



MON	TUE	WED	THU	FRI	SAT	SUN
<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • David's Bavarian Pretzels • For The Love of Kamut pg 46 • Pepperoni And Parmesan Cheese • Homemade Alfredo Sauce Book 1 pg 77 • Simple Sauce Book 2 pg 55 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Grilled Foot Long Turkey and Bacon Sandwich with Fresh Mozzarella Cheese Book 2 pg 275 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Fish Tacos Book 1 pg 95 • Santa Fe Lime Rice Book 1 pg 173 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Melt In Your Mouth Burritos Book 2 pg 116 	<p>PIZZA</p> <ul style="list-style-type: none"> • Fabulous Thai Chicken Pizza Book 2 pg 139 	<p>GRILL</p> <ul style="list-style-type: none"> • Grilled Balsamic Honey Glazed Salmon Book 2 pg 169 (make enough for dinner tomorrow) • Creamy Grilled Potatoes Book 2 pg 172 • Broccoli 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • Left Over Salmon • Jasmin Rice Book 2 pg 218

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<p>COMFORT FOOD</p> <ul style="list-style-type: none"> • Grilled Garlic Butter Chicken Book 1 pg 156 • Baked Potatoes • Kamut Cornbread For The Love of Kamut page 70 • 	<p>ITALIAN</p> <ul style="list-style-type: none"> • Quick Pasta Casserole with Pancetta and Gouda Cheese • 2 cups Bechamel sauce: 1/3 cup butter, 1/4 cup KAMUT white flour, 2 1/4 cups milk, warmed. • Dash of nutmeg, 1/4 teaspoon French gray coarse salt. Melt the butter in a small saucepan over medium heat. Stir in the flour and cook about 3 minutes. Add the milk a little at a time stirring with a whisk until smooth. Add the nutmeg and salt. If the sauce is to thick add more milk to thin it down. Set aside. • 8 ounces bow tie pasta. Cook according to package. Set aside. • 2 Tablespoon Extra Virgin Olive Oil • 1/2 yellow onion, minced • 2 cloves garlic, minced. • 4 ounces pancetta, cut into small bites. • 3/4 cup frozen peas • 1/4 cup sliced butter pieces • 1/2 cup grated gouda cheese (optional) • In medium size saucepan heat the olive oil. Add the onion. Sauté until soft. Add the garlic and pancetta. Sauté until crisp. In a medium size casserole dish put the bechamel sauce. Add the cooked pasta and sauteed mixture. Mix. Add the frozen peas. Mix. Salt and pepper to taste. Dot the casserole with butter and shredded gouda cheese. Bake until hot and bubbly. 	<p>FISH + MEATLESS</p> <ul style="list-style-type: none"> • Kamut Buttermilk Waffles For the love of Kamut pg 103 	<p>MEXICAN</p> <ul style="list-style-type: none"> • Southwestern Lime Chicken Book 2 pg 162 • Santa Fe Lime Rice Book 1 pg 123 • Black Beans • Flour Tortillas 	<p>PIZZA</p> <ul style="list-style-type: none"> • Cast iron pizza • Make desired dough. Preheat the cast iron frying pan in 450 degree oven for 30 minutes. • Brush with olive oil. • Place the dough inside pan. (Roll the dough up on a rolling pin and unroll it into the pan) be careful the pan is hot. • Place red sauce, mozzarella, pepperoni and olives on top. Sprinkle with olive oil • Bake until crisp about 15 to 20 minutes. 	<p>GRILL</p> <ul style="list-style-type: none"> • Sloppy Joes Book 1 pg 152 	<p>TRADITIONS</p> <ul style="list-style-type: none"> • BLT Salad With Cheese and Almonds Book 1 pg 186