

Green Palette

Nutrition and Culinary Services

“Cooking for Families” Menu 2012

(Thursdays)

JAN 5, 2012

Turkey and Red Bean Chili with Corn Bread

Warming and comforting, made with butternut squash and red peppers.

JAN 12, 2012

Vegetarian Pot Pie with Sweet Potato Biscuit Topping

As always, Green Palette’s healthier version of pot pie, this time with a vegetarian twist. Made with winter root vegetables and topped with sweet potato biscuits.

JAN 19, 2012

No Meal This Week

JAN 26, 2012

Oven Baked Fish and Chips

A healthier version of this traditional British meal, Cod is coated and baked, served with potato “fries” and steamed broccoli.

FEB 2, 2012

Moroccan Spiced Chicken and Apricot Stew

A highly flavorful and warming stew, made with exotic spices and served with whole wheat couscous.

FEB 9, 2012

Penne with Cherry Tomatoes, White Beans and Olives

Whole wheat pasta, cannellini beans and kalamata olives gently tossed with a light parmesan-tomato sauce

FEB 16, 2012

Shrimp and Sausage Gumbo with Okra

Celebrate the start of Mardi Gras with this traditional (and of course healthier) New Orleans meal. Served with brown rice.

FEB 23, 2012

No Meal This Week - Happy Spring Break!

MAR 1, 2012

Chicken with Dumplings

A hearty chicken and vegetable stew, complete with light dumplings.

MAR 8, 2012

Shrimp and Vegetable Paella

A baked version of this traditional Spanish dish, made with rice, a variety of vegetables and shrimp.

MAR 15, 2010

Mediterranean Chicken Casserole with Tomatoes, Olives, and Artichokes

Sautéed chicken breasts, artichokes, olives and other Mediterranean spices slow cooked together in a warming casserole. Served with quinoa.

MAR 22, 2012

Chicken Piccata with Whole Wheat Penne

A lightened up version of traditional lemony chicken piccata, served over whole wheat penne and sautéed broccoli rabe.

MAR 29, 2012

Crispy Tofu with Sweet Chili Sauce

Pan sautéed Asian tofu served with long grain brown rice and sautéed Napa cabbage.

APR 5, 2012

Spanish Style Chicken and Rice

Chicken breasts sautéed with saffron and other Spanish spices, tossed with brown rice, red pepper, onion and peas, for a hearty one pot meal.

APR 12, 2012

Roasted Chicken with Spring Vegetables

Slow Roasted chicken served with seasonal potatoes, asparagus and artichokes.

APR 19, 2012

No Meal This Week - Happy Spring Break!

APR 26, 2012

Curry and Yogurt Braised Chicken Thighs

Chicken thighs marinated in a flavorful yogurt sauce and slow cooked with red peppers, corn and tomatoes. Served with brown jasmine rice.

MAY 3, 2012

Braised Red Snapper Puttanesca

Mild red snapper served with a flavorful red sauce served with whole wheat penne.

MAY 10, 2012

Roasted Chicken with Cauliflower, Tomatoes and Chickpeas

Crisp roasted chicken and vegetables make for a delicious spring dish. Served with whole grain quinoa.

MAY 17, 2012

New England Fish Stew

Large pieces of onion and potatoes with fresh fish and a homemade fish stock.

MAY 24, 2012

Jamaican Jerk Style Chicken Skewers with a Spicy Orange Dipping Sauce

Served with Caribbean rice and seasonal sautéed vegetables.

MAY 31, 2012

Spring Vegetable Pot Pie

A lightened up version of traditional pot pie, made with leeks, potatoes, carrots, asparagus and peas. Topped with a light layer phyllo dough.

JUN 7, 2012

Baked Salmon with a Citrus Vinaigrette

The richness of salmon complements this zingy orange and fresh herb sauce. Served with a quinoa pilaf.

JUN 14, 2012

Grilled Tropical Chicken Thighs with Coconut-Grilled Pineapple

Seared chicken and pineapple served with basmati rice pilaf.

JUN 21, 2012

Whole Wheat Pasta with Greens, and Walnuts

A hearty pasta dish made with kale, toasted walnuts and parmesan.

JUN 28, 2011

Grilled Swordfish with Red Pepper, Cucumber and Mint Salsa

This sweet and sour salsa livens up this grilled fish, served with grilled corn.

JUL 5, 2011

No Meal This Week - Happy Fourth of July!

JUL 12, 2012

Vegetable and Bean Tamale Pie

Loaded with pinto beans, fresh summer vegetables and a cornmeal crust in this hearty one dish vegetarian meal.

JUL 19, 2012

Middle Eastern Platter

Homemade falafel (made with chickpeas and spices), tahini, whole wheat pita and other sides accompany this Middle Eastern meal.

JUL 26, 2011

No Meal This Week - Happy Summer!

AUG 2, 2012

Herb and Lemon Grilled Salmon with Roasted Potatoes and Sauteed Greens

Lemony salmon served with fresh seasonal vegetables.

AUG 9, 2012

Tandoori Chicken with Basmati Rice and Sauteed Summer Vegetables

Chicken coated in a spicy yogurt marinade served with traditional sides.

AUG 16, 2012

Roasted Cod with Basil Pesto

Light flaky fish is balanced with the bold flavors of fresh pesto. Topped with roasted tomatoes and served with whole wheat couscous.

AUG 23, 2012

Seared Spiced Swordfish with Lemon Pistachio Rice

Simply rubbed fish quickly pan seared and served with a lemony basmati rice.

AUG 30, 2012

Roasted Chicken with Orange-Apricot Glaze

Whole chicken is slow roasted with a citrus sauce and served with a brown rice vegetable pilaf.

SEP 6, 2012

Chipotle Bean Burritos

Black and red beans and other traditional sides, served with gluten free tortillas and homemade guacamole.

SEP 13, 2012

Polenta Casserole with Sautéed Red Peppers, Wild Mushrooms and Sausage

Creamy polenta is layered with sautéed vegetables and chicken sausage for a meal that will easily become your new comfort food!

SEP 20, 2012

Seared Sea Scallops with Butternut Squash Puree

A perfect end of the season dinner, served with sauteed greens.

SEP 27, 2012

Chicken Marsala Pasta

Chicken breast, Marsala wine and mushrooms tossed with whole wheat pasta and fresh herbs.

OCT 4, 2012

West African Peanut Stew

A hearty stew made with a variety of vegetables, a touch of peanut butter and tempeh, a flavorful soy product and ideal meat substitute. Give this dinner a try and open up your palate. Served with whole wheat couscous.

OCT 11, 2012

Chicken Provencal

Slow cooked chicken made with tomatoes, garlic, herbs and olives, served over brown basmati rice.

OCT 18, 2012

Greek-Style Shrimp with Tomatoes and Feta

Sautéed jumbo shrimp seasoned with tomatoes and Greek flavors. Served with quinoa. Feta is optional.

OCT 25, 2012

Seafood Wild Rice Casserole

A creamy, warming one dish meal, made with shrimp, scallops, wild rice and a variety of vegetables.

NOV 1, 2012

Chicken Paprikash over Brown Rice

Chicken thighs, onion, bell pepper, a touch of white wine, tomatoes, and paprika contribute to this warming, slow cooked stew. Served with brown rice.

NOV 8, 2012

Middle Eastern Beef and Vegetable Stew

Not your traditional beef stew! Highly flavorful and filled with exotic spices. Served with brown rice couscous.

NOV 15, 2012

Thai Rice Noodles with Chicken and Vegetables

Wide rice noodles take center stage, tossed with sautéed chicken and vegetables and Thai herbs and spices. A one pot meal.

NOV 22, 2012

Happy Thanksgiving!!

NOV 29, 2012

Thai Curry with Sweet Potatoes and Tofu

Tofu, sweet potatoes and additional vegetables in a flavorful Thai sauce. Served with brown jasmine rice.

DEC 6, 2012

Mediterranean Chicken Casserole with Tomatoes, Olives, and Artichokes

Sautéed chicken breasts, artichokes, olives and other Mediterranean spices slowed cooked together in a warming casserole. Served with quinoa.

DEC 13, 2012

Barbecued Turkey Meatloaf with Roasted Sweet Potatoes

This extra flavorful meatloaf is pure comfort! Served with roasted sweet potato fries and sautéed spinach.

DEC 20, 2012

Greek Phyllo Chicken Pie

Layers of light phyllo dough top this casserole of ground chicken, feta, spinach and Greek herbs and spices.

DEC 27, 2012

No Meal This Week – Happy Holidays!

