



## Summer Menu: Week 4

- Sunday:** Greek Pasta Salad with Sausage  
**Monday:** Grilled Lemon Herb Pork Chops with LO\* Pasta Salad  
**Tuesday:** Grilled Chicken Tandoori  
**Wednesday:** Tomatoes with Fresh Basil over Pasta  
**Thursday:** Green Salad with LO\* Tandoori Chicken  
**Friday:** Vegetarian Pesto Pita Pizza  
**Saturday:** Fish Tacos



\*left-over

## Grocery List

### PRODUCE

- 1 red onion
- 5 large tomatoes
- 3 large heirloom tomatoes
- 2 lemons
- 4 limes
- 1 head of garlic
- Fresh basil
- 1 head of lettuce
- 1 bunch of spinach
- 1/2 head of cabbage
- 1 large carrot
- 2 stalks of celery
- 1 jalapeno pepper

### DRY/CANNED FOODS

- 1 pound corkscrew pasta
- 1/2 pound thin spaghetti
- 1-2 cans garbanzo beans
- 1 can black olives
- 1 cup all-purpose flour

### BEVERAGES

- 1 cup of beer

### BREAD

- 6 whole wheat pita breads
- 1 package corn tortillas

### CONDIMENTS/SAUCES

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- Balsamic vinegar
- Garlic powder
- Dried oregano
- Garam masala
- Ground ginger
- Ground cloves
- Ground nutmeg
- Ground cumin
- Dried dill weed
- Ground cayenne pepper
- Sugar
- Vegetable oil
- Salad dressing
- 1 jar of prepared pesto
- Cornstarch
- Baking powder
- 1/2 cup mayonnaise
- Salsa

### MEAT/FISH

- 1 package Italian sausage
- 6 boneless pork loin chops
- 3-4 pounds boneless, skinless chicken thighs
- 1 pound cod filets

### DAIRY/DELI

- 1 1/2 cups feta cheese
- 1-2 cups shredded cheese
- 1 cup plain yogurt
- 1 egg
- Parmesan cheese
- Fresh mozzarella cheese (optional)

### OTHER GROCERIES NEEDED



# Food of Bliss

Find bliss in every bite

## Greek Pasta Salad with Sausage

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 teaspoon garlic powder
- 2 teaspoon dried oregano
- 1 teaspoon sugar
- 1 teaspoon ground pepper
- 1 pound corkscrew pasta, cooked and cooled
- 1-2 cans garbanzo beans, drained and rinsed
- 1 can black olives, roughly chopped
- 1 cup feta cheese
- 2/3 cup diced red onion
- 2 1/2 cups chopped tomatoes
- 1 package Italian sausage

Whisk together the olive oil, red wine vinegar, garlic powder, oregano, sugar, and ground pepper in a large bowl. Add the cooked pasta, garbanzo beans, olives, feta, red onion, and tomatoes, and stir gently to combine. Cover and place in the refrigerator for several hours or overnight.

Add the Italian sausage to a large, cold skillet and add 1/2 cup of water. Cover and place over medium-low heat. Simmer until the water evaporates, and then remove the lid. Brown the sausage, turning frequently, until the sausage is cooked through.

Let the sausage cool slightly, and then cut into slices. To serve, fill bowls with the cold pasta salad, and place sausage slices over the top.



## Grilled Lemon Herb Pork Chops

- 1 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 4 cloves of garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 6 boneless pork loin chops

In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.

Preheat an outdoor grill for high heat, and lightly oil the grate. Grill pork chops for 5 to 7 minutes per side, being careful not to overcook. Serve with your favorite side dishes and enjoy!





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## Grilled Chicken Tandoori

- 1/2 cup plain yogurt
- 2 teaspoons garam masala
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 2 limes, juiced
- 3-4 pounds boneless, skinless chicken thighs

Stir together the yogurt, spices, and lime juice in a small bowl. Add the mixture to a large zip-top bag or shallow baking dish. Add the chicken and coat thoroughly with the yogurt mixture. Marinate in the refrigerator for at least 2 hours.

Preheat the grill over medium-high heat and lightly oil the grate. Remove the chicken from the marinade and pat dry with paper towels to remove most of the marinade.

When the grill is hot, put the chicken on the grill and cook for 2 minutes with the lid open. Close the lid and continue to grill for about 5 minutes. Turn the chicken, close the lid and grill for another 6 minutes, or until the chicken is cooked through.

Serve with basmati rice and your favorite green veggie. Enjoy!



## Tomatoes with Fresh Basil over Pasta

- 3 large heirloom tomatoes
- Olive oil
- Balsamic vinegar
- Fresh basil leaves
- Pepper
- 1/2 pound thin spaghetti
- Parmesan cheese
- Fresh mozzarella cheese (optional)

Chop tomatoes in bite-sized pieces (no need to remove the seeds) and place in a bowl. Drizzle olive oil and balsamic vinegar over the tomatoes (enough to coat the tomatoes), then add the fresh basil leaves. Stir to coat the tomatoes, then let stand at room temperature for 10 minutes (or longer, if you can stand to wait). Serve with fresh cracked pepper, to taste, and enjoy! This dish is also excellent with fresh mozzarella or shredded parmesan.





# Food of Bliss

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## Green Salad with LO Tandoori Chicken

1 head of lettuce, chopped  
1 large carrot, chopped  
2 stalks of celery, chopped  
1 large tomato, chopped  
Left-over tandoori chicken, chopped  
Salad dressing

Toss together the lettuce, carrot, celery, and tomato in a large bowl. Top with chopped chicken and serve with your favorite salad dressing.

**Variation 1:** Lettuce, chopped apples, walnuts, golden raisins, chicken, and salad dressing.

**Variation 2:** Lettuce, avocado, tomatoes, chicken, toasted almonds, and salad dressing.

## Vegetarian Pesto Pita Pizza

6 whole wheat pita breads  
1 jar of prepared pesto  
1-2 cups shredded cheese  
1 large tomatoes, chopped  
1 bunch of spinach, rinsed and roughly chopped  
1/2 cup crumbled feta cheese  
Parmesan cheese (optional)  
Black pepper (optional)

Preheat the oven to 350 degrees.

Place the pita breads in a single layer on a large baking sheet. Bake the pitas in the preheated oven for about 5 minutes (this will help keep the “crust” crispy).

Remove the pitas from the oven, and carefully spread the pesto on top of each pita (as much as you like). Top with a small amount of shredded cheese, a few tomatoes, a handful of spinach (really pile it on because it will shrink in the oven), then a bit of feta cheese. If desired, sprinkle a bit of parmesan cheese and some black pepper on top.

Bake for about 10-12 minutes, or until the crust is crunchy and the toppings are heated through. Cut into quarters and serve hot.





# Food of Bliss

Find bliss in every bite

## Fish Tacos

1 cup all-purpose flour  
2 tablespoons cornstarch  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 egg  
1 cup beer  
1/2 cup plain yogurt  
1/2 cup mayonnaise  
1 lime, juiced  
1 jalapeno pepper, seeded and minced

1/2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon dried dill weed  
1/4 teaspoon ground cayenne pepper  
Oil for frying  
1 pound cod fillets, cut into 2 to 3 ounce portions  
1 package corn tortillas  
1/2 medium head cabbage, finely shredded  
Fresh salsa  
Lime wedges

To make beer batter: In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture (don't worry about a few lumps).

To make white sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, oregano, cumin, dill, and cayenne.

Heat oil in a heavy frying pan (the oil should be about 1/2 to 3/4 of an inch deep).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown, turning once. Drain on paper towels.

Heat a pan (non-stick, if you have it) over medium heat. Add a tortilla to the pan and cook them for about 30 seconds on each side. Keep warm in a tortilla warmer, if you have one, or on a plate covered with a dish towel.

Place fried fish in a tortilla and top with shredded cabbage, white sauce, and fresh salsa. Serve with lime wedges and a cold cerveza (we're pretending to be on vacation, remember?).

