

Thursday

Lunch

Chicken Soup, SCD garlic roll, cheese lace, yogurt, honey and frozen fruit

Dinner

Italian fish filets, stir-fried carrot slices and onions, sliced speckled bananas with honey, cinnamon, and chopped pecans

Italian Fish Filets

A fast stir-fry!

1 pound red snapper or orange roughy fillets
1 garlic clove, minced or 1/2 t. crushed garlic
1 onion, chopped
2 T. butter (not margarine)
3-4 tomatoes, chopped
1/2 t. dried basil
1/2 t. dried oregano



Saute garlic in butter for 1 minute. Add chopped onion and saute until beginning to be limp. Add chopped tomatoes and herbs and bring to a boil. Simmer for 1-2 minutes. Add cut up fish filets and spoon some of the sauce over fish. Cover and simmer for 8-12 minutes or until fish flakes when a fork is gently twisted in it. Serve with rice for non-SCDerS. Serves 4.

Friday

Lunch

Cheese lace, apple slices, raisins, Italian Fish Filet or tuna salad, deviled egg

Dinner

Seasoned beef patty smothered in sauted browned onions, stir fried carrots, green beans and green or red pepper, onion bread. (Baked potato for non-SCDerS.)

Beef Patty Smothered W/ Onions

1 pound ground beef
1 egg
1/2 t. crushed garlic
1-2 chopped green onions
salt and pepper

4 sliced onions
4-5 T. butter

Combine meat, egg, garlic, green onions, salt and pepper until well mixed. Shape into 4 patties, place in a non-stick pan and let cook until brown on the bottom. Turn and cook the other side until cooked through. Meanwhile, be browning sliced onions in butter in another pan, stirring occasionally, until golden brown. Top patties with onions. Serve non-SCDerS a baked potato. Serves 4.

Saturday, dinner

San Antonio Chicken (Tacos)

2 c. cooked chicken, torn into pieces

(I cook a whole chicken in the crock pot w/ a little water all day then remove the meat for these tacos. The broth is great for soup.)

2 lemons, halved

1/4 head cabbage, cored and finely chopped

1/4 bunch cilantro, chopped

2 green onions, chopped

Salt and pepper

Vegetable oil

1-2 tomatoes, cored, halved, and sliced

Avocado

Grated Cheddar cheese

(Corn tortillas-2 each for non-SCDerS)

1. Squeeze juice from 1 of the lemons into a medium bowl. Add cabbage, cilantro, green onion and salt & pepper to taste. Toss well. Cover and set aside. Slice the remaining lemon into wedges and set aside.

2. Using your fingers, shred chicken into medium pieces and set aside. Heat 3 T. of the oil in a large skillet over medium-high heat. Add chicken, season to taste with salt and pepper, and cook, stirring often until beginning to brown, about 10 minutes. Transfer chicken to a warm plate and set aside.

3. Wipe skillet clean with paper towels or use another small skillet. Heat 3 or 4 T. of oil in the skillet over medium heat. Fry tortillas on both sides until blistered all over yet still soft and pliable, about 1 minute. Using a pair of metal tongs, transfer tortillas to a warm paper towel-lined plate and loosely fold them in half. Repeat with remaining tortillas.

4. For SCD plates, fill with cabbage mixture, warm chicken with grated cheese on top, tomato and avocado slices. To serve tacos, stuff each tortilla with some of the warm chicken, then some of the cabbage. Garnish each tortilla with grated cheese, a slice each of tomato and avocado and each plate with a lemon wedge to squeeze. You will love this meal!

