

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver

Late Winter/Early Spring Meal Plan:

Sunday ~ herbed roast chicken with potatoes, beets, and carrots

Monday ~ chef salad with boiled eggs or sausage, green onions and dried tomatoes, with bread

Tuesday ~ chicken soup with carrots, kale and rice (or fresh bread)

Wednesday ~ twice-baked potatoes stuffed with sautéed spring onions, broccoli and cheese

Thursday ~ asparagus omelette or frittata and baby-greens salad

Friday ~ pizza with dried tomatoes, olives, feta and sautéed onions

Saturday ~ lamb chops, mesclun salad, asparagus, and rhubarb-apple crisp