

MONDAY

ACTIVE COOK TIME: 30 MINS.

PRO TIPS: RESERVE 2-3 BAKED CHICKEN BREASTS FOR WEDNESDAY. RESERVE PARMESAN CHEESE FOR TUESDAY AND SUNDAY. USE PITTED KALAMATA OLIVES AND RESERVE THE REST FOR SATURDAY AND RESERVE 3 TOMATOES FOR SATURDAY. RESERVE BELL PEPPERS FOR THURSDAY AND SATURDAY.

HERB BAKED CHICKEN

1 1/4 cups fine breadcrumbs	1/2 cup mayonnaise
1/4 cup freshly grated Parmesan cheese	1/2 tsp salt
1/4 tsp basil, crumbled	1/4 tsp sage, crumbled
1/4 tsp oregano, crumbled	1/4 tsp cayenne pepper
1/4 tsp paprika	8 boneless skinless chicken breasts

DIRECTIONS

1. Preheat oven to 400°F. Grease a 9x13 inch baking pan or line with non-stick foil.
2. Combine breadcrumbs, Parmesan cheese, basil, oregano and paprika in a pie pan; set aside.
3. Stir together mayonnaise, salt, sage and cayenne pepper. Spread mayonnaise mixture over both sides of chicken.
4. Place chicken in crumb mixture, pressing lightly so that crumbs adhere; turn to coat both sides. Arrange chicken in a single layer on prepared pan. Do not overcrowd the pan.
5. Bake for 25 - 30 minutes or until chicken is cooked through.

MEDITERRANEAN POTATOES

1/2 cup chopped onion	1 orange bell pepper, cut into 1 inch pieces
2 cloves garlic, crushed	1/4 tsp salt
1 tbsp olive oil	1/4 tsp freshly ground pepper
1 cup chopped seeded Roma tomatoes	1 1/4 cups chicken stock
2 cups cubed peeled baking potatoes	1/2 tsp basil, crumbled
1 red bell pepper, cut into 1 inch pieces	2 tbsp chopped fresh parsley
1 yellow bell pepper, cut into 1 inch pieces	1/4 cup sliced ripe olive

DIRECTIONS

1. In a medium saucepan, sauté onion and garlic in oil over medium heat for 2 minutes. Add tomatoes and cook 5 minutes, stirring frequently.
2. Stir in next 7 ingredients (potatoes through stock); bring to a boil.
3. Cover, reduce heat and simmer, stirring occasionally, until potatoes are tender and most of liquid is absorbed. Stir in basil, parsley and olives.

TUESDAY

ACTIVE COOK TIME: 60 MINS.

PRO TIPS: COOK 2 LBS OF ITALIAN SAUSAGE MEAT AND RESERVE 1 LB FOR THURSDAY. RESERVE 4 CARROTS FOR WEDNESDAY, 2 CARROTS AND 2 CELERY STALKS FOR THURSDAY.

MINISTRONE SOUP WITH SAUSAGE

1/4 cup light olive oil, divided	1 can (19 oz/540 mL) white kidney beans, rinsed and drained
1 lb (0.5 kg) hot Italian sausages, casings removed	1 tsp basil, crumbled
1 cup diced onion	1/2 tsp oregano, crumbled
2 cloves garlic, finely chopped	1/2 cup small shell pasta, cooked, rinsed and drained
1 cup cubed carrots (1/2 inch)	Salt and freshly ground pepper*
1 cup cubed celery (1/2 inch)	Freshly grated Parmesan or Asiago cheese*
1 cup cubed fennel (1/2 inch)	
4 cups chicken broth	
1 can (28 oz/796 mL) diced tomatoes	

DIRECTIONS

1. Heat 1 tbsp oil in a Dutch oven over medium heat. Add sausages and cook, stirring to break up sausages, until browned, about 7 – 10 minutes.
2. Transfer sausages to a paper towel-lined plate. Drain off excess fat from pan.
3. Heat remaining 3 tbsp oil in pan. Add onion and sauté until softened, about 5 minutes. Add garlic and sauté for 1 minute. Add carrots, celery and fennel; cook, stirring, for 5 minutes.
4. Return sausages to pan. Stir in broth, tomatoes, beans, basil and oregano. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 20 minutes or until vegetables are tender.
5. Add cooked pasta and cook, stirring, until heated through. Season to taste with salt and pepper. Ladle into bowls. Top with Parmesan cheese.

BANNOCK BISCUITS

1 cup all-purpose flour
1 1/2 tsp baking powder
1/4 tsp salt

1/3 cup milk
3 tbsp oil

DIRECTIONS

1. Preheat oven to 450°F.
2. Mix flour, baking powder and salt together in a medium bowl.
3. Make a 'well' in the center and pour in milk and oil.
4. Mix gently to form a soft dough. Add more milk, if needed, 1 tsp at a time.
5. Knead gently in the bowl.
6. Break into 6 pieces, roll each piece into a ball and pat into a biscuit, about 1/2 inch thick.
7. Bake on a parchment paper-lined or greased cookie sheet for 10-12 minutes until golden brown.

WEDNESDAY

ACTIVE COOK TIME: 30 MINS.

PRO TIPS: SLICE STRIPS OF LEFTOVER CHICKEN BREASTS FROM MONDAY – OMIT STEPS 1 AND 2. FOR STEP 3 - MELT BUTTER IN A LARGE FRYPAN OVER MEDIUM HEAT. ADD MUSHROOMS AND ONION TO FRYPAN; SAUTÉ UNTIL MUSHROOMS ARE LIGHT GOLDEN AND ONION IS TENDER. CONTINUE TO STEP 4. USE UP 4 CARROTS FROM TUESDAY. RESERVE ½ CUP SOUR CREAM FOR FRIDAY AND 1 ½ CUPS FOR SUNDAY.

CHICKEN STROGANOFF

2 tbsp all-purpose flour	1 cup chopped onion
1/4 tsp paprika	1 can (10 oz / 284 mL) chicken broth
1/4 tsp salt	2 tbsp Dijon mustard
1/4 tsp freshly ground pepper	1/2 cup light sour cream
1 lb (0.5 kg) chicken breast fillets	2 tbsp chopped fresh parsley
2 tbsp salted butter	Hot cooked noodles*
2 cups quartered fresh mushrooms	

DIRECTIONS

1. Combine flour, paprika, salt and pepper in a plastic bag. Add chicken to flour mixture and toss to coat.
2. Melt butter in a large frypan over medium heat. Add chicken and cook, turning once, until chicken is golden brown and cooked through, about 5 - 6 minutes per side.
3. Transfer chicken to a plate. Add mushrooms and onion to frypan; sauté until mushrooms are light golden and onion is tender.
4. Stir in broth and mustard. Bring to a boil, scraping to loosen browned bits.
5. Return chicken and any accumulated juices to frypan. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is slightly thickened, about 5 minutes.
6. Stir in sour cream. Cook, stirring, just until heated through, about 1 minute. Do not boil.
7. Sprinkle with parsley. Serve over noodles.

MAPLE THYME CARROTS

4 cups diagonally sliced carrots
1 cup water
1/4 cup maple syrup
1 tbsp chopped fresh thyme

1 tsp salt
1/4 tsp freshly ground pepper
1 tbsp fresh lemon juice
1 tbsp salted butte

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.

THURSDAY

ACTIVE COOK TIME: 12 MINS.

PRO TIPS: USE 1 LB COOKED ITALIAN SAUSAGE MEAT FROM TUESDAY, OMIT STEP 2 AND CONTINUE TO STEP 3, HEATING MEAT UNTIL HEATED THROUGH AND HOT. RESERVE LEFTOVER ONION FOR SATURDAY. FOR VEGGIE STICKS, USE UP 2 CARROTS AND 2 CELERY FROM TUESDAY. CUT UP HALF OF AN ENGLISH CUCUMBER AND RESERVE HALF FOR SATURDAY.

ITALIAN SAUSAGE, PEPPER AND ONION PIZZA

1/2 lb (250 g) medium or hot Italian sausage, casings removed	12-14 inch pizza crust
1 can (213 mL) pizza sauce	1 cup thinly sliced bell pepper
1 tsp Italian seasoning	1/2 cup thinly sliced onion
1 tsp finely chopped jalapeno pepper, optional	1 1/2 cups shredded mozzarella cheese

DIRECTIONS

1. Preheat oven to 450°F.
2. Crumble sausage into a frypan and cook until browned and completely cooked. Drain off fat.
3. Stir in pizza sauce, Italian seasoning and jalapeno pepper and simmer 1 minute.
4. Place pizza crust on a preheated pizza stone or on a cookie sheet. Spread sausage mixture over crust. Top with bell pepper and onion. Sprinkle with cheese.
5. Bake until heated through and cheese is melted, about 10 – 12 minutes. Slice and serve.

LEMON DILL DIP

1/2 cup sour cream
2 tbsp thinly sliced green onion
1 tbsp fresh lemon juice
1 tsp grated lemon peel

1/2 tsp chopped fresh dill or 1/8 tsp
dried dill weed
1/8 tsp salt
1/8 tsp freshly ground pepper

DIRECTIONS

1. Combine all ingredients until blended. Refrigerate until serving.

FRIDAY

ACTIVE COOK TIME: 20 MINS.

PRO TIPS: RESERVE LEFTOVER SALSA FOR SUNDAY AND RESERVE LEFTOVER BELL PEPPER FOR SATURDAY. COOK RICE AND MAKE ENOUGH FOR SATURDAY.

SPICY BAKED FISH

1 cup mild or medium salsa
1 green onion, sliced
1/3 cup chopped green bell pepper
2 tbsp chopped fresh parsley

1 tbsp red wine vinegar
Dash freshly ground pepper
1 lb (0.5 kg) cod fillets

DIRECTIONS

1. Preheat oven to 425°F.
2. To prepare sauce, combine all ingredients except cod fillets in a medium bowl.
3. Place fish in a shallow casserole dish; spoon sauce over top.
4. Bake until fish flakes easily with a fork, about 20 minutes.

BRAISED BROCCOLINI

1 cup chicken broth	1/4 tsp salt
1 tbsp salted butter	1/8 tsp freshly ground pepper
2 tsp grated lemon peel	1/8 tsp red pepper flakes
1 tsp dill weed	1 lb (500 g) broccolini, trimmed

DIRECTIONS

1. Combine all ingredients except broccolini in a frypan. Bring to a boil over medium heat. Reduce heat and simmer, covered, for 5 minutes.
2. Add broccolini and cook, covered, for 5 – 6 minutes or until tender.

SATURDAY

ACTIVE COOK TIME: 20 MINS.

PRO TIPS: USE UP KALAMATA OLIVES FROM MONDAY, ONION AND ½ CUCUMBER FROM THURSDAY, AND ANY LEFTOVER BELL PEPPERS. USE UP COOKED RICE FROM FRIDAY. RESERVE 1 TOMATO FOR SUNDAY.

PORK SOUVLAKI

1/2 cup fresh lemon juice	1 1/2 lb (0.75 kg) boneless pork
1/4 cup extra-virgin olive oil	shoulder roast, cut into 1 1/2 inch
2 tbsp liquid honey	cubes
1 tbsp oregano, crumbled	10 bamboo skewers
4 cloves garlic, finely chopped	1 tsp salt
	10 pita bread
	Store-bought or homemade tzatziki*

DIRECTIONS

1. To prepare marinade, combine lemon juice, oil, honey, oregano and garlic in a large heavy zip-lock plastic bag.
2. Add pork and squeeze bag to coat pork with marinade. Seal bag and place on a plate. Refrigerate for at least 8 hours or up to 24 hours.
3. Soak skewers in hot water for 30 minutes.
4. Remove pork from marinade; discard marinade.
5. Thread pork onto soaked skewers. Sprinkle pork with salt.
6. Grill pork skewers over medium heat on natural gas barbecue, turning occasionally, until pork is done, about 15 - 20 minutes. Remove from heat. Alternatively, bake skewers in a 400°F oven until the meat is done, about 15 - 20 minutes. Remove from heat.
7. When cool enough to handle, remove pork from skewers; discard skewers.
8. Place pork on one side of each pita. Top with tzatziki. Fold pitas in half.

GREEK SALAD

- | | |
|-------------------------------------|-----------------------------------|
| 3 medium tomatoes, cut into chunks | 2 tbsp red wine vinegar |
| 1 English cucumber, cut into chunks | 1 tbsp chopped fresh oregano or 1 |
| 1 large sweet onion, cubed | tsp dried oregano, crumbled |
| 1 cup sliced green bell pepper | 1/2 tsp salt |
| 1 cup kalamata olives | 1/4 tsp freshly ground pepper |
| 1 1/3 cups shredded feta cheese | 1/4 tsp sugar |
| 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 HR 23 MINS.

PRO TIPS: USE UP LEFTOVER SALSA FROM FRIDAY AND LEFTOVER ONION FROM THE WEEK.

MEXICAN LASAGNA

1 can (14 oz / 398 mL) kidney beans, rinsed and drained	1 tsp oregano, crumbled
1 tbsp canola oil	1 tsp ground cumin
1 lb lean ground beef	1/4 tsp garlic powder
1/2 cup chopped onion	1 1/2 cups Tex-Mex shredded cheese
1 can (19 oz / 540 mL) diced tomatoes	1 cup creamed cottage cheese
1 1/2 cups medium salsa	3/4 cup light sour cream
1 can diced green chilies, drained	9 oven-ready lasagna noodles
1 pkg (35 g) taco seasoning mix	1 1/2 cups Tex-Mex shredded cheese
Chopped green onions*	3/4 cup light sour cream
	Diced tomatoes*

DIRECTIONS

1. Place beans in a food processor. Process, using an on/off motion, until almost pureed; set aside.
2. Heat oil in a Dutch oven over medium heat. Add beef and onion. Cook, stirring to break up beef, until browned and completely cooked, about 10 minutes.
3. Drain off excess fat. Stir in beans and next 7 ingredients (tomatoes through garlic powder).
4. Combine 1 1/2 cups cheese, cottage cheese and 3/4 cup sour cream.
5. Spread 1 cup of beef mixture in a greased 9x13 inch baking dish. Place 3 noodles on top. Layer one-third each of cheese mixture and remaining beef mixture over noodles. Repeat layering twice using remaining noodles, cheese mixture and beef mixture. May be prepared to this point and refrigerated for up to 24 hours.
6. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F for 1 hour or until bubbly and heated through.

7. Meanwhile, to prepare topping, combine 1 1/2 cups cheese and 3/4 cup sour cream.
8. Remove baking dish from oven. Uncover and spread topping over lasagna. Continue baking, uncovered, for 10 - 12 minutes or until topping is melted and heated through. Let stand for 10 minutes before serving. Sprinkle with tomatoes and green onions.

GREENS WITH LIGHT CREAMY CAESAR DRESSING

- | | |
|--|--------------------------------|
| 1 cup light mayonnaise | 1 clove garlic, crushed |
| 1/4 cup freshly grated Parmesan cheese | 1/4 tsp pepper |
| 3 tbsp milk | Torn romaine lettuce |
| 1 tbsp lemon juice | Croutons |
| 1/2 - 1 tsp anchovy paste | Freshly grated Parmesan cheese |

DIRECTIONS

1. Combine first 7 ingredients, mayonnaise through pepper in a blender or food processor.
2. Serve with lettuce, croutons and additional Parmesan cheese.
3. Dressing may be refrigerated for up to 48 hours.

REALLY WACKY CHOCOLATE CAKE

1 1/2 cups all-purpose flour	1/4 tsp ground ginger
1 cup granulated sugar	1 cup water
1/3 cup unsweetened cocoa powder	1/2 cup canola oil
1 1/2 tsp cinnamon	1 tbsp pure white vinegar
3/4 tsp baking soda	1 tsp vanilla
1/4 tsp salt	Icing sugar
1/4 tsp cayenne pepper	

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine flour, sugar, cocoa, cinnamon, baking soda, salt, cayenne pepper and ginger in a medium bowl. Add water, oil, vinegar and vanilla; whisk just until blended. Pour batter into a greased 8 inch square baking pan.
3. Bake until a cake tester inserted in centre comes out clean, about 35 – 40 minutes. Cool in pan on a rack. Just before serving, sift icing sugar over cake. May be frozen for up to 1 month.