

## MONDAY

**ACTIVE COOK TIME: 40 MINS**

**PRO TIPS: Cook 2 lbs of beef and reserve 1 lb of cooked beef to use on Wednesday.**

**Use rest of Feta on Saturday for salad. Save rest of tomatoes to use for salad on Saturday.**

### GREEK BEEF AND ORZO

1 tbsp oil	2 tsp oregano, crumbled
1 lb (0.5 kg) lean ground beef	1/2 tsp cinnamon
1 cup chopped onion	1/4 tsp salt
2 cloves garlic, finely chopped	1/4 tsp freshly ground pepper
1 can (14 oz/398 mL) tomato sauce	1 cup orzo
1 cup water	1 cup shredded feta cheese

#### DIRECTIONS

1. Heat oil in a frypan over medium heat. Add beef and cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat.
2. Add onion and garlic; cook, stirring occasionally, for 5 minutes or until onion is tender.
3. Stir in next 7 ingredients (tomato sauce through orzo). Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 10 minutes or until orzo is tender and liquid is absorbed.
4. Remove from heat; sprinkle with cheese. Cover and let stand for 5 minutes.

### TOMATO ZUCCHINI SALAD WITH CAPER VINAIGRETTE

2 tbsp extra-virgin olive oil	1/4 tsp freshly ground pepper
1 tbsp chopped fresh parsley	2 medium zucchini, halved lengthwise and thinly sliced
1 tbsp red wine vinegar	2 tomatoes, cut into chunks
1 tsp minced capers or green peppercorns	2 green onions, sliced
1/2 tsp salt	

#### DIRECTIONS

1. To prepare dressing, whisk together oil, parsley, vinegar, capers, salt and pepper.
2. Combine zucchini, tomatoes and green onions in a medium bowl. Add dressing and toss to coat.

## TUESDAY

**ACTIVE COOK TIME: 15 MINS**

**PRO TIPS: Double chicken recipe and reserve 2 cups chopped chicken for Thursday. Broccoli can be substituted for broccolini in this recipe - Reserve 2 cups cut broccolini or broccoli to use on Thursday. Cook 2 extra cups of steamed rice and reserve 2 cups cooked for Thursday.**

### LEMON OREGANO CHICKEN

1/4 cup fresh lemon juice  
2 tbsp extra-virgin olive oil  
1 tbsp oregano, crumbled

3 cloves garlic, crushed  
1/4 tsp freshly ground pepper  
4 boneless skinless chicken breast

#### DIRECTIONS

1. Combine all ingredients except chicken in a double plastic bag. Add chicken and squeeze bag to coat chicken with marinade; seal bag. Allow chicken to marinate 20 minutes, turning bag occasionally.
2. Preheat natural gas barbecue on medium heat for 10 - 15 minutes. Meanwhile, remove chicken from marinade; discard marinade.
3. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through.

### BROCCOLINI WITH GARLIC AND PARMESAN

3/4 lb (0.375 kg) broccolini, trimmed  
2 tbsp extra-virgin olive oil  
2 cloves garlic, crushed and thinly sliced  
1 tbsp grated lemon peel

1/2 tsp freshly ground pepper  
1/4 tsp salt  
1/4 cup freshly grated Parmesan cheese

#### DIRECTIONS

1. Cook broccolini in boiling salted water until tender crisp, about 3 - 4 minutes; drain. Cool broccolini immediately in ice water; drain and set aside.
2. Heat oil in a large ovenproof frypan over medium heat. Add garlic and sauté until golden brown. Add broccolini, lemon peel, pepper and salt; sauté until combined and broccolini is heated through. Remove from heat and sprinkle with Parmesan cheese.
3. Preheat broiler. Broil until Parmesan cheese is golden brown. Serve immediately.

### WEDNESDAY

**ACTIVE COOK TIME: 15 MINS**

**PRO TIPS: Use reserved cooked ground beef from Monday and replace ground pork for filling – just heat through. Reserve Iceberg lettuce to use in salad on Friday. Reserve any leftover carrot to use on Thursday.**

### ASIAN-STYLE PORK IN LETTUCE WRAPS

2 tbsp canola oil	2 tbsp soy sauce
1 lb (0.5 kg) lean ground pork	2 tsp sesame oil
1/4 cup thinly sliced green onion	1 can (8 oz/227 mL) sliced water chestnuts, drained and chopped
1 tbsp grated fresh ginger	1/2 cup finely chopped fresh cilantro
2 cloves garlic, crushed	Iceberg lettuce leaves*
1/4 tsp red pepper flakes, optional	
1/4 cup hoisin sauce	

#### DIRECTIONS

1. To prepare filling, heat oil in a frypan over medium heat. Add pork and cook, stirring to break up pork, until no longer pink, about 7 - 10 minutes. Drain off excess fat. Add green onion, ginger, garlic and red pepper flakes; sauté for 2 minutes. Stir in hoisin sauce, soy sauce, sesame oil and water chestnuts; cook until heated through, about 2 minutes. Stir in cilantro.
2. To serve, spoon filling into centre of individual lettuce leaves; wrap leaves around filling to enclose.

### QUICK COUSCOUS PILAF

1 tbsp olive oil	1 cup couscous
1/2 cup finely chopped carrot	1/4 tsp salt
1/2 cup finely chopped celery	1/4 tsp freshly ground pepper
1/2 cup finely chopped onion	1 tbsp chopped fresh parsley
1 can (10 oz / 284 mL) chicken broth	

#### DIRECTIONS

1. Heat oil in a saucepan over medium heat.
2. Add carrot, celery and onion. Saute until vegetables are tender, about 5 minutes.
3. Stir in broth and bring to a boil. Stir in couscous, salt and pepper.
4. Cover; remove from heat and let stand for 5 minutes.
5. Fluff couscous mixture with a fork. Stir in parsley.

## THURSDAY

**ACTIVE COOK TIME: 30 MINS**

**PRO TIPS: Use reserved chicken, broccoli and rice from Tuesday to use in casserole.  
Use up any leftover carrot from Wednesday.**

### QUICK BROCCOLI RICE BAKE

2 cups frozen chopped broccoli, thawed	1/2 cup light sour cream
2 cups cooked long grain rice	1/4 tsp freshly ground pepper
2 cups diced cooked turkey	Dash hot pepper sauce
1 can (10 oz / 184 mL) cheddar cheese soup	1/2 cup buttered crumbs

#### DIRECTIONS

1. Combine all ingredients except buttered crumbs. Spoon mixture into a deep 6 cup (1.5 L) greased casserole. Sprinkle with crumbs. Bake at 350°F for 30 minutes or until heated through.

### MAPLE THYME CARROTS

4 cups diagonally sliced carrots	1 tsp salt
1 cup water	1/4 tsp freshly ground pepper
1/4 cup maple syrup	1 tbsp fresh lemon juice
1 tbsp chopped fresh thyme	1 tbsp salted butter

#### DIRECTIONS

1. Place carrots and water in a large non-stick frypan over medium heat.
2. Cook, uncovered, stirring occasionally, until carrots are tender crisp and most of liquid is evaporated, about 12 minutes.
3. Stir in maple syrup, thyme, salt and pepper; cook, uncovered, stirring occasionally, until carrots are tender and glazed. Remove from heat.
4. Stir in lemon juice and butter, stirring until butter is melted.

## FRIDAY

**ACTIVE COOK TIME: 30 MINS**

**PRO TIPS: Bake fish in the oven. Add leftover ice-berg lettuce from Wednesday to salad. Once buttered and seasoned, cut French loaf in half and reserve to use up on Saturday**

### GRILLED FISH N' CAESAR SALAD

1 clove garlic, crushed	1/4 tsp salt
1/4 cup extra-virgin olive oil	1/8 tsp freshly ground pepper
2 tbsp lemon juice	8 oz (250 g) cod fillets
2 tbsp sour cream	8 cups torn romaine lettuce
1 1/2 tsp Worcestershire sauce	1/4 cup grated Parmesan cheese
1/2 tsp Dijon mustard	Freshly ground pepper*
1/2 tsp anchovy paste, optional	

#### DIRECTIONS

1. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
2. Whisk together garlic, oil, lemon juice, sour cream, Worcestershire, mustard, anchovy paste, salt and pepper. Remove 1 tbsp dressing; brush over cod. Set remaining dressing aside.
3. Grill fish on lightly oiled grid for 10 - 12 minutes per inch of thickness. Break fish into chunks; combine with lettuce and cheese. Toss with remaining dressing. Grind pepper over each serving.

### HERBED GARLIC BREAD

1/2 cup butter, softened	1/4 tsp oregano, crumbled
2 tbsp finely chopped green onion	1/4 tsp thyme, crumbled
1/2 tsp garlic powder	1/4 tsp salt
1/2 tsp sage, crumbled	1 loaf French bread, sliced

#### DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all ingredients except bread until blended.
3. Spread butter mixture over one side of each bread slice. Reassemble loaf and wrap in foil.
4. Bake until heated through, about 30 - 35 minutes.

## SATURDAY

**ACTIVE COOK TIME: 4 HOURS**

**PRO TIPS: Use up tomatoes and Feta cheese from Monday in salad. Heat up reserved half of garlic bread from Friday.**

### SLOW COOKER LASAGNA

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|---|---|
| 1 tbsp canola oil   | 2 tsp basil, crumbled                           |
| 1 lb (0.5 kg) lean ground beef  | 1 tsp oregano, crumbled                         |
| 2 2/3 cups thawed Freezer Tomato Sauce or 1 jar (650 mL) tomato-based pasta sauce | 2 cups cottage cheese                           |
| 1 1/2 cups water  | 2 cups shredded mozzarella cheese, divided      |
| 1 pkg (300 g) frozen chopped spinach, thawed and squeezed dry                     | 1/4 cup freshly grated Parmesan cheese, divided |
| 1 cup diced onion   | 1 large egg, lightly beaten                     |
|   | 9 uncooked whole wheat lasagna noodles          |

#### DIRECTIONS

1. Heat oil in a large non-stick frypan over medium heat. Add beef and cook, stirring to break up beef, until browned and cooked through. Using a slotted spoon, transfer beef to a large bowl.
2. Add Freezer Tomato Sauce, water, spinach, onion, basil and oregano to beef; stir to combine. Stir in cottage cheese, 1 1/2 cups mozzarella cheese, 2 tbsp Parmesan cheese and beaten egg until combined.
3. Spread 2 cups of beef mixture in bottom of a greased 6 quart slow cooker. Place 3 uncooked noodles on top, breaking noodles as needed to fit. Repeat layering two times, each time using 2 cups of beef mixture and 3 uncooked noodles. Spread remaining beef mixture evenly over noodles.
4. Cover and cook on low heat setting until liquid is absorbed and noodles are tender, about 4 hours. Uncover and sprinkle with remaining 1/2 cup mozzarella cheese and remaining 2 tbsp Parmesan cheese. Cover and let stand for 10 minutes or until cheese is melted.

### GREEK SALAD

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|-------------------------------------|---|
| 3 medium tomatoes, cut into chunks  | 2 tbsp red wine vinegar                                       |
| 1 English cucumber, cut into chunks | 1 tbsp chopped fresh oregano or 1 tsp dried oregano, crumbled |
| 1 large sweet onion, cubed          | 1/2 tsp salt  |
| 1 cup sliced green bell pepper      | 1/4 tsp freshly ground pepper                                 |
| 1 cup kalamata olives               | 1/4 tsp sugar   |
| 1 1/3 cups shredded feta cheese     |   |
| 1/2 cup olive oil                   |   |

#### DIRECTIONS

1. Combine tomatoes, cucumber, onion, green pepper, olives and feta cheese in a serving bowl.
2. To prepare dressing, whisk together oil, vinegar, oregano, salt, pepper and sugar.
3. Pour dressing over salad and toss to coat.

## SUNDAY

**ACTIVE COOK TIME: 1 ¼ HOURS**

**PRO TIPS: Follow oven method for cooking ribs. Cook Lemon Garlic spuds as directed until end of step 3. Saute in a fry pan until browned and tender.**

### TAVERNA RIBS

1/4 cup extra-virgin olive oil  
1 tbsp oregano, crumbled  
1 tsp cayenne pepper  
1 tsp salt

5 cloves garlic, finely chopped  
4 lb (2 kg) pork back ribs  
Lemon wedges

#### DIRECTIONS

1. Combine oil, oregano, cayenne pepper, salt and garlic. Rub mixture over both sides of ribs. Let stand for 10 - 15 minutes.
2. Meanwhile, preheat natural gas barbecue on low heat for 10 - 15 minutes.
3. Grill ribs, turning occasionally, until ribs are brown and tender, about 1 1/4 hours. Alternatively, ribs may be placed in a shallow roasting pan and baked, uncovered, at 400°F for 1 1/4 hours. Squeeze juice from lemon wedges over ribs.

### LEMON GARLIC SPUDS

1/4 cup fresh lemon juice  
1/4 cup chopped fresh parsley  
2 tsp grated lemon peel  
1/2 tsp salt  
1/4 tsp freshly ground pepper

1 clove garlic, crushed  
2 tbsp extra-virgin olive oil  
6 cups halved baby yellow-fleshed potatoes  
2 tbsp extra-virgin olive oil  
1/4 tsp salt

#### DIRECTIONS

1. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
2. To prepare dressing, whisk together lemon juice, salt, pepper and garlic until combined. Gradually whisk in 2 tbsp oil until blended; set aside.
3. Cook potatoes in boiling salted water until almost tender; drain. Do not overcook. Transfer hot potatoes to a large bowl. Toss potatoes with 2 tbsp oil and 1/4 tsp salt.
4. Place potatoes in a grill wok or on a grill topper. Grill potatoes over medium heat on natural gas barbecue, stirring occasionally, for 10 - 12 minutes or until potatoes are browned and tender.
5. Transfer potatoes to a serving dish. Pour dressing over potatoes and toss to coat.

### GREEN BEANS AMANDINE WITH MARJORAM

1 pkg (1 lb/500 g) frozen whole green beans	1 tsp marjoram, crumbled
2 tbsp salted butter	1/4 tsp salt
1 red bell pepper, thinly sliced	1/3 cup sliced almonds, toasted
1/4 cup sliced green onion	

#### DIRECTIONS

1. Cook beans in boiling water just until tender, about 6 minutes; drain. If desired, beans may be cooled quickly in ice water, drained, covered and refrigerated for up to 24 hours.
2. In a non-stick wok or frypan, melt butter over medium heat. Stir in pepper and onion; cook until pepper is tender, about 5 minutes. Stir in beans, marjoram and salt. Cook until heated through. Sprinkle with almonds.

### OLIVE OIL CAKE WITH LEMON MASCARPONE FROSTING

2 cups all-purpose flour	1/3 cup raspberry jam, sieved
1 1/4 tsp baking powder	1/2 cup salted butter, softened
1 tsp salt	1/2 cup icing sugar
1 1/2 cups granulated sugar	1 container (275 g) mascarpone (about 1 1/4 cups)
2 large eggs	2 tbsp grated lemon peel
1 cup milk (2%)	1 tsp vanilla
3/4 cup extra-virgin olive oil	

#### DIRECTIONS

1. Preheat oven to 350°F.
2. Combine flour, baking powder and salt in a bowl; set aside.
3. Place sugar and eggs in a stand mixer fitted with a flat beater. Using low speed, beat for 5 minutes. Using medium speed, beat for 5 minutes. Using high speed, beat for 5 minutes or until mixture is thickened, pale in colour and forms ribbons when flat beater is lifted.
4. Whisk together milk and olive oil. Using low speed and beginning and ending with flour mixture, add flour mixture alternately with milk mixture to sugar mixture, beating just until blended.
5. Pour batter into two greased 8 inch round baking pans lined with greased parchment paper.
6. Bake until a cake tester inserted in centres comes out clean, about 30 - 35 minutes. Cool cakes in pans on racks for 10 minutes. Invert cakes onto racks, remove parchment paper and cool completely.
7. Meanwhile, make Lemon Mascarpone Frosting. Using medium speed of an electric mixer, beat butter until creamy. Gradually beat in icing sugar until fluffy. Add mascarpone, lemon peel and vanilla and beat just until blended. Do not overbeat.
8. Place one cake layer on a serving plate. Spread jam over top. Place second cake layer on top of jam. Spread Lemon Mascarpone Frosting over top and sides of cake. Refrigerate until serving.