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February 1-March 1, 2012

Save on delivery fees by ordering 4 out of 5 weeks and PAYING BY January 30!
(minimum order amounts of \$40 per week apply)

Delivery on February 1/2

Maple Wheat Berry Salad - A Vermont recipe with nutty wheat berries, fresh corn, assorted bell peppers, tart apples, sharp cheddar cheese & our homemade pure maple syrup vinaigrette. Can add roasted turkey. **\$8.75 per serving**

Cornmeal Crusted Cutlets - Chicken or tofu is marinated & baked with a cornmeal crust & served over couscous with a tropical fruit salsa. **\$8.75 per serving**

Asian Noodles - Fresh lo mein noodles are topped with crisp broccoli, summer squash, shitake mushrooms, sweet onions & your choice of chicken or tofu. **\$8.75 per serving**

Tia Carmen's Enchiladas - Flour tortillas are rolled with ground turkey or cheddar jack cheese with peas & black olives & smothered in our Chimayo red chile sauce. **\$8.75 per serving**

Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$8.75 per serving**

Bar Harbor Salad - Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$6.75 With a 6 ounce grilled chicken breast: \$8.75**

Soup - Thai Chicken Curry **\$5.75 per pint; \$9.75 per quart**

Burrito - Mexican Rice & Mole **\$5.75 vegetarian; \$6.75 with chicken**

Dessert - Wild Blueberry Crumb Cake small: **\$6.75; large: \$13**

Side Veggies - **\$4.75 each** 1 - Sauteed Kale/ 2 - Rosemary Roasted Potatoes

a la carte Cutlets - (Tofu, Chicken, or Salmon) **\$5.75 each** 1 - Honey Dijon/ 2 - Greek Lemon

Deli Salads - **\$6.75 each** 1 - Mediterranean Tuna 2 - Cape Cod Chicken (contains walnuts)

Fresh Fruit Salad - **\$6.75 per pint**

Maple Pecan Cranberry Granola - **\$6.75 per quart container**

Delivery on February 8/9

Teriyaki Rice Salad - Teriyaki glazed chicken or tofu chunks are tossed with brown rice, fresh steamed broccoli, red peppers, snow peas, scallions & raisins with a soy sesame dressing **\$8.75 per serving**

Salsa Verde Cutlets - Chicken or tofu is marinated & baked with fajita seasonings, served over roasted potatoes, smothered in our homemade poblano & tomatillo sauce & topped with jack cheese. **\$8.75 per serving**

Winter Squash Pasta - A mélange of roasted squash, garlic & corn is combined with penne pasta. Can add grilled chicken sausage. **\$8.75 per serving**

Meatballs Mykanos Ground turkey or tofu meatballs are flavored with garlic & fresh herbs & served over couscous with a homemade tomato mint sauce & feta cheese. **\$8.75 per serving**

Lasagne Florentine - Noodles are rolled w/ Sopprafina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. Can add turkey sausage. **\$8.75 per serving**

Taverna Salad - Leafy greens with fresh roasted peppers, tomatoes & garlic, black olives & fresh mozzarella with Italian Vinaigrette. **\$6.75 With a 6 ounce grilled chicken breast: \$8.75**

Soup - Vegetarian Minestrone **\$5.75 per pt; \$9.75 per quart**

Burrito - Black Bean & Sweet Potato **\$5.75 vegetarian; \$6.75 with ground turkey**

Dessert - Organic Cocoa Mini Tortes small (4): **\$6.75; large (8): \$13**

Side Veggies - **\$4.75 each** 1 - Cauliflower Au Gratin / 2 - Mashed Sweet Potatoes

a la carte Cutlets (Tofu, Chicken or Salmon) **\$5.75 each** 1 - Italian Herb / 2 - Soy Coconut

Deli Salads: \$6.75 each 1- Old Fashioned Tuna / 2 - Curried Chicken (contains nuts)

Fresh Fruit Salad - **\$6.75 per pint**

Maple Pecan Cranberry Granola **\$6.75 per quart container**

Please see other side for February 15-March 1

Delivery on February 15/16

Caponata Couscous - Israeli couscous is mixed with a fresh & savory eggplant melange with roasted tomatoes, peppers, assorted olives, raisins & fresh herbs. Can add grilled chicken. **\$8.75 per serving**

Thai Cutlets - Chicken or tofu is baked in a Thai coconut sauce & served over basmati rice with sauteed baby spinach & garlic & toasted coconut. **\$8.75 per serving**

Pasta Primavera - The classic healthy pasta dish with a rainbow of fresh steamed vegetables tossed with penne, roasted garlic, olive oil & freshly shredded Parmesan cheese. Can add salmon fillet.

Savory Ricotta Pie - Fresh cauliflower, sauteed sweet onions & roasted garlic are baked in a short crust with the best ricotta, shredded Italian cheeses & herbs. **\$8.75 per serving**

Red Chile Enchiladas - Corn tortillas are rolled with shredded chicken or homemade refritos (pinto beans) & smothered with our Chimayo red chile (family recipe!), cheese, onions & olives. **\$8.75 per serving**

Nantucket Salad - Mixed greens with sugar snap peas, tomatoes, carrots, dried cranberries & roasted sunflower seeds w/sharp cheddar & dijon balsamic dressing on the side. **\$6.75; With 6 oz grilled chicken breast: \$8.75**

Soup - Chicken Posole (Mexican hominy stew) **\$5.75 per pint; \$9.75 per quart**

Burrito - Green Chile with Beans & Cheese **\$5.75 vegetarian; \$6.75 with ground turkey**

Dessert - Oatmeal Raisin Cookies $\frac{1}{2}$ doz - **\$6.75; 1 dozen- \$13**

Side Veggies - **\$4.75 each** 1 - Edamame & Fresh Corn Succotash / 2 - Greek Roasted Potatoes

a la carte Cutlets (Tofu, Chicken or Salmon) - **\$5.75** 1 - Maple Balsamic / 2 - Korean BBQ

Deli Salads - **\$6.75 each** 1 - Persian Tofu Salad (delicious as a spread! Vegan!) 2 - Mandarin Chicken & Broccoli

Fresh Fruit Salad - **\$6.75 per pint**

Maple Pecan Cranberry Granola **\$6.75 per quart container**

Delivery on February 22/23

Stuffed Sweet Potatoes - Red Garnet yams are baked & stuffed with a delicious filling with black beans, roasted corn, caramelized onions, roasted chiles & our homemade bbq blue cheese sauce. Can add turkey. **\$8.75 per serving**

Fresh Pesto Cutlets - Chicken or tofu is baked with lemon & herbs & served over ditalini pasta with our homemade fresh basil pesto & Italian cheeses. (pesto contains nuts) **\$8.75 per serving**

Pasta & Broccoli Rabe - Penne pasta is combined with sauteed broccoli rabe with garlic & red pepper flakes & topped with Italian cheeses. Can add grilled chicken sausage. **\$8.75 per serving**

Grilled Vegetable Casserole - Brown rice & an assortment of fresh grilled vegetables are combined with our marinara sauce, fresh herbs & Parmesan. Can add grilled chicken. **\$8.75 per serving**

Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$8.75 per serving**

Greek Salad - Romaine with bell peppers, tomatoes, red onion, Kalamata olives, feta & homemade Greek lemon dressing. **\$6.75; With a 6 ounce grilled chicken breast: \$8.75**

Soup: Farmhouse Lentil (vegetarian) **\$5.75 per pint; \$9.75 per quart**

Burrito - Red Chile with Beans & Cheese **\$5.75 vegetarian; \$6.75 with grilled chicken**

Dessert - Citrus Glazed Pumpkin Bars $\frac{1}{2}$ dozen - **\$6.75; 1 dozen - \$13**

Side Veggies - **\$4.75 each** 1 - Fresh Snap Peas & Baby Carrots / 2 - Roast Potato Medley

a la carte Cutlets (Tofu, Chicken or Salmon): **\$5.75 each** 1 - Citrus Ginger / 2 - Adobado

Deli Salads - **\$6.75 each** 1 - Roast Turkey w/Grapes & Almonds / 2 - Italian Vegetable Mozzarella

Fresh Fruit Salad - **\$6.75 per pint**

Maple Pecan Cranberry Granola - **\$6.75 per quart**

Delivery on February 29/March 1

Warm French Pasta Salad - Penne, roasted beets & green beans are tossed with a robust Dijon vinaigrette dressing, toasted walnuts & feta cheese. Can add grilled chicken. **\$8.75 per serving**

Cherry Teriyaki Cutlets - Chicken or tofu is marinated & baked in our homemade cherry teriyaki sauce & served over basmati rice with a garnish of crisp vegetables. **\$8.75 per serving**

Baked Ziti Everyone's favorite pasta dish with our homemade marinara sauce & Italian cheeses. Can add grilled chicken sausage. **\$8.75**

Smothered Green Chile Burritos - Flour tortillas are rolled with homemade refried beans & cheese & smothered with our fresh Tex-Mex green chile sauce. Can add ground turkey. **\$8.75 per serving**

Barbeque Meatloaf - Individual turkey or tofu meatloaf is topped with our bold homemade BBQ sauce & served alongside sour cream mashed potatoes.. **\$8.75 per serving**

Pomegranate Spinach Salad - Fresh baby spinach with grated carrots, tomatoes, golden raisins, candied walnuts & gorgonzola cheese & pomegranate dressing on the side. **\$6.75; With a 6 ounce grilled chicken breast: \$8.75**

Soup - Chicken Noodle **\$5.75 per pint; \$9.75 per quart**

Burrito - Roasted Veggie & Black Bean **\$5.75 vegetarian; \$6.75 with grilled chicken**

Dessert - Coconut Raspberry Oat Bars $\frac{1}{2}$ dozen- **\$6.75; 1 dozen - \$13**

Side Veggies - **\$4.75 each**: 1 - Italian Broccoli / 2 - Cranberry Sweet Potatoes

a la carte Cutlets (Tofu, Chicken or Salmon): **\$5.75 each**: 1 - Lemon Dijon / 2 - Ginger Scallion

Deli Salads - **\$6.75 each**: 1 - Greek Chicken / 2 - Real Egg Salad

Fresh Fruit Salad - **\$6.75 per pint**

Maple Pecan Cranberry Granola **\$6.75 per quart**

Please note there is a **\$5 delivery fee for all orders (unless you pay in advance by January 30)**

Minimum amount for delivery is \$40 (\$45 including delivery fee)

Special requests are available on the entrees only for \$5 per request. This includes non-dairy requests.

Gift Certificates are available! Call (781-293-8422) or email (cookingftheart@gmail.com) for more information!

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more if you choose the pyrex. Single servings are delivered in disposable containers.