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November 28 –December 20, 2018

Happy Holidays!!

(Order all 4 weeks and pay by November 21 and delivery is FREE!)

Please note our holiday schedule – no delivery on December 26/27 or January 2/3

*****We offer Gift Certificates!*****

DELIVERY ON NOVEMBER 28/29

Couscous a la Grecque – Israeli Couscous with fresh bell peppers, cucumbers, heirloom tomatoes, red onions, Kalamata olives & feta cheese with our homemade Greek lemon dressing & fresh herbs. **\$9 per serving veg; \$9.50 grilled chicken**

Salsa Verde Cutlets - Chicken or tofu is marinated & baked with fajita seasonings, served over Mexican rice & smothered with a fresh poblano & tomatillo sauce and a sprinkling of queso fresco. **\$9 per serving**

Pacific Fusion Rigatoni –A creamy Asian inspired peanut sauce with pasta & spicy roasted yams with green onions. **\$9 per serving veg; \$9.50 chix sausage**

Winter Stew – A delicious & healthy chili with black beans, hominy, red & green peppers & butternut squash. Can add ground turkey. **\$9 per serving veg; \$9.50 ground turkey**

Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with low fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**

Berry Spinach Salad – Baby spinach with dried blueberries & cranberries, toasted pecans & Gruyere cheese & homemade raspberry citrus vinaigrette. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup - Turkey Vegetable Noodle Soup **\$6 per pint; \$10 per quart**

Burrito - Potato, Bean & Red Chile **\$6.50 vegetarian; \$7.50 with grilled chicken**

Side Veggies - **\$5 each** 1 –Sauteed Kale/ 2 – Homemade Refritos

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1 –Apricot Dijon /2 – Soy Coconut

Deli Salads - **\$7.50 each** 1 –Roast Garlic Hummus/ 2 – Italian Tuna

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

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

DELIVERY ON DECEMBER 5/6

Stuffed Sweet Potatoes – Organic sweet potatoes are baked & topped with roasted corn, poblanos, black beans, red onions & our BBQ bleu cheese sauce. **\$9 per serving veg; \$9.50 roast turkey**

Cutlets Marbella - Chicken or tofu is marinated in wine vinegar, olive oil, capers & oregano, baked with dried plums, cranberries & green olives & served over couscous **\$9 per serving**

Portabella Pasta - Sauteed fresh portabella & shitake mushrooms with roasted butternut squash, herbs & asiago cheese is tossed with fusilli. **\$9 per serving**

Keftedes – Ground turkey or tofu meatballs are seasoned with mint & Romano cheese & served over rice & orzo pilaf with our fabulous tzatziki (yoghurt & cucumber) sauce on the side **\$9 per serving**

Baked Ziti - Everyone's favorite comfort food with an assortment of Italian cheeses and our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**

Bar Harbor Salad – Mesclun mix with carrots, grape tomatoes, walnuts, raisins & maple balsamic dressing & Gorgonzola cheese on the side. **\$7.50 vegetarian/ \$9.50 with grilled chicken**

Soup –Italian Vegetable Gnocci (vegetarian) **\$6 per pt; \$10 per quart**

Burrito - Pico de Gallo with beans & cheese **\$6.50 vegetarian; \$7.50 grilled chicken**

Side Veggies - **\$5 each** 1 –Roasted Fingerling Potatoes/ 2 – Glazed Carrots

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) - 1 –Garlic Chipotle/ 2 –Provencale

Deli Salads - **\$7.50 each** 1 –Real Egg & Green Onion Salad/ 2 –Greek Chicken (dairy)

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

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

DELIVERY ON DECEMBER 12/13

Roast Pepper & Broccoli Quiche – Fresh roasted red bell peppers & broccoli florets are baked in a golden custard with havarti, Gruyere & cheddar cheeses. **\$9 per serving**

Cutlets with Pears & Shitakes - A festive winter dish, baked chicken or tofu is served over basmati rice & topped with a luscious coconut curry sauce with sautéed pears, fresh shitake mushrooms & golden raisins. **\$9 per serving**

Eggplant Pasta Alfredo – Sliced eggplant is lightly breaded and baked & served over penne pasta with our delicious low fat Alfredo sauce with fresh herbs & Parmesan cheese. **\$9 per serving**

Andean Quinoa - High protein quinoa with Yukon gold & sweet potatoes, roasted corn & poblano peppers, scallions, queso fresco & fresh herbs. **\$9 per serving veg; \$9.50 grilled chicken**

Green Chile Burritos – Flour tortillas are rolled with refried beans & cheese, smothered in our family recipe Tex Mex Green Chile & topped with cheddar jack cheese. **\$9 per serving veg; \$9.50 ground turkey**

Greek Salad – Romaine with bell peppers, grape tomatoes, red onions & Kalamata olives with our homemade lemon Greek dressing & feta on the side. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup – Chicken & Winter Vegetable **\$6 per pint; \$10 per quart**

Burrito – Black Bean, Rice & Chipotle **\$6.50 vegetarian; \$7.50 grilled chicken**

Side Veggies - **\$5 each** 1 –Green Beans Almondine/ 2 - Maple Whipped Sweet Potatoes

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

Deli Salads - **\$7.50 each** 1 –Greek Tabouli / 2 – Sesame Chicken & Broccoli

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

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

DELIVERY ON DECEMBER 19/20

Fruit & Nut Tabouli - A refreshing main dish salad with apples, tangerines, dried fruits & pistachios. **\$9 per serving veg; \$9.50 grilled chicken**

Teriyaki Cutlets – Chicken or tofu is baked in our teriyaki sauce & served over jasmine rice with a garnish of scallions & peanuts. **\$9 per serving**

Pasta with Pumpkin Pesto – Penne is combined with pumpkin, fresh herbs, garlic, ricotta & pumpkin seeds with freshly grated Parmesan & Romano cheeses. **\$9 per serving**

Vegetable Casserole – Succulent crab or herb baked tofu is combined with an assortment of fresh vegetables & herbs & sharp cheddar. **\$9 vegetarian; \$10 crab**

Shepherd's Pie - Ground turkey or tofu is sauteed with onions, corn & herbs & a savory brown gravy & topped with cheese-laced mashed new potatoes. **\$9 per serving**

Celebration Salad - Mixed greens with roasted grapes, candied pecans & a pomegranate dressing & gorgonzola cheese on the side. **\$7.50 veg; \$9.50 grilled chicken**

Soup –White Bean Spinach Potage (vegetarian) **\$6 per pint; \$10 per quart**

Burrito – Black Bean & Sweet Potato **\$6.50 vegetarian; \$7.50 with ground turkey**

Side Veggies - **\$5 each** 1 –Sauteed Broccoli Rabe/ 2 – Rosemary Roast Potatoes

a la carte Cutlets (Tofu & Chicken \$6; Salmon \$8) 1–Greek Lemon/ 2- Pomegranate Molasses

Deli Salads - **\$7.50 each** 1 –Italian Fresh Mozzarella & Veggie/ 2 – Mediterranean Chicken

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 NOVEMBER 21. Minimum amount for delivery is \$50 (\$55 including delivery fee). PAYMENT IS DUE IN ADVANCE OR AT THE TIME OF DELIVERY. You may pay by check or via paypal using the email address cookingftheart@gmail.com

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) us for more information!

IF YOU CHOOSE TO USE THE PYREX, there is a one time fee of \$25 for use of pyrex plates for servings of 2 or more in a single dish. Otherwise you will receive disposable containers.