

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

OCTOBER 2017 Put this menu on the fridge for easy reference!

Order By 10/2 Delivery 10/5	NEW! HOMEGROWN TOMATO, BASIL & ZUCCHINI (SAVORY) BREAD PUDDING*: <i>The taste of summer!! Bite sized pieces of artisanal bread and delectable morsels of homegrown tomatoes, zucchini & fresh basil 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 of \$27 & \$37 for this entrée.</i>
Order By 10/9 Delivery 10/12	SCRUMPTIOUS AND SO HEALTHY! CHILI RELLENO HARVEST FIESTA BAKE* <i>(wheat free) – Green chilies sprinkled with onion, tomato, scallion and corn, then blanketed with mildly spicy, creamy, savory custard, more green chilies and topped with melted cheese. Yum! (179 cal / 3g fat / 4g fiber / 20g pro / 23g carb). *prices are \$27 & \$37 for this meal only.</i>
Order By 10/16 Delivery 10/19	AN IVY'S COOKIN' ORIGINAL RECIPE! SPINACH LASAGNE – <i>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)</i>
Order By 10/23 Delivery 10/26	DELECTABLE! SPICED POTATO ENCHILADAS W/CHIPOTLE CHILI SAUCE (wheat free) <i>– 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)! t(308 cal / 8.5g fat / 7.5g fiber / 8.4 pro / 39g carb).</i>
Order By 10/30 Delivery 11/2	RECEIVES RAVE REVIEWS! EGGPLANT PARMESAN (vegan option available)* – <i>This is the way to eat your eggplant – baked, not fried, and layered with my garlicky marinara sauce and cheese. (280 cal / 8g fat / 6g fiber / 17g pro / 31.4g carb) *NOTE: Pricing for this entrée is \$28 and \$38 for small and large entrees respectively. No trades or gift redemptions for this entrée.</i>

NOVEMBER 2017 Gift certificates from Ivy's Cookin' are available!

Order By 11/6 Delivery 11/9	UNIQUELY DELECTABLE BLACK BEAN PICADILLO SHEPHERD'S PIE (wheat free/vegan option available) – <i>Savory black beans and veggies with Jamaican jerk inspired flavors (hints of cinnamon, cumin, clove, allspice, green chiles and cilantro) topped to perfection with creamy mashed potatoes. (360 cal / 3.4g fat / 14g fiber / 12.6g pro / 72g carb).</i>
Order By 11/13 Delivery 11/16	PERENNIAL FAVORITE! BROCCOLI, BASIL & PARMESAN STUFFED SHELLS MARINARA* – <i>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)</i>
Order By 11/19 Delivery 11/22	THANKSGIVING SPECIAL ~ SWEET POTATO, WHITE BEAN AND ROASTED RED PEPPER TIAN (tee-ahn) (vegan and/or wheat free options available)*: <i>Great side dish or main course! Veggies and buttery white beans coated in olive oil, slowly baked to exude juices that caramelize and develop deep, rich flavor! (224 cal / 8g fat / 6g fiber / 5.8g pro / 29.3g carb) **NOTE: SUNDAY (11/19) ORDER DEADLINE THIS WEEK FOR DELIVERY WEDNESDAY (11/22).</i>
Order By 11/27 Delivery 11/30	NEW! PINEAPPLE BLACK BEAN ENCHILADAS (wheat free/vegan option available) – <i>You're sure to love these delicious enchiladas! Fresh pineapple, black beans, green chilies, cilantro & cheese layered with corn tortillas and my zesty Mexican red sauce. Delish! (308 cal / 8.6g fat / 6.1g fiber / 17.7g pro / 40.8g carb).</i>

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"x9" 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