

Monday

Active cook time: 20 Minutes

**Pro Tips: reserve rests the of the romaine head for Wednesday, slice 1 tomato.
Reserve 1 cooked corn on the cob for Tuesday.**

HERBED BURGERS

1 lb (0.5 kg) lean ground beef	1/2 tsp freshly ground pepper
3 tbsp chopped fresh parsley	1/4 tsp rosemary, crumbled
2 tbsp chopped green onion	1 clove garlic, crushed
1 tsp basil, crumbled	4 hamburger buns
1/2 tsp oregano, crumbled	Lettuce leaves and tomato slices
1/2 tsp salt	

1. Combine first 9 ingredients (beef through garlic). Shape mixture into 4 patties.
2. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with lettuce and tomato slices.

MEXICAN CORN WITH LIME CREMA

6 cobs corn with husks	1/4 tsp chipotle pepper sauce
1/2 cup sour cream	1/4 tsp salt
3 tbsp fresh lime juice	1 1/2 tsp chili powder

1. Carefully turn back husks of corn and remove silk. Remove all but the innermost layer of husks, reserving a few pieces for tying. Fold the innermost husk layer back over each cob. The kernels should be covered by, but still visible through, the last husk layer.
2. Using reserved husk pieces, tie a thin strip around the tip of each cob to hold husks in place.
3. Soak cobs in cold water for at least 30 minutes or up to 2 hours.
4. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
5. Meanwhile, to prepare lime crema, combine sour cream, lime juice, chipotle pepper sauce and salt in a small bowl. Cover and refrigerate until serving.
6. Remove cobs from water; drain.
7. Grill cobs over medium heat on natural gas barbecue, turning over frequently, for 15 - 20 minutes.
8. Peel back husks. Sprinkle corn with chili powder and drizzle lime crema over top in a zigzag fashion.

TUESDAY

Active cook time: 45 Minutes

Pro Tips: slice corn off reserved corn on the cob and use it instead of frozen corn in Salad. Reserve 1/2 red pepper and 1/2 green pepper for Thursday.

TACO CHICKEN

1/2 cup mayonnaise	1/2 tsp grated lime peel
2 tbsp fresh lime juice	4 boneless skinless chicken breasts
1 pkg (35 g) taco seasoning mix	1 tbsp canola oil

1. To prepare sauce, combine mayonnaise, lime juice, taco seasoning mix and lime peel until blended.
2. Reserve half of sauce to serve with chicken; refrigerate. Set aside the remaining sauce to baste chicken.
3. Combine chicken and oil in a heavy plastic bag. Squeeze bag to coat chicken with oil.
4. Remove chicken from bag. Grill chicken over medium heat on natural gas barbecue for 5 minutes, turning once to sear both sides.
5. Baste with remaining sauce and continue cooking, basting occasionally with sauce, for 7 - 10 minutes or until chicken is cooked through.
6. Serve with reserved sauce.

BARLEY AND BLACK BEAN SALAD

3 cups chicken broth	1 can (19 oz/540 mL) black beans, rinsed and drained
3/4 cup pearl barley	1 cup frozen kernel corn, thawed
1/2 cup medium salsa	1/2 cup diced red bell pepper
1/4 cup plain yogurt	1/2 cup diced green bell pepper
2 tbsp fresh lime juice	1/2 cup chopped fresh cilantro
1/4 tsp salt	1/4 cup thinly sliced green onion
1 clove garlic, crushed	

1. Bring broth to a boil in a large saucepan over medium heat. Stir in barley and return to a boil. Reduce heat and simmer, covered, stirring occasionally, for 40 - 45 minutes or until barley is tender and liquid is absorbed. Transfer barley to a bowl. Cool to room temperature.
2. Meanwhile, to prepare dressing, combine salsa, yogurt, lime juice, salt, and garlic. Add beans, corn, bell peppers, cilantro, and green onion to barley. Add dressing and toss to combine.

WEDNESDAY

Active cook time: 25 Minutes

Pro Tips: reserve 1 cup thinly sliced steak for Thursday. reserve 2 romaine heads for Friday. grill half recipe of bread and reserve the other half for Friday.

SMOKY GRILLED STEAK AND ROMAINE SALAD

1 tbsp packed golden brown sugar	1/2 tsp freshly ground pepper
1 tsp chili powder	1/4 tsp cayenne pepper
1 tsp smoked paprika	1/4 tsp celery seed
1 tsp salt	1 1/2 lb (0.75 kg) flank steak
1/2 tsp garlic powder	3 Romaine hearts
1/2 tsp onion powder	3 tbsp canola oil
1/2 tsp oregano, crumbled	Smoky Tomato Dressing*

1. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
2. To prepare rub, combine brown sugar, chili powder, paprika, salt, garlic powder, onion powder, oregano, pepper, cayenne pepper and celery seed. Spread rub over both sides of steak. Let stand for 30 minutes.
3. Grill steak to medium rare, about 15 - 20 minutes. Let stand for 5 minutes before slicing.
4. Using a sharp knife held at a 45° angle, slice steak against the grain into thin slices. Transfer steak to a platter and cover with foil; set aside.
5. Cut romaine hearts in half lengthwise. Lightly brush oil evenly over both sides of romaine heart halves.
6. Grill romaine heart halves over high heat on barbecue until warmed and lightly browned on both sides, about 1 - 2 minutes per side.
7. To serve, place 1 romaine heart half on each of 6 individual serving plates. Add steak to plates, dividing equally. Drizzle romaine and steak with Smoky Tomato Dressing.

SMOKY TOMATO DRESSING

1 Roma tomato, cored, seeded, and finely chopped
2 tbsp extra-virgin olive oil
2 tsp granulated sugar
1 clove garlic, finely chopped
1/4 tsp liquid smoke

1/4 tsp salt
1/4 tsp freshly ground pepper
1/2 cup mayonnaise
2 tbsp white wine vinegar
3 tbsp finely chopped fresh parsley
1 tbsp drained capers

1. Combine tomato, oil, sugar, garlic, liquid smoke, salt, and pepper in a bowl. Let stand for 30 minutes.
2. Transfer tomato mixture to a blender. Add mayonnaise and vinegar, purée until smooth. Add parsley and capers, purée until almost smooth. May be refrigerated for up to 2 days.
3. Stir before using.

GRILLED HERB CHEESE BREAD

4 oz (125 g) light cream cheese, softened
2 tbsp salted butter, softened
1 clove garlic, crushed
1/2 tsp basil, crumbled

1/4 tsp dill weed
1 tbsp chopped fresh parsley
Dash freshly ground pepper
1 multigrain baguette, split lengthwise

1. Combine all ingredients except baguette until well blended.
2. Wrap baguette halves individually in foil, leaving cut side open.
3. Spread cheese mixture over cut side of baguette halves.
4. Heat bread over low heat directly on grid or on warming rack on natural gas barbecue for 10 – 15 minutes or until heated through.
5. Slice bread and serve.

Thursday

Active cook time: 10 Minutes

Pro Tips: use reserved 1 cup sliced steak from tuesday. For veggie sticks, cut up reserved 1/2 peppers from Tuesday, 2 carrots, 2 celery sticks and 1 cup broccoli florets. Reserve the rest of the vegetables for Sunday.

GRILLED NAAN BREAD PIZZA

2 crosswise slices of red onion (1/4 inch thick each)

1 yellow bell pepper

1/2 cup barbecue sauce

4 Grilled Naan Bread or store-bought naan bread

1 cup thinly sliced barbecued steak

1/4 cup crumbled blue cheese

1/2 cup shredded Swiss cheese

Preheat natural gas barbecue on medium heat for 10 - 15 minutes.

1. Grill red onion and yellow pepper, turning occasionally, until grill-marked, about 4 minutes. Remove from heat. When cool enough to handle, separate red onion into rings, cutting larger rings in half and slice yellow pepper into strips discarding stem, ribs, and seeds; set aside.
2. Spread 2 tbsp barbecue sauce evenly over each Grilled Naan Bread. Top each with red onion, yellow pepper, steak, and blue cheese, dividing equally. Sprinkle 2 tbsp Swiss cheese over each. Place pizzas on a baking sheet that has been stacked on top of another baking sheet and transfer baking sheets to barbecue grid.
3. With lid down, bake pizzas until heated through and cheese is melted, about 10 minutes. Remove from heat. Slice pizzas crosswise and serve.

EASY CHICKPEA HUMMUS

1 can (19 oz/540 ml) chickpeas, rinsed and drained

1/4 cup fresh lemon juice

2 tbsp extra-virgin olive oil

2 tbsp tahini (sesame seed paste)

2 cloves garlic, chopped

1/2 tsp grated lemon peel

1/2 tsp salt

1/4 tsp freshly ground pepper

1 tbsp water, optional

Pita crisps or crackers*

1. Place all ingredients except water and pita crisps in a food processor.
2. Process until smooth. If hummus is too thick, add water and process to combine.
3. Serve with pita crisps or crackers.

Friday

Active cook time: 15 mins.

Pro Tips: use up reserved 2 heads of romaine lettuce. grill remaining half of grilled herb cheese bread.

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	

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.

Saturday

Active cook time: 16 Minutes

Pro tips: reserve half-cooked mushroom fried rice for Sunday.

GRILLED TOFU AND VEGETABLE KEBOBS

1/4 cup hoisin sauce	1 clove garlic, crushed
2 tbsp ketchup	1/2 tsp sesame oil
2 tbsp soy sauce	1 pkg (500 g) firm tofu, cut into 1-inch squares
2 tbsp white wine	2 green bell peppers, cut into 1-inch squares
2 tbsp rice vinegar	12 mushrooms
2 tsp grated fresh ginger	1 medium onion, cut into 1-inch chunks
1 tbsp granulated sugar	6 bamboo skewers

1. Soak bamboo skewers in hot water for 30 minutes.
2. Meanwhile, preheat natural gas barbecue on medium heat for 10-15 minutes.
1. Combine hoisin sauce, ketchup, soy sauce, wine, vinegar, ginger, sugar, garlic, and oil in a large heavy zip-lock plastic bag. Add tofu and toss gently to coat. Seal bag and let stand 1 hour.
3. Remove tofu from marinade with a slotted spoon. Add vegetables to marinade and toss to coat. Remove vegetables with a slotted spoon. Reserve marinade for basting.
4. Thread tofu and vegetables onto skewers.
5. Grill, turning occasionally and basting with marinade until tofu is heated through and vegetables are tender, about 10 minutes.

MUSHROOM FRIED RICE

1/2 lb (250 g) mushrooms, sliced	4 cups cooked rice
2 tbsp salted butter or canola oil	1/2 tsp granulated sugar
2 tbsp soy sauce	3 green onions, diagonally sliced

1. Preheat natural gas barbecue on medium heat for 10 - 15 minutes.
2. In a cast iron frypan, sauté mushrooms in butter over natural barbecue until tender.
3. Stir in soy sauce, rice, and sugar. Heat just to serving temperature; toss with green onions.

Sunday

Active cook time: 20 Minutes

Pro tips: use up all reserved vegetables from the week in savoury grilled vegetables (peppers, onions, carrots, celery, mushrooms, and broccoli). Use up reserved half of mushroom fried rice from Saturday.

CHICKEN WITH HERB VINAIGRETTE

1/3 cup extra-virgin olive oil	1 tbsp capers
2 tbsp balsamic vinegar	4 boneless skinless chicken breasts
1 clove garlic	Additional capers, optional*
2 tbsp chopped fresh herbs, such as rosemary, basil, oregano, or thyme.	

1. Purée oil, vinegar, garlic, herbs, and capers in a blender until smooth.
2. Place 2 tbsp of vinaigrette in a heavy zip-lock plastic bag. Reserve remaining vinaigrette separately.
3. Add chicken to bag and squeeze bag to coat chicken with vinaigrette; seal bag. Let stand for 15 minutes. Meanwhile preheat natural gas barbecue on medium heat for 10 - 15 minutes.
4. Remove chicken from vinaigrette; discard vinaigrette. Grill chicken over medium heat on natural gas barbecue until chicken is cooked through, about 12 - 15 minutes.
5. Place chicken on a small platter. Drizzle with reserved vinaigrette. Garnish with capers.

SAVOURY GRILLED VEGETABLES

2 tbsp Worcestershire sauce	2 tbsp olive oil
2 tbsp balsamic or red wine vinegar	3/4 tsp freshly ground pepper
2 tbsp soy sauce	8 cups assorted vegetables, cut into chunks

1. To prepare marinade, combine all ingredients except vegetables in a heavy zip-lock plastic bag. Add vegetables and squeeze bag to coat vegetables with marinade; seal bag. Let stand for 15 minutes.
2. Remove vegetables from marinade; discard marinade.
3. Grill vegetables in a grill wok or on a grill topper over medium heat on natural gas barbecue, stirring occasionally, for 10 - 15 minutes or until tender.

SKILLET CHOCOLATE CHUNK COOKIE

1 brick	1/4 cup salted butter, softened
1/2 cup all-purpose flour	1/2 cup granulated sugar
1/2 cup old-fashioned rolled oats	1 large egg
1/2 cup whole wheat flour	1/3 cup maple syrup
1/2 tsp baking powder	1 tsp vanilla
1/2 tsp baking soda	1 cup chopped semi-sweet chocolate
1/2 tsp salt	

1. Place brick on natural gas barbecue grid. Preheat barbecue on medium heat or on a setting that maintains a temperature of about 375°F for 10 - 15 minutes.
2. Combine all-purpose flour, oats, whole wheat flour, baking powder, baking soda and salt in a bowl; set aside.
3. Using medium speed of an electric mixer, beat butter until creamy. Add sugar and beat until fluffy.
4. Using low speed, beat in egg, maple syrup and vanilla until blended. Gradually beat in flour mixture just until combined. Fold in chocolate. Press dough into a greased 10-inch cast iron frypan.
5. Set frypan directly on top of brick. With lid down, bake cookie, rotating pan after 10 minutes, until golden brown and edges of cookie are set, about 20 minutes. Serve warm.