

# Couch Potatoes

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

## Menu-Week of September 9th

---

**(FF) ~ FODMAP friendly/can be altered for FODMAP diet (At a minimum, onions and/or garlic replaced with asafetida and gluten ingredients are replaced with gluten free)**

**(SC) ~ can be prepped for slow cooker-just ask!**

**(GG/BR) ~ can be prepped or the grill or broiler-just ask**

**(LS) ~ Low sodium; less than 135 mg per serving**

### **Beef Pot Roast & Horseradish (FF/LS)**

*COOKING MELLOWS THE HORSERADISH TO BECOME A PLEASANT NOTE*

**Broccoli Mash (LS) or Potato/Parsnip Mash (FF/LS)**

**Garlic Roasted Green Beans (FF/LS)**

### **Buffalo Beef/Pork/Turkey Meatballs (FF/RS)**

*TANGY BUFFALO SAUCE THAT WON'T KNOCK YOUR SOCKS OFF*

**Ranch Cauliflower (RS)**

*YUP. ROASTED WITH RANCH SEASONING*

**Stuffed Mirliton (FF/LS)**

*WITH A TOUCH OF SAUSAGE.*

### **Chile Rellenos Chicken (FF/LS)**

*THINK INSIDE-OUT RELLENO, WITHOUT THE FRYING*

**Chipotle-Butternut & Carrot Mash (FF/LS)**

**Corn O'Brien (FF/LS)**

*COLORFULLY APPETIZING, GARNISHED WITH BACON, BELL PEPPER, AND PIMENTOS. WANT TO LOSE THE PEPPERS?*

# Couch Potatoes

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

## **Chicken or Tilapia Parmesan (FF/RS)**

### **Capellini Pomodoro (FF/LS)**

*FRESH SAUCE MADE FROM FRESH TOMATOES AND BASIL, WITH ASSENTI'S PASTA OR GF ANGEL HAIR. WANT ZUCCHINI NOODLES INSTEAD?*

### **Snap Pea-Tomato Salad (FF/LS)**

*FODMAP USES GREEN BEANS*

## **Quinoa with Roasted Butternut Squash (FF/LS)**

### **Savory Green Beans (FF/LS)**

*SIMMERED IN GARLIC, ONIONS, ROSEMARY, AND THYME. FODMAP SIMMERED IN ASAFETIDA, ROSEMARY AND THYME.*

### **Tomatoes Provencal (FF/LS)**

*RIPE SUMMER TOMATOES FILLED WITH BREADCRUMBS AND PARMESAN CHEESE-JUST READY FOR THE BROILER!*

## **Additional Sides:**

### **Lemony Yellow Split Peas (LS)**

*LIKE LEMON, GARLIC, AND GINGER?*

### **Bourbon Sweet Potatoes (FF/LS)**

## **Couch Potatoes Secret Menu**

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