

# ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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## **Greens Season (Spring) Meal Plan:**

**Sunday** ~ Greek roasted chicken and potatoes, chard-leaf dolmades with béchamel sauce

**Monday** ~ Eggs in a nest

**Tuesday** ~ chicken salad (from Sunday's leftover chicken) on a bed of baby greens

**Wednesday** ~ pasta tossed with salmon, sautéed fresh chard, dried tomatoes and olive oil

**Thursday** ~ dinner salad with boiled eggs, broccoli, dried tomatoes, nuts and feta; fresh bread

**Friday** ~ pizza with chopped sautéed spinach, mushrooms and cheese

**Saturday** ~ Spinach lasagna