

Couch Potatoes

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

Dinner Menu ~ Week of August 12th

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)

Hunan Beef with Cumin (FF/RS)

SPICY STIR FRY WITH THAI CHILI PEPPERS AND CUMIN. CHOOSE YOUR HEAT LEVEL

Stir Fried Succotash with Edamame (FF/LS)

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

Carrots with Cilantro & Lime (FF/LS)

LIGHTLY MASHED

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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Thai Chicken/Shrimp Coconut Curry (FF/LS)

WITH GINGER, CARROTS, GARLIC AND ONION. AS HOT AS YOU WANT!

Lemon Noodles with Mushrooms (FF/LS)

WANT BROWN RICE NOODLES INSTEAD?

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.