

id	recipeTitle	recipeIngredients	recipeInstructions
1	Yogurt Parfait	1/2 cup Vanilla Yogurt 1/4 cup Granola 1/4 cup Fresh Berries	Scoop half of the yogurt in your vessel of choice. Layer half of the granola and half the berries. Add in the rest of the yogurt followed by the rest of your granola and berries. Enjoy!
2	Ancho-Orange Chicken	4 Boneless, Skinless Chicken Breasts 1 Tbsp Ancho Chile Paste 2 Tbsps Crème Fraîche 3 Tbsps Golden Raisins	pat the chicken dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes on the first side, until browned. Flip and cook to 3 minutes, or until lightly browned. Add the glaze and cook, frequently spooning the glaze over the chicken, 2 to 3 minutes, or until the chicken is coated and cooked through. Turn off the heat; stir the butter and the juice of 1 lime half into the glaze until the butter has melted. Season with salt and pepper to taste.
3	Beef Medallions & Mushroom Sauce	4 oz Cremini Mushrooms 4 Beef Medalions 2 Cloves Garlic 1 TBSP Mustard 2 TBSP Butter	pat the beef dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 3 minutes per side for medium rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (called fond) in the pan, transfer to a plate and let rest for at least 5 minutes. While the beef rests, add a drizzle of olive oil to the pan, reserved fond and heat on medium-high until hot. Add the sliced mushrooms in an even layer. Cook, without stirring to 3 minutes, or until browned. Add the chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the mustard, verjus, and 2 tablespoons of water (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn the heat and stir

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			in the remaining butter until melted. (If the sauce seems too thick, gradually add up to 2 tablespoons of water to achieve your desired consistency.) Season with salt and pepper to taste.
5	Broccoli & Basil Pesto Sandwiches	1 Piece Focaccia Bread 1 8-Ounce Can Tomato Sauce 1/2 lb Fresh Mozzarella Cheese 2 Clementines 2 cloves Garlic 2 Romaine Lettuce Hearts 1 lb Broccoli 1 oz Golden Or Red Sweet Piquante Peppers 2 Tbsps Crème Fraîche 1 Tbsp Dijon Mustard 1/2 cup Basil & Cashew Pesto (Contains Pine Nuts) 1/3 cup Shaved Parmesan Cheese 1 Tbsp Italian Seasoning (Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram)	Place an oven rack in the center of the oven, then preheat to 475°F. Wash and dry the fresh produce. Cut clementines in half and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small pieces, keeping the florets intact. Peel and roughly chop the garlic. Halve the focaccia. Grate the asiago cheese on the large side of box grater. Tear the mozzarella cheese into small pieces. In a bowl, combine the tomato sauce and Italian seasoning; season with salt and pepper to taste. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the broccoli pieces; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes or until slightly softened. Add the chopped garlic; cook, stirring frequently, 1 to 2 minutes, or until slightly softened and fragrant. Add 1/2 cup of water; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes or until the broccoli has softened and the water has cooked off. Turn off the heat. Line a sheet pan with foil. Place the halved focaccia on the foil, cut side up; drizzle with olive oil. Top with the seasoned tomato sauce. Top the focaccia bottom with the grated asiago cheese, half the mozzarella cheese, and the cooked broccoli. Evenly top the broccoli with the remaining mozzarella cheese and pesto (stirring before adding). Season both focaccia halves with salt and pepper. Bake, rotating the sheet pan halfway through, 11 to 13 minutes, or until lightly browned and the cheese has melted. Remove from the

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			oven; let stand for at least 2 minutes. Transfer to a cutting board. Evenly top the baked focaccia bottom with the parmesan cheese. Complete with the focaccia top. Using a serrated knife, the finished sandwich into 4 equal-sized pieces.
6	Broccoli & Mozzarella Calzones	1 1/2 lbs Pizza Dough 3 cloves Garlic 1 Romaine Lettuce Heart 1 lb Broccoli 1 cup Part-Skim Ricotta Cheese 1 8-Ounce Can Tomato Sauce 1/2 lb Fresh Mozzarella Cheese 1/4 cup Grated Parmesan Cheese 2 oz Black Cerignola Olives 1 Tbsp Italian Seasoning (Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram) 1 Lemon	Remove the dough from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven, then preheat to 475°F. Wash and dry the fresh produce. Cut off and discard the bottom 1/2 inch of the broccoli stem, then roughly chop the broccoli. Peel and roughly chop the garlic. Tear the mozzarella cheese into small pieces. Quarter and deseed the lemon. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped broccoli; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes or until lightly browned. Add 2/3 of the chopped garlic. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add 1/4 cup of water; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes or until the broccoli has softened and the water has cooked off. Transfer to a large bowl. Add the mozzarella cheese, ricotta cheese, half the Italian seasoning, and the juice of 1 lemon wedge; stir to combine. Season with salt and pepper. Wipe out the pan. Lightly oil a sheet pan. Divide the dough into 2 equal-sized portions; using your hands and a rolling pin (or wine bottle), gently stretch and roll the portions into 1/4-inch-thick rounds. (If the dough is resistant, let rest for 5 minutes.) Divide the filling between the centers of the rounds; fold each round in half over the filling. Using a fork, crimp the edges of the dough to seal. Transfer to the sheet

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			<p>pan. Using a fork, poke a few holes across the tops of the calzones to vent. Lightly drizzle the calzones with olive oil. Bake 16 to 18 minutes, or until golden brown. Transfer to a cutting board and let stand for at least 2 minutes. While the calzones continue to bake, in the pan used to cook the broccoli, heat 2 teaspoons of olive oil on medium-high until hot. Add the remaining chopped garlic; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the tomato sauce and remaining Italian seasoning. Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened. Turn off the heat and season with salt and pepper to taste. Cut the baked calzones in half. Serve with the sauce on the side. Garnish with the remaining parmesan cheese. Enjoy!</p>
7	Bucatini Alfredo	<p>2 Tbsps Crème Fraîche 1/4 tsp Crushed Red Pepper Flakes 3 Tbsps All-Purpose Flour 1/4 cup Grated Pecorino Cheese 2 Cloves Garlic 1 Large Head of Broccoli</p>	<p>Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small pieces, keeping the florets intact. Peel and finely chop the garlic.</p> <p>In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the broccoli pieces; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes or until slightly softened. Add 1/2 cup of water; season with salt and pepper. Cover the pan with aluminum foil and cook 3 to 4 minutes, or until the broccoli has softened and the water has cooked off. Transfer to a bowl. Wipe out the pan.</p> <p>While the broccoli cooks, add the pasta to the pot of boiling water and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Reserving 1/2 cup of the pasta cooking water, drain thoroughly.</p> <p>In the same pan, heat 1 1/2 tablespoons of olive oil on medium-high until hot.</p>

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			<p>Add the chopped garlic; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the flour and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Add the heavy cream (shaking the bottle just before opening), verjus, and 1/4 cups of water; season with salt and pepper. Cook, whisking frequently, 2 to 3 minutes, or until thickened; season with salt and pepper to taste. Add the cooked pasta, cooked broccoli, crème fraîche, and half the reserved pasta cooking water to the pan. Cook, stirring vigorously, 30 seconds to 1 minute, or until the pasta is thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat and season with salt and pepper to taste. Garnish the finished pasta with the cheese; season with pepper. Enjoy!</p>
8	Crispy Fish Sandwiches with Tartar Sauce & Roasted Sweet Potato Wedges	<p>21 oz Wild Alaskan Pollock Fillets 2 Cage-Free Farm Eggs 2 Tbsps Sweet Pickle Relish 1 Romaine Lettuce Heart 1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley) 1 1/4 cups Panko Breadcrumbs 1/4 cup Creamy Mustard Sauce</p>	<p>Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Cut the sweet potatoes lengthwise into 1-inch-wide wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down. Roast 27 to 29 minutes, or until browned and tender when pierced with a fork. Reserving the sheet pan, transfer to a plate and set aside in a warm place. While the sweet potatoes roast, cut off and discard the root end of the lettuce; thinly slice the leaves. Halve the rolls. In a bowl, combine the mayonnaise, creamy mustard sauce, and sweet pickle relish. Season with salt and pepper to taste. Pat the fish fillets dry with paper towels. Halve crosswise.</p>

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			<p>While the sweet potatoes continue to roast, season the halved fish fillets on both sides with salt, pepper and the spice blend. Crack the eggs into a bowl; season with salt and pepper. Beat until smooth. Place the breadcrumbs on a plate; season with salt and pepper. Working one piece at a time, thoroughly coat the seasoned fillets in the beaten eggs (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate. While the sweet potatoes continue to roast, in a large pan (nonstick if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, working in batches if necessary, add the breaded fish fillets. Cook 2 to 3 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil before flipping.) Transfer to a paper towel-lined plate; immediately season with salt and pepper. While the fish cooks, place the rolls on the same sheet pan, cut side up. Drizzle with olive oil. Toast in the oven 4 to 5 minutes, or until lightly browned. Transfer to a clean work surface. Divide the sauce, cooked fish fillets, and sliced lettuce among the toasted rolls. Serve the sandwiches with the roasted sweet potatoes on the side. Enjoy!</p>
9	General Tso's Chicken	10 oz Chopped Chicken Breast 1 head Baby Bok Choy 3/4 cup Jasmine Rice 2 cloves Garlic 1 Tbsp Rice Vinegar 1 1-Inch Piece Ginger 1 tsp Sriracha 1 Tbsp Honey 1 Tbsp Sesame Oil 1/4 cup Cornstarch 2 Tbsps Hoisin Sauce	Remove the honey from the refrigerator to bring to room temperature. In a medium saucepan, combine the rice, a big pinch of salt, and 1 1/2 cups of water; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.

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			<p>While the rice cooks, pat the chicken dry with paper towels. Place in a large bowl and season with salt and pepper. Add the cornstarch, toss to thoroughly coat. In a medium pan, heat a thin layer of oil over medium-high heat until hot. Once the oil is hot enough that a piece of chicken sizzles immediately when added to the pan, add the coated chicken in an even layer (tapping off any excess cornstarch before adding). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.</p> <p>While the chicken cooks, wash and dry the fresh produce. Chop off and discard the root end of the bok choy and roughly chop. Peel and finely chop the ginger. Peel and roughly chop the garlic. In a bowl, combine the hoisin sauce, vinegar, honey (kneading the packet before opening), sesame oil, 1 tablespoon of water, and as much of the sriracha as you like, depending on how spicy you like the dish to be. Add the chopped bok choy, ginger, and garlic to the pan reserved fond; season with salt and pepper. (If the pan seems dry, add 1 tablespoon of olive oil.) Cook on medium-high, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Add the sauce and cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat and add the cooked chicken to the pan; toss to thoroughly coat. Season with salt and pepper to taste. Serve the finished chicken and bok choy with the cooked rice. Enjoy!</p>
10	Baked Eggs with Swiss Chard and Green Olives	Eggs Olive oil Garlic Castelvetrano olives	Sauté the onions, then the garlic and chard until everything is fragrant and the chard is wilted.

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		Feta cheese Panko Chives Bacon	Stir in the castelvetrano olive oil and cooked bacon pieces, if you're using it.Spread this mixture out evenly and make four little wells for your eggs.Carefully and slowly, pour the cream around the eggs. Bake! And now, for the million-dollar question—how do you tell when baked eggs are done?—the answer is that you should pull the baked eggs out of the oven as soon as you see that the whites are no longer translucent. Baked eggs are all about those runny yolks, you definitely want to keep a close eye on the eggs as they bake! Top with panko and feta, and dig in!
11	Cinnamon Baked Doughnuts	Baking spray with flour, such as Baker's Joy 2 cups all-purpose flour 1 1/2 cups sugar 2 teaspoons baking powder 1 teaspoon ground cinnamon 1/2 teaspoon ground nutmeg 1/2 teaspoon kosher salt 1 extra-large egg, lightly beaten 1 1/4 cups whole milk 2 tablespoons unsalted butter, melted 2 teaspoons pure vanilla extract 8 tablespoons (1 stick) unsalted butter 1/2 cup sugar 1/2 teaspoon ground cinnamon	Preheat the oven to 350 degrees. Spray 2 doughnut pans well. Into a large bowl, sift together the flour, sugar, baking powder, cinnamon, nutmeg, and salt. In a small bowl, whisk together the egg, milk, melted butter, and vanilla. Spoon the wet mixture into the dry ingredients until just combined. Spoon the batter into the baking pans, filling each one a little more than three-quarters full. Bake for 17 minutes, until a toothpick comes out clean. Allow to cool for 5 minutes, then tap the doughnuts out onto a sheet pan. For the topping, melt the 8 tablespoons of butter in an 8-inch saute pan. Combine the sugar and cinnamon in a small bowl. Dip each doughnut first in the butter and then in the cinnamon sugar, either on one side or both sides.
12	Toast	Bread	put bread in toaster