

MONDAY

ACTIVE COOK TIME: 35 MINUTES

PRO TIPS: reserve extra salsa and corn for Thursday.

EASY SALSA CHICKEN

2 boneless skinless chicken breasts	3/4 cup medium salsa
1 cup frozen kernel corn, thawed	1 cup shredded cheddar cheese

1. Place chicken in a single layer in a greased small baking dish.
2. Sprinkle corn over chicken.
3. Spoon salsa on top.
4. Bake, covered, at 450°F for 25 - 30 minutes or until chicken is cooked through.
5. Remove baking dish from oven. Uncover and sprinkle with cheese.
6. Continue baking, uncovered, for 5 minutes or until cheese is melted.

CHEESY MASHED POTATOES FOR TWO

3 medium baking potatoes, peeled and cubed	1/4 tsp salt
1 tbsp salted butter	1/2 cup shredded Monterey Jack cheese with jalapeno
2 tbsp hot milk (2 %)	1 tbsp chopped green onion

1. In a medium saucepan, cover potatoes with water and bring to a boil. Reduce heat and simmer, covered, until tender, about 15 minutes.
2. Drain. Mash potatoes with butter, milk and salt. Fold in cheese and onion.

TUESDAY

ACTIVE COOK TIME: 5 minutes

PRO TIPS: Use Farmer's omelette Filling. Reserve extra ham and red pepper for Thursday. Save 1/2 of broccoli salad for Wednesday.

CHEESE OMELETTE

2 large eggs	1 tbsp salted butter
2 tbsp water	1 - 2 tbsp shredded cheddar cheese
Pinch salt	Chopped fresh parsley, optional*
Pinch freshly ground pepper	Farmer's Omelette Filling follows*

1. Whisk together eggs, water, salt and pepper until blended.
2. Melt butter in a medium non-stick frypan over medium heat.
3. Pour egg mixture into frypan. Cook, lifting edges of egg mixture occasionally toward centre of frypan with a spatula, allowing uncooked egg mixture to run underneath. Cook until eggs are set, about 45 – 60 seconds.
4. Sprinkle cheese over half of egg mixture. With a spatula, lift uncovered half of egg mixture and lay over cheese-covered half. Gently slide omelette onto a plate. Sprinkle with parsley.

FARMER'S OMELETTE FILLING

1 tsp salted butter	1 tbsp each diced red and green bell pepper
1 tbsp diced cooked ham	2 thinly sliced mushrooms

1. To make a filled variation of Cheese Omelette, melt butter in a medium nonstick frypan over medium heat. Add ham, red and green bell pepper and mushrooms; sauté for 1 - 2 minutes. Transfer ham mixture to a plate; set aside.
2. Follow recipe directions for Cheese Omelette until eggs are set.
3. Sprinkle ham mixture and cheddar cheese over half of egg mixture. With a spatula, lift uncovered half of egg mixture and lay over ham and cheese-covered half. Gently side omelette onto a plate. Sprinkle with parsley

CREAMY BROCCOLI SALAD

5 cups broccoli florets

1/2 cup plain yogurt

1/4 cup mayonnaise

1/4 cup fresh orange juice

2 tbsp malt vinegar

1 tsp celery seed

1/2 tsp celery salt

1 cup halved seedless red grapes

1/2 cup crumbled cooked bacon

1/2 cup slivered almonds, toasted

1/2 cup finely chopped red onion

1. Cook broccoli in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat broccoli dry with paper towels.
2. To prepare dressing, whisk together yogurt, mayonnaise, orange juice, vinegar, celery seed and celery salt until blended.
3. Combine broccoli, grapes, bacon, almonds and onion in a bowl. Add dressing and toss to combine.

WEDNESDAY

ACTIVE COOK TIME: 45 minutes

PRO TIPS: After cooking, freeze 1/2 the meat loaves for another day. Reserve 1/2 of turmeric rice for Friday. Use up broccoli salad from Tuesday.

MUFFIN CUP MEAT LOAVES

- | | |
|--------------------------------|-------------------------------|
| 1 tsp canola oil | 1 tsp Worcestershire sauce |
| 1/2 cup finely chopped onion | 1/2 tsp oregano, crumbled |
| 1/4 cup shredded carrot | 1/4 tsp freshly ground pepper |
| 1 clove garlic, finely chopped | 1/8 tsp salt |
| 1 lb lean ground beef | Dash hot pepper sauce |
| 1/2 cup soda cracker crumbs | 1 egg, beaten |
| 1/4 cup ketchup | 2 tbsp ketchup |
| 1 tbsp prepared mustard | |

1. Preheat oven to 350°F.
2. Heat oil in a frypan over medium heat. Add onion, carrot and garlic; sauté until softened, about 5 minutes. Cool to room temperature.
3. Combine onion mixture with next 10 ingredients (beef through beaten egg). Spoon mixture into 8 greased nonstick muffin cups. Spread 2 tbsp ketchup on top of meat loaves.
4. Bake for 30 - 35 minutes or until a meat thermometer inserted in centres registers 170°F. Let stand for 5 minutes before serving.

TURMERIC RICE

- | | |
|----------------------------------|-----------------------------------|
| 1/4 cup salted butter | 1/2 tsp salt |
| 3/4 cup finely chopped onion | 2 1/2 cups chicken broth |
| 1 tsp grated fresh ginger | 1/3 cup dried currants |
| 2 cloves garlic, finely chopped | 1/3 cup slivered almonds, toasted |
| 1 1/2 cups long grain white rice | 1/4 cup chopped fresh cilantro |
| 1 tbsp turmeric | |

1. Melt butter in a large saucepan over medium heat. Add onion, ginger and garlic; sauté for 3 minutes. Add rice, turmeric and salt; cook, stirring, for 3 minutes. Stir in broth. Bring to a boil.
2. Reduce heat and simmer, covered, until liquid is absorbed and rice is tender, about 20 - 25 minutes. Remove from heat. Let stand, covered, for 10 minutes.
3. Fluff rice with a fork. Stir in currants, almonds and cilantro.

THURSDAY

ACTIVE COOK TIME: 4 minutes

PRO TIPS: use up reserved salsa and use frozen corn from Monday to replace canned corn. Reserve 1/2 salad and 1/2 dressing for Saturday and do not add dressing to salad until Saturday

SOUTHWESTERN QUESADILLAS

1 cup chopped ham	8 flour tortillas (8 inch)
1/2 cup drained canned kernel corn	3/4 cup shredded monterey jack cheese with jalapeno
1/2 cup medium salsa	
1/4 cup thinly sliced green onion	

1. Preheat natural gas barbecue on low heat for 10 - 15 minutes.
2. Combine ham, corn, salsa and onion. Spread mixture evenly over 4 tortillas. Sprinkle with cheese. Top with remaining tortillas.
3. Grill until golden brown and heated through, about 2 minutes per side. Alternatively, cook on a lightly oiled non-stick griddle over medium heat until quesadillas are golden brown and heated through, about 2 minutes per side. Cut into wedges.

SPINACH SALAD WITH ZESTY PEPPER JELLY DRESSING

1/3 cup red pepper jelly	8 cups baby spinach
1 tsp dijon mustard	1/4 cup coarsely chopped pecans
1/4 tsp salt	1/4 cup shredded feta cheese
2 tbsp canola oil	

1. To prepare dressing, whisk together red pepper jelly, mustard and salt until combined. Gradually whisk in oil until blended.
2. Combine spinach, pecans and cheese in a bowl. Add dressing and toss to coat. Serve immediately.

FRIDAY

ACTIVE COOK TIME:

PRO TIPS: use up tumeric rice from Wednesday. Reserve 1/2 lbs of asparagus for Sunday.

SALMON LOAF FOR TWO

1 tbsp salted butter	1 large egg
1/2 cup finely chopped onion	1 tbsp chopped fresh parsley
1/2 cup finely chopped celery	1/8 tsp dried dill weed
1 can (7 1/2 oz/213 g) sockeye salmon	1/8 tsp salt
1 cup soft fresh breadcrumbs	1/8 tsp hot pepper sauce

1. Preheat oven to 350°f and line a 6x3 1/2-inch mini loaf pan with nonstick foil.
2. Melt butter in a small frypan over medium heat. Add onion and celery; sauté until softened, about 5 minutes. Cool to room temperature.
3. Meanwhile, drain salmon, reserving 2 tbsp of salmon liquid. If desired, remove and discard skin from salmon.
4. Transfer salmon to a bowl and mash with a fork. Add onion mixture, reserved salmon liquid and breadcrumbs; stir to combine.
5. Whisk together egg, parsley, dill weed, salt and hot pepper sauce; stir into salmon mixture.
6. Spoon salmon mixture into prepared pan.
7. Bake until a knife inserted in centre comes out clean, about 40-45 minutes. Let stand for 5 minutes. Invert loaf onto a cutting board and remove foil. Slice and serve.

ASPARAGUS PARMESAN

1 tbsp extra-virgin olive oil	1/4 tsp freshly ground pepper
1 tbsp fresh lemon juice	1 lb asparagus, trimmed
1 tsp chopped fresh parsley	1/4 cup freshly grated parmesan cheese
1/4 tsp salt	

1. Whisk together oil, lemon juice, parsley, salt and pepper until blended.
2. Steam asparagus just until tender crisp, about 4 - 5 minutes. Transfer asparagus to a plate. Drizzle with oil mixture. Sprinkle with parmesan cheese.

SATURDAY

ACTIVE COOK TIME: 35 minutes

PRO TIPS: use up spinach salad and dressing from Thursday. Reserve 1/2 of dinner rolls for Sunday.

SMALL BATCH CHILI

1 tbsp canola oil	1/4 tsp salt
1 lb (0.5 kg) lean ground beef	1 cup water
2/3 cup chopped onion	1 can (14 oz/398 ml) chili-style pinto and red kidney beans
1 clove garlic, crushed	2 tbsp tomato paste
1 tbsp chili powder	
1/4 tsp oregano, crumbled	

1. Heat oil in a large frypan over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat.
2. Stir in chili powder, oregano and salt; cook for 1 minute. Stir in water, beans and tomato paste. Bring to a boil.
3. Reduce heat; cover and simmer, stirring occasionally, for 15 minutes.

SUNDAY

ACTIVE COOK TIME: 25 minutes

PRO TIPS: cook the other 1/2 of asparagus from friday. Use up dinner rolls from Saturday. For mug cakes, follow instructions for gifts from the kitchen and make 2 cakes and save the other 2 for another day.

ENLIGHTENED FETUCCINI ALFREDO

1/3 cup all-purpose flour	1 cup freshly grated parmesan cheese
1/2 tsp salt	1 tbsp butter
1/2 tsp freshly ground pepper	8 oz fettuccine, cooked and drained
1/8 tsp nutmeg	1 tbsp olive oil
2 cups milk	1/4 cup chopped fresh parsley
2 cloves garlic, finely chopped	Freshly grated parmesan cheese
1 bay leaf	

1. To prepare sauce, combine flour, salt, pepper and nutmeg in a medium saucepan.
2. Gradually whisk in milk until smooth.
3. Add garlic and bay leaf. Bring to a boil over medium heat, stirring constantly.
4. Reduce heat and simmer, stirring frequently, just until mixture begins to thicken, about 5 minutes.
5. Remove and discard bay leaf.
6. Stir 1 cup parmesan cheese and butter into milk mixture just until melted.
7. Remove pan from heat.
8. Toss hot cooked fettuccine with oil and parsley. Add sauce and toss to coat.
9. Sprinkle with additional parmesan cheese.

APPLESAUCE MUG CAKES

1 1/4 cups all-purpose flour	1/4 tsp ground cloves
3/4 cup granulated sugar	1/4 tsp ground allspice
3/4 tsp baking soda	1/8 tsp baking powder
3/4 tsp salt	4 containers (4 oz/104 ml each) applesauce
3/4 tsp cinnamon	

1. Combine flour, sugar, baking powder, baking soda, salt, cinnamon, cloves and allspice in a bowl.
2. Divide flour mixture equally into 4, about 1/2 cup per portion. Place each portion into a small container or zip-lock bag.
3. Place one portion of flour mixture into a microwave safe, straight-sided mug. Add in one 104 ml container of applesauce and mix just until combined.
4. Microwave on high 1 - 2 min, or until cake tester inserted in centre comes out clean.
5. Allow to cool slightly before eating. Serve with vanilla iced cream.