

## Grocery List

### Saturday:

#### Vinaigrette Cabbage Salad

- 2 tbsp (25 mL) vegetable oil
- 2 tbsp (25 mL) cider vinegar or white wine vinegar
- 2 tsp (10 mL) Dijon mustard
- 2 tsp (10 mL) granulated sugar
- 1/4 tsp (2 mL) each celery seeds, salt and pepper
- 1 clove garlic, minced
- 6 cups (1.5 L) shredded green cabbage
- 1 carrot, shredded
- 2 green onions, chopped

Serving of deli ham or smoked chicken

#### Turkey Bolognese Sauce

- 1 tbsp (15 mL) vegetable oil
- 1 lb (500 g) ground turkey, chicken, lean beef or pork
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 tsp (5 mL) dried basil
- 1 tsp (5 mL) each salt and pepper
- 1 can (28 oz/796 mL) diced tomatoes
- 1/4 cup (50 mL) tomato paste
- 1 bay leaf
- 2 tsp (10 mL) red wine vinegar or cider vinegar

#### Spaghetti Frittata

- 2 tbsp (25 mL) vegetable oil or butter
- 1 cup (250 mL) cubed ham or kielbasa (about 4 oz/125 g)
- 2 green onions, thinly sliced
- Half sweet green pepper, thinly sliced
- 1/2 tsp (2 mL) each dried thyme, salt and pepper
- 3 cups (750 mL) cooked spaghetti (about 6 oz/175 g uncooked)
- 8 eggs
- 3 tbsp (50 mL) water

Serving of spaghetti

**Sunday:**

Green salad with vegetables, canned tuna and almonds

Southwestern Beef Stew

- 2 lb (1 kg) stewing beef cubes
- 1/3 cup (75 mL) all-purpose flour
- 1 tsp (5 mL) each salt and pepper
- 2 tbsp (25 mL) vegetable oil
- 2 onions, chopped
- 1 tbsp (15 mL) chili powder
- 4 each large carrots and stalks celery
- 1 tbsp (15 mL) each cider vinegar and honey
- 1-3/4 cups (425 mL) beef stock
- 1-1/2 cups (375 mL) each frozen corn and lima beans
- Fresh coriander or parsley sprigs (optional)

Serving of couscous

**Monday:**

Pita stuffed with hummus and leftover Vinaigrette Cabbage Salad

Garden Minestrone

- 1 tbsp (15 mL) vegetable oil
- 1 cup (250 mL) cubed kielbasa (about 4 oz/125 g)
- 1 onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 tsp (5 mL) dried basil
- 1/4 tsp (2 mL) each salt and pepper
- 1 zucchini, chopped
- 1-1/2 cups (375 mL) chopped green cabbage
- 1 can (19 oz/540 mL) white or red kidney beans, drained and rinsed
- 1 can (28 oz/796 mL) diced tomatoes
- 1-1/2 cups (375 mL) chicken stock
- 1/3 cup (75 mL) orzo, macaroni or other small pasta
- 1-1/2 cups (375 mL) chopped spinach leaves

Green salad with store-bought vinaigrette

**Tuesday:**

Southwestern Beef Stew

- 2 lb (1 kg) stewing beef cubes
- 1/3 cup (75 mL) all-purpose flour

1 tsp (5 mL) each salt and pepper  
2 tbsp (25 mL) vegetable oil  
2 onions, chopped  
1 tbsp (15 mL) chili powder  
4 each large carrots and stalks celery  
1 tbsp (15 mL) each cider vinegar and honey  
1-3/4 cups (425 mL) beef stock  
1-1/2 cups (375 mL) each frozen corn and lima beans  
Fresh coriander or parsley sprigs (optional)

#### Spaghetti Frittata

2 tbsp (25 mL) vegetable oil or butter  
1 cup (250 mL) cubed ham or kielbasa (about 4 oz/125 g)  
2 green onions, thinly sliced  
Half sweet green pepper, thinly sliced  
1/2 tsp (2 mL) each dried thyme, salt and pepper  
3 cups (750 mL) cooked spaghetti (about 6 oz/175 g uncooked)  
8 eggs  
3 tbsp (50 mL) water

#### Wednesday:

##### Garden Minestrone

1 tbsp (15 mL) vegetable oil  
1 cup (250 mL) cubed kielbasa (about 4 oz/125 g)  
1 onion, chopped  
1 carrot, chopped  
1 stalk celery, chopped  
1 tsp (5 mL) dried basil  
1/4 tsp (2 mL) each salt and pepper  
1 zucchini, chopped  
1-1/2 cups (375 mL) chopped green cabbage  
1 can (19 oz/540 mL) white or red kidney beans, drained and rinsed  
1 can (28 oz/796 mL) diced tomatoes  
1-1/2 cups (375 mL) chicken stock  
1/3 cup (75 mL) orzo, macaroni or other small pasta  
1-1/2 cups (375 mL) chopped spinach leaves

##### Hummus and vegetable sticks

##### Vinaigrette Cabbage Salad

2 tbsp (25 mL) vegetable oil  
2 tbsp (25 mL) cider vinegar or white wine vinegar  
2 tsp (10 mL) Dijon mustard  
2 tsp (10 mL) granulated sugar  
1/4 tsp (2 mL) each celery seeds, salt and pepper

1 clove garlic, minced  
6 cups (1.5 L) shredded green cabbage  
1 carrot, shredded  
2 green onions, chopped

Sandwich made with a wedge of Spaghetti Frittata

**Thursday:**

**Southwestern Beef Stew**

2 lb (1 kg) stewing beef cubes  
1/3 cup (75 mL) all-purpose flour  
1 tsp (5 mL) each salt and pepper  
2 tbsp (25 mL) vegetable oil  
2 onions, chopped  
1 tbsp (15 mL) chili powder  
4 each large carrots and stalks celery  
1 tbsp (15 mL) each cider vinegar and honey  
1-3/4 cups (425 mL) beef stock  
1-1/2 cups (375 mL) each frozen corn and lima beans  
Fresh coriander or parsley sprigs (optional)

Serving of frozen vegetables

**Turkey Bolognese Sauce**

1 tbsp (15 mL) vegetable oil  
1 lb (500 g) ground turkey, chicken, lean beef or pork  
1 onion, chopped  
3 cloves garlic, minced  
1 carrot, finely chopped  
1 stalk celery, finely chopped  
1 tsp (5 mL) dried basil  
1 tsp (5 mL) each salt and pepper  
1 can (28 oz/796 mL) diced tomatoes  
1/4 cup (50 mL) tomato paste  
1 bay leaf  
2 tsp (10 mL) red wine vinegar or cider vinegar

Serving of spaghetti

Green salad with store-bought vinaigrette

**Friday:**

Pita stuffed with wedge of Spaghetti Frittata and sliced fresh tomatoes