



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>The Wedge with Homemade Blue Cheese Dressing Book 2   pg 264</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>Authentic Ragu Book 2   pg 57</li> <li>Kamut Beer Bread For the Love of Kamut   pg 60</li> </ul>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>Blueberry Croissant French Toast Book 1   pg 99</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>Carne Asada Tacos Book 1   pg 112</li> <li>Santa Fe Lime Rice Book 1   pg 123</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>BBQ Chicken Pizza Book 1   pg 143</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>BBQ Style Brisket Book 1   pg 153</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>Leftovers Baked Potatoes or</li> <li>Classic American Style Potato Salad Book 1   pg 196</li> <li>Veggies Grilled or Roasted</li> </ul>

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<p><b>COMFORT FOOD</b></p> <ul style="list-style-type: none"> <li>Brazilian Meat Sauce with Rice &amp; Fries Book 2   pg 23</li> </ul>	<p><b>ITALIAN</b></p> <ul style="list-style-type: none"> <li>Skillet Pasta Casserole with Bechamel Sauce</li> </ul> <p>See below for recipe</p>	<p><b>FISH + MEATLESS</b></p> <ul style="list-style-type: none"> <li>Flap Jacks with Oats And Whole Wheat Kamut Book 2   pg 95</li> <li>Add cooked bacon to the pancakes! *Soak the beans the night before this dinner which is so delicious and so healthy and easy.</li> </ul>	<p><b>MEXICAN</b></p> <ul style="list-style-type: none"> <li>Mexican Beans and Rice Book 1   pg 122</li> <li>*Soak the beans the night before</li> <li>Serve with rice and flour tortillas.</li> </ul>	<p><b>PIZZA</b></p> <ul style="list-style-type: none"> <li>Choose A Flavor Pizza Book 1   pg 138</li> </ul>	<p><b>GRILL</b></p> <ul style="list-style-type: none"> <li>Sweet And Sour Baked Chicken</li> <li>Variations: Grill with Fresh Pineapple Book 1   pg 162</li> </ul>	<p><b>TRADITIONS</b></p> <ul style="list-style-type: none"> <li>BLT Salad With Cheese and Almonds Book 1   pg 186</li> </ul>

Skillet Pasta Casserole with Bechamel Sauce

- 1 Tablespoon olive oil
- 3 cloves garlic, minced.
- 1 small onion, minced.
- 4 ounces pancetta, cut into small pieces.
- ¾ cup frozen peas
- 8 ounces cooked bow tie pasta
- 2 cups bechamel sauce, recipe below:
- 1/3 cup butter, 1/3 cup white kamut flour, 2 1/2 cups warm milk, dash of nutmeg, French gray coarse salt to taste. (1/4 teaspoon)

Instructions: Melt butter in saucepan. Stir in flour and cook for 3 minutes stirring with a whisk. Add the milk a little at a time, keep whisking until combined, add the nutmeg and salt. Bring to a boil. Set aside.

Extra butter

Parmesan cheese for topping.

- Heat olive oil in large shallow skillet. Add onion, sauté until soft, add garlic, sauté for 1 minute. Stir in pancetta and frozen peas. Cook until pancetta has crisped a bit. Turn heat off. Set aside for a minute.
- Cook the pasta, save 1/3 cup pasta water. Drain. Set aside. Make the Bechamel sauce.
- Add to the skillet the cooked pasta and bechamel sauce. Stir together and if not saucy enough add the pasta water. Dot the top of casserole with butter and sprinkle on fresh grated Parmesan cheese.
- Bake casserole in skillet 350 degrees uncovered 20 minutes or until bubbly.
- Serve from the skillet.