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March 8 – April 6, 2017 Spring is coming!

Order all 4 weeks & **PAY by March 3** & delivery is FREE (\$20 savings – minimum order amounts of **\$50 per week** apply). Weekly orders must be placed **no later than 5PM Friday** for the upcoming week's delivery. Please specify vegetarian or non where applicable.

There will be no deliveries March 22/23

DELIVERY ON MARCH 8/9

Caponata Couscous Salad - Israeli couscous is combined with a vegetable mélange with eggplant, tomatoes, red peppers, onions, raisins, olives & herbs. **\$9 per serving veg; \$9.50 grilled chicken**
Cutlets Parmesan – Chicken or tofu cutlets are sprinkled with crumbs & herbs, baked, smothered in our marinara sauce, topped with Italian cheeses and served over rice pilaf. **\$9 per serving**
Pasta with Black Olive Pesto – One of our all time favorites, fusilli is tossed with a black olive & herb pesto with freshly grated Parmesan & Romano cheeses. (even olive haters love it!) **\$9 per serving**
Honey Mustard Meatloaf - Turkey or tofu meatloaf is smothered in honey mustard sauce & served alongside sour cream mashed potatoes. **\$9 per serving**
Deluxe Macaroni & Cheese - Our healthy version of classic comfort food with lower fat cheeses & Alfredo sauce is topped with toasted crumbs. **\$9 per serving**
Nantucket Salad – Spring mix with grated carrots, snap peas, grape tomatoes, raisins & sunflower seeds with sharp cheddar & Dijon balsamic vinaigrette. **\$7.50 vegetarian/\$9.50 with grilled chicken**
Soup – Chicken Noodle Vegetable **\$6 per pint; \$10 per quart**
Burrito – Potato, Bean & Poblano (dairy) **\$6.50 vegetarian; \$7.50 grilled chicken**
Dessert – White Chocolate Macadamia Cookies (contain nuts) **\$7 1/2 doz; \$13 1 doz**
Side Veggies - **\$5 each** 1 – Sauteed Kale/ 2 – Herb Roasted Red Bliss Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 – Greek Lemon/ 2 – Teriyaki
Deli Salads - **\$7.50 each** 1 – Mandarin Tofu Broccoli / 2 – Curried Chicken (nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

DELIVERY ON MARCH 15/16

Stuffed Sweet Potatoes - We had so many requests for this dish again! A red garnet yam is stuffed with black beans, roasted fresh corn & poblanos & topped with our fabulous BBQ Bleu cheese sauce. **\$9 per serving veg; \$9.50 w/roast turkey**
Cutlets Satay - Chicken or tofu is marinated & baked with a spicy Thai peanut coconut curry sauce & served over fragrant jasmine rice. **\$9 per serving**
Portabella Pasta - Bow tie pasta is tossed with portabella mushrooms, roasted butternut squash, sautéed shallots, fresh herbs & Asiago. **\$9 per serving veg; \$9.50 grilled chicken sausage**
White Bean Kale Stew - Healthy & delicious, great northern beans are simmered with aromatics, butternut squash, kale & fresh herbs. **\$9 per serving veg; \$9.50 ground turkey**
Lasagne Florentine - Noodles are rolled w/ Sopraprina ricotta, mozzarella & Romano cheese, spinach & herbs & topped with our delicious marinara sauce. **\$9 per serving veg; \$9.50 turkey sausage**
Farmhouse Spinach Salad – Baby spinach with sliced cucumbers, red bell peppers & grape tomatoes with sharp cheddar & honey mustard dressing. **\$7.50 vegetarian; \$9.50 with grilled chicken**
Soup – Vegetarian Lentil Vegetable **\$6 per pt; \$10 per quart**
Burrito – Pico de Gallo w/Beans & Cheese **\$6.50 vegetarian; \$7.50 grilled chicken**
Dessert – Wild Blueberry Muffins **½ dozen - \$7; 1 dozen - \$13**
Side Veggies - **\$5 each** 1 – Green Beans Almondine / 2 – Roast Garlic Mashed Potatoes
a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 – Korean BBQ/ 2 – Dijon Apricot
Deli Salads - **\$7.50 each** 1- Greek Tabouli (w/artichokes & feta) / 2 – Cape Cod Chicken (contains nuts)
Fresh Fruit Salad - **\$7 per pint**
Maple Pecan Cranberry Granola - **\$7 per quart container**

Please see other side for weeks of March 29/30 & April 5/6

DELIVERY ON MARCH 29/30 (no delivery March 22/23)

Asparagus Quiche - Fresh asparagus is baked in a golden custard with shallots, dill, cheddar & havarti cheese. **\$9 per serving**

Hoisin Cutlets - Chicken or tofu is marinated in a classic Chinese plum sauce & served over basmati rice with a garnish of scallions & peanuts. **\$9 per serving**

Pasta with Yams & Edamame - A simple & delicious combination of 2 powerfoods! Yams and edamame with roasted garlic, fresh herbs & a sprinkling of Asiago cheese. **\$9 per serving veg; \$9.50 chicken sausage**

Tofu or Crab Vegetable Casserole - Baked tofu or succulent crab with fresh broccoli, squash, tomatoes, herbs, sharp cheddar & bread crumbs. **\$9 per serving veg. \$10 per serving for crab**

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. **\$9 per serving**

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

Soup - Chicken Posole **\$6 per pint; \$10 per quart**

Burrito - Salsa Verde w/Beans & Rice **\$6.50 vegetarian; \$7.50 turkey**

Dessert - Fresh Lemon Bars **½ doz - \$7; 1 doz - \$13**

Side Veggies - **\$5 each 1** - Snaps & Carrots/ **2** - Roast Potatoes Adobado

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 - Italian Herb / **2** - Maple Dijon

Deli Salads - **\$7.50 each 1** - Old Fashioned Tuna **2** - Baba Ganoush (vegetarian eggplant salad)

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

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

DELIVERY ON APRIL 5/6

Greek Pasta Salad - Definitely our favorite pasta salad! Ditalini is combined with tomatoes, cubanelle peppers, cucumbers, red onion, Kalamata olives, crumbled feta, fresh herbs & our lemon Greek dressing. **\$9 per serving veg; \$9.50 grilled chicken.**

Salsa Verde Cutlets - Chicken or tofu is marinated & baked with fajita seasoning & smothered in our fresh salsa verde (poblano, tomatillo & cilantro sauce) over brown rice pilaf with queso fresco. **\$9 per serving**

Pasta Melanzana - Rigatoni is combined with a pureed roasted eggplant & red bell pepper sauce with fresh herbs & topped with Parmesan. **\$9 per serving**

Thai Chick Pea Curry - A hearty & spicy vegetarian melange with eggplant, tomatoes, chick peas & green peas in a spicy coconut curry sauce. **\$9 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. **\$9 per serving**

Caesar Salad - Romaine lettuce with homemade croutons, shaved Parmesan cheese & creamy Caesar dressing. **\$7.50 vegetarian/\$9.50 with grilled chicken**

Soup - Andean Sweet Potato & Quinoa (vegetarian) **\$6 per pint; \$10 per quart**

Burrito - Red Chile w/beans & cheese **\$6.50 vegetarian; \$7.50 with grilled chicken**

Dessert - Pumpkin Muffins (contain nuts) **½ dozen- \$7; 1 dozen- \$13**

Side Veggies - **\$5 each 1** - Roasted Carrots, Beets, & Parsnips/ **2** - Homemade Refritos (refried beans)

a la carte Cutlets (Tofu or Chicken \$6; Salmon \$7) 1 - Lemon Dijon / **2** - Soy Coconut

Deli Salads - **\$7.50 each 1** - Real Egg Salad/ **2** - Mandarin Chicken & Broccoli

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

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

Please note there is a \$5 delivery fee for all orders unless you order all 4 weeks and I receive your payment by February 26.

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) us for more information!

There is a one time fee of \$25 for use of pyrex plates for entrée servings of 2 or more in a single dish if you choose the pyrex. Single servings are always delivered in disposable containers, and larger servings are also delivered in the disposable containers.