

Thursday

Lunch

Deviled egg, Tomato Green Bean or Minestrone Soup, onion roll, cheese lace, apple slices, cookies.

Dinner

Garlic Chicken Kabobs, cooked carrots, homemade applesauce, (pilaf)

Deviled Egg

Peel hard boiled egg and remove yolk to a small bowl. Add about 1/2 t. legal mustard and 1 t. yogurt. Add legal dill pickle (Bubbies) if you have it and a few drops of pickle juice or water if needed. Add salt to taste. Mix and spoon back into egg whites.

Applesauce

Peel, core and chop 4-5 cooking apples or a variety of types. Put in a pan with about 1/2 c. water, 4-5 T. honey and a shake of cinnamon. Simmer until apples are soft. Mash. Add more honey to taste.

Garlic Chicken Kabobs

Tender, moist and delicious! Serve pilaf to non-SCDs.

Combine in a zip-lock bag 2 hours before cooking (if possible), turning to coat. Chill:

- 4 t. crushed garlic
- 1/2 t. salt
- 1/4 c. cilantro or parsley, chopped
- 1 t. ground coriander
- 1/2 c. homemade yogurt
- 2 T. lemon juice
- 1 1/2 t. olive oil
- 2 lb. boneless, skinless chicken, cut into 1" cubes

Thread meat onto skewers and grill or broil 3-4 minutes on each side, until no longer pink in center.

Whisk together and serve with Dipping Sauce:

- 2 t. crushed garlic
- 1/4 t. each cumin and salt
- 2 T. olive oil
- 1 c. homemade yogurt

Friday

(Remove fish from freezer and put in refrigerator)

Lunch

Leek and Spinach Tart, Tomato Green Bean Soup, onion roll, California dates, pitted and stuffed with pecan half

Dinner

Lime Fish (Tacos), tomato, cheese, grapes

Lime Fish (Tacos)

(recipe from "Light and Tasty" September 24, 2001)

- 1 pound red snapper or orange roughy fillets
- 1 garlic clove, minced or 1/2 t. crushed garlic
- 2 T. butter
- 7 t. lime juice, *divided*
- 1/4 t. pepper
- 4 T. plain yogurt
- dash Tabasco
- (7 flour tortillas, warmed for non-SCDs)
- 1 c. shredded lettuce or cabbage
- 1 c. chopped fresh tomato
- avocado slices



Remove skin from fish and cut into 1-in. cubes. In a non-stick skillet, saute garlic in butter and 5 t. lime juice for 30 seconds. Add fish and pepper. Cook for 6-8 minutes over medium heat until fish flakes easily with a fork. Meanwhile, combine yogurt, hot pepper sauce and remaining lime juice.

Place a spoonful of fish on each tortilla (for non SCD) or plate. Top each with lettuce, tomato, avocado and sauce; fold over tortillas. **Serves 3-4.**

Saturday Dinner

Chicken Breasts with Caramelized Onions
(baby potatoes) and broccoli

Chicken Breasts with Caramelized Onions

Thaw and rinse 2 boneless chicken breasts and cut into 2 or 3 pieces each

Peel and slice 2-3 onions.

Put 2-3 T. olive oil in a large non-stick pan and begin to cook onions.

When they are beginning to look transparent (4 or 5 minutes), add the pieces of chicken.

Season chicken and onions with salt and a generous amount of pepper.

Stir and turn occasionally until meat is no longer pink in the thickest part and onions and chicken have begun to acquire a lovely brown color.

While onions are first cooking, wash baby potatoes for non-SCDs and boil. While chicken is cooking, wash and cut up broccoli and add to a small amount of boiling water a few minutes before chicken and potatoes are done.

Serves 2-3