



NOVEMBER MEAL PACKAGE \$12 each

GREEN CHILI CHICKEN ENCHILADA STUFFED SPAGHETTI SQUASH

spaghetti squash, chicken, black beans, tomatoes, green chilies, peppers, onions, lo-fat yogurt, skim mozzarella, cilantro

SWEET POTATO CHICKEN HASH

prepared with adobe sauce, honey, cilantro & green chili sauce
served with roasted asparagus, balsamic Brussels sprouts & coriander maple carrots

TURKEY BUTTERNUT SQUASH CHILI

ground turkey, tomatoes, black beans, red beans, butternut squash, cabbage with lo-fat yogurt & pepitas

STUFFED CABBAGE

quinoa, roasted carrots, mushrooms, onion, tomato, garlic, parsley, Italian seasonings, goat cheese ricotta mix *fresh tomato sauce*

KOREAN BBQ BOWL

garlic scented brown rice, beef, shredded carrots, cucumber, hardboiled egg, kimchi green onion, jalapenos & sriracha yogurt

CIDER MASON JAR SALAD

cider chicken, feta cheese, walnuts, golden raisins, beets, pears, red onion sweet potatoes, spinach & balsamic vinaigrette

HEALTHY CASSEROLES – for 2lbs \$24, half pan \$90 (feeds 8-10)

SEAFOOD CASSEROLE

brown rice, shrimp, crabmeat, scallops, onions, peppers, mushrooms, pimentos, white wine, Monterey Jack

CREAMY VEGETARIAN SHEPHERDS PIE

carrots, broccoli, cauliflower rice, green beans, peas, mushrooms, Yukon gold mashed potatoes, asiago