves garlic, finely chopped	1 clove garlic, crushed

1. Preheat oven to 425°F.
2. To prepare rub, combine parsley, thyme, lemon peel, lime peel, salt, pepper and garlic.
3. Place arctic char, skin side down, on a foil covered baking sheet. Spread rub over arctic char, patting gently onto surface. Let stand for 30 minutes.
4. Meanwhile make Orange Mayonnaise, combine mayonnaise, green onion, orange juice, orange peel, salt and garlic until well blended.
5. Bake until fish flakes easily with a fork, about 10 - 12 minutes per inch of thickness. Serve with Orange Mayonnaise.

BROCCOLI AND PEPPER STIR FRY

1 tbsp soy sauce	1 clove garlic, crushed
1 tbsp rice vinegar or white wine vinegar	1 tbsp canola oil
1 tsp granulated sugar	3 cups broccoli florets
1/2 tsp sesame oil	1 cup thinly sliced red bell pepper
1/2 tsp grated fresh ginger	

1. Whisk together soy sauce, vinegar, sugar, sesame oil, ginger and garlic until blended; set aside.
2. Heat oil in a wok or frypan over medium heat. Add broccoli and red pepper; stir-fry until tender crisp, about 4 - 5 minutes.
3. Add soy sauce mixture and toss to combine. Stir-fry for 1 - 2 minutes.

SUNDAY

ACTIVE COOK TIME: 10 HOURS

PRO TIPS: Replace red potatoes with yellow potatoes from Thursday and use up carrots and celery.

SERVE WITH: Dinner rolls

SLOW COOKER POT ROAST

3 lb (1.5 kg) boneless beef chuck roast	1/4 cup water
1 cup chopped onion	1 tbsp Dijon mustard
1 clove garlic, finely chopped	2 tsp Worcestershire sauce
1 can (7 1/2 oz / 213 mL) tomato sauce	1 tsp paprika
1/4 cup ketchup	1/4 tsp cayenne pepper
1/4 cup apple cider vinegar	1/4 tsp beef bouillon mix

1. Cut beef roast in half to make 2 smaller portions. Place beef in a slow cooker. Combine remaining ingredients (onion through beef bouillon mix) and pour over beef.
2. Cover and cook on high heat setting for 1 hour.
3. Reduce to low heat setting and continue cooking for 9 - 10 hours.
4. Alternatively, beef may be cooked on high heat setting for 5 - 6 hours or until beef is tender.
5. Remove beef from slow cooker. Let stand for 15 minutes before carving. Skim fat from sauce. Serve beef with sauce.

SAVOURY ROASTED VEGETABLE MEDLEY

5 cups red potato cubes (1 inch)	1/4 cup olive oil
2 cups carrot pieces (1 inch)	1 1/2 tsp basil, crumbled
1 1/2 cups parsnip pieces (1 inch)	2 cloves garlic, chopped
1 1/2 cups celery pieces (1 inch)	1/4 tsp salt
2 small onions, each cut into 6 wedges	1/4 tsp freshly ground pepper

1. Combine all ingredients. Place vegetable mixture in a single layer in a greased shallow baking dish. Roast vegetables, stirring every 15 minutes, at 425°F for 1 hour or until tender and browned.

APPLE CHEDDAR CRISP

1 1/4 cups old-fashioned rolled oats
1 cup packed golden brown sugar
3/4 cup all-purpose flour
1/2 tsp cinnamon
1/4 tsp salt
3/4 cup salted butter, chilled and cubed
1/2 cup chopped walnuts or pecans
8 cups sliced peeled apples

1/2 cup granulated sugar
1/2 cup shredded cheddar cheese
1 tbsp fresh lemon juice
1 tbsp all-purpose flour
3/4 tsp cinnamon
1/4 tsp ground ginger
1/8 tsp nutmeg
Ice cream, optional*

1. Preheat oven to 350°F.
2. To prepare crumb topping, combine oats, brown sugar, 3/4 cup flour, 1/2 tsp cinnamon and salt in a bowl. Using fingertips, rub in butter until mixture is crumbly. Stir in walnuts.
3. Combine remaining ingredients except ice cream. Spoon into a greased 3 quart baking dish. Sprinkle with crumb topping. Bake until juices are thick and bubbly and topping is golden brown, about 50 - 55 minutes. Serve warm with ice cream.