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January 6-27, 2010

Happy New Year!!

Delivery on January 6

Oasis Salad A Cooking From the Heart original recipe, couscous is combined with fresh pineapple, mandarin oranges, dates, almonds & an orange mint yogurt dressing with grilled chicken or baked tofu. **\$8.50 per serving**

Cutlets Parmesan Chicken or tofu is baked with a sprinkling of crumbs & herbs, served over savory rice pilaf & topped with marinara sauce & Italian cheeses. **\$8.50 per serving**

Chinese Meatballs Ground turkey or tofu balls with scallions, ginger & soy are smothered in a fresh vegetable sauce & served over rice noodles. **\$8.50 per serving**

Picadillo Burritos A filling of ground turkey or tofu with roasted yams, raisins, almonds & spices is rolled in flour tortillas & topped with a creamy picante salsa. **\$8.50 per serving**

Deluxe Macaroni & Cheese Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$8.50 per serving**

Bar Harbor Salad Greens w/carrots, tomatoes, walnuts, raisins & maple balsamic dressing & gorgonzola cheese on the side. **\$6.50 vegetarian; \$8.50 w/chicken**

Soup: Thai Chicken Curry **\$5.50 per pint; \$9.50 per quart**

Burrito Mexican Rice & Mole **\$5.50 vegetarian; \$6.50 with chicken**

Dessert: Apple Cranberry Nut Loaf **sm: \$6.50; lg: \$12**

Side Veggies **\$4.75 each** 1 – Haricot Vert / 2 – Mashed Sweet Potatoes

a la carte Cutlets (Tofu, Chicken, or Tilapia) **\$5.75 each** 1 – Korean BBQ/ 2 – Lemon Dijon

Deli Salads **\$6.50 each** 1 – Old Fashioned Tuna 2 – Cape Cod Chicken (with raisins, celery & walnuts)

Fresh Fruit & Pure Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart container**

Delivery on January 13

Stuffed Potatoes Deluxe A baked Idaho potato holds a delicious filling of broccoli florets, caramelized onions, our lowfat Alfredo sauce & cheddar cheese. Can add smoked turkey breast. **\$8.50 per serving**

Red Chile Cutlets Chicken or tofu is marinated & baked in fajita spices, topped with our Chimayo red chile sauce & cheddar jack cheese & served over Mexican rice (with tomatoes, onions & spices). **\$8.50 per serving**

Pasta with Black Olive Pesto Fusilli is tossed with a delicious pesto of black olives, fresh roasted plum tomatoes & garlic, herbs & Parmesan cheese (even olive haters love it!) **\$8.50 per serving**

Thai Sweet Potato & Rice Noodle Stew A hearty warming vegetable stew with sweet potatoes, rice noodles & an authentic Thai coconut curry sauce with your choice of chicken or baked tofu. **\$8.50 per serving**

Lasagne Florentine Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. Can add turkey sausage. **\$8.50 per serving**

Farmhouse Spinach Salad Fresh baby spinach with grated carrots, alfalfa sprouts, cucumber, tomato, cheddar cheese & dijon vinaigrette on the side. **\$6.50 vegetarian; \$8.50 with chicken**

Soup: Italian Vegetable Gnocchi **\$5.50 per pt; \$9.50 per quart**

Burrito Green Chile with Beans & Cheese **\$5.50**

Dessert: Blondies (contain nuts & chocolate) **½ dozen - \$6.50; 1 dozen - \$12**

Side Veggies **\$4.75 each** 1 – Edamame Succotash/ 2 – Roasted Potatoes Adobado

a la carte Cutlets (Tofu, Chicken or Tilapia) **\$5.75 each** 1 - Italian Herb / 2 – Teriyaki

Deli Salads: **\$6.50 each** 1- Real Egg Salad / 2 – Greek Chicken Salad

Fresh Fruit & Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart container**

Please see other side for weeks of January 20 & 27

Delivery on January 20

Spinach Feta Quiche Spinach, garlic & herbs are baked in a golden custard with feta, mozzarella & Romano cheese. **\$8.50 per serving**

Hoisin Cutlets Chicken or tofu is baked in a sweet and savory Chinese sauce, served over basmati rice & topped with peanuts & scallions. **\$8.50 per serving**

North End Pasta A delicious dish with a freshly made sauce of tomatoes, bell peppers, onions, garlic & herbs & bowtie pasta. Can add turkey sausage. **\$8.50 per serving**

Honey Dijon Meatloaf Individual turkey or tofu loaves are served alongside mashed red bliss potatoes & topped with our homemade honey mustard sauce. **\$8.50 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. **\$8.50 per serving**

Greek Salad Romaine with bell peppers, onions, tomatoes, red onions, Kalamata olives, feta & homemade dressing. **\$6.50 vegetarian; \$8.50 w/chicken**

Soup: Old Fashioned Chicken Noodle **\$5.50 per pint; \$9.50 per quart**

Burrito Black Bean & Sweet Potato **\$5.50**

Dessert Citrus Glazed Pumpkin Bars **½ dozen - \$6.50; 1 dozen - \$12**

Side Veggies **\$4.75 each** 1 – Italian Broccoli / 2 - Sweet Potato Homefries

a la carte Cutlets (Tofu, Chicken or Tilapia): **\$5.75** 1 -Soy Coconut / 2 - Honey Mustard

Deli Salads **\$6.50 each** 1 – Eggless Tofu Salad 2- Roasted Turkey with Grapes & Almonds

Fresh Fruit & Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart container**

Delivery on January 27

Mango Couscous Salad A tropical taste in midwinter! Couscous with garbanzo beans, baby spinach & feta cheese is tossed with fresh chunks of mango & a refreshing lime vinaigrette. Can add roast turkey. **\$8.50 per serving**

Cranberry Dijon Cutlets Chicken or tofu is baked in a fruity sauce with cranberries, lemon & dijon mustard, served over brown rice & garnished with roasted red onions. **\$8.50 per serving**

Pasta with Grilled Vegetable Sauce Penne pasta is combined with freshly grilled eggplant, tomatoes, squash & bell peppers & topped with shredded Parmesan cheese. Can add grilled chicken. **\$8.50 per serving**

Entomatadas Corn tortillas are rolled with shredded cheddar & jack cheeses & smothered in a homemade tomato herb sauce. Simple yet delicious! **\$8.50 per serving**

Shepherd's Pie Ground turkey or tofu is sauteed with onions, tomatoes, corn & herbs & topped with cheese-laced mashed new potatoes. **\$8.50 per serving**

Nantucket Salad Mixed greens with carrots, grape tomatoes, snap peas, craisins & sunflower seeds w/cheddar cheese & homemade Dijon vinaigrette on the side. **\$6.50 veg; \$8.50 w/chicken**

Soup: Three Sisters Stew (vegetarian w/beans, squash & corn) **\$5.50 per pint; \$9.50 per quart**

Burrito Potato, Bean & Chile **\$5.50**

Dessert: Vermont Apple Crisp **Small - \$6.50; Large - \$12**

Side Veggies **\$4.75 each** 1 –Glazed Baby Carrots/ 2 – Roasted Greek Potatoes

a la carte Cutlets (Tofu, Chicken or Tilapia): **\$5.75 each** 1 – Maple Balsamic / 2 – Citrus Ginger

Deli Salads **\$6.50 each** 1 – Old Fashioned Tuna / 2 – Cape Cod Chicken

Fresh Fruit & Maple Yogurt Parfait **\$6.50 per pint container**

Maple Pecan Cranberry Granola **\$6.50 per quart**

Please note there is a \$5 delivery fee for all orders

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 (cookingfth@msn.com) for more information!

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