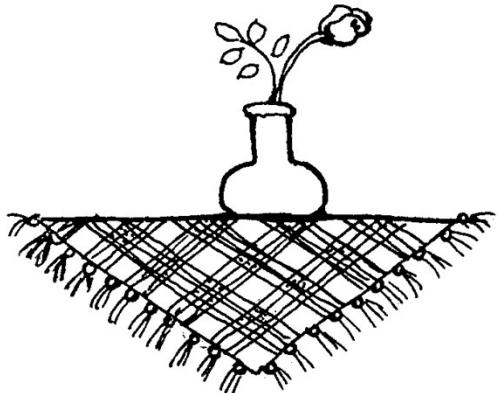


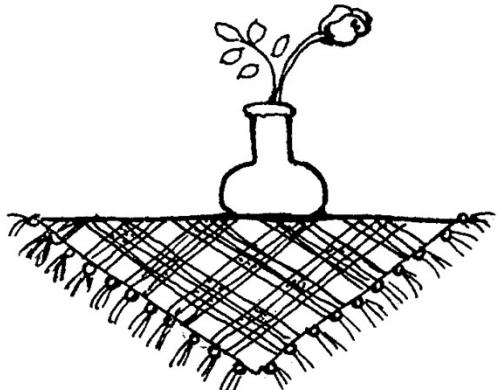
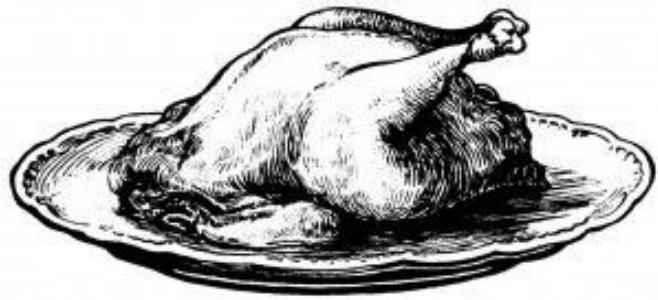
Fabulous Food

(Nom)



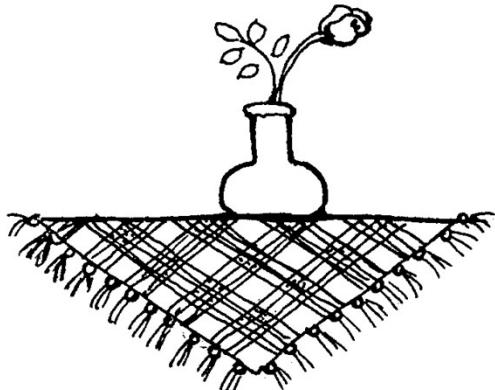
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(Nom)



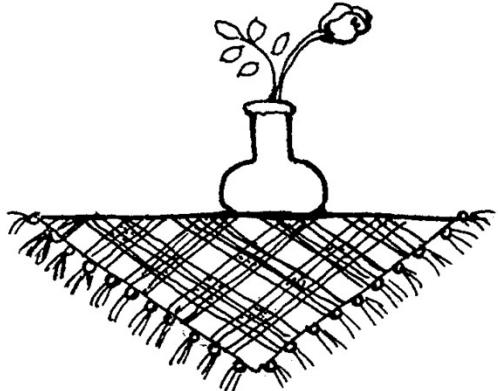
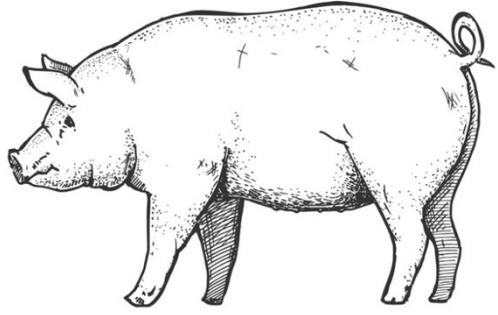
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(Nom)



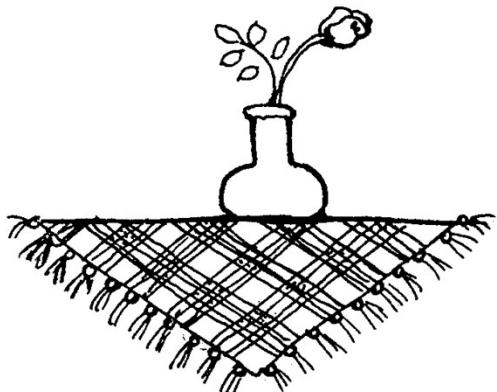
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(Nom)



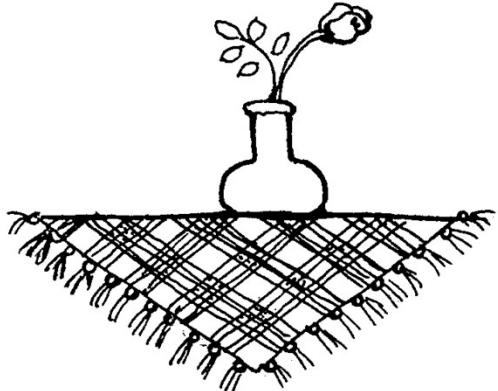
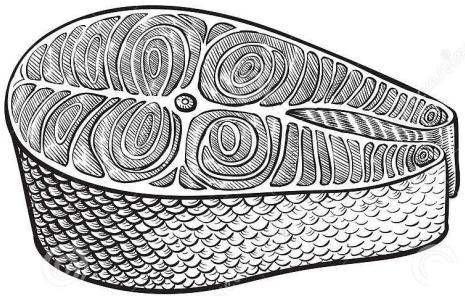
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(Nom)



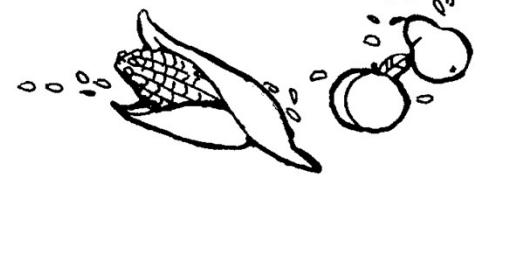
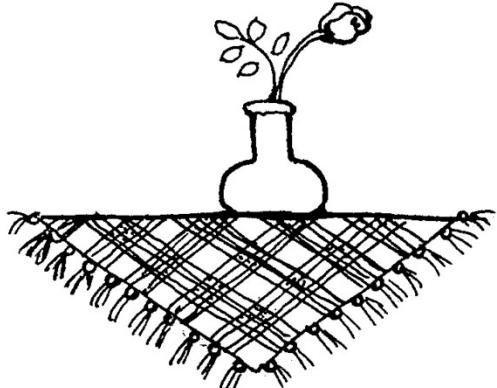
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(Nom)



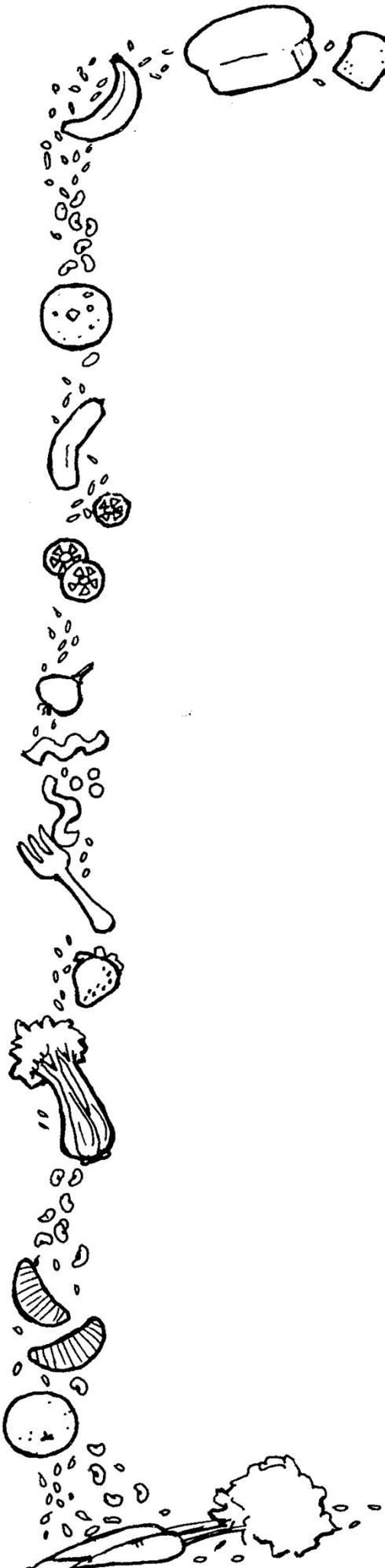
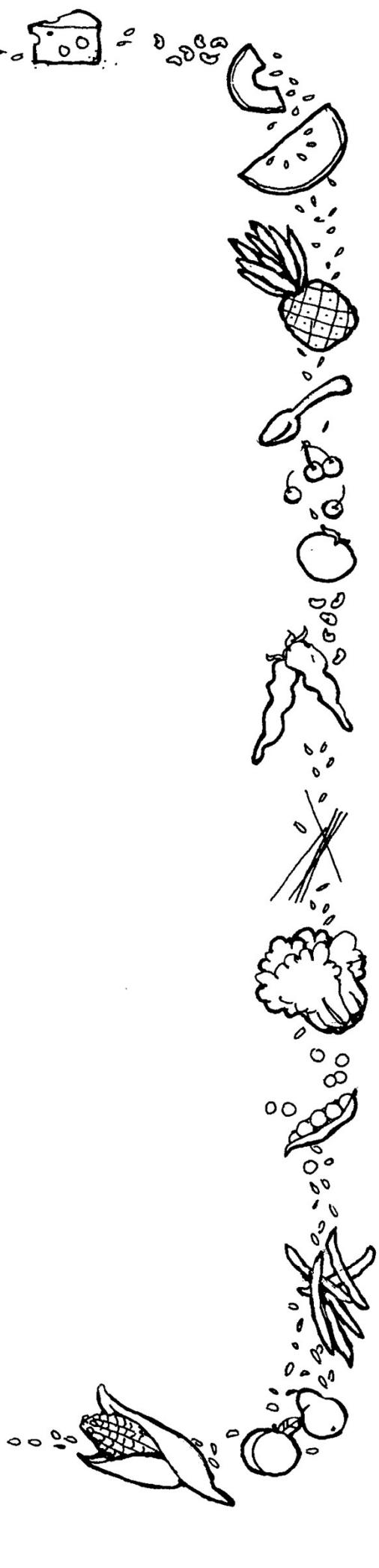
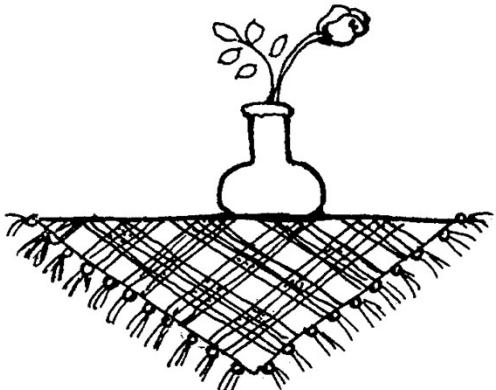
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(Nom)



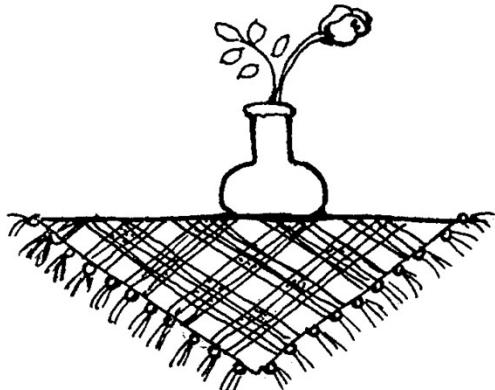
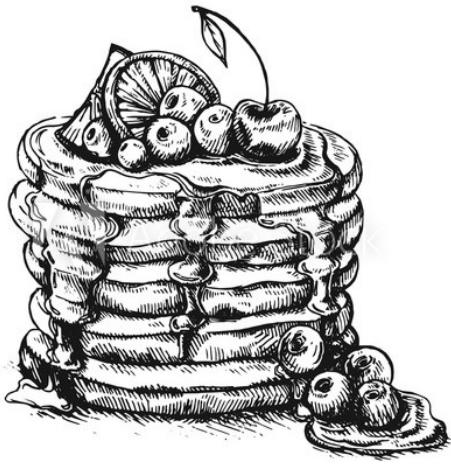
Soup

(Nom)



Breakfast

(Nom)



Coconut Curry Chicken Soup

Ingredients:

- ✓ 3 cups spinach
- ✓ ½ pound snow peas
- ✓ 6 ounces pad thai noodles
- ✓ One onion, diced
- ✓ 2 tsp red curry paste
- ✓ 1 ½ tsp curry powder
- ✓ ½ tsp turmeric
- ✓ ½ tsp coriander
- ✓ 1 tbsp minced garlic
- ✓ 2 tbsp sugar
- ✓ 2 tbsp fish sauce
- ✓ ½ tsp red pepper flakes



Total Time: 35 minutes Servings: 4

Directions:

1. Cut snow peas into halves
2. Boil 5-6 cups of water. Once water is boiling put in halved snow peas and spinach. Let boil 3-4 minutes until cooked. Remove snow peas and spinach with a slotted spoon. Add noodles to boiling water, let boil about 4 minutes until cooked. Remove with a slotted spoon.
3. Heat 1 tbsp of oil in a pan. Add diced onion, curry paste, curry powder, turmeric, coriander, and minced garlic. Sauté for 2 minutes until well mixed and fragrant.
4. Add chicken broth and bring to a boil, once boiling add coconut milk. Reduce heat and boil for 5 minutes.
5. Add chicken, fish sauce, sugar, and red pepper flakes. Cook for 2 minutes.
6. Add snow peas, spinach, and noodles. Mix and cook for 1 minute.

Chili Cornbread Casserole

Ingredients:

- ✓ 1 medium onion, chopped
- ✓ 1 tbsp minced garlic
- ✓ 1 lb ground beef or pork
- ✓ 1 chili seasoning packet
- ✓ 14 oz diced tomatoes
- ✓ 2 tbsp tomato paste
- ✓ 1 cup chicken broth
- ✓ 1 cup frozen corn, divided
- ✓ 1 can kidney beans, drained
- ✓ $\frac{1}{2}$ cup shredded cheddar
- ✓ 1 box jiffy corn muffin mix
- ✓ 1 egg
- ✓ $\frac{1}{3}$ cup milk



Total Time: 1 hour Servings: 4

Directions:

1. In a pan over medium heat add oil and onion. Sauté for 1 minute. Then add garlic and sauté for one minute more. Add meat and cook until browned. Drain excess fat and add chili seasoning (1 tbsp chili powder, 1 tsp red pepper flakes, $\frac{1}{4}$ tsp cayenne, $\frac{1}{4}$ tsp garlic powder, $\frac{1}{2}$ tsp onion powder, 1 tsp salt), tomatoes and tomato paste. Cook for 1 minute. Add chicken broth and let simmer.
2. Prepare cornbread mix according to box. Add cheddar and $\frac{1}{2}$ cup frozen corn.
3. Add remaining frozen corn ($\frac{1}{2}$ cup) to meat mixture. Add beans. Let simmer 5 minutes.
4. Place meat mix in a greased 9x9 pan. Spread corn bread mixture on top. Bake for 35 minutes at 375° F

Sriracha Meatballs

Meatballs:

- ✓ 16 oz ground turkey
- ✓ 1 large egg
- ✓ $\frac{1}{2}$ cup bread crumbs
- ✓ 1 tbsp ginger
- ✓ 2 tbsp soy sauce

Sriracha Glaze:

- ✓ $\frac{1}{4}$ cup soy sauce
- ✓ 2 tbsp rice vinegar
- ✓ $\frac{1}{4}$ cup brown sugar
- ✓ $1\frac{1}{2}$ tbsp sriracha
- ✓ $\frac{1}{2}$ cup water, divided
- ✓ 2 tbsp cornstarch



Total Time: 45 minutes Servings: 4

Directions:

1. Add all meatball ingredients together in a medium mixing bowl. Mix together until combined, add extra bread crumbs as needed.
2. Form meat into ping pong ball sized meatballs. There should be about 16. Place meatballs on a lined and sprayed sheet pan. Cook for 25 minutes at 350° F.
3. While meatballs cook, place $\frac{1}{4}$ cup soy sauce, 2 tbsp rice vinegar, $\frac{1}{4}$ cup brown sugar, $1\frac{1}{2}$ tbsp sriracha, and $\frac{1}{4}$ cup water into a medium sauce pan. Bring to a light boil.
4. In a separate bowl mix corn starch and $\frac{1}{4}$ cup water until corn start dissolves. Add to sauce pan. Boil until thickened.
5. Once meatballs are cooked, place meatballs in sauce pan. Mix until coated. Serve with rice.

Caribbean Sweet Potato Soup

Ingredients:

- ✓ 1 small onion, diced
- ✓ $\frac{1}{2}$ tbsp ginger
- ✓ 2 tbsp minced garlic
- ✓ 2 $\frac{1}{2}$ cups vegetable broth
- ✓ 2 lbs sweet potatoes, peeled and diced
- ✓ 1 $\frac{1}{4}$ tsp salt
- ✓ $\frac{1}{4}$ tsp turmeric
- ✓ Dash of cayenne
- ✓ 7.5 ounces coconut milk
- ✓ 1 $\frac{1}{2}$ tbsp lime juice



Total Time: 1 hour Servings: 4

Directions:

1. 1 tbsp oil over medium heat in a large pot. Add onion, garlic, ginger and cook until softened (about 6 minutes).
2. Add broth, sweet potatoes, salt, cayenne, and turmeric and bring to a boil. Then reduce heat to low-medium. Cover and cook until sweet potatoes are tender—about 20 minutes.
3. Skim 2 tbsp thickened coconut milk off of the top of the can. Whisk together with 1 tbsp lime juice and set aside. This will be the topping for the soup.
4. Mix together $\frac{1}{2}$ tbsp lime juice and remaining coconut milk. Add to the sweet potato mixture. Place soup in a blender, in batches, to make the soup smooth. Add any extra broth to make the correct consistency and extra turmeric and cayenne as needed.
5. Serve soup with coconut milk/lime topping.

Garlic Steak and Potatoes

Ingredients:

- ✓ 2 lbs flank steak
- ✓ 2 lbs yellow potatoes
- ✓ 3 tbsp butter
- ✓ 3 tbsp minced garlic
- ✓ 1 tsp thyme
- ✓ 1 tsp rosemary
- ✓ 1 tsp oregano
- ✓ Red pepper flakes

Marinade:

- ✓ 1/3 cup soy sauce
- ✓ 1 tbsp olive oil
- ✓ 1 tbsp sriracha
- ✓ Cracked pepper



Total Time: 40 minutes Servings: 3

Directions:

1. Mix marinade ingredients. Cut steak into thin strips. Place in marinade and mix well. Let marinate for about 20 minutes.
2. Cut potatoes into wedges, boil for 8 minutes until slightly soft.
3. In a large pan over medium heat melt 1 tbsp butter and 1 tbsp olive oil. Add potato wedges to pan and cook on each side until browned (about 4-5 minutes per side). Remove potatoes from pan and set aside.
4. In the same pan over medium heat add 2 tbsp butter, garlic, thyme, rosemary, oregano, and red pepper flakes. Let melt and mix together. Then lay the steak in one layer, turn once finished. Let each side brown and then remove. Repeat until all steak is cooked.
5. Return meat and potatoes to pan, mix and let cook 1 minute. Serve.

Beef and Broccoli

Ingredients:

- ✓ 2/3 cup soy sauce, divided
- ✓ 3 tbsp brown sugar
- ✓ 1 tbsp lime juice ($\frac{1}{2}$ lime)
- ✓ 2 tbsp cornstarch, divided
- ✓ 1 lb steak, thinly sliced
- ✓ 2 tbsp minced garlic
- ✓ 1/3 cup low sodium beef broth
- ✓ 2 tsp sriracha
- ✓ 1 large head of broccoli



Total Time: 40 minutes Servings: 4

Directions:

1. In a medium bowl, whisk together 1/3 cup soy sauce, lime juice, 1 tbsp brown sugar, and 1 tbsp cornstarch until combined. Season steak with salt and pepper and then toss in the marinade. Let marinate for about 20 minutes.
2. In a large pan over medium heat, heat 1 tbsp oil. Add steak in a single layer, working in batches if needed. Cook each side of the steak until browned and remove. About 1-2 minutes per side. Remove steak once it is cooked and set aside.
3. Stir garlic into pan with residual juices and cook until fragrant, about 1 minute. Add 1 tbsp cornstarch. Cook for another minute. Stir in beef broth, remaining 2 tbsp brown sugar, 1/3 cup soy sauce, and sriracha. Bring mixture to a simmer. Add broccoli and cook until softened, about 5-7 minutes. Return steak to pan and cook 1 more minute.
4. Serve over rice.

Apple Sausage Dressing

Ingredients:

- ✓ 7 cups seasoned bread crumbs
- ✓ 1 ½ medium tart apple, peeled and diced
- ✓ 2/3 cup chopped pecans
- ✓ 2 ¼ tsp sage
- ✓ ¾ tsp pepper
- ✓ 1 ½ lbs bulk pork sausage
- ✓ 1 ½ large onions, chopped
- ✓ 3 ribs celery, chopped
- ✓ 1 can reduced sodium chicken broth



Total Time: 3.5 hours Servings: 8

Directions:

1. In a non-stick pan, cook sausage, onions, and celery until sausage is fully cooked.
2. Grease the sides of the slow cooker. Place all ingredients in the slow cooker and mix until thoroughly combined.
3. Cook, covered, for 3-4 hours on low heat until apple is tender. Stir once half way through cooking.

Chicken Burgers

Ingredients:

- ✓ 1 medium onion
- ✓ 1 lb ground chicken
- ✓ 1 egg
- ✓ $\frac{1}{2}$ cup bread crumbs
- ✓ $\frac{1}{2}$ cup quick-cooking oats
- ✓ 1 tsp salt
- ✓ 1 tsp dry mustard
- ✓ 1 tsp celery seed
- ✓ 1 tsp red pepper flakes



Total Time: 30 minutes Servings: 3

Directions:

1. Chop onion and place in a medium bowl
2. Combine ground chicken and egg with the chopped onion
3. In a separate bowl, combine the remaining ingredients
4. Mix into the bowl with the onion, chicken, and egg
5. Heat 1 tbsp of oil in a pan over medium heat, and shape the mixture into 6 patties while waiting for the oil to heat
6. Cook the patties in batches until burgers are cooked through, about 5 minutes on each side. Between each batch, replace the oil in the pan with an additional tbsp of fresh oil
7. Serve on a bun with toppings of choice

Aloha Chicken

Ingredients:

- ✓ ½ cup brown sugar
- ✓ 1 cup soy sauce
- ✓ 1 cup chicken broth
- ✓ 1 tbsp minced garlic
- ✓ 1 ½ cup uncooked rice
- ✓ 1 large onion, diced
- ✓ 1 red pepper, diced
- ✓ 20 ounces pineapple in juice
- ✓ 1 ½ lbs chicken



Total Time: 1.25 hours Servings: 6

Directions:

1. In a large bowl mix together brown sugar, soy sauce, garlic, and chicken broth. Add all other ingredients. Mix and place in a greased 9x13 pan.
2. Cover dish with foil and bake at 425° F for 55 minutes. Then mix and cook uncovered for 5-10 more minutes.
3. Let stand for 5 minutes before serving.

Black Bean Soup

Ingredients:

- ✓ 3 cans black beans, rinsed
- ✓ 3 ribs of celery
- ✓ 1 large onion, chopped
- ✓ 1 red pepper, chopped
- ✓ 2 tbsp minced garlic
- ✓ 1 can chicken broth
- ✓ 1 can vegetable broth
- ✓ 1 can diced tomatoes
- ✓ 1 can diced green chilis
- ✓ 2 tsp red pepper flakes
- ✓ 1 ½ tsp coriander
- ✓ 1 tsp hot sauce
- ✓ 1 tsp lime juice
- ✓ ½ lb hot Italian sausage



Total Time: 40 minutes Servings: 6

Directions:

1. In a small bowl, mash one can of black beans and set aside.
2. Remove sausage from casing and place in a large pot. Cook until it starts to brown. Then add onion, and red peppers in olive oil until tender. Add garlic and cook 1 minute longer.
3. Stir in broths, tomatoes, red pepper flakes, cracked pepper, mashed black beans, diced green chilis, and whole black beans. Bring to a boil, then reduce heat and let simmer for 15 minutes.
4. Stir in lime juice and serve.

Pineapple Chicken

Ingredients:

- ✓ 1 can pineapple in juice
- ✓ 1/3 soy sauce
- ✓ 1/3 cup chicken broth
- ✓ 1/3 cup hoisin sauce
- ✓ 1/4 cup brown sugar
- ✓ 1 tbsp minced garlic
- ✓ 2 tsp cornstarch
- ✓ 2 lbs chicken



Total Time: 20 minutes Servings: 5

Directions:

1. In a small sauce pan whisk together pineapple juice, soy sauce, chicken broth, hoisin sauce, brown sugar, minced garlic, and cornstarch. Bring the mixture to a boil until it reduces and is the consistency of a thick syrup. Set aside.
2. Cut chicken in one inch cubes. Cook over medium heat about 5 minutes until no longer pink. Drain excess liquids. Add diced pineapple and the sauce to the pan. Stir and cook for an additional minute or so, making sure chicken is fully cooked.
3. Serve with rice.

Pork & Green Chili Casserole

Ingredients:

- ✓ 2 lbs boneless pork, cut into $\frac{1}{2}$ inch cubes
- ✓ 1 can black beans, rinsed
- ✓ 1 can condensed cream of chicken soup
- ✓ 1 can diced tomatoes
- ✓ 2 cans diced green chilis
- ✓ 1 cup minute rice
- ✓ $\frac{1}{4}$ cup water
- ✓ 3 tbsp salsa
- ✓ 1 tsp red pepper flakes
- ✓ $\frac{1}{2}$ cup shredded cheddar (optional)



Total Time: 45 hours Servings: 8

Directions:

1. In a large skill brown the pork on both sides in olive oil. Stir in beans, soup, tomatoes, chilis, rice, water, salsa, and red pepper flakes.
2. Pour into a greased 9x13 baking dish. Bake uncovered for 30 minutes at 350° F.
3. Uncover, sprinkle with cheese, and let stand 5 minutes until cheese has melted.

Mexican Stuffed Sweet Potato

Ingredients:

- ✓ 3 large sweet potatoes
- ✓ 2/3 cups frozen corn
- ✓ 1 can black beans
- ✓ 2 cups spinach
- ✓ ½ tsp chili powder
- ✓ ½ tsp paprika
- ✓ ½ tsp red pepper flakes

Toppings:

- ✓ Salsa
- ✓ Hot Sauce
- ✓ Sour Cream



Total Time: 1.25 hours Servings: 3

Directions:

1. Poke holes in sweet potatoes and wrap in aluminum foil. Bake for approximately one hour at 400° F
2. Heat a large skillet on high, add about 1 tsp of olive oil and spread to cover the entire surface. Add the corn and cook until browned.
3. Turn down the heat to medium and add the beans and spices. Toss to coat and cook for 3 minutes. Add the spinach and cook until wilted. Remove from pan.
4. Cut sweet potatoes down the middle and stuff with some of the cooked filling. Top with salsa, hot sauce, and sour cream to taste.

Sweet Potato Enchiladas

Ingredients:

- ✓ 2 large sweet potatoes
- ✓ 1 onion, diced
- ✓ 1 red pepper, diced
- ✓ 1 tsp paprika
- ✓ $\frac{1}{2}$ tsp garlic powder
- ✓ $\frac{1}{2}$ tsp red pepper flakes
- ✓ $\frac{1}{2}$ tsp coriander
- ✓ $\frac{1}{2}$ tsp pepper
- ✓ 1 can black beans
- ✓ 30 ounces enchilada sauce
- ✓ 12 corn tortillas, warmed
- ✓ 2 cups pepper jack cheese
- ✓ 1 ziplock steamer bag



Total Time: 1 hour Servings: 4-5

Directions:

1. Cut sweet potatoes into 1 inch cubes. Place sweet potato, onion, and red pepper into a steamer bag. Cook in microwave according to directions on bag.
2. Transfer vegetables to a large bowl and mash. Gradually mix in spices, then add black beans and mix.
3. Spread 10 ounces of enchilada sauce along the bottom of a 9x13 baking pan. Place 1/3 cups vegetable mixture in each tortilla and place in the pan.
4. Sprinkle $\frac{1}{2}$ of the cheese inside the enchiladas. Pour remaining enchilada sauce over the enchiladas. Make sure that all portions of the tortilla are covered. Sprinkle the remaining cheese over the enchiladas.
5. Bake uncovered for 20-25 minutes at 375°
6. Serve with hot sauce.

Mongolian Chicken

Ingredients:

- ✓ ¼ cup soy sauce
- ✓ 2 tbsp cornstarch
- ✓ 1 tbsp brown sugar
- ✓ 1 ½ lbs chicken
- ✓ ¼ cup sherry
- ✓ ¼ cup hoisin sauce
- ✓ 1 tbsp sugar
- ✓ 1 tsp sesame oil
- ✓ Splash of siracha
- ✓ 2 cups snow peas, halved
- ✓ 3 plum tomatoes, cubed
- ✓ 1 tbsp minced garlic
- ✓ 1 tbsp ginger



Total Time: 50 minutes Servings: 5

Directions:

1. In a bowl combine soy sauce, cornstarch, and brown sugar. Mix until combined. Cut chicken into bite size cubes and add to mixture. Let marinate for 30 minutes.
2. In a small bowl combine sherry, hoisin, sugar, and sesame oil. Mix and set aside.
3. In a large pan cook the chicken in 1tbsp olive oil until no longer pink. Remove to keep warm.
4. Stir fry the snow peas, tomatoes, garlic, and ginger in remaining oil until snow peas are slightly tender. Add sherry mixture to pan and bring to a boil. Cook and stir until slightly thickened, about 2 minutes. Add chicken and cook for 1 more minute.
5. Serve with rice.

BBQ Beef and Cabbage

Ingredients:

- ✓ 1 lb ground beef
- ✓ 1 onion, diced
- ✓ 1 tsp smoked paprika
- ✓ $\frac{1}{4}$ tsp garlic powder
- ✓ $\frac{3}{4}$ tsp sugar, divided
- ✓ 1 lb shredded cabbage
- ✓ 8 oz tomato sauce
- ✓ 2 tbsp apple cider vinegar
- ✓ 2 tbsp brown sugar
- ✓ 1 tbsp Worcestershire sauce
- ✓ 1 $\frac{1}{2}$ tsp Dijon mustard
- ✓ 2 oz cheddar, shredded



Total Time: 35 minutes Servings: 3

Directions:

1. Add 1 tsp of olive oil and ground beef into a large pan and cook over medium heat until meat starts to brown.
2. Add onion, paprika, garlic powder, and salt and continue cooking until onions are soft.
3. Add $\frac{1}{4}$ cup water and stir to dissolve any brown bits off the bottom of the pan. Add the shredded cabbage and stir to combine. Let simmer for 5 minutes, stirring occasionally, until cabbage wilts.
4. Add the tomato sauce, vinegar, brown sugar, Worcestershire sauce, and Dijon. Stir and let simmer a few minutes until liquid has reduced slightly.
5. Add more salt to taste (optional).
6. Top with shredded cheddar and cover with lid until cheese melts.

Chicken Piccata

Chicken:

- ✓ $\frac{1}{4}$ cup + 1 tbsp flour
- ✓ 2 large chicken breasts, tenderized and halved
- ✓ Salt and pepper

Piccata Sauce

- ✓ 1 large onion, diced
- ✓ 2 tbsp minced garlic
- ✓ 1 cup chicken broth
- ✓ 1 cup cooking wine
- ✓ $\frac{1}{4}$ cup lemon juice
- ✓ 2 tbsp butter
- ✓ $\frac{1}{4}$ cup parsley



Total Time: 30 minutes Servings: 4

Directions:

1. In a bowl mix flour, salt, and pepper.
2. In a pan heat 1 tbsp oil on high heat, once hot dip chicken breast halves in the flour mixture coating all sides and place in pan. Cook 5 minutes per side, until cooked through. Remove from pan and set aside.
3. Reduce the heat to medium and add onions and garlic. Cook until fragrant, about 2 minutes.
4. Mix in remaining flour until dissolved. Add broth, wine, and lemon juice. Let simmer until thickened, about 5 minutes. Melt butter into the sauce.
5. Return chicken and juices to the pan, cover in piccata sauce, sprinkle with parsley, and serve.

Teriyaki Salmon

Ingredients:

- ✓ 1 lb salmon
- ✓ 2 tbsp sesame seeds
- ✓ 2 tbsp green onions (optional)
- ✓ $\frac{1}{4}$ cup soy sauce
- ✓ $\frac{1}{2}$ cup water
- ✓ 3 tbsp brown sugar
- ✓ 1 tbsp minced garlic
- ✓ 1 tsp ginger
- ✓ 4 tsp honey
- ✓ 1 tsp sesame oil
- ✓ 4 tsp cornstarch



Total Time: 25 minutes Servings: 2

Directions:

1. Bake salmon, wrapped loosely in cooking sprayed aluminum foil, at 450° F for 12-15 minutes, until cooked through.
2. Place soy sauce, water, brown sugar, garlic, ginger, honey, and sesame oil in a small sauce pan over medium heat. Stir in brown sugar until dissolved. Increase heat to high and bring to a boil. Let boil 3 minutes.
3. Mix cornstarch in 1 tbsp of cold water. Add to teriyaki sauce, let boil until thickened to likeness, about 2 minutes.
4. Pour teriyaki sauce over salmon, serve with rice and optionally steamed broccoli.

Pumpkin Pie French Toast

Ingredients:

- ✓ 3 large eggs
- ✓ 7.5 oz pumpkin puree
- ✓ $\frac{1}{4}$ cup sugar
- ✓ $\frac{1}{2}$ cup brown sugar
- ✓ $\frac{1}{2}$ cup plain greek yogurt
- ✓ $\frac{1}{2}$ cup milk
- ✓ $\frac{1}{2}$ tbsp vanilla
- ✓ 1 tsp cinnamon
- ✓ $\frac{1}{2}$ tsp ginger
- ✓ $\frac{1}{4}$ tsp ground cloves
- ✓ $\frac{1}{4}$ tsp nutmeg

✓ 1 loaf brioche or challah
Directions:

1. In a large bowl combine eggs, pumpkin, sugar, brown sugar, greek yogurt, vanilla, and milk. Whisk until smooth. Add cinnamon, ginger, cloves, and nutmeg. Mix to combine and set aside.
2. Lightly grease a 9x9 baking pan. Add cubed bread to the dish in even layers. Pour pumpkin mixture over the top, making sure all bread gets saturated.
3. Let sit at least 30 minutes, or overnight in the refrigerator.
4. Before baking, toss bread to redistribute liquid. Bake for 30 minutes covered and then 30 minutes uncovered at 350° F. If refrigerated, you may need to cook 5-10 minutes extra, until top is browned.
5. Serve with pecans and syrup.



Total Time: 25 minutes Servings: 4

Stuffed Eggplant Parmesan

Ingredients:

- ✓ $\frac{3}{4}$ cups marinara, divided
- ✓ 1 large eggplant, halved
- ✓ 1 small onion
- ✓ $\frac{1}{2}$ tsp dried oregano
- ✓ 1 tbsp minced garlic
- ✓ $\frac{1}{2}$ cup tomato, chopped
- ✓ 1 small egg, beaten
- ✓ $1 \frac{1}{4}$ cup mozzarella, divided
- ✓ $\frac{1}{4}$ cup parmesan
- ✓ 2 tbsp bread crumbs
- ✓ Basil for garnish



Total Time: 1.25 hours Servings: 2

Directions:

1. Spread $\frac{1}{2}$ cup of marinara in the bottom of a 9x9 baking dish.
2. Using a spoon hollow out the eggplant, leaving about a $\frac{1}{2}$ inch thick border around the skin to create a boat. Transfer hollowed out eggplant to the baking dish. Chopped scooped out eggplant into small cubes.
3. In a large skillet over medium heat, heat 1 tbsp olive oil. Add onion and cook until soft, about 5 minutes. Stir in eggplant and season with oregano, salt, and pepper. Cook until golden and tender, about 4 minutes. Add garlic and cook until fragrant, about 1 minute.
4. Transfer eggplant mixture to a mixing bowl and add tomato, egg, $\frac{1}{2}$ cup mozzarella and remaining $\frac{1}{4}$ cup marinara. Mix to combine and then scoop into eggplant boats. Top with bread crumbs, remaining mozzarella, and parmesan.
5. Bake for about 50 minutes at 350° F

Blueberry Lemon Panbake

Ingredients:

- ✓ 2 large eggs
- ✓ 1 ½ cups milk
- ✓ 2 cups flour
- ✓ 5 tbsp sugar
- ✓ 1 tbsp baking powder
- ✓ 1 tsp vanilla
- ✓ 1 ½ tsp lemon zest
- ✓ 12 oz of fresh blueberries,
washed and tossed in sugar



Total Time: 1 hour Servings: 4

Directions:

1. Mix wet ingredients together.
2. Mix dry ingredients together.
3. Combine wet and dry ingredients.
4. Pour batter into a greased 9x9 baking dish.
5. Sprinkle blueberries with sugar and mix. Pour blueberries over batter evenly.
6. Bake 45 minutes at 350 ° F.

Chicken Picatta Meatballs

Ingredients:

- ✓ ½ cup bread crumbs
- ✓ 1/3 cup parmesan cheese
- ✓ 1 large egg
- ✓ 1 tsp garlic powder
- ✓ ¼ tsp salt, 1/8 tsp pepper
- ✓ 1 lb ground chicken or turkey
- ✓ 3 tbsp minced garlic
- ✓ 1 onion, diced
- ✓ ½ cup white wine
- ✓ 2/3 cup chicken broth
- ✓ 3.5 oz green olives, diced
- ✓ 2 tbsp lemon juice
- ✓ 2 tbsp butter
- ✓ 1 tbsp cornstarch



Total Time: 40 minutes Servings: 4

Directions:

1. In a large bowl combine bread crumbs, parmesan cheese, egg, garlic powder, salt, and pepper. Then add ground meat and combine. Shape into 20 meat balls and bake on a lined pan for 22 minutes at 350° F.
2. In a large skillet heat 1 tbsp olive oil. Add onions and garlic, cook until soft. Mix in cornstarch and butter and cook one more minute.
3. Add broth and wine to pan. Increase to medium-high and cook for 1 minutes. Add olives and lemon juice, bring to a boil. Add meatballs, reduce heat, and let simmer uncovered for 5 minutes.
4. Serve over egg noodles, top with parmesan cheese.

Rice and Bean Casserole

Ingredients:

- ✓ 1 onion, chopped
- ✓ 1 green pepper, chopped
- ✓ 1 ½ tbsp minced garlic
- ✓ 2 cups cooked brown rice
- ✓ 1 can pinto beans
- ✓ 1 can black beans
- ✓ 1 can whole kernel corn
- ✓ 1 cup broth (chicken or veg)
- ✓ 2 tbsp tomato paste
- ✓ ½ tsp pepper
- ✓ ½ tsp salt
- ✓ 1 tsp basil
- ✓ 1 tsp red pepper flakes
- ✓ 1 cup pepperjack, shredded



Total Time: 40 minutes Servings: 6

Directions:

1. Cook onions, peppers, and garlic over medium heat until softened. Add tomato paste. Mix until incorporated and cook 2 more minutes.
2. Mix all ingredients, except cheese, together in a large mixing bowl.
3. Fold in cheese
4. Cook in a greased 9x13 pan at 375°F for 25 minutes.
5. Serve with hot sauce.

Hoisin Siracha Chicken

Ingredients:

- ✓ 1/3 cup hoisin sauce
- ✓ 1/3 cup soy sauce
- ✓ 2 tbsp maple syrup
- ✓ 2 tbsp siracha
- ✓ 1 tbsp rice vinegar
- ✓ 2 tsp olive oil
- ✓ ½ tsp garlic powder
- ✓ 2 lbs chicken breast
- ✓ 2 medium sweet potatoes
- ✓ 1 small cauliflower
- ✓ 1 red bell pepper



Total Time: 50 minutes Servings: 5

Directions:

1. Mix together hoisin, soy sauce, maple syrup, siracha, rice vinegar, olive oil, and garlic powder. Set aside.
2. Preheat oven to 400°F and spray a large sheet pan with cooking spray. Cut chicken into serving sized breasts. Salt and pepper both sides and place on the baking sheet.
3. Dice the red pepper. Peel and cut sweet potato into $\frac{3}{4}$ inch cubes. Add to sheet pan.
4. Generously cover the chicken in sauce and lightly cover all vegetables in sauce. Bake for 15 minutes.
5. Cut the cauliflower and toss in olive oil, salt, and pepper. Add to baking sheet and sprinkle with sauce. Turn chicken and sweet potatoes. Bake 25 minutes.

Sheppard's Pie Casserole

Ingredients:

- ✓ 1 lb ground beef
- ✓ 1 medium onion, diced
- ✓ 1 celery stalk, chopped
- ✓ 2 tbsp minced garlic
- ✓ 8 oz mushrooms, chopped
- ✓ 10 oz frozen pea, corn, carrot mix
- ✓ 2 tbsp cornstarch or flour
- ✓ 1 cup beef broth
- ✓ 2 tbsp tomato paste
- ✓ 1 tsp Worcestershire sauce
- ✓ 1 tsp rosemary
- ✓ 1 tsp thyme
- ✓ 1 ½ lbs potatoes
- ✓ ¾ cup chicken broth
- ✓ 2 tbsp half and half



Total Time: 50 minutes Servings: 4

Directions:

1. Peel and cut potatoes, boil for 30 minutes. Drain and mash with chicken broth and half and half. Set aside.
2. In a large pan cook meat over medium high heat. Drain and set aside.
3. In pan, add 1 tsp oil, onion, garlic, mushrooms, and celery. Cook for 6-8 minutes. Add flour/cornstarch, veggies, beef broth, tomato paste, Worcestershire sauce, and spices. Simmer on low for 8-10 minutes. Then spread mixture on the bottom of a casserole dish. Spread potatoes on top. Sprinkle with paprika.
4. Bake at 400° F for 20-25 minutes, then broil for 2 minutes.

Thai Peanut Chicken Ramen

Ingredients:

- ✓ 4 cups low sodium chicken broth
- ✓ 1 can coconut milk
- ✓ $\frac{1}{4}$ low sodium soy sauce
- ✓ 2 tbsp fish sauce
- ✓ 2 tbsp honey
- ✓ $\frac{1}{3}$ cup creamy peanut butter
- ✓ $\frac{1}{4}$ cup Thai red curry paste
- ✓ 1 lb chicken breast
- ✓ 8 ounces sliced mushrooms
- ✓ 2 red bell peppers, chopped
- ✓ $1 \frac{1}{4}$ tsp ginger
- ✓ 1 tbsp minced garlic
- ✓ 2 squares ramen noodles
- ✓ 2 tbsp lime juice
- ✓ 3 cups spinach



Total Time: 35 minutes Servings: 5

Directions:

1. In the bowl of the instant pot, mix chicken broth, coconut milk, soy sauce, fish sauce, honey, peanut butter, curry paste, chicken, mushrooms, red peppers, garlic, and ginger. Cook on high pressure for 10 minutes.
2. Once done cooking, release pressure from instant pot. Remove chicken and shred.
3. Turn the instant pot onto sauté. Add noodles, lime juice, and spinach. Cook for 4-5 minutes, until noodles are tender. Add chicken back to pot. Mix and serve.

Lemon Poppyseed Pancakes

Ingredients:

- ✓ 1 ½ cup oats
- ✓ 1 cup flour
- ✓ ¼ cup sugar
- ✓ 2 tsp baking powder
- ✓ ½ tsp baking soda
- ✓ 3 tbsp poppy seeds
- ✓ 1 cup Greek yogurt
- ✓ 1 cup milk
- ✓ 2 large eggs
- ✓ 1 tbsp lemon zest
- ✓ 3 tbsp lemon juice
- ✓ 1 tsp vanilla extract



Total Time: 35 minutes Servings: 4

Directions:

1. Grind oats into oat flour using a food processor.
2. Mix all ingredients together in a medium bowl using an electric mixer, add extra flour if needed.
3. Heat a skillet or large pan over medium heat, spray with cooking spray. Use a ¼ cup scoop to place batter into the pan. Cook until bubbles are rising and popping in the middle of the pancake. Flip and cook second side until golden brown. Remove from heat and repeat until all batter is used.

Pumpkin Pancakes

Ingredients:

- ✓ 1 ½ cup oats
- ✓ 1 cup flour
- ✓ 1 tbsp baking powder
- ✓ 1 ½ tsp cinnamon
- ✓ ½ tsp ginger
- ✓ ½ tsp nutmeg
- ✓ ¼ cup brown sugar
- ✓ 1 tbsp sugar
- ✓ 1 tsp vanilla
- ✓ 1 cup pumpkin
- ✓ 1 cup Greek yogurt
- ✓ 2 large eggs
- ✓ 1 ½ cup milk
- ✓ ¾ cups chocolate chips
- ✓ ¾ cups chopped pecans or walnuts



Total Time: 35 minutes Servings: 4

Directions:

1. Grind oats into oat flour using a food processor.
2. Mix all ingredients together in a medium bowl using an electric mixer, add extra flour if needed.
3. Heat a skillet or large pan over medium heat, spray with cooking spray. Use a ¼ cup scoop to place batter into the pan. Cook until bubbles are rising and popping in the middle of the pancake. Flip and cook second side until golden brown. Remove from heat and repeat until all batter is used.

Curry Chicken

Ingredients:

- ✓ 2 lbs chicken, cubed
- ✓ 2 tsp salt
- ✓ $\frac{1}{2}$ cup oil
- ✓ 1 $\frac{1}{2}$ cups chopped onion
- ✓ 1 tbsp minced garlic
- ✓ 1 $\frac{1}{2}$ tsp ginger
- ✓ 1 tbsp curry powder
- ✓ 1 tsp red pepper flakes
- ✓ 1 tsp turmeric
- ✓ 1 tsp coriander
- ✓ 1 tsp cayenne
- ✓ $\frac{1}{2}$ cup + 1 tbsp water
- ✓ 15 oz crushed tomatoes
- ✓ 1 cup plain Greek yogurt
- ✓ 1 tbsp garam masala
- ✓ 1 tbsp lemon juice (optional)



Total Time: 50 minutes Servings: 4

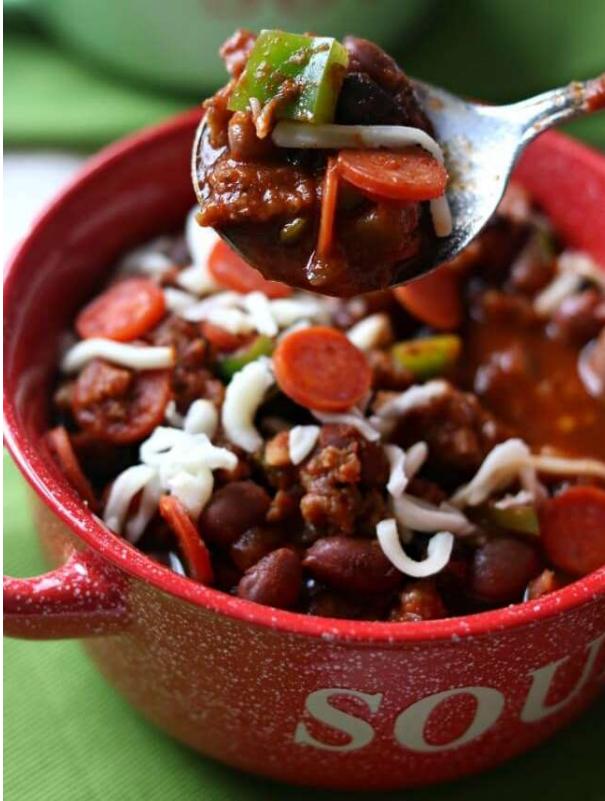
Directions:

1. Sprinkle chicken with salt. Heat oil in a large pan on high and partially cook the chicken (all sides should be brown). Set aside.
2. In a small amount of oil on medium high add onion, garlic, and ginger. Cook for 8 minutes.
3. Add curry powder, red pepper flakes, turmeric, coriander, cayenne, and 1 tbsp water. Stir and cook for one minute.
4. Add tomatoes, yogurt, salt, and chicken. Stir and add $\frac{1}{2}$ cup water. Sprinkle in garam marsala. Cover and simmer for 20 minutes.
5. Serve with rice and top with a sprinkle of lemon juice (optional).

Pepperoni Pizza Chili

Ingredients:

- ✓ 2 lbs ground beef
- ✓ 1 lb bulk hot Italian sausage
- ✓ 1 large onion, chopped
- ✓ 1 large green pepper, chopped
- ✓ 3 tbsp minced garlic
- ✓ $\frac{1}{2}$ tsp salt
- ✓ $\frac{1}{2}$ tsp pepper
- ✓ 16 oz salsa
- ✓ 16 oz chili beans
- ✓ 16 oz kidney beans
- ✓ 12 oz pizza sauce
- ✓ 8 oz mini pepperoni
- ✓ 1 cup water
- ✓ 2 tbsp taco seasoning (1 oz)
- ✓ Shredded mozzarella and hot sauce for topping



Total Time: $\frac{1}{2}$ - 2 $\frac{1}{2}$ hours Servings: 4

Directions:

- ** Rinse and drain kidney beans, do not rinse or drain chili beans
1. Cook beef, sausage, onion, green pepper, and garlic over medium heat until meat is no longer pink.
 2. Stir in all other ingredients except toppings. Bring to a boil, then reduce heat and let simmer for about 20 minutes OR cook on low in a crock-pot for 1-2 hours. If cooking in a crock pot you can mix all ingredients in the crock pot and add the cooked meat and vegetables to the mixture in the crock pot.
 3. Serve with mozzarella sprinkled on top.

Pork Sheet Pan Dinner

Ingredients:

- ✓ 4 medium yellow potatoes
- ✓ 1 lb asparagus
- ✓ 1 large sweet apple
- ✓ 2 tsp brown sugar
- ✓ 1 tsp cinnamon
- ✓ 4 boneless pork chops, 1 inch thick ideally
- ✓ 1 tbsp chipotle powder
- ✓ 1 tsp cayenne
- ✓ 1 tsp + 1 tbsp garlic powder
- ✓ ¼ cup parmesan



Total Time: 1 hour Servings: 4

Directions:

1. Lightly coat a baking sheet in olive oil. Mix together chipotle, $\frac{1}{2}$ tsp cayenne, and 1 tsp garlic powder. Sprinkle on each side of each pork chop and place in one corner of the pan.
2. Mix brown sugar and cinnamon. Cut apple in $\frac{1}{2}$ inch thick slices and lightly coat in cinnamon sugar. Place around the pork.
3. Mix 4 tbsp parmesan and 1 tbsp garlic powder. Set aside.
4. Chop asparagus in 1 inch pieces. Coat lightly in olive oil and sprinkle in parmesan mixture. Until lightly coated. Place on sheet pan.
5. Add $\frac{1}{2}$ tsp cayenne to the parmesan mixture. Chop potatoes into bite sized cubes. Lightly coat in olive oil and sprinkle with parmesan mixture until coated. Place on pan.
6. Sprinkle the remaining parmesan mixture on the pork.
7. Bake at 425° for 20-25 mintues.

Baked Chicken & Potato Sheet Pan Dinner

Ingredients:

- ✓ 2 large chicken breasts, halved
- ✓ 3 medium potatoes
- ✓ 1 medium onion, cut into 8 wedges
- ✓ 1 red bell pepper, cubed
- ✓ 3 tbsp melted butter
- ✓ $\frac{1}{4}$ cup parmesan
- ✓ 1 tsp garlic powder
- ✓ 1 tsp paprika
- ✓ Red pepper flakes



Total Time: 45 minutes Servings: 4

Directions:

1. Place the 4 chicken breast halves in the corners of a sheet pan.
2. Mix vegetables together and place on the pan.
3. Pour melted butter over the chicken and veggies.
4. Mix parmesan, paprika, and garlic powder together. Sprinkle generously over the chicken and vegetables.
5. Lightly sprinkle red pepper flakes over the entire sheet pan.
6. Bake at 400° for 30-35 minutes, stirring vegetables halfway through.

Curry Meatballs

Meatballs:

- ✓ 16 oz ground turkey
- ✓ 1 large egg
- ✓ ½ cup bread crumbs
- ✓ 1 tbsp ginger
- ✓ 2 tbsp soy sauce
- ✓ 1 tsp Worcestershire Sauce

Curry Sauce:

- ✓ 2 red bell peppers, sliced
- ✓ 1 ¼ tsp ginger
- ✓ 2-3 tsp red curry paste
- ✓ 1 can coconut milk
- ✓ 2 tbsp soy sauce
- ✓ 1 tbsp fish sauce
- ✓ 1 medium onion, chopped
- ✓ 2 tbsp sesame oil
- ✓ 1 tbsp corn starch



Total Time: 45 minutes Servings: 4

Directions:

1. Add all meatball ingredients together in a medium mixing bowl. Mix together until combined, add extra bread crumbs as needed.
2. Form meat into ping pong ball sized meatballs. There should be about 16. Place meatballs on a lined and sprayed sheet pan. Cook for 25 minutes at 350° F.
3. While meatballs are cooking, add sesame oil, peppers, and onions to a medium sized pan. Cook for 5-8 minutes until tender. Add corn starch and mix until combined.
4. Add coconut milk, soy sauce, and fish sauce. Cook until thickened, about 5 minutes. Add meatballs.
5. Serve with rice.

Sweet Potato Breakfast Bake

Ingredients:

- ✓ 1.5 lbs sweet potatoes
- ✓ 12 large eggs
- ✓ 1 tbsp taco seasoning
- ✓ 2 tsp garlic powder
- ✓ 1 ½ tsp salt
- ✓ Ground pepper to taste
- ✓ 1 cup milk
- ✓ 1 cup cheddar, shredded
- ✓ 1 medium onion, diced
- ✓ 2 tsp red pepper flakes
- ✓ 4 cups spinach



Total Time: 1 ½ hours Servings: 8-12

Directions:

1. In a large bowl mix eggs, taco seasoning, garlic powder, salt, and pepper. Whisk until combined, about 30 seconds. Add milk, 2/3 cups cheddar, onions, and red pepper flakes. Whisk to combine.
2. Shred sweet potatoes and add to mixture. Add spinach. Mix.
3. Line a 9x13 with parchment paper, spray with cooking spray. Pour mixture into baking dish.
4. Bake for 1 hour at 375° F. Remove and sprinkle with remaining 1/3 cup cheddar. Bake for 5 more minutes or until cheese is melted.
5. Let cool for 10 minutes before cutting.

Braised Chicken

Ingredients:

- ✓ 2 lbs chicken breast
- ✓ 1 tbsp turmeric
- ✓ 2 tsp + 5/4 tsp ginger
- ✓ 3 tbsp olive oil
- ✓ 1 tbsp cornstarch
- ✓ 1 onion, diced
- ✓ 1 tbsp minced garlic
- ✓ 1 tsp cayenne pepper
- ✓ 3 sweet potatoes, chunked
- ✓ 1 cup chicken broth
- ✓ 1 can coconut milk
- ✓ 2 tbsp fish sauce
- ✓ 2 cups baby spinach
- ✓ 1 tbsp lime juice



Total Time: 45 minutes Servings: 4

Directions:

1. Cut chicken into large cubes, add turmeric and 2 tsp ginger, let marinate for 5 minutes.
2. In the instant pot add olive oil and sauté garlic and onion for 2 minutes. Add ginger, cayenne, and cornstarch, sauté one more minute.
3. Add sweet potatoes, chicken broth, coconut milk, fish sauce, and chicken. Mix and cook on high pressure for 8 minutes.
4. Set instant pot to sauté and add lime juice and spinach. Let sauté until sauce is thick and spinach is wilted, about 5 minutes.
5. Serve with rice and naan.

Green Curry Meatballs

Meatballs:

- ✓ 16 oz ground turkey
- ✓ 1 large egg
- ✓ $\frac{3}{4}$ cup bread crumbs
- ✓ 3 tbsp milk
- ✓ 1 $\frac{1}{2}$ tsp ginger
- ✓ 1 $\frac{1}{2}$ tsp green curry paste
- ✓ $\frac{1}{2}$ tsp sugar
- ✓ $\frac{1}{2}$ tsp salt
- ✓ 1 $\frac{1}{2}$ tsp minced garlic

Curry Sauce:

- ✓ 1 can coconut milk
- ✓ 2 tbsp green curry paste
- ✓ 1 tsp light brown sugar
- ✓ 1 tbsp minced garlic
- ✓ 1 tbsp cornstarch
- ✓ 1 tbsp lime juice



Total Time: 40 minutes Servings: 4

Directions:

1. Add all meatball ingredients together in a medium mixing bowl. Mix together until combined, add extra bread crumbs as needed.
2. Form meat into ping pong ball sized meatballs. There should be about 16. Place meatballs on a lined and sprayed sheet pan. Cook for 25 minutes at 350° F.
3. While meatballs are cooking, sauté minced garlic for 1 minute. Add cornstarch and combine. Add coconut milk, green curry paste, light brown sugar, and minced garlic. Let simmer 7-10 minutes. Add lime juice and let simmer for one more minute.
4. Serve with rice.

Chickpea & Potato Curry

Ingredients:

- ✓ 1 lb potatoes, peeled & cut
- ✓ 1 tbsp olive oil
- ✓ 1 large onion, diced
- ✓ 2 tbsp minced garlic
- ✓ 3 ¼ tsp garam masala
- ✓ 3 ¼ tsp curry powder
- ✓ 1 tsp ground ginger
- ✓ 1 tsp cumin
- ✓ ¼ tsp salt
- ✓ 1 can condensed tomato soup
- ✓ 10 oz milk
- ✓ 2 cans chickpeas



Total Time: 1.25 hours Servings: 4

Directions:

1. In a medium pot cover potatoes with water and bring to a boil. Cook until tender, about 20 minutes. Then drain and set aside.
2. In a large pot or Dutch oven over medium heat add oil, garlic, and onions. Cook until translucent, about 5-7 minutes.
3. Add curry powder, garam masala, ground ginger, cumin, and salt. Mix and cook 1-2 minutes. Make sure to scrape the bottom of the pot with a wooden spoon to remove spices.
4. Add tomato soup, then fill the can with milk and add the milk. Cook for about 10 minutes, stirring every 2-3 minutes. Make sure to mix from the bottom so it does not stick.
5. Add chickpeas and potatoes, increase to high heat until the mixture simmers, then reduce to low. Let simmer 30 minutes, stirring occasionally.
6. Serve with rice.

Yellow Shrimp Curry

Ingredients:

- ✓ $\frac{1}{4}$ cup coconut oil
- ✓ 1 medium onion, diced
- ✓ 2 $\frac{1}{2}$ tsp ground ginger
- ✓ 2 tsp turmeric
- ✓ 3 tbsp yellow curry paste
- ✓ 2 large sweet potatoes, peeled and cut into 1 – 1 $\frac{1}{2}$ inch cubes
- ✓ 2 cans coconut milk
- ✓ 2 tsp fish sauce
- ✓ 1 tbsp brown sugar
- ✓ 1 tbsp corn starch
- ✓ 2 lbs shrimp



Total Time: 45 minutes Servings: 4

Directions:

1. Rinse shrimp twice and let sit in a colander to drain.
2. In a large saucepan, heat coconut oil over medium heat. Add onions and cook until softened, about 5-7 minutes.
3. Add ginger and turmeric and cook until aromatic, about one minute. Add curry paste and stir until fragrant, about 1-2 minutes.
4. Add sweet potatoes and stir until coated. Then add coconut milk and let simmer until potatoes are tender—about 15 minutes.
5. Add fish sauce and brown sugar. Stir and then add shrimp. Cover and cook for 2-3 minutes. Then add cornstarch. Continue cooking until shrimp are fully cooked and curry is slightly thickened.
6. Serve with rice and naan.

Summer Curry Noodles

Ingredients:

- ✓ 8 oz thin rice noodles
- ✓ 2 tbsp coconut oil
- ✓ 1 yellow onion, diced
- ✓ 2 large zucchini, peeled and sliced in halves or quarters
- ✓ 1-2 cans corn, drained
- ✓ 1 tbsp minced garlic
- ✓ 1 tsp ground ginger
- ✓ 3 tbsp red curry paste
- ✓ 1 can coconut milk
- ✓ 1 tbsp fish sauce
- ✓ 2 tsp honey
- ✓ 2 tsp lime juice



Total Time: 30 minutes Servings: 4

Directions:

1. Cook rice noodles according to package and set aside.
2. Heat the coconut oil in a large skillet over high heat. Add the onion and cook 5 minutes or until fragrant.
3. Add the zucchini, corn, garlic, and ginger. Cook the veggies another 5 minutes or until they just begin to soften.
4. Stir in the curry paste and cook until fragrant, about 1 minute.
5. Add the coconut milk, 1/3 cup water, fish sauce, and honey. Stir to combine, bring the mixture to a boil, cook 5 minutes or until the sauce thickens slightly.
6. Add noodles and mix, cook until noodles are at desired texture.

German Pancake

Ingredients:

- ✓ 3 eggs
- ✓ $\frac{1}{2}$ tsp salt
- ✓ 1 tbsp sugar
- ✓ $\frac{1}{2}$ cup flour
- ✓ $\frac{1}{2}$ cup milk
- ✓ Butter for pan
- ✓ Fruit for serving
- ✓ Optional: maple syrup, Nutella, or powder sugar for serving



Total Time: 30 minutes Servings: 2

Directions:

1. Preheat oven to 450° F.
2. Beat eggs together until light and fluffy, add sugar and salt. Mix.
3. Add milk and flour, mix until fully incorporated.
4. Generously grease a 10 inch skillet or similar rounded baking pan with butter.
5. Pour batter into pan, bake for 20 minutes until golden brown and raised over the edges. If it is not cooked after 20 minutes, reduce to 350 ° F

German Apple Pancake

Ingredients:

- ✓ 1 cup whole milk
- ✓ 4 large eggs
- ✓ 3 tbsp sugar
- ✓ 1 tsp vanilla extract
- ✓ $\frac{1}{2}$ tsp salt
- ✓ $\frac{1}{4}$ tsp cinnamon
- ✓ $\frac{2}{3}$ cups flour
- ✓ 4 tbsp unsalted butter
- ✓ 2 golden delicious apples, peeled and sliced thinly
- ✓ 3 tbsp brown sugar



Total Time: 45 minutes Servings: 4-6

Directions:

1. Preheat oven to 425° F.
2. Place butter in a 9x13 inch baking dish, and place in oven until butter is melted (about 5 minutes). Then remove from oven.
3. Place apple slices in the baking dish on top of the butter in rows. Return to oven and bake until apples begin to soften and butter is bubbly and beginning to brown, about 10 minutes.
4. In a mixing bowl whisk eggs until light and fluffy, then add milk, sugar, vanilla, salt, and cinnamon and stir until well blended. Add flour and mix until batter is smooth.
5. Pour batter over the apples in the baking dish and sprinkle with brown sugar. Bake until pancake is puffed, about 20 minutes.

Sweet Potato Breakfast Bake

Ingredients:

- ✓ 1.5 lbs sweet potato, grated
- ✓ 12 large eggs
- ✓ 1 tbsp taco seasoning
- ✓ 2 tsp garlic powder
- ✓ 1 ½ tsp salt
- ✓ 1 cup milk
- ✓ 1 cup shredded pepper jack
- ✓ 1 large onion, chopped
- ✓ 1 jalapeno, diced
- ✓ 4 cups spinach
- ✓ Ground back pepper to taste



Total Time: 80 minutes Servings: 8-12

Directions:

1. Preheat oven to 375° F and line a 9x13 baking dish with parchment paper and spray with cooking spray.
2. In a large mixing bowl add eggs, taco seasoning, garlic powder, salt, and pepper. Whisk until combined. Add milk, 2/3 cups cheese, onion, and jalapeno. Whisk to combine.
3. Add sweet potatoes and spinach. Mix well.
4. Transfer mixture to baking pan and bake for 1 hour. Sprinkle with remaining cheese on top and bake until melted.
5. Remove from oven and let cool 10 minutes before cutting.

Can be assembled in advance and refrigerated up to 48 hours before baking.

Zucchini Meatball Carbonara

Meatballs:

- ✓ 1 large zucchini, grated
- ✓ 1 lb. ground turkey
- ✓ 1 egg
- ✓ $\frac{3}{4}$ cups bread crumbs
- ✓ $\frac{1}{2}$ cup parmesan

Topping:

- ✓ $\frac{1}{4}$ cup olives, $\frac{1}{4}$ cup basil
- ✓ $\frac{1}{2}$ cup bread crumbs
- ✓ 1 lemon, sliced

Pasta:

- ✓ 3 large eggs
- ✓ $\frac{3}{4}$ cup parmesan
- ✓ $\frac{1}{2}$ tbsp minced garlic
- ✓ $\frac{1}{2}$ tsp red pepper flakes
- ✓ 1 lb. linguine
- ✓ $\frac{1}{4}$ cup fresh basil, chopped



Total Time: 30 minutes Servings: 4

Directions:

1. Mix meatball ingredients together and shape into 20 meatballs, place lemon slices around the meatballs. Bake at 450 ° F for 10 minutes. Move meatballs to the side and place the $\frac{1}{4}$ cup olives, $\frac{1}{2}$ cup breadcrumbs on the sheet pan . Mix together and sprinkle with olive oil and a pinch of red pepper flakes. Bake 5-7 more minutes.
2. Chop the lemons and mix with $\frac{1}{4}$ cup chopped basil and set aside.
3. Boil the pasta, in the mean time mix together all pasta ingredients. Before straining pasta reserve $\frac{1}{2}$ cup pasta water. In a bowl mix the pasta and the sauce ingredients together, mixing consistently until the sauce becomes thick. Add lemon mixture and pasta water.
4. Serve topped with bread crumbs, olives, and extra parmesan and basil.

Thai Corn Chowder

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 tbsp minced garlic
- ✓ 1 tsp ginger
- ✓ 1 jalapeno, deseeded
- ✓ 4 cups chicken broth
- ✓ 2 potatoes, cubed
- ✓ 3 cans of corn
- ✓ 1 can coconut milk
- ✓ 2/3 cup sweet Thai chili sauce
- ✓ 8 ounces mozzarella or fontina cheese, shredded
- ✓ 1/3 cup fresh basil, chopped
- ✓ 2 tbsp butter
- ✓ Lime juice for serving



Total Time: 50 minutes Servings: 4

Directions:

1. Heat a large soup pot over medium heat, add olive oil. Once hot, add garlic, ginger, and the diced jalapeno. Cook 1-2 minutes until soft, then add chicken broth and potato. Simmer, uncovered, for 15 minutes until potato is tender.
2. Add the corn, coconut milk, and sweet Thai chili sauce. Continue cooking until corn is tender, about 5 minutes. Reduce the heat to low and add butter and cheese. Cook until the cheese has melted and the soup is creamy. Top with fresh basil.
3. Serve with lime juice and extra Thai chili sauce.

**Do not leave in pan until it gets cold, the cheese gets crazy stuck if you do.

Turkey & Dumpling Soup

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 large red onion, diced
- ✓ 4 celery stalks, chopped
- ✓ 6 carrots, chopped
- ✓ 2 ½ tsp thyme
- ✓ 8 cups chicken or turkey broth
- ✓ ½ cup white wine
- ✓ 1 ½ cups mashed potatoes
- ✓ 1 tbsp baking powder
- ✓ 1 ½ tbsp poultry seasoning
- ✓ 2 large eggs
- ✓ 1 ¼ cups flour
- ✓ 2 cups shredded turkey
- ✓ ½ cup half and half
- ✓ 1 tsp corn starch
- ✓ ½ cup grated parmesan



Total Time: 50 minutes Servings: 4

Directions:

1. Heat olive oil in a Dutch oven, add onions and cook for 3-5 minutes. Add celery, carrots, and thyme. Season with salt and pepper. Cook for 5 more minutes.
2. Add chicken broth and wine, bring to a boil. Let boil for 10 minutes, covered.
3. Meanwhile, make the dumplings. In a medium bowl mix the potatoes, flour, eggs, baking powder, and poultry seasoning. If too sticky add a little extra flour.
4. Bring the soup over medium high heat. Drop heaping tablespoon sized amounts of dumpling mixture into the soup. Let boil 10 minutes until dumplings are fluffy. Add half and half and corn starch. Let boil 5 more minutes. Serve topped with parmesan.

Masaman Curry

Ingredients:

- ✓ 4 oz Masaman curry paste
- ✓ 3 tbsp olive oil
- ✓ 2 cans coconut milk
- ✓ ½ tsp ginger
- ✓ 2 tbsp brown sugar
- ✓ 2 tbsp fish sauce
- ✓ 1 tbsp lime juice
- ✓ 1 tbsp Worcestershire sauce
- ✓ 1 onion thinly sliced
- ✓ 4 large potatoes, cubed
- ✓ 4 carrots, peeled and sliced
- ✓ 2 lbs chicken, thinly sliced
- ✓ 1 tbsp peanut butter
- ✓ ½ cup peanuts
- ✓ 1 ½ tsp sriracha
- ✓ Red pepper flakes to taste



Total Time: 50 minutes Servings: 6

Directions:

1. Heat olive oil in a Dutch oven (or large sauce pan), then add the curry paste. Let cook for 2-3 minutes, stirring.
2. Add coconut milk, ginger, brown sugar, fish sauce, lime juice, and Worcestershire sauce. Bring to a boil. Then add onion, chicken, carrots, potatoes, sriracha, peanuts, peanut butter and red pepper flakes. Stir well so everything is covered in sauce.
3. Cover and cook for 15-20 minutes until potatoes are soft.
4. Serve over rice.

Panang Curry

Ingredients:

- ✓ 1 tbsp olive oil
- ✓ 2 tbsp Panang curry paste
- ✓ 1 tbsp peanut butter
- ✓ 2 lbs chicken
- ✓ 1 onion, thinly sliced
- ✓ 1 red bell pepper, thinly sliced
- ✓ 1 green bell pepper, thinly sliced
- ✓ 2 tsp ginger
- ✓ 2 tbsp minced garlic
- ✓ 2 cans coconut milk
- ✓ 4 tsp corn starch
- ✓ $\frac{1}{4}$ cup brown sugar
- ✓ 1 tbsp fish sauce
- ✓ 1 tbsp lime juice
- ✓ 1 cup loosely packed basil leaves, roughly chopped



Total Time: 50 minutes Servings: 4

Directions:

1. Heat olive oil in a Dutch oven (or large sauce pan), sauté onions for 2 minutes. Add peppers, garlic, and ginger. Sauté for 2 more minutes.
2. Add curry paste, peanut butter, and 1 $\frac{1}{2}$ cans of coconut milk. Mix until curry paste and peanut butter are combined. Whisk cornstarch into remaining coconut milk, then add it to the Dutch oven. Stir well.
3. Add chicken, stir to coat. Simmer for 10-15 minutes until chicken is no longer pink and sauce starts to thicken.
4. Stir in fish sauce, lime juice, brown sugar, and basil. Simmer for 4 minutes. Add salt and pepper to taste. Serve over rice.

Creamy Gnocchi Soup

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 yellow onion, chopped
- ✓ 6 carrots, chopped
- ✓ 4 celery stalks, chopped
- ✓ 2 tbsp minced garlic
- ✓ 2 tbsp thyme
- ✓ 2 tsp rosemary
- ✓ 1 tbsp basil
- ✓ 2 tsp fennel seeds
- ✓ 1 pinch red pepper flakes
- ✓ 2 tbsp butter
- ✓ 2 tbsp flour
- ✓ 6 cups vegetable broth
- ✓ 4-6 cups chopped kale
- ✓ 1 can coconut milk
- ✓ ½ cup parmesan
- ✓ 1 lb gnocchi



Total Time: 50 minutes Servings: 4

Directions:

1. Heat olive oil in a large pot or Dutch oven. Add onion and cook until golden brown, about 5 minutes. Add carrots, celery, garlic, thyme, rosemary, basil, fennel seeds, crushed red pepper flakes, and a pinch of salt and pepper. Cook for 5 minutes until fragrant.
2. Stir in butter and flour. Cook 1 minute. Add vegetable broth and simmer over medium heat for 20 minutes.
3. Stir in kale, coconut milk, parmesan, and gnocchi. Cook for 10 minutes.

Green Curry Tray Bake

Ingredients:

- ✓ 2 lbs of potatoes, cut small
- ✓ 2 lbs chicken
- ✓ 4 tbsp honey
- ✓ 4 tbsp vegetable oil
- ✓ 5 tbsp green curry paste
- ✓ 5 tbsp peanut butter
- ✓ 1 tsp salt
- ✓ 2 heads of broccoli, cut into florets
- ✓ 2 small red onions, cut into wedges
- ✓ 3 tbsp peanuts
- ✓ 2 tbsp lime juice



Total Time: 50 minutes Servings: 4

Directions:

1. Cut all of the vegetables and place in a sprayed casserole dish.
2. Cut the chicken into bite sized chunks and place in a large bowl with honey, oil, curry paste, peanut butter, and salt. Mix well (ideally with your hands). Pour over the vegetables.
3. Bake for 45 minutes at 400 ° F for 45 minutes, stirring halfway through. Serve topped with peanuts.

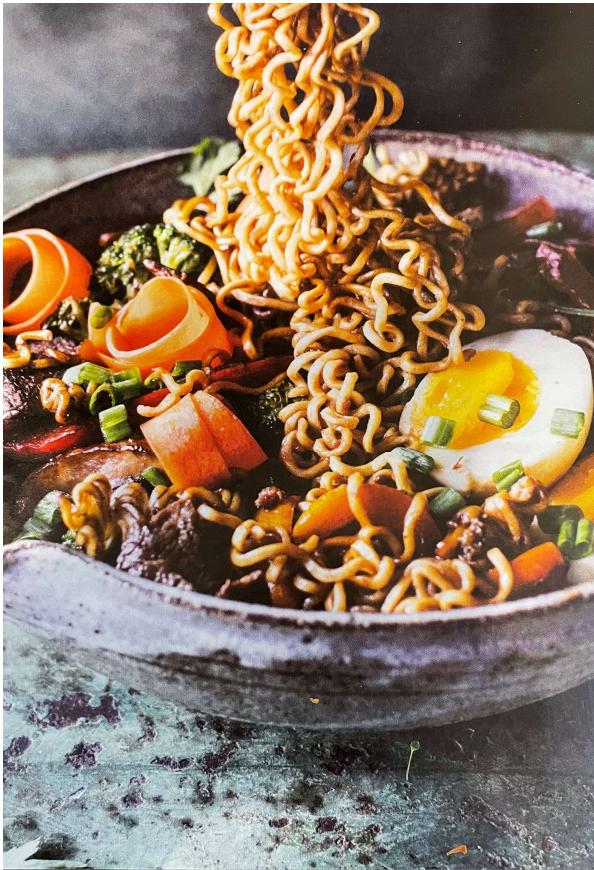
Miso Beef Ramen Stir Fry

Stir Fry Sauce:

- ✓ ½ cup soy sauce
- ✓ 2 tbsp honey
- ✓ 1 tbsp white miso paste
- ✓ 1 ¼ tsp ginger
- ✓ 1 tbsp sambal oelek
- ✓ 2 tbsp lime juice
- ✓ 1 tsp pepper
- ✓ ½ tsp cinnamon

Stir Fry:

- ✓ 10 oz ramen noodles
- ✓ 2 tbsp peanut oil
- ✓ 1 head broccoli, floret cut
- ✓ 1 red and 1 orange bell pepper, thinly sliced
- ✓ 8oz mushrooms
- ✓ 2 carrots, shredded
- ✓ 1 lb steak, thinly sliced
- ✓ ½ cup peanuts



Total Time: 30 minutes Servings: 4

Directions:

1. Make the stir fry sauce and set aside. Cook ramen noodles and set aside.
2. In a large wok or skillet, heat 1 tbsp peanut oil. Add broccoli, bell peppers, and mushrooms. Cook until tender. Add a few tbsp of stir fry sauce and stir until coated. Add carrots and toss. Remove from wok and set aside.
3. Add the remaining peanut oil to the wok. Cook the steak 1-2 minutes on each side until browned. Add a few tbsp stir fry sauce and toss. Add peanuts and cook 1 minute. Add veggies, ramen noodles, and remaining stir fry sauce. Cook for 2-3 minutes. Serve with ramen noodles and chili oil.

Greek Sheet Pan Chicken

Ingredients:

- ✓ 4 tbsp olive oil
- ✓ 2 lbs chicken breast
- ✓ 2 lemons
- ✓ 2 tbsp balsamic vinegar
- ✓ 2 tsp dried oregano
- ✓ 1 tbsp smoked paprika
- ✓ 1 red onion, finely chopped
- ✓ 1 yellow onion, sliced
- ✓ 3 tbsp minced garlic
- ✓ 1 lb potatoes, 1 inch chunks
- ✓ 2 red bell peppers, sliced
- ✓ Serving: $\frac{1}{2}$ cup sundried tomatoes, $\frac{1}{3}$ cup kalamata olives, 8 oz feta, Tzatziki



Total Time: 1 hour

Servings: 4

Directions:

1. In a medium bowl, combine 2 tablespoons olive oil, the chicken, lemon zest, lemon juice, balsamic vinegar, oregano, paprika, red onion, 2 tbsp garlic, and a large pinch of each salt, pepper, and red pepper flakes. Toss well to combine. Let sit 15-20 minutes.
2. On a rimmed baking sheet, toss the potatoes with 2 tablespoons olive oil. Season with salt and black pepper. Add the lemon halves. Roast for 20 minutes, or until tender.
3. Remove the potatoes from the oven and nestle the chicken around the potatoes. Arrange the bell peppers and onions around the chicken. Drizzle over 1 tablespoon olive oil, season with salt and pepper. Return the pan to the oven and roast for 20-25 minutes more
4. Meanwhile, combine the sun-dried tomatoes and their oil, the olives, and feta for topping. Serve with tzatziki.

Katsu Chicken Ramen

Ramen:

- ✓ 3 tbsp minced garlic
- ✓ 1 onion, finely chopped
- ✓ 1 ¼ tsp ginger
- ✓ 1 tsp red pepper flakes
- ✓ 8 cups chicken broth
- ✓ ¼ cup soy sauce
- ✓ ¼ cup white miso paste
- ✓ 3 tbsp gochujang
- ✓ 3 squares ramen noodles
- ✓ 4 cups spinach
- ✓ Soft boiled eggs and chili oil for serving

Katsu Chicken:

- ✓ 4 chicken breasts, thin
- ✓ 1 cup bread crumbs
- ✓ 3 tbsp sesame seeds
- ✓ Salt to taste



Total Time: 30 minutes Servings: 5

Directions:

1. Heat a large Dutch oven over medium-high heat. Add the garlic, onion, ginger, and red pepper flakes. Cook, stirring occasionally, until caramelized, about 3 minutes. Pour in the broth, milk, and soy sauce, then whisk in the miso and chili paste. Reduce the heat to medium-low and simmer 10 minutes.
2. Meanwhile, make the Katsu. Place the Panko and sesame seeds in a shallow bowl. Season with salt. Dredge both sides of the chicken. Heat a few tablespoons of oil in a large skillet over medium-high. Add the chicken and cook until golden brown, 3-4 minutes. Flip the chicken and cook until golden brown on the other side, about 3-4 minutes.
3. To the soup, stir in the noodles and spinach. Let sit 5 minutes or until the noodles are soft.
4. Cut chicken in strips and serve on top of the ramen with eggs and chili oil.

Shrimp Pad Thai

Ingredients:

- ✓ 12 ounces wide rice noodles
- ✓ 6 tbsp soy sauce
- ✓ 3 tbsp white vinegar
- ✓ 4.5 tbsp honey
- ✓ 1 ½ tbsp crushed red pepper
- ✓ 2 lbs shrimp
- ✓ 4 tbsp peanut oil
- ✓ 6 tbsp garlic
- ✓ 4 tbsp butter
- ✓ 4 eggs, beaten
- ✓ 2 cups chopped bok choy or bean sprouts
- ✓ 1/3 cup chopped peanuts



Total Time: 40 minutes Servings: 4

Directions:

1. Cook the rice noodles according to packaged directions.
2. To make the sauce. In a small bowl, combine the soy sauce, fish sauce, vinegar, honey, and chili flakes.
3. Heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the shrimp and sear on both sides until pink, 2-3 minutes.
4. If using bok choy remove the shrimp and cook the bok choy. Then, add the butter, garlic, a pinch of both chili flakes and black pepper. Continue to cook the shrimp in the butter until the garlic begins to caramelize and turn light golden brown, another 1-2 minutes.
5. Add the noodles and sauce, tossing to combine. Cook until the noodles are warmed through and begin soaking up the sauce, about 1 minute. Push the noodles to one side of the skillet and add the eggs to the other side. Let cook until the edges start to set, 1 minute. Roughly scramble the egg, then toss with the noodles. Remove from the heat. Add the bean sprouts and green onions, toss to combine.

Artichoke Chicken Marsala Orzo

Ingredients:

- ✓ 2 lbs chicken
- ✓ $\frac{1}{4}$ cup flour
- ✓ 1 tsp garlic powder
- ✓ 3 tbsp olive oil
- ✓ 12 oz artichoke hearts
- ✓ 1 onion, diced
- ✓ 1 $\frac{1}{2}$ tbsp minced garlic
- ✓ 2 tsp thyme
- ✓ 1 pinch red pepper flakes
- ✓ 1 cup dry orzo
- ✓ 1 $\frac{1}{2}$ cups chicken broth
- ✓ $\frac{3}{4}$ cup marsala wine
- ✓ $\frac{3}{4}$ cup heavy cream
- ✓ 1 tbsp lemon juice



Total Time: 45 minutes Servings: 4

Directions:

1. Season the chicken with salt and pepper. Place the flour and garlic powder in a shallow bowl and dredge the chicken, pressing to adhere.
2. Heat 2 tbsp olive oil in a large skillet set over medium-high heat. When the oil shimmers, add the chicken and sear on both sides, about 3-5 minutes per side. Add 1 tablespoon butter and allow the butter to brown around the chicken, about 2 minutes. Set aside.
3. To the skillet, add 2 tbsp olive oil and the artichokes. Cook undisturbed for 2 minutes or until golden. Add 2 tbsp butter, the onion, garlic, thyme, and a pinch each of salt, pepper, and red pepper flakes. Cook 2-3 minutes, until fragrant. Add the orzo. Cook another 2 minutes.
4. Pour in the wine and broth. Cook 10-12 minutes until the orzo is al dente, then pour in the cream. Add the chicken and lemon juice to the skillet and simmer for 5 minutes or until warmed through.

Sundried Tomato Chicken Orzo

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 2 lb chicken breast
- ✓ 1 tsp oregano
- ✓ 1 tsp paprika
- ✓ $\frac{1}{2}$ tsp red pepper flakes
- ✓ 2 tbsp butter
- ✓ 1 onion, chopped
- ✓ 1 tbsp minced garlic
- ✓ 1 cup dry orzo
- ✓ $\frac{1}{3}$ cup white wine
- ✓ 1 cup heavy cream
- ✓ 2 tsp Dijon mustard
- ✓ $\frac{1}{3}$ cup parmesan, grated
- ✓ 2 cups spinach
- ✓ $\frac{1}{2}$ cup sundried tomatoes in oil
- ✓ 1 tbsp lemon juice



Total Time: 50 minutes Servings: 4

Directions:

1. Preheat the oven to 400 degrees F.
2. Heat 1 tablespoon olive oil in a large oven-safe skillet set over medium-high heat. Rub the chicken with 1 tablespoon olive oil, the oregano, paprika, red pepper flakes, salt, and pepper. When the oil is shimmering, add the chicken. Sear on both sides until golden, about 3-5 minutes per side. Remove the chicken from the skillet.
3. To the same skillet, add the butter and onion. Cook until fragrant, about 3 minutes. Add the garlic and orzo, cooking until lightly golden, 2-3 minutes. Add the wine and de-glaze the pan. Add 1 1/2 cups water. Bring to a boil, cook 3-5 minutes, then add the cream, mustard, parmesan, spinach, and sun-dried tomatoes, stirring until the spinach has wilted. Slide the chicken and any juices left on the plate back into the skillet. Transfer to the oven and cook, uncovered for 10-15 minutes, until the chicken is cooked through

Cajun Chicken Pasta

Ingredients:

- ✓ 1 lb pasta
- ✓ 4 tbsp olive oil
- ✓ 2 lbs chicken, thin
- ✓ 1 ½ tbsp + 3-4 tsp Cajun seasoning
- ✓ 1 onion, chopped
- ✓ 2 bell peppers, chopped
- ✓ 1 ½ tbsp minced garlic
- ✓ Crushed red pepper flakes
- ✓ 1 ½ -2 cup chicken broth
- ✓ 2 cup milk
- ✓ 4oz cream cheese, room temp
- ✓ 1 cup grated parmesan
- ✓ 2 tbsp chopped fresh basil



Total Time: 45 minutes Servings: 4-5

Directions:

1. Cook pasta according to directions and set aside.
2. Rub the chicken with a little olive oil and then rub on 1 ½ tbsp Cajun seasoning. In a large pan or skillet heat 2 tbsp olive oil and cook chicken until browned all over and set aside.
3. In the same pan cook onions for about 4 minutes, then add 2 tbsp more olive oil, the bell peppers, and the garlic. Cook until peppers are soft, about 5 minutes. Add 3-4 tsp Cajun seasoning , and a pinch of salt, pepper, and red pepper flakes. Cook 1 more minute before adding in broth, milk, and cream cheese. Whisk until smooth and bring to a simmer. Let simmer for 5 minutes until sauce is thickened slightly.
4. Stir in parmesan, then add chicken and pasta. Cook 2-3 minutes. Stir in basil and serve.

Pepper Chicken Stir Fry

Ingredients:

- ✓ 2 lb chicken thighs, thinly sliced
- ✓ 1 tbsp corn starch
- ✓ 1 tsp turmeric
- ✓ 1 tsp ground ginger
- ✓ 2 tsp black pepper
- ✓ 3 tbsp sesame oil
- ✓ 1/3 cup soy sauce
- ✓ ¼ cup honey
- ✓ 2 tbsp rice vinegar
- ✓ 1 tbsp fish sauce
- ✓ 2 bell peppers, sliced
- ✓ 1-2 jalapenos, sliced
- ✓ 1 red or white onion, sliced
- ✓ 1 cup fresh basil, chopped



Total Time: 35 minutes Servings: 4

Directions:

1. In a medium bowl, toss together the chicken, cornstarch, turmeric, ginger, and black pepper.
2. In a glass jar, combine the honey, soy sauce, rice vinegar, fish sauce and ¼ cup water.
3. Heat the oil in a large skillet over medium-high heat. Add the bell peppers, jalapeños, and onion, cook 2-3 minutes, until the peppers are charring. Stir in the chicken, tossing to combine with the peppers, cook 2 minutes.
4. Pour in the honey/soy sauce mix. Bring the sauce to a boil over medium-high heat and cook until the sauce coats the chicken, about 8-10 minutes. If needed, add a tsp of corn starch mixed with water to help thicken. Remove from the heat and stir in the basil.
5. Serve over rice.

French Onion Meatballs

Ingredients:

- ✓ 1 ¼ lb ground chicken
- ✓ 1 egg
- ✓ 6 tbsp butter
- ✓ 4 yellow onions, thinly sliced
- ✓ ¾ cup dry white wine
- ✓ 3 cloves garlic, minced
- ✓ 16 oz mushrooms, sliced
- ✓ 2 tsp thyme
- ✓ 2 tsp sage
- ✓ 2 ½ cups chicken broth
- ✓ 2 tsp corn starch
- ✓ 1 baguette
- ✓ 1 cup shredded gruyere
- ✓ Serve with brussel sprouts



Total Time: 35 minutes Servings: 4

Directions:

1. In a bowl, combine the chicken, bread crumbles, egg, and a pinch each of salt and pepper. Roll into 16 meat balls and bake for 15 minutes at 450 ° F. Start baking the brussel sprouts as well (those for 40 minutes)
2. Melt together the butter and onions in a large oven safe skillet over medium-high heat. Cook, stirring occasionally until softened, about 10 minutes. Slowly add ¾ cup of the wine, ¼ cup at a time, until the wine cooks into the onions every 5 minutes or until wine cooks into onions.
3. Add the garlic, mushrooms, thyme, sage and corn starch. Season with salt and pepper, cook 3-4 minutes. Add the the broth and a pinch each of salt and pepper. Increase the heat to high and bring to a low boil. Add the meatballs and simmer 10 minutes, until cooked through.
4. Arrange the bread with cheese on it onto a baking sheet, bake until cheese is melted.

Coq Au Vin Blanc Meatballs

Ingredients:

- ✓ 1 lb ground chicken
- ✓ 1 large egg
- ✓ ½ cup bread crumbs
- ✓ 2 slices bacon, chopped
- ✓ 3 cups mushrooms, sliced
- ✓ 2 tbsp butter
- ✓ 1 red onion, chopped
- ✓ 1 tsp thyme
- ✓ Crushed red pepper, to taste
- ✓ 3 cloves garlic, grated
- ✓ 1 ½ cups dry white wine
- ✓ ¾ cups cream
- ✓ 1 tbsp Dijon mustard
- ✓ Mashed potatoes for serving



Total Time: 55 minutes Servings: 4

Directions:

1. In a bowl, combine the chicken, bread crumbles, egg, and a pinch each of salt and pepper. Roll into 16 meat balls and bake for 20 minutes at 400 ° F.
2. Cook the bacon until crispy and remove from pan. Add a little olive oil (as needed, depending on how much bacon fat remains), then add mushrooms. Cook 3 minutes, then add onion, butter, thyme, and a pinch of salt, pepper, and red pepper flakes. Cook 5 minutes. Add garlic and cook 1 more minute. Transfer to the plate with the bacon.
3. Add the wine and ¼ cup water to the skillet. Cook scraping the brown bits off the bottom of the skillet. Let simmer for 5-10 minutes, then add cream and mustard. Mix. Then add meatballs, bacon, and mushroom mixture. Let simmer 10 minutes. Add a cornstarch slurry if it needs more thickening.
4. Serve over mashed potatoes.

Sweet & Spicy Ginger Noodles

Ingredients:

- ✓ 12 ounces ramen
- ✓ ½ cup plus 2 tbsp soy sauce
- ✓ ¼ cup honey
- ✓ 2 tbsp rice vinegar
- ✓ 1 tbsp balsamic vinegar
- ✓ 3 tbsp peanut butter
- ✓ 2 ½ tsp ginger
- ✓ 3 cloves garlic, minced
- ✓ 2 ½ cups vegetable broth
- ✓ 2 ½ cups chopped kale
- ✓ 4 cups chopped mushrooms
- ✓ 1 red onion, chopped
- ✓ 1/3 cup peanuts
- ✓ 1/2 tbsp crushed red pepper



Total Time: 40 minutes Servings: 4

Directions:

1. Cook the ramen noodles and set aside.
2. In a jar combine ½ cup soy sauce with the honey, rice vinegar, balsamic vinegar, peanut butter, ginger, half of the garlic, and 1/3 cup water. Shake to combine. Then place in a large pot and let simmer. Add the kale once it is simmering. Add noodles, mix and turn off heat.
3. In a skillet heat some sesame oil, once it simmers add the mushrooms. Cook 5 minutes. Then add the remaining garlic and cook 5 more minutes. Stirring occasionally. Then add 2 tbsp soy sauce, peanuts, red pepper flakes, and a pinch of black pepper. Let cook 2-3 minutes. Then add to pot with the noodles. Turn on heat and mix to combine.

Chili Garlic Oil Topping:

1. Combine ½ cup sesame oil and 6 cloves of thinly sliced garlic to a pan over medium heat. Cook, stirring occasionally, until the garlic is lightly browned (about 5 minutes). Remove from heat and add 2 tbsp sesame seeds, ½ tbsp red pepper flakes, and a pinch of salt.