

# ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver

## **May meal plan:**

**Sunday** ~ Grilled chicken, fresh bread and a giant salad of fresh greens, carrots and peas

**Monday** ~ asparagus and morel bread pudding

**Tuesday** ~ Asian summer rolls with spicy peanut sauce, served with rice

**Wednesday** ~ vegetarian tacos with refried beans, pea shoots, lettuce, spring onions and cheese

**Thursday** ~ cheese ravioli tossed with stir-fried spring vegetables, oregano and olive oil

**Friday** ~ chicken pizza with olives and feta

**Saturday** ~ frittata packed with cheese and vegetables, salad, strawberry-rhubarb crisp