

MONDAY

ACTIVE COOK TIME: 30 MINS

PRO TIPS: cut up all asparagus and reserve 2 cups for Wednesday's meal. Reserve extra cherry tomatoes for Thursday's and Friday's meal. Reserve extra romaine heads for Thursday's and Sunday's meal.

PESTO PASTA PRIMAVERA

1 cup sliced asparagus (1 inch)	1 1/2 cups whipping cream
2 tbsp extra-virgin olive oil	1/2 tsp salt
2 cups sliced mushrooms	6 1/2 cups penne or farfalle pasta, cooked, rinsed and drained
1/4 cup sliced shallots	Pesto Sauce
1 cup halved cherry tomatoes	Freshly grated Parmesan cheese*
1/4 cup white wine	

DIRECTIONS

1. Cook asparagus in boiling water for 3 minutes; drain. Cool immediately in ice water; drain.
2. To prepare sauce, heat oil in a large deep frypan over medium heat. Add mushrooms and shallots; cook, stirring, for 3 minutes. Add tomatoes and cook, stirring, until softened, about 3 – 5 minutes. Add asparagus. Stir in wine and cook, stirring frequently until liquid is almost evaporated, about 2 – 3 minutes. Add cream and salt. Bring to a boil.
3. Reduce heat and simmer, stirring frequently, for 1 – 2 minutes. Remove from heat. Stir in Pesto Sauce. Add hot cooked penne and toss to coat. Serve with Parmesan cheese.

Tip: We used oyster mushrooms in this recipe

PESTO SAUCE

2 cups fresh basil leaves, tightly packed	1/2 cup extra-virgin olive oil
3 tbsp pine nuts, walnuts or almonds	2 tsp fresh lemon juice
3 cloves garlic, finely chopped	1/4 tsp salt
1 cup freshly grated Parmesan cheese	

DIRECTIONS

1. Place basil in a food processor; process until finely chopped. Do not over process. Add pine nuts and garlic; process, using an on/off motion, to combine. Add Parmesan cheese; process, using an on/off motion, to combine.
2. With machine running, gradually add oil through feed tube in a thin steady stream, processing until almost smooth. Add lemon juice and salt; process to combine. Cover and refrigerate for up to 2 days or freeze for up to 1 month.

EGG-FREE CAESAR DRESSING

1/3 cup freshly grated Parmesan cheese
2 tbsp fresh lemon juice
1 tbsp Dijon mustard
1 tbsp drained capers, rinsed

2 cloves garlic, chopped
1 1/2 tsp liquid honey
1/2 tsp anchovy paste, optional
1/2 cup extra-virgin olive oil

DIRECTIONS

1. Place all ingredients except oil in a blender; blend to combine.
2. With machine running, pour oil through opening in lid in a thin steady stream, blending until combined. Cover and refrigerate for at least 1 hour or up to 2 days. Stir before using.

TUESDAY

ACTIVE COOK TIME: 50 MINS

PRO TIPS: Make enough cooked rice for 6-8 servings and reserve extra rice to serve for Thursday's meal. Reserve extra cucumber for Saturday and Sunday's meal.

BANGKOK BEAN CURRY

1 tbsp oil	1 can (400 ml) coconut milk
1 cup chopped onion	2 tbsp sugar
2 cloves garlic, finely chopped	1 tsp grated lime peel
3 - 4 tsp red curry paste	1/2 tsp salt
1 can (28oz/796 ml) red kidney beans, rinsed and drained	2 tbsp fresh lime juice
1 can (14 oz/398 ml) diced tomatoes	Hot cooked rice
	Thinly sliced green onion

DIRECTIONS

1. Heat oil in a large saucepan over medium heat. Add onion and sauté for 5 minutes. Stir in garlic and red curry paste; sauté for 1 minute. Stir in beans, tomatoes, coconut milk, sugar, lime peel and salt.
2. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 30 minutes. Stir in lime juice. Serve over rice and sprinkle with green onion.

CUCUMBER SALAD

1/4 cup granulated sugar	3 cups julienned English cucumber
2 tbsp rice vinegar	1/2 cup thinly sliced green onions
2 tbsp finely chopped fresh mint	1/2 cup finely chopped fresh cilantro

DIRECTIONS

1. To prepare dressing, whisk together sugar, vinegar and mint until blended.
2. Combine English cucumber, green onions and cilantro in a bowl.
3. Add dressing and toss to combine. May be refrigerated for up to 30 minutes

WEDNESDAY

ACTIVE COOK TIME: 25 MINS

PRO TIPS: Use up reserved cut asparagus from Monday. Reserve 1/2 of red onion for Friday, Saturday and Sunday's meals. Substitute spinach for the Swiss chard in this recipe. Reserve 1 cup of spinach for Friday's meal.

SPRING FRITTATA WITH SWISS CHARD, ASPARAGUS AND PEAS

1 tbsp canola oil	12 large eggs
2 cups diagonally sliced asparagus (3/4 inch)	1 cup light cream (10%)
1 cup chopped red onion	1 tsp salt
2 cups sliced Swiss chard (stems removed)	1 tsp chopped fresh thyme leaves
1 1/2 cups fresh or frozen green peas	1/2 tsp nutmeg
3 cloves garlic, finely chopped	1/4 tsp cayenne pepper
1 cup crumbled goat cheese, divided	

DIRECTIONS

1. Preheat oven to 400°F.
2. Heat oil in a 12 inch cast iron frypan over medium heat. Add asparagus and onion and sauté until onion is translucent, about 3 minutes. Add Swiss chard, peas and garlic; sauté until Swiss chard is wilted, about 1 minute. Remove from heat. Add 3/4 cup cheese; stir to combine.
3. Whisk together eggs and cream in a medium bowl. Stir in salt, thyme, nutmeg and cayenne. Pour egg mixture into frypan. Top with remaining cheese.
4. Bake until eggs are set, about 18 – 20 minutes.

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

DIRECTIONS

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.

THURSDAY

ACTIVE COOK TIME: 30 MINS

PRO TIPS: Use up reserved rice or buttermilk biscuits from Tuesday. To make a garden salad, Add ½ cup reserved cherry tomatoes halved, 1 celery stock, chopped, and ½ red pepper, chopped to one Reserved Romaine head from Monday. Reserve leftover vinaigrette for Sunday.

NORTH AFRICAN VEGETABLE STEW

1 tbsp olive oil	1 can (10 oz) chicken or vegetable broth
3 cups cubed zucchini	1/4 cup raisins
1 cup sliced carrots	1 1/4 tsp cumin
1 cup chopped onion	1 1/4 tsp ginger
3 cloves garlic, chopped	1 tsp salt
2 cans (19 oz each) chickpeas, rinsed and drained	3/4 tsp coriander
1 can (14 oz) diced tomatoes	1/4 tsp cinnamon
	1/4 tsp freshly ground pepper

DIRECTIONS

1. Heat oil in a Dutch oven over medium heat. Add zucchini, carrots, onion and garlic; saute for 5 minutes. Stir in remaining ingredients (chickpeas through pepper); bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 10 minutes or until vegetables are tender.

CUMIN VINAIGRETTE

1 tbsp minced onion	1/4 tsp salt
1/2 tsp Dijon mustard	1/3 cup fresh lemon juice
3/4 tsp cumin	3/4 cup extra-virgin olive oil

DIRECTIONS

1. Whisk together onion, mustard, cumin, salt and lemon juice.
2. Whisking continually, add oil in a thin stream until blended. Vinaigrette may be refrigerated for up to 4 days.

FRIDAY

ACTIVE COOK TIME: 5 MINS

PRO TIPS: Use up reserved from spinach from Wednesday. Use up reserved cherry tomatoes from Monday, reserved ½ red pepper from Thursday and ½ red onion from Wednesday. Reserve any extra red onion for Saturday and Sunday. Reserve extra celery for Sunday. Follow stove top directions for cooking quesadillas if not using a barbecue.

SPINACH AND CHEESE QUESADILLAS

1 cup thinly sliced spinach	2 tbsp finely chopped green onion
2/3 cup shredded cheddar cheese	2 tbsp mayonnaise
1/2 cup shredded feta cheese	4 whole wheat flour tortillas (8 inch)
2 tbsp freshly grated Parmesan cheese	

DIRECTIONS

1. Preheat natural gas barbecue on low heat for 10 - 15 minutes.
2. Combine all ingredients except tortillas in a bowl. Spread spinach mixture evenly over half of each tortilla. Fold tortillas in half.
3. Grill until lightly browned and heated through, about 2 minutes per side. Alternatively, grill on fry pan on medium heat until lightly brown heated through and cheese is melted, about 2 - 3 minutes per side. Cut into wedges.

QUICK CHICKPEA SALAD

1 can (19 oz/540 mL) chickpeas, rinsed and drained	1/3 cup chopped red onion
1 cup halved grape tomatoes	2 tbsp chopped fresh parsley
1/2 cup diced red bell pepper	1/4 tsp freshly ground pepper
1/2 cup chopped celery	1 jar (6 oz/170 mL) marinated artichoke hearts

DIRECTIONS

1. Combine all ingredients except artichokes in a bowl.
2. Drain artichokes, reserving marinade. Cut artichokes into quarters. Add artichokes and reserved marinade to chickpea mixture; toss to combine.

SATURDAY

ACTIVE COOK TIME: 50 MINS

PRO TIPS: Use reserved ½ cucumber from Tuesday, reserved red onion from Friday. Reserve ½ red pepper for Sunday meal. Follow stove top cooking instructions for burgers if not using a barbecue.

BLACK BEAN BURGERS WITH GARDEN SALSA

1 can (19 oz/540 mL) black beans, rinsed and drained	1/4 tsp freshly ground pepper
1/2 cup fine dry bread crumbs	1/4 tsp ground cumin
1/4 cup finely chopped red onion	1 egg, lightly beaten
1/2 tsp oregano, crumbled	Canola oil*
1/2 tsp salt	4 hamburger buns
	Garden Salsa

DIRECTIONS

1. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
2. Coarsely mash beans with a potato masher; some pieces of bean should remain intact. Stir in bread crumbs, onion, oregano, salt, pepper, cumin and egg. Shape mixture into 4 patties. Brush with oil.
3. Place patties on a grill topper. Grill until cooked through, about 4 - 5 minutes per side. Alternatively, cook in fry pan on medium heat, until cooked through, about 4 – 5 minutes per side. Serve in buns with Garden Salsa.

GARDEN SALSA

2/3 cup chopped seeded English cucumber	1/4 tsp dill weed
1/2 cup chopped red bell pepper	1/4 tsp salt
1/4 cup chopped red onion	1/4 tsp freshly ground pepper
1 tbsp honey	Dash cayenne pepper
1 tbsp fresh lime juice	

DIRECTIONS

1. Combine all ingredients. Cover and refrigerate for up to 1 hour.

BAKED YAM WEDGES

4 small yams, peeled
2 tbsp canola oil
1 tsp paprika

1/2 tsp salt
1/2 tsp cayenne pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. Cut each yam into finger-size pieces. There should be about 6 cups. Combine oil, paprika, salt and cayenne pepper in a heavy plastic bag. Add yams and squeeze bag to coat yams with seasoning mixture. Remove yams from bag and place in a single layer on a greased rimmed baking sheet.
3. Bake, stirring occasionally, until yams are browned and crisp, about 40 - 45 minutes.

SUNDAY

ACTIVE COOK TIME: 1 HR 45 MINS

PRO TIPS: Use up any reserved red onion. Use up all leftover garden vegetables and add to the last Romaine head from Monday. Use up reserved Cumin Vinaigrette from Thursday.

ROASTED SQUASH AND SPINACH CANNELLONI

2 cups cubed peeled acorn squash (1 inch)
1 cup cubed red onion (1 inch)
2 tsp oil
1/2 tsp salt
1/4 tsp freshly ground pepper
1 can tomato sauce with herbs
16 oz ricotta cheese

1 pkg (10 oz / 300 g) frozen chopped spinach,
thawed and squeezed dry
1/2 cup freshly grated Parmesan cheese
1 egg
1 pkg oven-ready cannelloni tubes
1 cup shredded provolone cheese
1 cup freshly grated Romano cheese

DIRECTIONS

1. Preheat oven to 400°F. Grease a rimmed baking sheet or line with nonstick foil.
2. Combine squash, onion, oil, salt and pepper in a bowl; toss until squash and onion are coated. Place squash mixture in a single layer on prepared pan.
3. Bake, uncovered, stirring occasionally, for 45 minutes or just until squash and onion are tender and lightly browned; cool.
4. Reduce oven temperature to 350°F. Spread 1 cup tomato sauce in bottom of a greased 9x13 inch baking dish; set baking dish and remaining tomato sauce aside.
5. To prepare filling, place squash mixture in a food processor. Process, using an on/off motion, until well combined. Add ricotta cheese, spinach, parmesan cheese and egg; process until almost smooth. Spoon filling into a pastry bag fitted with a large plain tip. Pipe filling into cannelloni tubes. Alternatively, filling may be spooned into cannelloni tubes. Place filled cannelloni in a single layer on top of tomato sauce in baking dish. Pour remaining tomato sauce over top.
6. Bake, covered, for 45 minutes. Remove baking dish from oven. Uncover and sprinkle with provolone cheese and Romano cheese. Continue baking, uncovered, for 15 - 20 minutes or until bubbly, heated through and cannelloni tubes are tender. Let stand for 5 minutes before serving.

HERBED GARLIC BREAD

1/2 cup butter, softened
2 tbsp finely chopped green onion
1/2 tsp garlic powder
1/2 tsp sage, crumbled

1/4 tsp oregano, crumbled
1/4 tsp thyme, crumbled
1/4 tsp salt
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.

FLOURLESS BLACK BEAN BROWNIES WITH YOGURT CREAM CHEESE FROSTING

1 can (14 oz/398 mL) black beans, rinsed and drained
1 cup unsweetened pumpkin purée
1/2 cup liquid honey
2 large eggs
2 tsp vanilla

1 cup cocoa powder
1/2 tsp baking soda
1/2 tsp salt
1 cup dark chocolate chips
Yogurt Cream Cheese Frosting

DIRECTIONS

1. Preheat oven to 350°F. Spray a 9x9 inch pan with cooking spray and line with parchment paper.
2. Add beans, pumpkin, honey, eggs and vanilla to a food processor. Purée on high until smooth, about 1 minute.
3. Combine cocoa, baking soda and salt in a medium bowl. Add dry ingredients to the wet ingredients. Process for 30 seconds. Add chocolate chips and pulse until combined.
4. Spread batter into pan. Bake for 25 – 30 minutes or until a cake tester inserted in centre comes out clean. Cool completely in pan. Remove from pan and spread with icing before cutting.

YOGURT CREAM CHEESE FROSTING

1 cup cream cheese, softened
1/4 cup plain Greek yogurt
2 tbsp liquid honey

2 tsp vanilla extract
Pinch of salt

DIRECTIONS

1. Beat cream cheese with an electric mixer until light and fluffy, about 1 minute. Add yogurt, honey, vanilla and salt. Continue beating until smooth and creamy, about 1 – 2 minutes.