

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Baked Salmon Fillets (Suzanne and Andrew)</p> <p>Cauliflower Rice (Kaitlyn)</p>	<p>Chicken Enchiladas (Brenda and Dave)</p>	<p>White Water Brewery Farmer's Daughter Mac 'n Cheese (Margaret and John)</p>	<p>Unstuffed Cabbage Rolls (Hannah)</p>	<p>Lemon Chicken (Tyler and Katie) served with rice and veggie of choice</p>	<p>Cheeseburger Salad (Peter and Colleen)</p>	<p>Lasagna (Kelsey)</p>
<p>Mexican Pizza (Teresa and Chris)</p>	<p>Penne Alfredo with Bacon and Sun-Dried Tomatoes (Nancy)</p>	<p>Deconstructed Pizza (Elizabeth) Served with side salad</p>	<p>Golden Palace Delivery (If you are close enough) (Dan and Melissa)</p> <p>Not close enough? Try Eggroll in a Bowl (Grace)</p>	<p>Taco Ring (Tom and Mary Lou)</p>	<p>Greek Turkey Burger with Tzatziki Sauce and Greek Tomato Salad (Mike)</p>	<p>Tuna Casserole (Lois)</p>

Sunday

Baked Salmon Fillets Dijon

Serves 4

Ingredients

4 4oz fillets salmon

3 tbsps Dijon mustard

salt & pepper to taste

1/4 cup panko

1/4 cup butter melted

Preheat oven to 400 F. Line a shallow pan with foil or parchment paper

Place salmon on foil, spread a thin layer of Dijon on top of each fillet, season with salt & pepper. Top with breadcrumbs, then drizzle with melted butter

Bake in preheated oven for approx 15 minutes, until salmon flakes easily

Cauliflower Rice

This is a super easy veggie boosting alternative to your regular rice!

Ingredients:

1 yellow onion (medium size for 2 servings and large size for 4)

3 cloves of garlic (at least)!!

Half a head of cauliflower (use the whole head for 4 servings)

Olive Oil

Salt and Pepper

Herb of choice to pair with your meal

Instructions:

1. Pre heat oven to 375.
2. Roughly chop your onion into large pieces and peel your garlic cloves. Scatter in random on a baking sheet.
3. Clean up your cauliflower by cutting any large green leaves off and/or the butt end of the stock. If the stock seems to long after your remove the leaves feel free to trim off the stock if too thick/long.
4. Once cleaned then roughly chop your cauliflower into large pieces. I like to do big slices almost like a "cauliflower steak". Its okay if some are small big.
5. Scatter the cauliflower on the baking with the onions and garlic. Drizzle generously with olive oil and season generally with salt and pepper. Give the pan a shake or toss it quickly with your hands to spread the oil and S&P. NOTE: this does not have to be pretty and each time you make this it will look different because of how you cut your ingredients and the size of them.
6. Place tray in the oven for 10-15mins. Check after 10 minutes and if browning is starting to happen on the cauliflower then you can give everything else a toss/ flip to start to roast the other sides. If its not browning then place back in the oven for another 5min.
7. Once you toss/flip the cauliflower then place back in the oven for another 10 minutes.
8. While this is roasting get your food processor or blender or ricer out and ready. Also pick your herb/flavour of choice that you want to use in your "rice". For example, if I am cooking fish I often use dill in my 'rice'. Rosemary is really good with chicken or if your stumped then use parsley.
9. After the cauliflower is done, remove the baking sheet from the oven and scrape all the cauliflower, onion, and garlic into your blender/food processor/ricer. Also add your herb. Be generous! I use probably 2tbsp.
10. Time to blend! This can be tricky and it may take you a few times to 'get it right' or 'how you prefer it'. It does not take long! I use a blender and start on the low seating for about 5 seconds and the speed up to the second setting for 5 seconds, a quick 3 setting and the stop. I take off the lid and scrape down the sides on the blender into the bottom. Then I repeat the blending steps again. I like my rice to be a chunky and have a bit of a crunch to it. If you take it too far then you can just call it "cauliflower mash" :). Either way the flavour will be there!!
11. The rice is ready! However I like to put it back on the baking sheet and let it keep roasting. But for no more than 10 minutes. I just put it back in to keep hot until I am ready to plate. Enjoy!!! A classic dish that I make with the rice is either pan sheer fish with side veggies and a yogurt dill sauce for the fish. OR a baked lemon chicken with rice and veggies! Even ad a crostini to either dish :)

Monday

1	large onion, chopped	1
1	tblsp. vegetable oil	15 mL
4	cups diced, cooked chicken	1 L
4	oz. can chopped green chilies, drained	114 mL
10	oz. can cream of chicken soup	284 mL
2	cups shredded Cheddar cheese	500 mL
2	cups shredded Monterey Jack cheese	500 mL
2	cups salsa	500 mL
12-14	6" (15 cm) flour tortillas	12-14

Preheat oven to 325°F (160°C).

In a large skillet, sauté onion in oil until translucent. Add chicken, chilies, soup and half of the cheeses. Cook over medium-low heat until cheese melts.

Divide chicken mixture evenly among tortillas, roll jelly-roll style, and place in a 9 x 13" (23 x 33 cm) baking dish, seam side down. Spread 1 cup (250 mL) salsa over bottom layer of enchiladas. Place remaining enchiladas on top, cover with 1 cup (250 mL) salsa and top with remaining cheeses.

Bake 30-40 minutes. Let stand 5 minutes before serving.

Serves 6.

.... Easy! Pairs well with a margarita on the back deck!

Tuesday

Whitewater Brewery Farmer's Daughter Mac'n'Cheese

Ingredients:

8 cups of Cooked Macaroni Elbows

1/4 cup Butter

2 Roasted Garlic Cloves (minced)

1/2 cup Flour
1 teaspoon Salt
1 teaspoon Pepper
2 1/2 cups 2% Milk (I used 1%)
1/4 cup 35% Cream (if no cream, though cream is best, just add a tbsp of melted butter to 1/4 cup of milk)
3/4 cup Farmer's Daughter Beer
1 cup Shredded Parmesan
3 cups Grated Aged Cheddar

Panko crumbs(or bread crumbs)

Method:

1. In a medium sauce pan, melt butter and add flour to make the roux.
2. Add garlic and salt/pepper. Cook for about 3/4 minutes.
3. Add beer, milk and cream. Bring to a simmer and keep it there until thickened. While still at a simmer, add Parmesan and cheddar slowly while whisking to incorporate cheese into sauce.
4. Add macaroni to sauce. Sprinkle panko crumbs on top. Bake at 375 F until golden if crusty top is desired. (About 15 minutes or so).

Wednesday

Unstuffed Cabbage Rolls:

Ingredients:

- 1/4 cup of rice (brown or white) – uncooked
- 1/3 cup of water

- 1 ½ tsps. of oil
- 8ozs of lean ground beef (or lentils)
- ½ yellow onion (small, finely diced)
- 4 cups green cabbage – half a large one about (finely sliced)
- 1 ½ cups diced tomatoes
- ¼ tsp salt
- ¼ tsp black pepper

Directions:

1. Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil cover medium-high heat then reduce to a simmer. Cover the pot and let cook until rice is tender.
2. While the rice cooks, heat the oil in a large stock pot over medium-high heat. Add the ground beef and onions and sauté for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
3. Add the cabbage, diced tomatoes, salt, and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until the cabbage is tender.
4. Stir in the cooked rice, until everything is well mixed. Let sit over low heat for another 5 minutes.
5. Enjoy!

Thursday

<https://confessionsofafitfoodie.com/21-day-fix-easy-lemon-chicken/>

Friday

Cheeseburger Salad

Chop up: romaine lettuce, tomatoes, pickles, shredded cheese and red onion.

Then on individual plates for serving put above ingredients on the plate and place a barbecued hamburger on top of the salad.

Top with dressing of your choice. A good choice is ranch dressing.

Great if you want a burger without the bun.


Saturday

Cook up one of your favourite lasagna recipes.

Sunday

black beans, tomatoes, and corn

Ai, ai, ai! It's a zesty pizza pie! If you want to experience the joy of Mex, say "si!" to this uniquely topped pizza that's bursting with fabulous southwestern flavor. It's hot, hot, hot!



8 oz (227 g) extra-lean ground beef
1/3 cup minced onions
1 tsp minced garlic
1/2 cup diced grape tomatoes
1/4 cup each grated carrots and diced green bell pepper
1/4 cup frozen or canned corn
1/4 cup canned black beans, drained and rinsed
1 tbsp minced fresh cilantro
1 tsp chili powder
1/2 tsp ground cumin
1/4 tsp each salt and freshly ground black pepper
1/2 cup pizza sauce
1 12-inch, prebaked, thin-crust pizza shell
1 cup packed shredded light old (sharp) cheddar cheese (4 oz/113 g)
2 tbsp minced green onions
Light sour cream, salsa, and guacamole (optional)

- Preheat oven to 425°F.
- Spray a large, non-stick skillet with cooking spray. Add beef, onions, and garlic. Cook and stir over medium-high heat until beef is no longer pink. Add tomatoes, carrots, green pepper, corn, and beans. Cook and stir for 2 more minutes. Add cilantro, chili powder, cumin, salt, and pepper. Cook 1 more minute. Remove from heat.
- Spread pizza sauce evenly over crust. Top with half the cheese. Spoon beef mixture evenly over pizza. Top with remaining cheese, followed by green onions.
- Place pizza directly on middle oven rack and bake for 10 to 12 minutes, or until cheese is completely melted and crust is lightly browned.
- Tastes great with fajita-like accompaniments, such as sour cream, salsa, and guacamole.

IFUL GRIND

Taco 'bout delicious!

saturated fat (only recommended if you're eating saturated fat). In fact, it's a good choice! It starts to get tough. Choose a T-bone, for instance, for about a day's worth of work (Porterhouse is the worst bandits, rust worth! Steer clear of trim all visible fat and avoid excess. Environmental to antibiotics taken in the fat. Lard h

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Monday

<https://www.dontgobaconmyheart.co.uk/penne-alfredo-bacon-sundried-tomato/>

Tuesday

<http://www.netfeeddaily.com/2018/09/21/low-carb-deconstructed-pizza-casserole/>

Wednesday

Golden Palace 613-820-8444

<https://peaceloveandlowcarb.com/pork-egg-roll-in-a-bowl-crack-slaw-paleo-low-carb-whole30/>

Thursday

THIS MEAT-FILLED PASTRY RING HAS BEEN A PAMPERED CHEF FAVORITE FOR YEARS.

INGREDIENTS

- 1½ lb (700 g) lean (90%) ground beef
- 1 pkg (1½ 1.25 oz/30½ 35 g) taco seasoning mix
- 1½ cups (7 oz/200 g) shredded cheddar cheese, divided
- 2 tbsp (45 mL) water
- 2 pkg (8 oz /250 g each) refrigerated crescent rolls
- 1 egg white, lightly beaten
- Optional toppings: salsa, shredded lettuce, chopped onion and tomato, sliced olives, and sour cream

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Cook the ground beef in a [10" \(24-cm\) Skillet](#) over medium heat for 10-12 minutes or until it's no longer pink, breaking beef into crumbles, then drain. Transfer the beef to a [Classic Batter Bowl](#). Stir in the taco seasoning mix, 1½ cups of the cheese, and water.
2. Unroll the crescent dough and separate it into 16 triangles. Arrange the triangles, slightly overlapping, in a circle on a [Large Round Stone](#) with the wide ends of the triangles overlapping in the center and points toward the outside. There should be a 5" (13-cm)-diameter opening in the center of the stone. The narrow triangle points of dough will extend off the edge of the baking stone.
3. Using a [Large Scoop](#), scoop the filling evenly over the dough in a continuous circle. Bring the points of triangles up over the filling and tuck them under the dough at center to form a ring. (Filling will show.) Brush the top with the egg white. Sprinkle with the remaining cheese. Bake for 25-30 minutes or until it is golden brown. Serve with toppings.
4. Pairs with any wine or beer

Yield:

- 8 servings

Friday

<https://reciperunner.com/greek-turkey-burgers-tzatziki-sauce-greek-tomato-salad/>

Saturday

Tuna Casserole

2 cans tuna
2 cans of cream of mushroom soup
6 cups of cooked noodles
2 cups shredded cheddar cheese
1 cup peas or corn if desired

Mix tuna, soup, noodles and 1 cup cheddar cheese in casserole dish. Top with remaining cheese.
Cook at 400 F for 20 minutes.

To save on dishes, turn heat down to 350 F and cook for 30 minutes in pot you cooked noodles in.
Change it up! Use cream of mushroom or celery soup, add different canned vegetables, cheese and vary your noodles.
We like no yolk broad egg noodles!

EXTRA EXTRA

One additional recipe that you might enjoy

<https://www.skinnytaste.com/easy-bagel-recipe/>