

# Cooking with Alicia

your online cooking assistant™

Hi there ... it's Alicia with the weekly update

As I sit here, in front of a roaring fire, hunkered down for our first "big snow storm" of the season (very belated, by the way), I am thankful that I have some of this week's great meals in my fridge! These are just the types of days when it's nice to have dinner already cooked and just waiting to be heated up. So when you see a recipe that says "Serves 4" and there's only two of you: go ahead and make the whole thing. Freeze the rest and there it will be, ready for one of those days when you want something great to eat but don't want to spend any time on it.

## This week's feature



Turkish Ground Lamb on Skewers

This week we are featuring **Mediterranean Dishes**. That gives us a lot of territory to choose from since the Mediterranean region spans three continents and sixteen countries including Spain, Portugal, France, Italy, Greece, Morocco, Turkey & Egypt. Experiment with the different flavors and take a trip through the Mediterranean!

## This week's Meal Plan

Here's what we're recommending this week. Three of our suggestions are illustrated here. Go to the site to see the rest.



Panko-&-Ginger-Crusted  
Chicken



Big Pasta with Mushrooms



Easy Orange Cheesecake

**Asparagus Rolls:** These are such an easy appetizer. As one of our subscribers says: "*There's something about these, you just can't stop popping them into your mouth!*" Whip up a bunch and pop 'em in the freezer. You'll have almost-instant appetizers whenever you want them.

**Panko Chicken:** An excellent candidate for weeknight (or weekend) entertaining and also a good family meal. Crispy chicken strips served over a stir-fry of vegetables.

**Big Pasta:** From this week's Mediterranean Dishes feature. Lots of mushrooms in a creamy sauce mixed in with big pasta and then baked. Yum! Make it ahead and reheat it during the week. Leftovers are excellent for lunch.

**Lamb Skewers:** Also from this week's feature, ground lamb "meatballs" on-a-stick. What fun! Simple to prepare, quick to cook. Grill 'em or broil 'em.

**Cheesecake:** Fun as individuals but you can also make it as one big cake. It's easy to make but you need to plan ahead because it needs time to chill. Feast on it all week long!

*coming next week*

**Breakfast Time** and another great meal plan.

*what's cooking at [cookingwithalicia.com](http://cookingwithalicia.com)*

past meal plans

You can now easily find all of our past weekly meal plans. Just look for this button.

my meal plans

And remember: this button takes you to all of YOUR saved meal plans. This button has been there all along.



Look for the **shopping cart icon** next to *any* meal plan: our current weekly meal plan, any of our past meal plans, or any of your saved meal plans. Click on it and the **entire meal plan gets added to your current meal plan**. You no longer have to open every recipe and add it individually. Even if you only want a few of the new meals, it's easier to add them all with one click, and then delete the ones you don't want.

Find all that's new this week at ...

[CookingwithAlicia.com](http://CookingwithAlicia.com)

*You are receiving this email because you indicated that you wanted to be notified when a new weekly meal plan is ready. If you no longer wish to receive these emails, please sign in to the site and, on the Members page, click on "my information" to change your email preference.*

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