

Le Menu Bon Marché de la Semaine

(Or the cheap menu of the week that sounds cooler in French)

Monday – Chili and Cornbread

- 1 tin vegetarian chili.
- 1 box Jiffy cornbread mix.

Heating chili is pretty self-explanatory, but in making cornbread out of the box, let me say: go with a small pan. If the batter gets spread too thin, the bread will be more crisp and will cling on to the pan with the strength of a leech.

Tuesday – Hummus Wraps

- 1 (12 inch) tortilla
- ¼ c. hummus
- 1 grilled chicken breast, diced
- Add cucumbers, diced tomatoes, bell peppers, onions, carrots and lettuce as you want them.

Grill your chicken, heat your tortilla, spread your hummus, wrap it up. Bam.

Wednesday – Thai Curry

First of all, buy yourself one of these:



It's a huge container of curry paste that will last you till the second coming and it's phenomenal. And also costs roughly four dollars at Cash and Carry.

Next:

Put a tablespoon or two of paste (depending on how spicy you like it) into a skillet with a tablespoon of oil. Pour in a can of coconut milk and bring to a boil. Add chicken and potatoes if you're going to use them.

While the chicken and potatoes cook, chop up onions, bell peppers, basil, carrots and zucchini and add them in when the chicken and potatoes are mostly cooked. Add ½ cup water and/or more coconut milk if the sauce seems like it has disappeared.

Serve over rice.

Thursday – Twice-Baked Potatoes

Preheat the oven to 400 degrees. Put one or two large russet potatoes, rubbed in olive oil and pricked with a fork (so they don't explode while they bake), in the oven directly on the rack. Let them bake for about an hour, or until they are cooked through.

When they are done, cut in half lengthwise and scoop out the insides, forming little potato canoes. Mash up the potatoes with sour cream, butter, cheese, bacon, chives – whatever sounds good – and fill up the canoes with the mix. Stick them back in the oven for about 15-20 minutes on 350 degrees and sprinkle with cheese.

Friday – Pasta Alfredo and Ham

Cook up some pasta, chop up a few slices of ham, mix all with a goodly amount of alfredo sauce. 15 minutes and you're eating.

Saturday – Coconut and Basil Chicken Curry

(Recipe below serves four – half or quarter for less)

- 4 skinless, boneless chicken breast halves
- 2 tsp. curry powder
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. chili powder (less if you don't like spice, more if you do)
- 1 cup chopped onion
- 1 tbs. minced garlic
- 2 fresh jalapeno peppers (take out seeds if you don't like spice)
- 1 tbs. olive oil
- 1 fourteen oz. can coconut milk
- 1 tbs. cornstarch
- 3-5 tbs. fresh cut basil

Cube the chicken and let it marinate with a mix of the curry powder, salt, pepper and chili powder for about an hour in the fridge. In a large wok or skillet, sauté onions, garlic and jalapenos in oil for about 2 minutes and remove the mixture from the wok. Cook up the chicken in the wok until it is no longer pink (adding more oil if need be). Add coconut

milk and cornstarch and the onion mixture to the chicken and stir in the basil. Let it cook for about 2 more minutes till everything is heated through.

Serve over rice.

Sunday – Pasta and Parmesan Chicken

(Again the recipe below serves four)

- 4 skinless, boneless chicken breast halves
- 1 tsp minced garlic
- 1 stick unsalted butter (1/2 cup), melted

(The above two ingredients are combined to dip the chicken into before rolling it in breadcrumbs so that the breadcrumbs stick. If need be, one or two beaten eggs will do the same thing.)

- 1 cup dried breadcrumbs (Use Italian blend, otherwise add spices to regular blend)
- 2/3 cup grated Parmesan cheese
- 1/8 teaspoon ground black pepper

Preheat the oven to 350 degrees. In one small bowl combine the garlic and the melted butter (or lightly beaten egg). In another combine parmesan cheese and breadcrumbs (and spices if need be). Dip the chicken into the butter mixture and then roll in the breadcrumb mixture to coat evenly. Place in a baking dish and bake for 50 minutes or until chicken is cooked through.

Serve with pasta or salad.

Bon Appetit!

(Or dig in that sounds cooler in French)