

Have a nice hot dinner waiting for you at home tonight!



Ivy Cotler, Chef/Owner
 Phone: 541-485-4200
 ivy@efn.org
 ivy@ivyscookin.com

APRIL 2018 Put this menu on the fridge for easy reference!

Order By 4/2 Delivery 4/5	CROWD PLEASER! SPICED POTATO ENCHILADAS W/CHIPOTLE CHILI SAUCE (wheat free) – You'll love these hearty, delicious enchies with just the right amount of heat, a potato, cheese, cilantro and corn filling and the subtle smoky flavor of chipotles (smoked jalapenos)! (308 cal / 8.5g fat / 7.5g fiber / 8.4 pro / 39g carb).
Order By 4/9 Delivery 4/12	NEW! GREEK PASTA CASSEROLE (vegan option) – Take a quick trip to the Mediterranean with this tantalizing dish filled with everything Greek – black olives, eggplant, tomatoes, red wine and feta cheese. Splendissimo! (378 cal / 7.5g fat / 5.9g fiber / 12.2g pro / 51g carb).
Order By 4/16 Delivery 4/19	DELICIOUS! PINEAPPLE BLACK BEAN ENCHILADAS W/TOMATILLO SAUCE (Wheat Free / vegan option available): You're sure to love these uniquely delicious enchiladas! Fresh pineapple, black beans, green chilies, cilantro and cheese layered with corn tortillas and my piquant tomatillo sauce. (308 cal / 8.6g fat / 6.1g fiber / 17.7g pro / 40.8g carb).
Order By 4/23 Delivery 4/26	DELICIOUS! BROCCOLI, BASIL & PARMESAN STUFFED SHELLS MARINARA* – A match made in heaven! These fabulous broccoli & cheese filled shells are topped with my famous garlicky marinara sauce. (253 cal / 5.4g fat / 6.5g fiber / 18.4g pro / 41.9g carb). *SPECIAL PRICING: \$27 (9x9 inch pan), \$37 (9x13" pan)
Order By 4/30 Delivery 5/3	CINCO DE MAYO SPECIAL! EVER POPULAR SMOKY BLACK BEAN ENCHILADAS (wheat free) – The black bean filling gets its' subtle smoky flavor from chipotle peppers (smoked jalapenos) plus just a hint of orange. Monterey Jack, cream cheese and my zesty Mexican red sauce perfectly balance the flavors in these enchies! (463 cal / 9.2g fat / 9.6g fiber / 21.6g pro / 57g carb)

MAY 2018 Gift certificates from Ivy's Cookin' are available!

Order By 5/7 Delivery 5/10	MOTHER'S DAY SPECIAL SAVORY MUSHROOM AND ASPARAGUS BREAD PUDDING* Pure comfort food! Bite sized pieces of artisanal bread and delectable morsels of asparagus and mushrooms are baked in a deeply flavored, savory herbed custard until browned and delectable! (273 cal / 8.9g fat / 4.7g fiber / 17.3g pro / 31.9 carb). *SPECIAL PRICING: \$27 (9x9 inch pan), \$37 (9x13" pan).
Order By 5/14 Delivery 5/17	AN IVY'S COOKIN' ORIGINAL RECIPE! SPINACH LASAGNE – This lasagne features my yummy, thick and hearty bean sauce (marinara with a twist) between layers of noodles, spinach and creamy cheeses. (400 cal / 10g fat / 5g fiber / 17g pro / 30g carb)
Order By 5/21 Delivery 5/24	MEMORIAL DAY SPECIAL! NEW! VEGGIE, BLACK BEAN & TOFU ENCHILADAS (vegan*/wheat free) – Satisfy all your tastebuds with the extraordinarily well-balanced flavors and textures of these high-protein enchies. Corn tortillas filled with sauteed veggies, black beans and tofu & deliciously covered with my zesty Mexican red sauce. (312 cal / 8.7g fat / 7g fiber / 17.9g pro / 30.4g carb) * Note: cheese added upon request (\$1.50 additional charge).
Order By 5/28 Delivery 5/31	TRY IT, YOU'LL LIKE IT! INDIAN SHEPHERD'S PIE (wheat free) – A delicious example of fusion cooking! The spinach and ricotta filling (with fresh ginger, coriander and cumin) is topped with my scrumptious cilantro mashed potatoes. Mmm! (369 cal / 8.6g fat / 6.6g fiber / 25.6g pro / 54g carb)

PLACING AN ORDER IS EASY!

At Ivy's Cookin' a new and delicious vegetarian entree is offered each week. Place your order by Monday night and Ivy will deliver a savory 2-4 portion meal (9"x 9" pan) at your convenience on Thursday, or you can pickup Wednesday.



*Yum, Yum,
Sounds Great!
How do we get some?*

All this for just \$25.

(A family size 9"x13" pan is \$35).

Meals from Ivy's Cookin' freeze exceptionally well, so they are ideal for dinners when you're too tired to cook, or lunches for those days on the go.

SPEND MORE TIME WITH FAMILY!

Save time with Ivy's healthy, affordable vegetarian meals.

GIFT CERTIFICATES AVAILABLE!

Ivy's Cookin' is a great gift idea for new moms, birthdays, potlucks, moving day, post surgeries, housewarmings, or as a simple act of kindness.

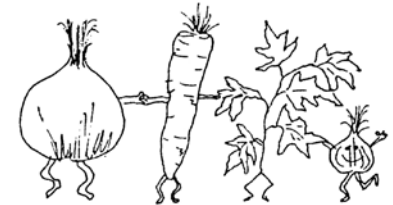
DID YOU KNOW...?

You receive a 1/2 PRICE MEAL when your referral brings me a new customer...Spread the word!

A FREE GIFT!

Receive a FREE food gift with your first order from Ivy's Cookin'!

Let Ivy's Cookin' Catering put the "fun" in your next function with delicious vegetarian cuisine for your workshop, meeting, seminar, wedding, special event ...



IMAGINE A CHEF THAT MAKES HOUSECALLS!

All meals prepared and delivered by chef/owner Ivy Cotler since 1992. Meals may be delivered right to your home or office every Thursday.



WATCHING YOUR FOOD INTAKE?

Ivy now provides fat, fiber, protein, carbohydrate & calorie info for those folks who may be on a weight loss program. (Info based on 4 servings for a 9"x9" pan and 8 servings for a 9"x13" pan).

Ivy's Cookin' kitchen is fully licensed by the State of Oregon Department of Agriculture