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## August 1 – 23, 2018

Order all 4 weeks & PAY by July 25 & delivery is FREE (\$20 savings)

Minimum order of \$50 per week applies. If you order weekly, orders must be submitted by 5PM Friday for the upcoming week

### DELIVERY ON AUGUST 1/2

**Couscous a la Grecque** - A delicious summer salad with Israeli couscous, cucumbers, tomatoes, feta, olives, peppers & herbs & our homemade Greek lemon dressing. **\$9 per serving veg; \$9.50 chicken**

**Cutlets Provencale** - Chicken or tofu is marinated & baked with fresh herbs & lavender & served on a bed of sautéed potatoes, zucchini & caramelized onions. **\$9.00 per serving**

**Curried Thai Rice Noodles** - Rice noodles are drenched in an authentic Thai green coconut curry sauce with green beans, summer squash, snow peas, shitake mushrooms, sweet onions & your choice of chicken or tofu. **\$9.00 per serving**

**Picadillo Pie** - A fantastic combination of spices (cinnamon, red chile, cloves, oregano) with your choice of ground turkey or tofu & raisins & almonds is topped with sweet potatoes. **\$9.00 per serving**

**Deluxe Macaroni & Cheese** - Our healthy version of classic comfort food, pasta shells with low fat Alfredo sauce & 4 cheeses are topped with toasted crumbs. **\$9.00 per serving**

**Honey Dijon Spinach Salad** - Baby spinach with grated carrots, grape tomatoes, golden raisins & pecans with sharp cheddar & honey Dijon dressing. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

**Soup** - Spanish Chick Pea **\$6 per pint; \$10 per quart**

**Burrito** - Green Chile with Beans & Cheese **\$6.50 vegetarian; \$7.50 with ground turkey**

**Side Veggies** - **\$5.00 each** 1 -Summer Squash Melange / 2 -Potato & Green Onion Salad

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 -Ginger Orange/ 2 -BBQ

**Deli Salads** - **\$7.50 each** 1 -Cape Cod Tofu Salad (contains nuts) 2 - Mandarin Chicken & Broccoli

**Fresh Fruit Salad** - **\$7.00 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart container**

### DELIVERY ON AUGUST 8/9

**Corn & Coconut Tabouli** - Cracked wheat is combined with fresh corn, poblano peppers, cilantro, mint & lime juice for a new take on a classic! **\$9 per serving veg; \$9.50 grilled chicken**

**Holsin Cutlets** - Chicken or tofu is marinated & baked in an authentic Chinese sauce, served over brown basmati rice & topped with peanuts & scallions. **\$9.00 per serving**

**Pasta with Yams & Edamame** - Two super foods in one dish! Roasted yams, edamame & penne pasta are tossed with Asiago cheese & fresh herbs. **\$9.00 per serving veg; \$9.50 chicken sausage**

**Crab or Tofu Vegetable Casserole** - A mélange of fresh harvest veggies are combined with breadcrumbs, sharp Vermont cheddar & your choice of baked tofu or succulent crab. **\$9.00 veg; \$10.00 crab**

**Baked Ziti** - Everyone's favorite comfort food with an assortment of Italian cheeses & our delicious marinara sauce. **\$9.00 per serving veg; \$9.50 turkey sausage**

**Bar Harbor Salad** - Spring mix with grape tomatoes, shredded carrots, raisins & walnuts with gorgonzola & maple balsamic dressing on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

**Soup** - Andean Sweet Potato **\$6.00 per pint; \$10.00 per quart**

**Burrito** - Pico de Gallo, Beans & Cheese **\$6.50 vegetarian; \$7.50 grilled chicken**

**Side Veggies** - **\$5.00 each** 1 -Roasted Curried Cauliflower / 2 - Vегgie German Potato Salad

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8)** 1 -Maple Balsamic / 2 - Lemon Dijon

**Deli Salads** - **\$7.50 each** 1 -Italian Mozzarella & Vегgie/ 2 - Cape Cod Chicken (contains nuts)

**Fresh Fruit Salad** - **\$7.00 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart container**

## DELIVERY ON AUGUST 15/16

**Summer Harvest Salad** – A delicious dish with new potatoes, fresh corn, farm stand tomatoes, green beans & bell peppers in a light fresh herb vinaigrette. **\$9.00 per serving veg; \$9.50 grilled chicken**

**Orange Pineapple Spice Cutlets** - Chicken or tofu is baked with fresh pineapple & oranges & fragrant spices & served over couscous. **\$9.00 per serving**

**Sicilian Pasta & Broccoli Rabe** - One of our favorite pasta dishes, Penne is tossed with sautéed broccoli rabe, garlic, golden raisins, pine nuts & red pepper flakes. **\$9.00 per serving veg; \$9.50 chicken sausage**

**Asparagus Dill Quiche** – Fresh asparagus & dill is baked in a golden custard with Gruyere, havarti & cheddar cheese. **\$9.00 per serving**

**Greek Rice & Eggplant Casserole** – Farmstand eggplant & tomatoes are combined with brown jasmine rice, feta cheese & fresh herbs. Can add ground turkey. **\$9 per serving veg; \$9.50 per serving turkey**

**Baby Kale Salad** – Greens with bell peppers, grape tomatoes, carrots, dried cranberries & toasted sesame dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken breast**

**Soup** – Tuscan Kale Minestra (contains parmesan cheese) **\$6.00 per pint; \$10.00 per quart**

**Burrito** - Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 ground turkey**

**Side Veggies** - **\$5.00 each 1** – Italian Broccoli / **2** - Whipped Sweet Potatoes

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** – Korean BBQ/ **2** – Cranberry Mustard

**Deli Salads** - **\$7.50 each 1** – Edamame Hummus **2** – Greek Chicken

**Fresh Fruit Salad** - **\$7.00 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart container**

## DELIVERY ON AUGUST 22/23

**Ancient Grain Salad with Asparagus & Shitakes** – A delicious and healthy combination of quinoa, farro & kamut is tossed with fresh asparagus, shitake mushrooms, herbs & a miso dressing. **\$9.00 per serving veg; \$9.50 grilled chicken**

**Cutlets a la Grecque** – Chicken or tofu is baked with fresh tomatoes, red onions, lemon juice, fresh herbs & olive oil, served over rice & orzo pilaf & topped with feta cheese. **\$9.00 per serving**

**Spaghetti Bolognese** – A summer harvest of fresh veggies simmered with tomatoes, herbs & red wine is combined with spaghetti & topped with Parmesan & Romano. **\$9.00 per serving veg; \$9.50 ground turkey**

**Stuffed Sweet Potatoes** – Red garnet yams are stuffed with black beans, roasted corn, poblanos, red onions and cilantro and topped with our delicious BBQ Bleu cheese sauce. **\$9.00 per serving; \$9.50 roast turkey**

**Tia Carmen's Enchiladas** – A favorite family recipe, flour tortillas are rolled with ground turkey or cheese with peas, onions & black olives & smothered in our Chimayo red chile sauce. **\$9.00 per serving**

**Caesar Salad** – Romaine with shaved Parmesan & homemade croutons & creamy dressing on the side. **\$7.50 vegetarian; \$9.50 with grilled chicken**

**Soup** – Fresh Corn Chowder (dairy) **\$6 per pint; \$10 per quart**

**Burrito** – Black Bean & Sweet Potato (contains cheese) **\$6.50 vegetarian; \$7.50 ground turkey**

**Side Veggies** - **\$5.00 each 1** – Haricot Verts/ **2** – Roasted Fingerling Potatoes

**a la carte Cutlets (Tofu or Chicken \$6; Salmon \$8) 1** – Honey Mustard/ **2** – Provencale

**Deli Salads** - **\$7.50 each 1** – Baba Ganoush/ **2** – Old Fashioned Tuna

**Fresh Fruit Salad** - **\$7 per pint**

**Maple Pecan Cranberry Granola** - **\$7 per quart**

**Please note there is a \$5 delivery fee per week for all orders unless you order all 4 weeks and I receive your payment by July 25**

**Minimum amount for delivery is \$50 (\$55 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](mailto:cookingftheart@gmail.com)) us for more information!**

There is a one time fee of \$25 for use of pyrex plates for servings of 2 or more entrees in a single dish IF YOU CHOOSE TO USE THE PYREX. Single servings and multiple entrée orders are delivered in disposable containers. It is not necessary to use the pyrex if you are trying out our service or prefer the disposable containers.