

## **Your Weekly Menu**

**Monday - Pastelon**

**Tuesday - Bahn-Mi Black Bean Burgers**

**Wednesday - Easy Roasted Chicken**

**Thursday - Chicken Grilled Cheese Sandwich**

**Friday - Linguine with Clam Sauce**

Monday's dinner can be made on Sunday and simply warmed up. Pastelon is a ground beef casserole made with plantains. It is Puerto Rican dish that is very flavorful and easy to make. It requires sometime so this is why I am suggesting you make it the day before.

Tuesday's bean burgers freeze beautifully so you can definitely make them ahead of time. These are very easy and healthy black bean burgers that you can serve in a sandwich (I love them with Bahn-mi vegetables) or with a side salad. I promise you will not miss the meat here.

Wednesday's chicken is so easy that it will blow your mind. Of course, the chicken needs time to cook but there really is not much to it. You could actually make it while eating dinner on Tuesday. All you need is chicken, coarse salt, black pepper and lemon. Not much work from you other than dry the chicken really well.

Thursday's sandwiches can be made with leftover chicken from Wednesday. You really do not need a lot of chicken. However, if you don't have any you can make this vegetarian. It is a delicious sandwich that will satisfy you with or without the meat.

Friday's pasta is simply delicious and a great way to receive the weekend. The thing that will take the longest will be roasting the tomatoes and garlic. If you don't have time go ahead and make it on Thursday while you are having dinner. After the tomatoes are done, keep them in a covered container in the fridge with all of their juices. Go ahead and squeeze out the garlic cloves from the roasted head of garlic and make a paste out of them. Keep the paste in the same container as the tomatoes. No problem.

You can thaw the shrimp in the fridge on Thursday night but, if you forget to do so, you can place the frozen shrimp in a colander and place it under running cold water. Move the shrimp around every

couple of minutes. Before you know it your shrimp will be thawed. Please don't thaw your shrimp in the microwave. You run the risk of starting to cook it and ruining it. Finally, please make sure your shrimp is cleaned and deveined.

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