

**Tired of figuring out what to make for dinner?
Spending too much on groceries?**

BUDGET MENU PLANS TO THE RESCUE!

Get a complete monthly menu plan with grocery list and recipes delivered to your inbox just prior to the start of each new month!

Even better, **your monthly plan will feature simple, inexpensive and great tasting recipes using fresh, seasonal foods.**

Subscriptions are priced so affordably, they will easily pay for themselves (complete subscription info is on the final page of the plan)

Enjoy this free sample plan, and feel free to forward it on to your friends, colleagues and family members.

(Please only forward this free sample, not paid subscription menus – thanks!)

Budget Menu for the week of June 8-14th, 2013

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Sausage with Peppers & Creamy Polenta, peas	Lime & Garlic Chicken, Easy Oven Fries, Creamy Cucumber Salad Chocolate Pudding	Frittata, roasted asparagus	Black Bean Chili, tossed salad	Creamy Tuna Pasta with Peas & Carrots, tossed salad	Hummus and Veggie Wraps, salad	Pork Chops with Spicy Rub, Quinoa Tabbouleh, Honey-Roasted Carrots
[SAT]	[SUN]	[MON]	[TU]	[WED]	[TH]	[FRI]

Featured fruits for the week (based on sales): strawberries, cherries, bananas, grapes
 (the featured fruits are not included in the menus but are recommended for snacks and sides)

Featured breakfast recipe: Breakfast Burritos

Featured lunch recipe: Chocolate Power Balls

Planning ahead:

- If cooking beans from dried, cook one package of black beans and one package of chickpeas on the weekend (vegetarians will also need to cook a package of white beans). **Instructions for cooking dried beans are in your welcome package.** Extra beans can be portioned and frozen for future use.
- Sunday's Chocolate Pudding can be made up to 24 hrs in advance
- Thursday's flour tortillas can be prepared up to 24 hrs in advance (if making homemade)
- Friday's Quinoa Tabbouleh can be prepared up to 48 hrs in advance

HOW TO USE YOUR MENU PLAN AND SHOPPING LIST:

You will receive a new menu plan just prior to the start of each new month. The menus are based on simple recipes using inexpensive ingredients along with fresh, seasonal foods available that month.

Menu plans includes 7 dinners, plus one breakfast and one lunch recipe for each week. Weekday meals are usually a maximum of 30-45 minutes prep time from start to finish; some weekend meals may have longer prep times (but often have steps you can do ahead to save time).

Each item in the shopping list is followed by the days of the month that item is needed in the menu plan. If you know you will not be making a particular meal, this makes it easy to figure out which ingredients you do not need to buy. For example, if you are going out for dinner on the 21st, scan the list for items marked [21] and cross them off. If the item is called for on multiple days, you will need to check the recipe(s) for the 21st to see how much less to buy. Items marked [BR] and [LU] are needed for the featured breakfast and lunch recipes, respectively.

You can quickly scan through the list and check your pantry, fridge and freezer to see which items you need for the coming week's meals. Cross off any items you already have. You can also use the blank spaces provided to add any additional items your family needs for the coming week in each category.

The shopping list includes all items needed to make the seven dinner menus, plus the featured breakfast and lunch recipes. I don't give amounts for olive oil, salt and pepper as they are used in nearly all meals and you should always have some of each on hand.

If you are using the vegetarian or gluten-free menu options, you will need to purchase the items in the vegetarian or gluten-free sections of the shopping list. The quantities given for these options assume that the entire meal (4 servings) will be prepared using the vegetarian or gluten-free option.

If you are following the gluten-free options, please note that while I make every attempt to indicate which items have the potential to contain gluten, it is YOUR responsibility to ensure that all the ingredients you use are gluten-free as product formulations change constantly.

Grocery List for the week of June 8-14th, 2013

Produce

- 5 red peppers [SAT, TU, TH, FRI]
- 3 seedless cucumbers [SUN, FRI]
- 1 bunch spinach [MON]
- 1 bundle asparagus [MON]
- 1 zucchini [TH]
- salad greens of choice (enough for 3 meals) [TU, WED, TH]
- 3 avocados [TU, BR]
- 3 lb bag carrots [WED, FRI]
- 8 medium potatoes [SUN]
- 12 cloves garlic [SUN, TU, WED, TH, FRI]
- 5 onions [SAT, MON, TUES, WED, TH]
- 2 limes [SUN, TU]
- 3 lemons [WED, TH, FRI]
- 1 bunch parsley [FRI]
- 3 green onions [FRI]

Meat/Poultry/Seafood (Vegetarians – see Vegetarian Options section)

- 6 Italian-style sausages [SAT]
- 4 chicken legs OR 8 chicken thighs/drumsticks [SUN]
- 1 lb ground beef [TU]
- 4 pork chops [FRI]
- 4 slices bacon [BR]

Canned & Dry Goods

- 1 pkg dried black beans OR 2 19 oz cans [TU]
- 1 pkg dried chickpeas OR 1 19 oz can [TH]
- 2 cans tuna [WED]
- ¼ cup peanut butter [TH]
- ½ cup sunflower seed butter OR sub peanut butter [LU]
- 28 oz can crushed tomatoes [TU]
- 1½ cups chicken or vegetable stock (if not using homemade) [SAT]
- salad dressings of choice (if not using homemade) [TU, WED, TH]

½ cup sugar [SUN]
¼ cup brown sugar [FRI]
¼ cup cornstarch [SUN]
7 tbsp cocoa powder [SUN, LU]
1 tsp baking powder [TH]
½ cup coconut [LU]
2 tbsp flour [WED]
*2 cups whole wheat flour (if making homemade tortillas) [TH, BR]
1½ tbsp ground flax seeds (if making homemade tortillas) [TH, BR]
½ cup oats [LU]
1 cup cornmeal [SAT]
1 cup uncooked quinoa [FRI]
*1 lb rotini or fusilli pasta [WED]
*8 10” flour tortillas (if not making homemade) [TH, BR]
1/3 cup dried apricots [LU]
¼ cup chocolate chips [SUN]

**see the “Gluten-free Option” list for recommended gluten-free substitutions*

Condiments, Spices, Seasonings and Oils

Olive oil
Sea salt
Pepper
¼ cup coconut oil [LU]
½ cup mayonnaise [SUN]
1 tbsp apple cider vinegar [SUN]
4 tbsp salsa [BR]
2 tsp vanilla [SUN, LU]
½ tsp cinnamon [LU]

Condiments, Spices, Seasonings and Oils, cont'd

½ tsp ginger [LU]
4 tsp chili powder [TU, FRI]
2¼ tsp cumin [TU, TH, FRI]
½ tsp paprika [WED, FRI]
¼ tsp dry mustard powder [FRI]
10 tbsp honey [FRI, LU]

Dairy

1 cup Parmesan cheese [SAT, MON, WED]
1 cup grated cheddar cheese (garnish) [TU]

Dairy, cont'd

6 cups milk [SAT, SUN, WED]

¾ cup sour cream [SUN, TU]

1 cup light cream [SUN, MON]

1 dozen eggs [SUN, MON, BR]

5 tbsp butter [SUN, MON, WED]

Other Refrigerated Items

Frozen Foods

3½-5 cups green peas [SAT, WED]

1 cup corn kernels [TU]

Vegetarian Option:

1 pkg white beans OR 2 19 oz cans [SAT]

4 vegetarian burger patties [SUN]

4 hamburger buns [SUN]

1 additional can chickpeas (if not using dried) [WED]

1 pkg firm tofu [FRI]

4 slices veggie bacon (optional) [BR]

Gluten-free Option:

1 lb gluten-free pasta OR 2 cups uncooked rice [WED]

8 large gluten-free flour tortillas (such as brown rice tortillas) [TH]

*½ cup gluten-free oats [LU]

*due to current labelling laws, gluten-free oats are not allowed to be labelled as such in Canada. Glutenfreeda and Only Oats both sell oats that are labelled “wheat-free” in Canada that have been certified gluten free in the U.S. Contact the companies for more information.

SATURDAY:

Sausage & Peppers with Creamy Polenta

*There *are* multiple steps to making this dish, but they're all very simple, so don't let that intimidate you. You can easily prepare this meal in under half an hour.*

1 recipe *Basic Red Sauce* (see following page)

1-2 tbsp olive oil

4-6 Italian sausages

1 medium onion, sliced

2 sweet peppers, sliced

1 recipe *Creamy Polenta* (see following page)

Parmesan cheese for sprinkling

- Prepare the *Basic Red Sauce* as directed and keep hot.
- In a medium frying pan, cook the sausages in oil. Remove to a plate to cool.
- While the sausages are cooking, prepare the *Creamy Polenta* as directed.
- Start the water boiling for the peas, and add 2-3 cups frozen peas once water comes to a boil. Cook peas for several minutes until heated through, then drain well.
- While the peas are cooking, in the same pan used to cook the sausages, sauté the onion and sweet peppers until peppers are tender-crisp.
- While the vegetables are cooking, slice sausages in half lengthwise, then cut into ½” chunks.
- Add sausage chunks to pan with vegetables and cook until sausage is heated through.
- To serve, spoon polenta onto plate, then top with red sauce and pepper/sausage mixture. Sprinkle with Parmesan cheese if desired. Serve peas on the side.

Serves 4

*Recipe reprinted from *Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible)* by Karen McLaughlin*

Vegetarian Option: Substitute **3 cups cooked white beans (or 2 cans of rinsed, drained beans)**. Sauté the onions and sweet peppers as directed, then add the beans and stir gently until heated through. Use vegetable stock for the polenta.

Gluten-free Option: Make sure the **sausages** are gluten-free (many are not). VG Meats in Hamilton is one company that offers gluten-free sausages. If using **store bought stock**, check to make sure it is gluten-free.

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Basic Red Sauce

I almost always have a batch of this sauce in my fridge – not only is it a great pasta topper, it can be used in soups, stews, and a wide variety of other dishes. The cream cuts the acidity of the sauce and gives it a smoother finish; if you don't have any on hand, add a generous pinch of sugar instead.

2 tbsp olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 28 oz can crushed tomatoes
about ¼ - ½ can of water
1½ tsp basil
1½ tsp oregano
½ tsp each salt and pepper
2-4 tbsp light (10%) cream

- In a medium saucepan, sauté the onion and garlic in oil until they start to soften. Add the crushed tomatoes.
- Fill the tomato can about ¼ to ½ full of water and swish to get the rest of the tomatoes from the inside of the can, then add to the pot. Add the basil, oregano, salt, pepper and cream.
- Stir until well blended, then simmer for 15-20 minutes to allow flavors to blend.

Creamy Polenta

I've never been able to figure out why polenta isn't a more popular dish in North America – it's extremely inexpensive and very quick to prepare. It's a nice change from rice or pasta.

2½ cups milk
1½ cups chicken or vegetable stock
1 cup cornmeal

- In a large saucepan, combine milk and stock and bring to a boil.
- Add the cornmeal in a slow, steady stream, whisking constantly.
- Cook over medium heat, stirring frequently, until thickened, about 10-15 minutes.

Serves 4-6

Recipe reprinted from Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible) by Karen McLaughlin

SUNDAY:

Yes, there are four recipes for this meal, but it's really not that long or involved! The main meal can be prepared in about an hour, and the pudding takes roughly 20-30 minutes and can be prepared up to 24 hours in advance.

Prep schedule:

- Make the chocolate pudding and put in the fridge to chill (can be done up to 24 hrs ahead)
- Prepare the oven fries as directed and put them in the oven to start cooking
- Slice the cucumbers for the salad and let drain as directed
- Prepare dressing for the salad while cucumbers drain
- Once the fries have been flipped, start cooking the chicken
- While chicken and fries finish cooking, drain cucumbers, blot dry and add to dressing

Total prep time: Approx 60 minutes for main meal, 30 minutes for pudding

*All recipes for this meal reprinted from **Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible)** by Karen McLaughlin*

Vegetarian Option: In place of the Lime & Garlic Chicken, substitute *1 vegetarian burger patty* per person; prepare as directed on package. Serve on *hamburger buns*.

Gluten-free Option: Ensure *mayonnaise, sour cream and vinegar* are gluten-free. For the pudding, make sure the *cocoa powder and chocolate chips* are gluten-free.

Lime & Garlic Chicken

(Served with Easy Oven Fries, Creamy Cucumber Salad and Chocolate Pudding)

8 chicken thighs, bone-in or boneless, skin removed

2 tbsp olive oil

4 cloves garlic, minced

juice of 1 lime

salt & pepper

- In a large frying pan, sauté garlic in olive oil for about a minute or until it starts to turn golden (be careful not to burn it!).
- Add the chicken pieces in a single layer, and cover the pan. Cook for about 5 minutes, then flip over chicken pieces (they should be nicely browned).
- Sprinkle with salt and pepper, and pour lime juice over top. Cover again, and cook for 5 more minutes or until browned on the bottom and pieces are cooked through (cooking time will be longer if you're using bone-in chicken).

Serves 4

Easy Oven Fries

approx. 2 medium potatoes per person

olive oil (approx. 1-2 tbsp)

salt (approx. 1-2 tsp)

- Peel the potatoes and slice them into wedges. Place potatoes in a large bowl.
- Drizzle with olive oil, stirring until potatoes are uniformly coated. Sprinkle with salt and mix well to distribute evenly amongst potatoes.
- Line 2 cookie sheets with parchment paper, and spread potatoes out evenly onto cookie sheets in a single layer.
- Place on middle rack of oven. Bake for 15 minutes at 425°F, then flip fries over and bake about 10-15 minutes more or until golden brown.

Creamy Cucumber Salad

2 seedless cucumbers

1-2 tbsp salt

½ cup mayonnaise

½ cup sour cream

1 tbsp white wine or apple cider vinegar

1 tsp sugar

¼ tsp each salt and pepper

herb of choice - parsley, mint, or chives

- Slice cucumbers in half lengthwise, then slice into ¼" chunks.
- Place cucumber pieces in a bowl and sprinkle with 1-2 tablespoons of salt, stirring to mix well. Let stand 15-20 minutes while you prepare dressing.
- Make the dressing: Combine mayonnaise, sour cream, vinegar, sugar, salt and pepper. Add herb of choice (about 1 tablespoon dried or 3 tablespoons fresh chopped).
- Once cucumbers have stood 15-20 minutes, turn into a colander and rinse well to wash off salt.
- Drain cucumbers well and blot dry. Add to dressing and mix until well combined.

Serves 4-6

Chocolate Pudding

½ cup sugar
¼ cup cornstarch
3 tbsp cocoa powder
⅛ tsp salt
2 cups milk
½ cup light (10%) cream
1 egg
¼ cup semi-sweet chocolate chips
2 tbsp butter
1 tsp vanilla

- In a medium saucepan, combine sugar, cornstarch, cocoa powder and salt. Whisk in milk and cream. Cook over medium-low heat, whisking constantly, until mixture starts to thicken.
- In a small bowl, beat the egg. Add about ½ cup of hot milk mixture to egg and stir until well combined. Add egg mixture to saucepan and continue to whisk constantly until mixture thickens completely.
- Remove from heat and add chocolate chips, butter and vanilla. Stir until well combined and totally smooth.
- Pour into serving dishes and serve warm or chilled, as you prefer.

Serves 4

MONDAY:

Spinach Frittata with Roasted Asparagus

If you have a cast iron skillet, it's the perfect pan in which to make this dish!

1 bunch spinach, washed, blotted dry and chopped

1 onion, chopped

1 tbsp olive oil

1 tbsp butter

6 eggs

½ cup light cream

1/3 cup Parmesan cheese

1 tsp salt

1 tsp pepper

1 bundle asparagus, washed, blotted dry and ends snapped off

1 tbsp olive oil

salt and pepper

- Preheat oven to 425°F.
- In an ovenproof 10 inch skillet, sauté the onion in oil until it starts to soften. Add the spinach and cook until it wilts (1-2 minutes).
- In a large bowl, whisk together the eggs, cream, Parmesan cheese, salt and pepper. Stir in the spinach mixture. Wipe out skillet with a paper towel.
- Place asparagus in a single layer in a 9 x 13" glass baking dish. Drizzle with olive oil, turning to coat evenly. Sprinkle with salt and pepper.
- Roast in oven for 10-12 minutes or until tender crisp.
- While asparagus cooks, add butter to skillet and heat over medium heat until butter is melted. Swirl to coat pan evenly. Pour in egg mixture, making sure it is evenly distributed over the bottom of the pan. Cook over medium heat, loosening sides of frittata from pan periodically with a silicone spatula, until bottom of frittata is set.
- Once asparagus is done cooking remove from oven and set broiler to high.
- Place frittata under broiler for 2-3 minutes or until top of frittata is set and golden brown.
- Cut frittata into 4 wedges and serve with asparagus on the side.

Serves 4

TUESDAY: Big Batch of Black Bean Chili

(Served with tossed salad and dressing of choice)

This makes a mildly spicy chili that is kid-friendly. Add more chili powder if you like it hotter!

1 tbsp olive oil
1 large onion, chopped
2 cloves garlic, minced
1 red pepper, diced
¾ - 1 lb ground beef
3 cups cooked black beans (or 2 cans, rinsed and drained)
1 cup crushed tomatoes*
1 cup water
1 cup of frozen corn kernels
2-3 tsp chili powder
1 tsp cumin
1 tsp salt
½ tsp pepper

grated cheddar cheese and sour cream (optional)

- In a large, heavy-bottomed saucepan or deep-sided skillet, sauté the onion, garlic and red pepper in olive oil until they start to soften. Add beef and cook until no trace of pink remains.
- Add black beans, tomatoes, water, corn, chili powder, cumin, salt and pepper. Simmer for 20-30 minutes to allow flavours to blend, adding more tomatoes and/or water to get desired consistency.
- While chili is simmering, prepare tossed salad and dressing of choice (if making homemade)
- Ladle chili into bowls and garnish with cheese and sour cream if desired. Serve with salad.

Serves 6-8

*If you like more tomato texture, use a 28 ounce can of diced tomatoes, plus 2-3 tablespoons of tomato paste in place of the crushed tomatoes. You may need to use less water than the recipe calls for to get the chili to the desired consistency.

Recipe reprinted from Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible) by Karen McLaughlin

Vegetarian Option: Omit *ground beef* from recipe.

Gluten-free Option: Make sure *cheese and sour cream* are gluten-free, if using.

WEDNESDAY:

Creamy Tuna Pasta with Peas & Carrots

(Served with tossed salad and dressing of choice)

The creamy, mild flavour makes this dish a favourite with most kids!

1 lb rotini or fusilli pasta
2 tbsp butter
2 cloves garlic, minced
1 onion, chopped
2 large carrots, diced
2 tbsp all-purpose flour
1½ cups milk
1 tsp salt
½ tsp pepper
¼ tsp paprika
1 can tuna, drained
1½ cups frozen peas
juice and zest of 1 lemon
½ cup grated Parmesan cheese

- In a large saucepan, cook pasta in boiling water until tender. Drain.
- While pasta is cooking, in large frying pan, melt butter. Add garlic, onion, and carrots. Sauté until onions are tender and carrots start to soften.
- Add flour and stir until well combined with other ingredients.
- Gradually add milk, stirring constantly, until mixture starts to thicken.
- Add salt, pepper, paprika, tuna, peas, lemon juice and zest, and Parmesan cheese. Cook until peas are heated through and mixture has thickened.
- Combine sauce with cooked pasta and serve.

Serves 4

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Vegetarian Option: In place of the tuna, use *1½ cups cooked chickpeas* (or 1 can, drained and rinsed)

Gluten-free option: Make sure *tuna* is gluten-free (some tuna packed in broth can contain gluten). Omit flour. *Stir 2 tbsp cornstarch into the milk* until well blended before adding to pan. Use *gluten-free pasta*. Make sure *Parmesan cheese* is gluten-free.

THURSDAY: Hummus & Veggie Wraps

(Served with tossed salad and dressing of choice)

This is one of our favourite meals to enjoy in the summer with fresh veggies from our garden. If you want to make homemade tortillas, they can be prepared the day before if desired – the rest of this dish is very quick to prepare!

1 recipe *Hummus* (see following page)

Veggies:

1 zucchini, sliced

1 red pepper, sliced

1 onion, sliced

1 tbsp olive oil

salt and pepper

4 *Whole Wheat & Flax Flour Tortillas* (see following page) or 4 store bought large tortillas

- In a medium frying pan, sauté zucchini, red pepper and onion in oil until tender. Season with salt and pepper to taste.
- While vegetables are cooking, warm flour tortillas in oven or microwave.

To assemble:

- For each wrap, spread approximately ½ cup hummus on each flour tortilla. Top with sautéed vegetable mixture. Fold up ends and roll together tightly. Slice in half and serve.

Serves 4

*Recipe reprinted from *Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible)* by Karen McLaughlin*

Vegetarian Option: No changes needed to this one!

Gluten-free Option: Use *gluten-free tortillas*, such as brown rice tortillas.

Hummus

It only takes a few minutes to blend up a batch of hummus, and the flavour is far superior to the store bought stuff. While hummus is traditionally made with tahini (sesame seed paste), I make mine with peanut butter and it always gets rave reviews when I bring it to potlucks.

1½ cups cooked chickpeas (or 1 can, rinsed and drained)

2 cloves garlic, rough chopped

¼ cup peanut butter

1 tsp cumin

¼ tsp salt

juice of 1 lemon

¼ cup fresh parsley, minced (optional)

2-4 tbsp olive oil

- In food processor, combine chickpeas, garlic, peanut butter, cumin, salt, lemon juice and parsley. Process until mixture is semi-smooth.
- With food processor running, slowly drizzle in olive oil until hummus is desired consistency.

Whole Wheat & Flax Flour Tortillas

It's easier than you think to make your own tortillas! I can make the equivalent of a package of eight 10" flour tortillas for under 40 cents, and the premium whole wheat and flax tortillas at my grocery store sell for \$3.99 a pack (ouch!). Most kids will enjoy helping make these, so it's a fun family activity, too.

2 cups whole wheat flour

1½ tbsp ground flax seed

1 tsp baking powder

½ tsp salt

3 tbsp olive oil

about ¾ cup warm water

- Combine flour, flax seed, baking powder and salt. Add olive oil and stir until well combined.
- Add about ½ cup of warm tap water, then slowly mix in additional water a tablespoon at a time until dough can be gathered into a ball.
- Knead on floured surface for a minute or two until dough is smooth and elastic. Let dough rest for 15 minutes.
- Divide dough into 8 equal portions and shape into balls. On floured surface, roll each ball into an approximately 10" circle (I use a dinner plate as a guide and eyeball it).
- Cook tortillas in a large **ungreased** frying pan over medium-high heat for about 30 seconds per side (it's a lot easier to overcook than undercook tortillas, so err on the side of caution).

Makes 8 10" flour tortillas

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FRIDAY:

Pork Chops with Spicy Rub

(Served with Quinoa Tabbouleh & Honey Roasted Carrots)

4 thick cut pork chops
¼ cup brown sugar
1 tsp chili powder
½ tsp salt
½ tsp pepper
¼ tsp paprika
¼ tsp cumin
¼ tsp dry mustard powder
1 tbsp olive oil

- Prepare the honey roasted carrots and get them cooking (recipe on following page)
- If you didn't make the quinoa tabbouleh ahead of time, start the quinoa cooking (see recipe on following page)
- In a small bowl, combine the brown sugar, chili powder, salt, pepper, paprika, cumin and mustard powder. Rub about half a tablespoon of spice mixture onto the top of each pork chop.
- Heat 1 tablespoon of olive oil in the bottom of a large, heavy skillet (if you have a cast iron pan, I recommend using it).
- Once the pan is very hot, place the chops in the pan with the spice-coated side facing down in the pan. Cook for about 4-5 minutes without lifting chops then flip and cook another 4-5 minutes on the other side, or until juices run clear (chops may also be cooked on a well-oiled grill if desired).
- While the chops are cooking, finish preparing the quinoa salad if not made in advance.

(You will probably have some spice rub leftover. It can be stored at room temperature for several months – it's great on chicken, too!)

Serves 4

Vegetarian Option: In place of the pork, use *1 package of firm tofu* cut into ¾" slices. Brush the tofu slices with olive oil, then coat both sides with rub. Cook over high heat for 2-3 minutes per side.

Gluten-free Option: No changes needed.

Quinoa Tabbouleh

1 cup uncooked quinoa
2 cups water
1/3 cup olive oil
juice of 1 lemon
½ tsp salt
½ a seedless cucumber, quartered and thinly sliced
1 red pepper, diced
3 green onions, sliced
1 large bunch parsley, finely chopped

- Rinse and drain the quinoa, then place in a medium saucepan with the 2 cups of water. Bring to a boil then lower heat and simmer for 10-15 minutes or until you can see little tails on the quinoa and it is tender. Remove from heat and let stand another 5 minutes.
- While quinoa is cooking, combine the olive oil, lemon and salt.
- Combine olive oil mixture with cooked quinoa and mix well.
- Add cucumbers, red pepper, green onions and parsley and stir gently until well combined.

Serves 6 as a side dish (leftovers are great for lunch!)

Gluten-free Option: No changes needed.

Honey-Roasted Carrots

8 large carrots, cut into julienne slices
1 tbsp olive oil
2 tbsp honey
salt and pepper

- Place the carrots in a single layer in a glass 11" x 7" baking dish.
- Combine the olive oil and honey and drizzle over the carrots, stirring to coat. Sprinkle with salt and pepper.
- Roast in a 400°F oven for about 30 minutes, or until tender and lightly browned (stir halfway through cooking time).

Serves 4

Gluten-free option: No changes needed.

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THIS WEEK'S FEATURED BREAKFAST RECIPE: Breakfast Burritos

You can easily make this recipe for one or for a crowd. It's a hearty and filling breakfast that takes just minutes to prepare with the leftover flour tortillas from Thursday's dinner.

For each burrito:

1 egg
1 tsp milk
pinch each of salt and pepper
1 tsp canola or vegetable oil
1 *Whole Wheat & Flax Flour Tortilla*, p. 217

Toppings:

grated cheddar cheese
crumbled bacon
salsa
chopped avocado

- Beat the egg with the milk, salt and pepper. Heat the oil in a frying pan, and then scramble the egg.
- Place scrambled egg on flour tortilla, then top with desired toppings and roll up. Serve immediately.

Recipe reprinted from Cheap Appétit: The Complete Guide to Feeding Your Family for Less Than \$400 a Month (While Eating Better Than You Ever Thought Possible) by Karen McLaughlin

Vegetarian Option: Omit *bacon* or use *veggie bacon*.

Gluten-free Option: Use *gluten-free tortillas*, such as brown rice tortillas. Ensure all toppings used are gluten-free.

THIS WEEK'S FEATURED LUNCH RECIPE: Chocolate Power Balls

My kids don't like sunflower seed butter straight up in a sandwich, but they love these chocolaty nutrient-packed balls, which are a perfect way to add a little extra protein to a school lunch while being allergy-friendly. They make a great afternoon pick-me-up for busy moms, too!



1/2 cup honey
1/4 cup coconut oil
4 tbsp cocoa powder
1/2 cup sunflower seed butter (or any nut butter of choice)
1/2 cup coconut

1/2 cup *uncooked* rolled oats or *cooked* quinoa
1/3 cup finely chopped dried apricots
1/2 tsp cinnamon
1/2 tsp ginger
coconut for coating

- In a small saucepan, combine the honey, coconut oil, cocoa powder and sunflower seed butter.
- Heat over medium-low heat just until mixture blends together well.
- Remove from heat and add coconut, oats, apricots, cinnamon and ginger.
- Chill for about 30 minutes or until mixture firms up enough to roll into balls (I just stick a wooden cutting board under the saucepan and put it in the fridge).
- Shape teaspoon-sized amounts of mixture into balls; roll in coconut. Store in refrigerator.

Makes about 2 dozen balls.

Gluten-free Option: Use *gluten-free oats* (such as Only Oats) or *quinoa*.