

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Dinner Menu ~ Week of September 23rd

Fajita Beef Skillet (FF/RS)

*BEEF, PORK, OR TURKEY SEASONED WITH CHILI & CUMIN SEASONED
BEEF WITH SAUTÉED PEPPERS, ONIONS, AND YELLOW SQUASH.*

Zucchini with Chili-Lime Seasoning (FF/LS)

Roasted Sweet Potatoes with Pepitas (FF/LS)

Salisbury Steak (FF/LS)

WITH MUSHROOM GRAVY OR BROWN GRAVY (FF)

Mashed Potatoes (FF/LS)/Cauliflower (LS)

Roasted Carrots (FF/LS)

Zanzibar Chicken (FF/LS)

*CORIANDER, CINNAMON, TURMERIC, AND PAPRIKA CURRY. WANT
FISH OR BEEF?*

Fragrant Basmati Rice (FF/LS)

WHITE, BROWN, OR CAULIFLOWER RICE STEAMED WITH ANISE.

Skillet Greens (FF/LS)

*SIMPLE AND LOVELY: KALE OR MUSTARD GREENS QUICKLY SAUTÉED
WITH CUMIN AND TOMATOES.*

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Kung Pao Chicken/Pork/Shrimp (FF/LS)

MOUTHWATERING STIR FRIEND CHICKEN IN A SALTY, SWEET, SPICY, SILKY SAUCE. OR SELECT WITH PORK OR SHRIMP. MEDIUM HEAT UNLESS OTHER ASKED FOR IN THE COMMENTS SECTION.

Stir Fried Succotash with Edamame (FF/LS)

SOUTHERN FAVORITE WITH AN ASIAN TWIST: GINGER, BELL PEPPER, ZUCCHINI, AND CORN.

Sesame Ginger Bok Choy (FF/RS)

BRAISED WITH GINGER AND TOUCH OF RED CHILI PASTE

Mushroom Ragout (LS)

MUSHROOM AND VEGGIE STEW CAULIFLOWER POLENTA OR CORN POLENTA

Garden Salad

Additional Sides

Orzo/Brown Rice (FF) with Spinach & Asiago (LS)

French Carrot Salad (FF/LS)

GRATED CARROTS DRESSED WITH CURRY, CAPERS, AND SHERRY VINAIGRETTE.

Couch Potatoes Secret Menu

WANT TO CHANGE OUT FOR SOMETHING A LITTLE DIFFERENT? CHECK OUT THE MENU ONLINE.

Note of FODMAP friendly modifications. Many recipes can be modified for FODMAP. At a minimum, onion and garlic will be replaced with asafetida-especially in those dishes using garlic or onion in the name. Dairy substitutes will be used and gluten omitted. Please ask if you have any questions about the ingredients and we can work together to ensure the right items are used.