## **WEEKLY MEAL PLAN #147**

**DESSERT** 





Calde de Pollo



Jiffy Corn Casserole



Sausage & Potatoes



**Whole Wheat Bread** 



Breakfast Enchilada Casserole



**Sweet Salsa Verde** 



**Sweet and Sour Chicken** 



**Coconut Rice** 

## TIP OF THE WEEK:

**Cinnamon Roll Cake** 

Have you had fried eggplant yet? This week, we are giving it a try! Here is our pro- tip - When using large eggplants many people choose to salt the sliced eggplant to help draw out extra moisture leaving the fried eggplant even softer, tender, and more flavorful.

Sprinkle 1-2 tablespoons of salt on each side of the slices. Place them in a colander and give the slices 30-60 minutes to weep and drain.



ENJOY A NIGHT OUT OR EAT LEFTOVERS!



Sweet Pork Barbacoa



Flour Tortillas

Click on the photos for recipes or search on lilluna.com

