

Greek Pork Dinner

1/4 c. lemon juice
2 T. olive oil
1 T. mustard (with no added sugars)
1 3/4 t. crushed garlic, *divided*
1 t. dried oregano
1 pound pork meat, sliced into thin pieces

1 c. chopped peeled cucumber
1 c. plain yogurt
1/4 t. salt
1/4 t. dill weed
1/4 t. cumin



(flour tortillas or pita bread for non-SCDers)

1/2 c. chopped green onions

In a large resealable plastic bag, combine the lemon juice, oil, mustard, 1-1/4 t. garlic and oregano; add the thinly sliced pork. Seal bag and turn to coat. Refrigerate for at least 15 minutes or up to all day.

In a bowl, combine the cucumber, yogurt, salt, dill, cumin and remaining garlic; cover and refrigerate until serving.

If using the tortillas or pita bread for non-SCDers, wrap them in foil and place in a 350 degree oven for 10-20 minutes. Drain pork and discard marinade. Pour meat into a nonstick skillet and stir fry for 8-12 minutes or until meat is done.

Serve meat with yogurt sauce and tomato slices. Sprinkle with green onions. If serving as a wrap, place meat, 3 T. yogurt sauce and 1 T. green onions on each tortilla and fold over. Serves 4.

Cucumber Salad

1/2 c. homemade yogurt
2 T. cider vinegar
1 t. honey
1/4 t. crushed garlic
3/4 t. dill weed
1/2 t. salt
3 medium cucumbers, peeled, scored with a fork and sliced
1/2 c. sliced green onions

In a bowl, combine the yogurt, vinegar, honey, garlic, dill and salt. Add cucumbers and onion; toss to coat. Cover and refrigerate for at least 1 hour for best taste. Serve with a slotted spoon. Makes 6 servings.

Friday

Lunch

Albondigas Soup, grilled cheese sandwich, fruit pieces, Cucumber Salad, cookie or candy from SCD recipe

Dinner

Turkey Cabbage Rolls, carrots and broccoli, fresh or cooked apples

Turkey Cabbage Rolls

1/2 pound lean ground turkey (no additives)
1 c. zucchini, grated
3/4 c. chopped green pepper
3/4 c. chopped sweet red pepper (subst. grated carrots)
1/4 c. water
1 t. dried basil
1/2 t. dried marjoram
1/2 t. dried thyme
1/4 t. pepper
8 large cabbage leaves
6 T. freshly shredded Parmesan cheese, *divided*
2 t. lemon juice
1 c. tomato juice (Campbell's)
1/8 t. regular Tabasco Sauce

Boil a pot of water for cabbage leaves.

In a large pan, brown the turkey, then combine with the next 8 ingredients. Bring to a boil over medium heat. Reduce heat; cover and simmer for 5 minutes. Remove from the heat; let stand for 5 minutes.

Meanwhile, cook cabbage leaves in boiling water just until leaves are limp. Remove with tongs and drain. Cut out the thick vein from each leaf, making a V-shaped cut. Overlap cut ends before filling. Stir 4 tablespoons Parmesan cheese and lemon juice into meat/vegetable mixture. Place a heaping 1/3 c. on each cabbage leaf; fold in sides. Starting at an unfolded edge, roll to completely enclose filling.

Combine tomato juice and Tabasco; pour 1/3 c. into a 2 qt. baking dish. Place cabbage rolls in dish; spoon remaining sauce over top. Cover and bake at 400 degrees for 15 minutes or until heated through. Sprinkle with remaining Parmesan cheese. Makes 4 servings, 2 rolls each.

Saturday Dinner

Italian Chicken (& Pasta)

An easy stir-fry



3-4 tomatoes, diced
1 c. tomato juice
1/4 t. dried basil
1/4 t. dried oregano
salt

1 to 1 1/2 lb. chicken meat, cut into 1/2 " pieces
1 small green pepper, julienned (long strips)
1 onion, chopped
1/2 t. crushed garlic
1 T. olive oil
1 c. sliced fresh mushrooms
1/3 c. freshly grated Parmesan cheese
(6 oz. uncooked Penne pasta for non-SCDers, cooked according to pkg. directions)

Combine diced tomatoes, tomato juice, basil, oregano and salt in a pan. Bring to a boil and simmer, stirring occasionally to reduce sauce while meat is cooking - for about 5-10 minutes.

Stir fry chicken, green pepper, onion, garlic and oil until chicken is no longer pink. Add mushrooms and sauce and heat through. Remove from heat. Serve plates, placing chicken mixture over pasta for non-SCDers. Sprinkle servings with parmesan cheese. Serves 4-6.