polenta casserole with chicken sausage, tomatoes & fontina cheese

polenta casserole with sauteed veggies & goat cheese

baked butternut squash & polenta gratin

frittata with roasted potatoes, caramelized onions, spinach & cheese

spinach & boursin cheese quiche

pancetta, fontina & arugula quiche

caramelized onion & monterey jack quiche

black bean, swiss chard & cheese enchiladas

mexican stuffed peppers w/beef, tomatoes, rice, queso fresco, pine nuts & currants & walnuts

turkey (or beef) & black bean chili casserole with scallion & cheese cornbread crust

turkey (or beef) meatballs in white wine sauce with mashed  potatoes

lamb meatballs w/orzo pilaf

spice rubbed pork tenderloin w/israeli couscous & roasted tomatoes

roasted sausage & grapes w/creamy polenta

shepherd's  pie (with beef, turkey, lamb or ground soy) & mashed potato topping

turkey shepherd's pie w/spinach & carrot potato mash topping

turkey picadillo shepherd's pie with sweet potato topping (has olives, currants & almonds)

rachel's famous meatloaf with mashed potatoes & caramelized onions

meatloaf with bacon & red pepper relish & cheesy orzo

meatloaf patties with smashed potatoes & chives

lamb or pumpkin kibbeh casserole

indian curried ground beef & peas - kheema - with rice

curried ground lamb w/spices & butternut squash with rice

mughlai chicken with basmati rice (creamy curry sauce, currants & almonds)

chicken oreganata w/potatoes, fennel, carrots, celery, onions & romano cheese

chicken picatta with pasta

chicken marsala with pasta

chicken marbella with parsley rice

chicken with creamy caramelized onion sauce

chicken, white bean & chicken sausage casserole with crumb crust

stuffed cornish hens w/cornbread & caramelized onion & herb stuffing

chicken divan casserole

creamy chicken & wild rice casserole with vegetables

arroz con pollo with chicken sausage

chicken or veggie pot pie with pastry crust

beef pot pie w/veggies & cheddar biscuit topping

chicken with figs & pancetta & crispy gnocchi

creamy chicken & spinach enchiladas

chicken, roasted corn & caramelized onion enchiladas (can be vegetarian with beans)

creamy chicken, spinach, orzo & sundried tomato casserole

basil chicken hash

chicken fajitas with homemade salsa & guacamole (tortillas on the side)

roast chicken with sausage, potatoes & onions

chicken oregonata w/fennel, carrots, celery, onion & romano cheese

pork roast with apples, vegetables & cider sauce

spice rubbed pork w/israeli couscous & roasted tomatoes

mahogany beef stew (red wine & hoisin sauce)

beef bourguignon (bacon, mushrooms & red wine)

asian turkey burgers with peanut sesame noodles

asian salmon w/shitake scallion fried rice

asian salmon with curried couscous

miso fish with asian noodles & stir fried veggies

salmon or fish croquettes with mashed potatoes

shrimp scampi with orzo & broccoli

baked shrimp scampi with buttered herb bread crumbs

shrimp & wild rice casserole

macaroni & cheese with pancetta or bacon

lasagne bolognese with bechamel sauce

wild mushroom lasagne

butternut squash lasagne

penne with five cheeses

chickpea & corn veggie burgers & orzo salad

black bean burgers & couscous salad

vegetarian barley casserole with sundried tomatoes & pesto

creamy squash casserole with yellow squash & zucchini, leeks & garlic

tomato, chard & zucchini gratin

the ultimate potato gratin

spaghetti squash gratin

butternut squash & rice soup

turkey meatball, chard & orzo soup

curried butternut squash & apple soup

curried cauliflower soup

corn chowder

pea soup with pancetta

lentil soup with sausage

smoked salmon chowder

tortilla chicken soup

creamy tomato & basil soup

pureed french onion soup

chicken, vegetable & rice soup

potato & leek soup

cream of broccoli & spinach soup

black bean soup

carrot ginger soup

vegetarian items:

quinoa macaroni pasta w/butter or olive oil & cheese  & veggies

they also sell farro pasta at whole foods, which is delicious - it's great with kale or chard or spinach, garlic & parmesan

whole wheat macaroni & cheese

your favorite pasta dish w/whole grain pasta - just tell me what you like

quinoa or farro or  bulghur wheat or barley:

w/roasted eggplant, peppers, onions, basil, pine nutes, lemon & feta

w/cucumbers, tomatoes, parsley, feta & lemon & pine nuts

w/sundried tomatoes, kalamata olives, parsley & feta

w/roasted veggies - eggplant, peppers, zucchini & basil

kale, tomato & white bean gratin w/whole wheat panko crust

chard, tomato & zucchini gratin w/whole wheat panko crust

yellow squash, zucchini, leek & spinach gratin

spinach brown rice tofu & parmesan gratin

chickpea & lemon casserole (has dairy in it)

frittata w/roasted potatoes, zucchini, spinach & caramelized onions

polenta casserole w/tomatoes & roasted veggies

pumpkin kibbeh casserole

veggie quiche

curried whole wheat couscous w/chickpeas, red pepper, scallion, parsley, currants & almonds

black bean & swiss chard enchiladas w/smoked cheese

tofu/tempeh (whatever protein you like) stir fry w/veggies & brown rice

orange glazed tempeh w/scallion fried rice (can use whatever grain you like)

egg white (or whole eggs - whatever you prefer) frittata w/veggies & cheese  
chickpea, corn & walnut veggie burgers

black bean burgers

kasha (healthy grain) w/mushrooms, shallots & parsley

black bean burgers

mughlai tofu - use fat free greek yogurt & 1/2 and 1/2 to make a creamy indian curry sauce with almonds & currants

whole wheat spaghetti w/parsley, garlic, shallots, walnuts, pine nuts & currants

lentils & brown rice

black beans & brown rice

vegetarian chili casserole (can use tvp or just beans) w/cornbread crust topping

whole wheat pasta w/kale pesto & goat cheese

tofu burgers w/cashews, sunflower seeds & mushrooms

double broccoli quinoa

vegetable curry - potatoes, cauliflower, carrots, green beans, thai curry & coconut milk

chopped miso & cabbage & tofu salad

caramelized tofu & shredded brussel sprouts

spinach & tofu paneer (like saag paneer only with tofu instead of cheese)

maple pan glazed tofu

smokey balsamic soy tofu