title	description	ingredients	steps pho
Ooey Gooey Mac and Cheese	Looking for a 1 lo	oaf of sourdough bread, sliced	Spread 2
	dish you can 1 b	lock of gruyere cheese, shredded	3 tables
	make for lunch 1 b	olock of monterey jack cheese, shredded	poons
	that will NOT 1 b	lock of sharp cheddar cheese, shredded	butter
	take hours? This 11	/2 cups of unsalted butter	on 1
	dish has you 1/4	teaspoons of onion powder	side of
	covered.	, touspoons or orman portue.	bread
	covered.		slices.
			Toast
			bread,
			butter
			side
			down,
			in a
			large
			skillet
			or
			electric
			griddle
			griddie over me
			over me
			dium-
			low
			heat
			until
			golden
			brown,
			2-3
			minutes
			, romava
			remove.
			In a
			small
			bowl,
			mix
			togethe
			r mayon
			naise, M
			ancheg
			0
			cheese,
			onion
			powder
			and rem
			aining 3
			tablesp
			oons
			butter.
			In
			another
			bowl,
			combin
			e
			cheddar
			,
			Montere
			y Jack
			and
			Gruyere
			Gruyere
			·   -
			То
			assembl
			e sandw
			iches,
			top
			toasted
			side of
			4 bread
			slices
			with
			sliced

d title	description	ingredients	steps photo
			Brie. Sprinkle
			cheddar
			cheese
			mixture
			evenly over
			Brie.
			Top
			with re maining
			bread
			slices,
			toasted side
			facing
			inward.
			Spread
			mayonn aise
			mixture
			on the
			outsides of each
			sandwic
			h. Place
			in same
			skillet and
			cook
			until
			bread is
			golden brown
			and
			cheese
			is melted
			melted, 5-6
			minutes
			on each side.
			Serve i
			mmedia
			tely.
Berry French Toast	A tasty treat for 4 slices of bread you in the		1. N/A Whisk
	morning, this Egg wash:		eggs, ci
	french toast 4 eggs		nnamon
	recipe will have 1 cup milk you BERRY 1 tablespoon vanilla		, vanilla and
	excited to eat! 1 tablespoon cinnamon		milk
			togethe
	Mixed Berry Sauce:	about a more bout a condition the otherwise	r in med
	2 cups mixed berries, blu 2 tablespoons lemon juic	eberries, raspberries, and blackberries	ium- large
	½ cup granulated sugar	-	bowl to
			create
			egg wash.
			wasn. 2. Dunk
			bread in
			egg
			wash. 3. Melt
			butter
			in a
			skillet
			on medi
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id	title	description	ingredients	steps	photo
10	cicio	description	ingredients	heat	риосо
				and	
				cook	
				bread	
				for 2-3 minutes	
				4. Mix	
				berries,	
				sugar,	
				and	
				lemon juice in	
				medium	
				pan	
				over	
				low	
				heat crushin	
				g and	
				stirring	
				berries	
				until	
				they form a	
				thick	
				sauce.	
				5. Lay	
				out	
				slices and	
				spread	
				compot	
				e in	
				betwee	
				n each slice	
				then on	
				top.	
				Garnish	
				with co	
				nfection	
				ers sugar (o	
				ptional).	
				Enjoy!	
9		Ever wonder	1 tbsp olive oil	1. Heat	N/A
		what you can do with Gnocchi?	1 onion , finely chopped 2 garlic cloves , crushed	the oil in a	
		This recipe will	120g chorizo , diced	medium	
		show you one	2 x 400g cans chopped tomatoes	pan	
		way to serve it	1 tsp caster sugar	over a	
		up.	600g fresh gnocchi	medium	
			125g mozzarella ball, cut into chunks small bunch of basil , torn	heat.	
				Fry the onion	
				and	
				garlic	
				for 8-10	
				mins until	
				soft.	
				Add the	
				chorizo	
				and fry	
i				for 5	
				mins more.	
				Tip in	
	1			tho	

id	title	description	ingredients	steps   photo
				tomatoe
				s and
				sugar, and
				season.
				Bring to
				a
				simmer,
				then
				add the gnocchi
				and
				cook for
				8 mins,
				stirring often,
				often,
				until soft.
				Heat
				the grill
				to high.
				2. Stir
				3/4 of the
				mozzar ella and
				most of
				the
				basil
				through
				the
				gnocchi. Divide
				the
				mixture
				betwee
				n six ov
				enproof
				ramekin
				s, or put in one
				baking
				dish.
				Тор
				with the
				remaini
				ng moz zarella,
				then
				grill for
				3 mins,
				or until
				the
				cheese
				is melted
				and
				golden.
				Season,
				scatter
				over the
				remaini
				ng basil
				and serve
				with
				green
				salad.
13 Tuscan Chick	en & Green Lentil Stew	In this	2 Boneless, Skinless Chicken Breasts 2 Carrots 1 Red Onion 2 cloves Garlic 2 cloves Garlic ½ cup_French Green Lentils 2 bunch Collard Greens 2 Tbsps Tomato Paste br />¼ tsp Crushed	He N/A
		comforting cold-	+cup French Green Lentils < br />1 bunch Collard Greens < br />2 Tbsps Tomato Paste < br />¼: tsp Crushed	<del> at a                                  </del>

comforting cold- cup French Green Lentils < br /> 1 bunch Collard Greens < br /> 2 Tbsps Tomato Paste < br /> 2 Tbsps Tomato Paste < br /> &frac14; tsp Crushed Dec 12, 2021 at 02:30 AM

d	title	description	ingredients	steps	ph
		weather recipe,	Red Pepper Flakes 1 Tbsp Capers 1 Tbsp Apple Cider Vinegar 5 Tbsps Crumbled Goat	medium	
		we're serving	Cheese < br /> 1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, < br /> Whole Fennel Seeds, Ground Rosemary,	pot of	
		Tuscan-spiced chicken over	& Ground Sage)	salted water to	
		tender green		boiling	
		lentils and		on high.	
		vegetables		Once	
		cooked in a light,		boiling	
		savory tomato		boiling, add the	
		broth. Capers		lentils	
		and crushed red		and	
		pepper add briny		cook, u	
		flavor and a		ncovere	
		touch of heat to		d, 27 to	
		cut through the		29	
		rich, earthy		minutes	
		stew. (Chefs,		, or until	
		rinsing the lentils		tender.	
		after cooking		Drain th	
		removes excess		oroughl	
		starch, resulting		y and	
		in a more delicate		rinse	
				under	
		flavor.)		warm water	
				30	
				seconds	
				to 1	
				minute,	
				or until	
				the	
				water	
				runs cle	
				ar.	
				Wh	
				ile the	
				lentils	
				cook,	
				wash	
				and dry	
				the fresh	
				produce	
				. Peel	
				and	
				thinly	
				slice the	
				onion.	
				Peel	
				and	
				roughly	
				chop	
				the	
				garlic.	
				Peel	
				and	
				medium	
				dice the	
				carrots.	
				Roughly chop	
				the	
				capers.	
				Remove	
				and	
				discard	
				the	
				stems	
				of the	1

id	title	description	ingredients	steps	photo
			<b>,</b>	greens;	
				roughly	
				chop the leav	
				es.	
				Wh	
				ile the	
				lentils	
				continu e to	
				cook,	
				pat the chicken	
				chicken	
				dry with	
				paper towels;	
				season	
				on both	
				sides	
				with salt,	
				pepper.	
				pepper, and half	
				the	
				spice	
				blend. In a	
				large	
				pan, heat 2 t	
				heat 2 t	
				easpoo	
				ns of olive oil	
				on medi	
				um-high	
				until	
				hot.	
				Add the seasone	
				d	
				chicken	
				and	
				cook 5 to 7	
				minutes	
				per	
				side, or	
				until	
				browne d and	
				cooked	
				through	
				: .	
				Leaving	
				any browne	
				d bits	
				(or	
				fond) in	
				the pan, transfer	
				to a	
				cutting	
				board.<	
				/p>	
				Ad	
				d the sliced	
				onion,	
			va numbar, 6/100	choppe Doc 12	

id	title	description	ingredients	steps p
			-	d garlic, and
				diced
				carrots
				to pan
				of
				reserve d fond;
				season
				with
				salt and
				pepper. (If the
				pan
				seems
				dry, add 2 teasp
				oons of
				olive
				oil.)
				Cook on mediu
				m-high, stirring
				stirring
				frequen
				tly, 4 to
				minutes
				, or until
				softene d and
				fragrant
				. Add
				the tomato
				paste,
				choppe
				d
				capers, remaini
				ng spice
				blend,
				and as much of
				the red
				pepper flakes
				flakes
				as you&
				rsquo;d like, de
				pending
				on how
				spicy yo u&rsqu
				o;d like
				the dish
				to be. Cook,
				stirring
				constan
				tly, 30 seconds
				to 1
				minute,
				or until
				dark red and
				fragrant
				. Add
			D 7/100	the

id	title	description	ingredients	steps ph
				choppe
				d collard
				greens
				greens and 2
				cups of
				water; season
				with
				salt and
				pepper. Cook,
				Stirring
				stirring occasio
				nally
				and
				scrapin g up
				any
				any fond, 8
				to 9
				minutes , or until
				the
				collard
				greens
				have wilted
				and the
				liquid
				has thic
				kened. Turn off
				the hea
				t.
				Slic
				e the cooked
				chicken
				crosswi
				se. Add the
				cooked
				lentils
				and
				vinegar to the
				pan of
				cooked
				vegetab
				les. Stir to
				combin
				e.
				Season
				with salt and
				pepper
				to taste.
				Serve
				the finished
				lentils
				and veg
				etables
				topped with the
				sliced
				chicken.
		Do		Garnish

Ancho Drange Chicken  The Ancho Drange Chicken  Ancho Drange Chick	d	title	description	ingredients	steps	photo
1.6 Amtho Orango Chicken   Spo-We're and profit of the part of t			·		with	1
April Ancho Orange Chicren  application of the Chicren of the Post Chicren (Chicren of the Post Chicren of					cheese.	
44 Anche Grange Chicken  specific production of the control of the					Enjoy!<	
In smile au to the control of the co					/p>	
chicken breasts with a size of with size of chicken state and resh change with the past and resh	14 Ancho-Orange Chicken			4 Boneless, Skinless Chicken Breasts br />1 Tbsp Ancho Chile Paste br />2 Tbsps Crème		N/A
with a glaze of snotoy work of the story work of the snotoy work of the snotoy work of the snotoy work of the snotoy of the snot			amping up	Frakicirc;cne <pr></pr> or/>3 lbsps Golden Raisins		
smoky anno collegaste and center in the center in the center in the recipie. On the side, resided in the side side side side side side side sid						
chile paste and hard orange of the factor orange of the side posted carrots and paste or orange of the side posted carrots and paste or orange or			smoky ancho		the	
fresh orange juice in thick juice in thick side; mosted corrects and finity, creamy, studied fre perfectly accept the grant studied fre perfectly accept the grant studied fre perfectly accept the grant studied fre perfectly accept fresh ac			chile paste and			
juice in this recise. On the tree in the recise. On the tree in the carrots and lightly creamy, golden raising perfectly accord the sweetness of the glazer. <pre>  </pre>			fresh orange			
recipe. On the side, maxisted prehead, and p			juice in this			
side, roacted corros and corros and coden misin- studed rice perfectly accent the sweetness of the glaze			recipe. On the		then	
lightly creamy, older rasin- politic rasin- perfectly accent the sweetness of the glaze-s/p>  (a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c			side, roasted		preheat	
golden raising studed rice.  In a medium is the sweetness of special sweetnes			carrots and		to 450&	
Studded rice perfectly accent the ownerholds of the glass - ripe the ownerholds ow			lightly creamy,		deg;F.	
perfectly accent the sweetness of the glaze/p>  the gl			golden raisin-			
the sweetness of the glaze/p>  the glaze/p> the glaze/p>  the glaze/p> the glaze/p> the glaze						
the glaze  the glaze  rice, a, big pink and 1 12. cuper of little and 1 12. cover and reduce the little			the sweetness of		pot,	
rice, a big pinch of sind 1 and 1 an			the glaze			
big pinch of salt, and 2 and 2 and 3 and 4 and 6			the glaze.		rice a	
salt, and I 1/2 cups of such and I 1/2 cups of such and I 1/2 cups of such and I such an I such and I such and I such an I s					bia	
salt, and I 1/2 cups of section of the control of t					pinch of	
and 1 1/2 cuped week week week week week week week we					salt,	
cups of water. Heat to belining an high. Once the control of the c					and 1	
water. Heat to boiling on high. Once boiling, cold and reduce the heat to low. Cook 12 to 14 minutes , or until the water has both dad the rice is sended the rice is sended to the heat and fluff with a fork. Cook 12 to 14 minutes , or until the water has both dad the rice is sended the rice is sended to the rice is sended. Turn off the heat and fluff with a fork. Cover to keep work.						
Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cov. 2 to 14. Cov. 2 to 14. Cov. 2 to 14. Cov. 3 to 14.					cups of	
boiling on high. Once boiling, cover and end to the state of the state					water.	
on high. Once boiling, cover and reduce the heat to low. Cook 12. On 41.					Heat to	
Once boilling, cover and reduce the heat to low.  Cook 12 to 14 minutes water has been absorbe d and the rice seem for the heat to low water has been absorbe to the rice seem for the heat seem for the heat seem for the heat and fluff with a fork Cover to keep warm.					boiling on high	
boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , or until the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.   /p> <					Once	
cover and reduce the heat to low. Cook 12 to 14 minutes or until the water has been absorbe d and the rice is reduce to rick. Cover to keep warm.  //> Cover to keep warm. //> //> //> //> //> //> //> //> //> //						
and and reduce the heat to low.  Cook 12 to 14 and minutes or or until the water has been absorbe d and the nice is tender. Turn off the heat and fluff with a fork.  Cover to keep warm.					cover	
reduce the heat to load to load. Cook 12 to 14 to 14 to 14 to 14 to 15 to 14 to 15 to 14 to 15 to 15 to 15 to 16 t					and	
heat to low. Cook 12 to 14 minutes , or until the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm. //p>						
low.  Cook 12 to 14  minutes						
Cook 12 to 14 minutes . or until the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm. /p>          <						
to 14 minutes , or until the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep very very very very very very very very						
minutes , or until the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm. yp> yp>Wh ile twh ile twh rice cooks,						
, or until the water has been absorbee d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep to keep warm.						
the water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.						
water has been absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.   Cover to keep cooks,						
has been absorbe d and the rice is tender. Turn off the heat and fluff with a fluff with a fork. Cover to keep warm.  //p>						
been absorbe d and the rice is is tender. Turn off the heat and fluff with a fork. Cover to keep warm. /p> /p> /p> /p> /p> /p> /p> /p> /p>						
absorbe d and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.   Cover to keep warm.   It has been and fluff with a fork. Cover to keep warm.   Cover to keep warm.						
the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.   /p>   /p>   Wh   ile the rice is						
is tender. Turn off the heat and fluff with a fork. Cover to keep warm. /p> Wh ile the rice cooks,						
tender. Turn off the heat and fluff with a fork. Cover to keep warm. Wh ile the rice cooks,						
Turn off the heat and fluff with a fork. Cover to keep warm.   /p>   >Wh ile the rice cooks,						
the heat and fluff with fork. Cover to keep warm. Wh ile the rice cooks,						
heat and fluff with a fork. Cover to keep warm. Wh ile the rice cooks,						
and fluff with a fork. Cover to keep warm. yp> vp>Wh ile the rice cooks,						
with a fork. Cover to keep warm. /p> Wh ile the rice cooks,					and fluff	:
fork. Cover to keep warm. Wh ile the rice cooks,						
Cover to keep warm. /p> Wh ile the rice cooks,						
to keep warm. /p> Wh ile the rice cooks,						
warm. Wh ile the <pre>rice</pre> <pre>cooks,</pre>						
ile thericecooks,					warm.<	
Wh ile the rice cooks,					/p>	
rice cooks,					Wh	
cooks,						
l wash l						
and dry					and dry	

id	title	description	ingredients	steps p	ohoto
				fresh	
				produce	
				. Peel the	
				carrots;	
				quarter	
				lengthw	
				ise,	
				then halve cr	
				osswise.	
				Peel	
				and	
				roughly	
				chop	
				the	
				garlic. Remove	
				and	
				discard	
				the	
				stems	
				of the	
				kale; finely	
				chop	
				the	
				leaves.	
				Using a	
				peeler,	
				remove the lime	
				rind,	
				avoidin	
				g the	
				white	
				pith;	
				mince to get 2	
				teaspo	
				ons of	
				zest (or	
				use a zester).	
				Halve	
				the lime	
				crosswi	
				se.	
				Halve the	
				orange;	
				squeeze	
				the	
				juice	
				into a	
				bowl,	
				strainin g out	
				any	
				seeds.	
				Whisk	
				in the	
				chile	
				paste and 2 ta	
				blespoo	
				ns of	
				water	
				until sm	
		Do suc us		ooth. </td <td></td>	

id	title	description	ingredients	steps	photo
			<b>5</b>	p>	
				Pla	1
				ce the	1
				sliced	1
				carrots	1
				on a	1
				sheet	1
				pan.	1
				Drizzle	1
				with	1
				olive oil	1
				and	1
				season	1
				with	1
				salt and	1
				pepper;	1
				toss to	1
				coat.	1
				Arrange	1
				in an	1
				even	ĺ
				layer. Roast	1
				Roast	1
				15 to 17	1
				minutes	1
				, or until	1
				tender	1
				when	1
				pierced	1
				with a	1
				fork.	1
				Remove	1
				from	1
				the ove	1
				n. Wh	1
				Wh	1
				ile the	1
				carrots	1
				roast, in	1
				a large	1
				pan (no	1
				nstick,	1
				if you	1
				have	1
				one),	ĺ
				heat 2 t	1
				easpoo	1
				ns of	1
				olive oil	1
				on medi	1
				um-high	ĺ
				until	ĺ
				hot.	1
				Add the	1
				choppe	1
				d garlic	1
				and	1
				cook,	ĺ
				stirring	ĺ
				constan	1
				tly, 30	1
				seconds	1
				to 1	1
				minute,	1
				or until	ĺ
				fragrant	1
				. Add	1
				the	1
				choppe d kale;	1
			Danie wywaka w 11/100	<u> </u>	202

id	title	description	ingredients	steps	photo
				season with	
				salt and	
				pepper. Cook,	
				Cook, stirring	
				stirring occasio	
				nally, 3 to 4	
				minutes	
				, or until	
				slightly wilted.	
				Add 1/3	
				cup of	
				water; season	
				with	
				salt and	
				pepper. Cook,	
				stirrina	
				occasio	
				occasio nally, 3 to 4	
				minutes	
				, or until the kale	
				has	
				wilted	
				and the water	
				has	
				cooked	
				off. Transfer	
				to the	
				pot of cooked	
				rice. Stir	
				to	
				combin e;	
				season	
				with	
				salt and pepper	
				pepper to taste.	
				Cover to keep	
				warm.	
				Wipe out the	
				out the pan. <td></td>	
				>	
				Wh	
				ile the carrots	
				continu	
				e to roast,	
				pat the	
				chicken	
				dry with	
				paper towels;	
				season	
				with salt and	
-				pepper_	

	title	description	ingredients	steps p
				on both
				sides. In
				the
				same
				pan, heat 2 t
				easpoo
				easpoo ns of
				olive oil
				on medi
				um-high
				until
				hot. Add the
				seasone
				d
				chicken
				and
				cook 4
				to 6
				minutes
				on the first
				side, or
				until
				browne
				d. Flip
				and
				cook 2
				to 3 minutes
				, or until
				lightly
				lightly browne
				d. Add
				the
				glaze
				and cook, fr
				equentl
				у
				spoonin
				g 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
+			number: 12/100	has Doc 12

id	title	description			photo
			mel	Ited.	
			Sea with	son	1
			salt	and	1
			pep		1
			to to	aste.	1
				>_	1
				>To	1
			of	pot	1
			cool		1
			rice		1
			kale	<u>,</u>	1
			lime	the	1
			zest	t, cr	1
			⪚	grav	1
			e;m	e fr	1
			a&id che	circ;	1
			rais	ins	1
			and	l the	ļ
			juice	e of	ļ
				rem	ļ
			aini Iime	ng	1
			half	= f.	1
			Stir	to	1
			com	nbin	1
			e;		1
			sea: with	son	1
			salt	and	1
			рер	per	1
			to to	aste.	1
			Sen		1
			the glaz	zed	1
			Gride	ken	1
			with	n the	1
			finis	shed	1
				and	1
			roas		1
			Top		1
			chic	cken	1
			with	n the	1
				naini	ļ
			ng glaz	ze	ļ
			fron	n	ļ
			the	pan.	ļ
			Enj	joy!	ļ
15 Reef Med	allions & Mushroom Sauce	In this easy	4 oz Cremini Mushrooms br />¾ lb Yukon Gold Potatoes	> >He	N/A
13 Deel Med	amons & Mashroom Sauce	recipe, inspired	at a	116	14/74
		by steak Diane	med	dium	ļ
		(an American	pot	of .	ļ
		restaurant	salt	ed er to	ļ
		classic), we're searing beef	wat   boil		ļ
		medallions, then	on h	high.	ļ
		using the fond in	Was	sh	ļ
		the pan to make	and	l dry	ļ
		a rich, bright	the		ļ
		mushroom sauce for spooning on		sh duce	ļ
		top. Garlic		rge	ļ
		mashed	dice	e the	ļ
		potatoes and			2 202

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id	title	description	ingredients	steps ph
		sautéed		s. Peel
		kale make for		the
		delicious, simple sides.		garlic.
		sides.		Using the flat
				side of
				your
				knife,
				smash
				1 clove
				to
				flatten.
				Roughly
				chop
				the rem
				aining
				clove.
				Peel
				and
				thinly slice the
				shallot.
				Remove
				and
				discard
				the
				stems
				of the
				kale;
				roughly
				chop
				the
				leaves.
				Thinly slice the
				Slice the
				mushro
				oms. </td
				p>   Ad
				d the
				diced
				potatoe
				s and
				smashe
				d garlic
				to the
				pot of
				boiling
				water
				and
				cook 13
				to 15 minutes
				, or until
				tender
				when
				pierced
				with a
				fork.
				Turn off
				the
				heat.
				Drain th
				oroughl
				y and
				return
				to the
i				pot.
				Add half
		D		the

id	title	description	ingredients	eps	photo
14	titio	description	but	ter	риосо
			and	d a	
			driz of a	zzle olive	
			oil.	JIIVC	
			Usi	ng a	
			forl	k,	
			voi	sh to	
			des	ır sired	
			cor	nsiste	
			ncy Sea	/. ason	
			wit	h	
			salt	t and	
			per	oper	
			Cov	taste. ver	
			to I	keep	
			Wai	rm.<	
			/p>	>Wh	
			ile	the	1
			pot	atoe	
			s co in a	ook,	1
			lare	ae	
			par	ge n, at 2 t	
			hea	at 2 t	
			eas   ns	spoo of	
			oliv	e oil	
			on	medi	
			um	-high	
			unt hot	.11	
			Add	d the	
			slic	ed	
			Sha Sha	allot; ason	
			wit	h	
			sali	t and	
			per	oper. ok,	
			stir	ring	
			occ	asio	
			nal	ly, 1	
			to 2	2 nutes	
			, or	until	
			sof	tene	
			d. A the	Add	
				pppe	
			d k	ale	1
			and	1/4	1
			cup wai	o ot ter	1
			sea	son	1
			wit	h	1
				t and	[
			per	oper.	1
			stir	ring	1
			free	quen	1
			tly, 4	3 to	1
				nutes	
			, or	until	
			Page number: 16/100	kale	2 20

id	title	description	ingredients	steps pr
				has wilted
				and the
				water
				has cooked
				off.
				Transfer to a
				bowl
				and
				season with
				salt and
				pepper to taste.
				to taste. Cover
				with alu
				minum
				foil to
				keep warm.
				Rinse
				and
				wipe out the
				pan.
				> Wh
				ile the
				potatoe
				s continu
				e to
				cook,
				pat the beef dry
				with
				paper towels.
				towels. Season
				with
				salt and
				pepper on both
				sides. In
				the
				same pan,
				heat 1 t
				ablespo
				on of olive oil
				on medi
				um-high
				until hot.
				Add the
				seasone
				d beef and
				cook 2
				to 3
				minutes per side
				for medi
				um-
				rare, or until
			Danie w 17/100	browne

control contro	id	title	description	ingredients	steps p	photo
in by pour de deux et al d'acen d'ace			·		d and	
degree deces					cooked	
degree deces					to your	
of dotted Learning Le					degree	
nees. Last-ring					of done	
ary  District  In the control of control  In the control  In					ness.	
browne of orse fond) in the pan, the pa					Leaving	
d bits (cond) in the pant transfer or plant or part for any plant					any	
German State Color					browne	
fendy in the party of a plate of the party o					(or	
the pan, bankful bankf					fond) in	
tronsfer to each and tele rest for at lease, and tele rest for at lease, so sup- so su					the pan,	
photo and let and let and let as least 5 minut 6 x / 50 pm 6 let the l					transfer	
rest for at least a loss of a least a loss of a least a second or a loss of a loss of a configuration of a loss of a					to a	
rest for at least a loss of a least a loss of a least a second or a loss of a loss of a configuration of a loss of a					plate	
at least 5 minute company of the the beaf rests. and the state of the pan of					and let	
S minut es <td></td> <td></td> <td></td> <td></td> <td>at least</td> <td></td>					at least	
cs. cp.=Wh the exploration the exploration the exploration and a discrete or control or control defined the pan of recover defined and heat on medium-high medium-high not heat but on but on soliced in soliced in soliced soliced soliced the control the control an even layer. Cook. the control the					5 minut	
lie the bed set and a said a dirizzle of olivie oil to the pan of					es.	
lie the bed set and a said a dirizzle of olivie oil to the pan of					Wh	
rests, add a drizzle of olive oli					ile the	
drizzle of lolve of livo livo livo livo livo livo livo livo					beef	
drizzle of lolve of livo livo livo livo livo livo livo livo					rests,	
of olive oil to the pan of granes are and and heat on medium-high until hor. Aid the state of mission and even layer. Cook, without stirring, 2 minutes or until browne d Aid the choppe d garric; season sail and pepper. Cook, stirring frequent ty, 1 to 2 minutes or until softene					duu d	
oil to the pan of reserve d fond serve d fond the sliced m sushroom ms in an ear of serve d fond serve d fond fond fond fond fond fond fond fo					of olive	
the pan of reserve d frond and frond and frond and frond and frond on medium-high until hot. Add the sliced in miss in an even layer. Cook, withhout string, 2 to 3 miss in an even layer. Cook, without string, 2 to 3 miss in an even d d, Add the string or until browne d. Add the choppe d garlic; seeson solt and pepper. Cook, string frequent ty, 1 to 2 minutes, or until solt and pepper. Cook, string frequent ty, 1 to 2 minutes, or until softene					oil to	
of reserve d fond and het on het on het on high until hot. Add the sliced m ushroo ns in an even layer of the sliced m sushroo ns in an even layer of the sliced m layer of the					the pan	
d fond and heat on medium-high until hot.  Add the sliced m ushroo ms even layer. Cook, without stirring. 2 to 3 minutes or until browne d. Add the choppe d					of	
and heat on medium-high until hot. Add the sliced m ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes or until browne d. Add the choppe d. garlic; season with					reserve	
heat on medium-high until hot. Add the sliced m ushroo ms in an expense of the sliced m ushroo ms in an expense of the sliced m ushroo ms in an expense of the stirring, 2 to 3 minutes, or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequent by, 1 to 0 minutes, or until softene					d fond	
medium- high until hot. Add the sliced m ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes or until browne d. Add the choppe d garlic; seeston wasta and pepper, Cook, stirring salt and pepper, Cook, stirring frequen tly, I to 2 minutes or until softene					and	
high until hot. Add the sliced until hot. Add the sliced user of the sliced until sliced or me in an even layer. Cook, without stirring, 2 to 3 minutes or until browned d. Add the choppe d garlic; season with salt and pepper. Cook, sithing the choppe of garlic; season with salt and pepper. Cook, stirring frequent to the choppe of the ch					medium-	
hot. Add the sliced m ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequen tly, I to 2 minutes , or until softene					high	
hot. Add the sliced m ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequen tly, I to 2 minutes , or until softene					until	
sliced m ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					hot.	
ushroo ms in an even layer. Cook, without stirring, 2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, Stirring frequen tly, 1 to 2 minutes , or until softene					Add the	
ms in an even layer. Cook, without stirring, 2 to 3 minutes frequently. It to 2 minutes frequently. It to 2 minutes for until softene					sliced m	
an even layer. Cook, without stirring, 2 to 3 minutes, or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes or until solutions of the choppe distributions of the ch					usnroo ms in	
layer. Cook, without stirring, 2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequen tty, 1 to 2 minutes , or until softene						
Cook, without stirring, without stirring, 2 to 3 minutes, or until provide displayment of the choppe of garlic; season with sait and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened on the choppe of garlic; season with sait and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened on the choppe of garlicy season with sait and pepper.					layer.	
without stirring, 2 to 3 minutes stirring, 2 t					Cook,	
2 to 3 minutes , or until browne d. Add the choppe d garlic; season with salt and pepper. Cook, striring frequen tty, 1 to 2 minutes , or until					without	
minutes , or rutil browne d. Add the choppe d garic; searior; with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					stirring,	
, or until browne d. Add the d. Add the choppe d garlic; season with salt and pepper. C. Cook, Stirring frequen tly, 1 to 2 minutes , or until softene					2 to 3	
browne d. Add the choppe d garlic; season with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					or until	
d. Add the choppe d garlic; season with salt and pepper. Cook, Stirring frequen tly, 1 to 2 minutes , or until softene					browne	
the choppe d garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes , or until softene					d. Add	
choppe d garlic; season with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					the	
d garlic; season with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					choppe	
with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					d garlic;	
salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					season	
pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until softene					mitn salt and	
stirring frequen tly, 1 to 2 minutes , or until softene					nenner	
stirring frequen tly, 1 to 2 minutes , or until softene					Cook.	
frequen tly, 1 to 2 minutes , or until softene					stirring	
tly, 1 to 2 minutes , or until softene					frequen	
minutes , or until softene					tly, 1 to	
, or until softene						
softene					minutes	
d and						
					d and	

l l	title	description	ingredients	steps	photo
		•		fragrant	
				. Add	
				the mustard	
				, verjus,	
				and 2 ta	
				blespoo	
				ns of	
				water (be	
				careful,	
				as the	
				liquid	
				may	
				splatter	
				); season	
				with	
				salt and	
				pepper. Cook,	
				Cook,	
				stirring	
				frequen tly and	
				scrapin	
				g up	
				any fond, 30	
				fond, 30	
				seconds to 1	
				minute,	
				or until	
				thoroug	
				hly com	
				bined. Turn off	
				the	
				heat	
				and stir	
				in the r emainin	
				g butter	
				until	
				melted.	
				(If the	
				sauce	
				seems too	
				thick,	
				graduall	
				y add	
				up to 2	
				tablesp oons of	
				water to	
				achieve	
				your	
				desired	
				consiste ncy.)	
				Season	
				with	
				salt and	
				pepper	
				to taste.	
roccoli & Basil Pe	sto Sandwiches	These	1 Piece Focaccia Bread 1 8-Ounce Can Tomato Sauce br />½ lb Fresh Mozzarella Cheese 5 br		N/A
roccon & Dasii Pe	Jeo Janawiches	Italian focaccia	/>2 Clementines br />2 cloves Garlic />2 Romaine Lettuce Hearts />1 lb Broccoli br />1 lb Broccoli />2 colves Garlic />2 romaine Lettuce Hearts />2 cloves Garlic />2 romaine Lettuce Hearts />2 romaine Lettuce Hearts //>2 romaine Lettuce Hearts 	ce an	13/7
		sandwiches are	Red Sweet Piguante Peppers br />2 Tbsps Crè:me Fraî:che br />1 Tbsp Dijon Mustard br	oven	
		layered with	/>½ cup Basil & Amp; Cashew Pesto (Contains Pine Nuts) br />½ cup Shaved Parmesan Cheese br />1	rack in	<del></del>

-Afrac12; cup Basil & Cashew Pesto (Contains Pine Nuts) < br/> /s cup Shaved Parmesan Cheese < br/> Dec 12, 2021 at 02:30 AM

id	title	description	ingredients	steps	photo
		broccoli, three	Tbsp Italian Seasoning (Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, &	the	
		cheeses, and a	Marjoram)	center	
		savory basil,		of the	
		cashew, and		oven, then	
		pine nut pesto, then baked in		preheat	
		the oven to meld		to 475&	
		all the bright,		deg;F.	
		aromatic flavors.		Wash	
		On the side,		and dry	
		we're serving a		the	
		refreshing salad of romaine and		fresh	
		seasonal		produce . Cut off	
		clementine,		and	
		dressed in a		discard	
		creamy dressing		the	
		made with fresh		bottom	
		clementine		1/2 inch	
		juice.		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	
				a box	
				grater.	
				Tear the	
				mozzar	
				ella	
				cheese	
				into	
				small	
				pieces. In a	
				bowl,	
				combin	
				e the	
				tomato	
				sauce	
				and	
				Italian s	
				easonin	
				g; season	
				with	
				salt and	
			Da wa wasan a 20/100	pepper	

id	title	description	ingredients	steps p
				to taste.
				large pan (no
				pan (no
				nstick, if you
				have
				one),
				heat 2 t
				easpoo ns of
				olive oil
				on medi
				um-high
				until hot.
				Add the
				broccoli
				pieces; season
				with
				salt and
				pepper. Cook,
				stirring
				occasio
				nally, 3
				to 4 minutes
				, or until
				slightly
				softene
				d. Add the
				choppe
				choppe d garlic;
				cook,
				stirring frequen
				tly, 1 to
				2
				minutes , or until
				slightly
				slightly softene
				d and
				fragrant . Add
				1/2 cup
				of
				water; season
				with
				salt and
				pepper.
				Cook, stirring
				occasio
				nally, 4
				to 5 minutes
				, or until
				the
				broccoli
				has
				softene d and
				the
			D	water

id	title	description	ingredients	steps ph
				has cooked
				off.
				Turn off the hea
				t.
				Lin
				e a sheet
				pan
				with
				foil. Place
				the
				halved
				focaccia on the
				foil, cut
				side up;
				drizzle with
				olive oil.
				Top with the
				with the
				seasone d
				tomato
				sauce.
				Top the focaccia
				bottom
				with the
				grated asiago
				cheese,
				half the
				mozzar ella
				cheese,
				and the cooked
				broccoli
				. Evenly
				top the broccoli
				with the
				remaini
				ng moz zarella
				cheese
				and
				pesto (stirring
				before
				adding).
				Season both
				focaccia
				halves
				with salt and
				pepper.
				pepper. Bake,
				rotating the
				sheet
				pan
				halfway through
			Da ara ara ara 22/100	11 to

	13 minutes , or until lightly browne d and the	I
	, or until lightly browne d and	Ï
	lightly browne d and	
	d and	
	the	
	cheese	
	has	
	melted. Remove	
	from	
	the	
	oven;	
	let stand	
	for at	
	least 2	
	minutes	;
	Transfer	_
	to a	
	cutting	
	board.<	
	/p>	
	Wh ile the	
	focaccia	1
	bakes,	
	cut off and	
	discard	
	the root	
	end of	
	the lettuce;	
	roughly	
	chop the	
	the leaves.	
	Place in	
	a large	
	bowl.	
	Roughly chop	<b>'</b>
	the	
	peppers . Halve	5
	. Halve	
	1 cleme ntine cr	
	osswise	
	;	
	squeeze the	2
	juice	
	into a	
	bowl,	
	strainin g out	
	any	
	seeds.	
	Peel the	
	remaini ng clem	1
	entine;	
	separat	
	e into s	
	egment s. To	
Do wa wa wa ha w 22/100	make 1	<u> </u>

id	title	description	ingredients	steps p
				the dressin
				g, add
				g, add the cr&
				egrave;
				me fra&
				icirc;che
				mustard
				, and 1 t
				ablespo
				on of
				water to the
				bowl of
				clement
				ine
				juice.
				Slowly whisk in
				a drizzle
				of olive
				oil until
				combin
				ed;
				season with
				salt and
				pepper to taste.
				to taste.
				Just before
				serving,
				serving, add the
				clement
				ine seg
				ments, choppe
				d
				peppers
				, and
				dressin g to the
				bowl of
				choppe
				d
				lettuce.
				Toss to thoroug
				hly
				coat.
				Season
				with salt and
				pepper
				to taste.
				Eve
				nly top
				the baked
				focaccia
				bottom
				with the
				parmes
				an
i I				cheese.
				Complet

id	title	description	ingredients		photo
				the focaccia	
				top. Using a	
				serrate d knife,	
				cut the	
				finished	
				sandwic	
				h into 4 equal-	
				sized	
				pieces.	
				Serve	
				with the salad	
				on the	
				side. En	
				joy! <td></td>	
Broccoli & Mozzar	rella Calzones	These	1½ lbs Pizza Dough 3 cloves Garlic 1 Romaine Lettuce Heart 1 lb Broccoli 1	> Re	N/Δ
DIOCCOII & MOZZAI	Cha Calzones	calzones are	cup Part-Skim Ricotta Cheese 1 8-Ounce Can Tomato Sauce ½ lb Fresh Mozzarella Cheese <br< td=""><td>move</td><td></td></br<>	move	
		loaded with	/>¼ cup Grated Parmesan Cheese 2 oz Black Cerignola Olives 1 Tbsp Italian Seasoning (Whole	the	
		melty fresh	Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & amp; Marjoram) 1 Lemon	dough	
		mozzarella, creamy ricotta,		from the refri	
		and tender brocc		gerator	
		oli—balan		to bring	
		ced by a tangy		to room	
		tomato dipping sauce. For a		temper ature.	
		refreshing side,		Place	
		we're tossing		an oven	
		crunchy romaine		rack in	
		and briny black olives in our take		the center	
		on Caesar		of the	
		dressing.		oven,	
				then	
				preheat to 475&	
				deg;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	
				mozzar	
1			Page number: 25/198	Dec 1	2, 2021 at 0

id	title	description	ingredients	steps pl
		·		cheese
				into small
				pieces.
				Quarter
				and
				deseed
				the lem on.
				oπ. β
				In a
				large
				pan (no
				nstick, if you
				have
				one),
				heat 2 t
				easpoo ns of
				olive oil
				on medi
				um-high
				until hot.
				not. Add the
				choppe
				d
				broccoli
				; season
				with salt and
				pepper.
				pepper. Cook,
				stirring
				occasio
				nally, 4 to 6
				minutes
				, or until
				lightly
				browne d. Add
				2/3 of
				the
				choppe
				d garlic. Cook,
				stirring
				constan
				tly, 30
				seconds
				to 1 minute,
				or until
				fragrant
				. Add
				1/4 cup of
				of water;
				season
				with
				salt and
				pepper. Cook,
				stirring
				occasio
				nally, 2
				to 3
			D	minutes

id	title	description	ingredients	steps ph
				, or until the
				broccoli
				has
				softene
				d and the
				water
				has
				cooked off.
				Transfer
				to a
				large bowl.
				bowl. Add the
				mozzar
				ella
				cheese,
				ricotta cheese,
				half the
				Italian s
				easonin
				g, and the
				juice of
				1 lemon
				wedge; stir to
				combin
				e.
				Season with
				salt and
				pepper.
				pepper. Wipe
				out the pan.
				pan. \/p
				Lig htly oil
				htly oil a sheet
				pan.
				Divide
				the
				dough into 2 e
				qual-
				sized
				portions
				; using your
				hands
				and a
				rolling pin (or
				wine
				bottle),
				gently
				stretch and roll
				the
				portions
				into &fr
				ac14;-in ch-thick
				rounds.
				(If the
		D	- h 27/100	dough

id	title	description	ingredients	steps	photo
	3.1.5	авестриен	<b>.9</b> . e <b></b> e	is	la constant
				resistan	
				t, let	
				rest for 5	
				minutes	
				.) Divide	
				the	
				filling	
				betwee	
				n the	
				centers	
				of the	
				rounds; fold	
				each	
				round in	
				half	
				over the	
				filling.	
				Using a fork,	
				tork, crimp	
				the	
				edaes	
				edges of the	
				dough to seal.	
				to seal.	
				Transfer	
				to the	
				sheet pan.	
				Using a	
				fork,	
				poke a	
				few	
				holes	
				across	
				the tops of the	
				calzone	
				s to	
				vent.	
				Lightly	
				drizzle	
				the	
				calzone	
				s 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	
				Wh ile the	
				calzone	
				s bake,	
				using	

id	title	description	ingredients	steps pl
				the flat side of
				your
				knife,
				smash
				the olives;
				remove
				and
				discard the pits,
				then
				roughly
				chop. Cut off
				and
				discard
				the root
				end of the
				lettuce;
				roughly
				chop
				the leaves.
				To
				make
				the dressin
				g, in a
				large bowl,
				bowl,
				combin e the m
				ayonnai
				ayonnai se, half
				the par mesan
				cheese,
				the
				juice of
				the rem aining
				lemon
				wedges,
				and a drizzle
				of olive
				oil.
				Season with
				salt and
				pepper
				to taste.
				ile the
				calzone
				s continu
				e to
				bake, in
				the pan
				used to cook
				the
				broccoli
				, heat 2
				teaspoo

id	title	description	ingredients	steps p	photo
				olive oil	
				on medi um-high	
				until	
				hot.	
				Add the	
				remaini	
				ng choppe	
				d garlic;	
				cook,	
				stirring	
				constan	
				tly, 30 seconds	
				to 1	
				minute,	
				or until	
				fragrant . Add	
				the	
				tomato	
				sauce	
				and rem	
				aining Italian s	
				easonin	
				g. Cook,	
				stirring	
				frequen	
				tly, 2 to	
				minutes	
				, or until	
				slightly thicken	
				thicken ed. Turn	
				off the	
				heat	
				and	
				season	
				with salt and	
				pepper	
				to taste.	
				Just	
				before	
				serving, add the	
				choppe d olives	
				d olives	
				and	
				lettuce to the	
				bowl of	
				dressin	
				g. Toss	
				to coat; season	
				with	
				salt and	
				pepper	
				to taste.	
				Cut the baked	
				calzone	
				s in	
				half.	
		Danie		Serve	- 201

id	title	description	ingredients	steps	photo
	-	,	<b>3</b>	with the	
				sauce	
				and	
				salad on the	
				side.	
				Garnish	
				with the	
				remaini	
				ng par	
				mesan	
				cheese.	
				Enjoy!<	
18 Bucatini Alfredo		This quick-	2 Tbsps Crème Fraîche ¼ tsp Crushed Red Pepper Flakes 3 Tbsps All-Purpose	/p>	N/A
10 Bucatilii Ailleuo		cooking recipe	Flour 	at a	IN/A
		captures all the	Thou strip ander i, cap diated i comin oncese sips	large	
		deliciously		pot of	
		creamy, rich		salted	
		flavor of the		water to	
		classic Italian-		boiling	
		American sauce		on high.	
		—with the welcome		Wash	
		addition of quick-		and dry the	
		braised broccoli.		fresh	
		A dusting of		produce	
		pecorino cheese		. Cut off	
		completes each		and	
		bowl with a		discard	
		touch of		the	
		sharpness.		bottom 1/2 inch	
				of the	
				broccoli	
				stem;	
				cut the	
				broccoli	
				into	
				small	
				pieces, keeping	
				the	
				florets	
				intact.	
				Peel	
				and	
				finely	
				chop	
				the garli c.	
				In a	
				large	
				pan,	
				heat 2 t	
				easpoo	
				ns of	
				olive oil	
				on medi um-high	
				until	
				hot.	
				Add the	
				broccoli	
				pieces;	
				season	
				with	
				salt and	
				pepper.	

id	title	description	ingredients	steps p
				stirring occasio
				nally, 4
				to 5
				minutes
				, or until
				slightly softene
				d. Add
				1/2 cup of
				water;
				season
				with
				salt and pepper.
				pepper. Cover
				the pan with alu
				minum
				foil and
				cook 3
				to 4 minutes
				, or until
				the
				broccoli has
				softene
				d and
				the
				water has
				cooked
				off.
				Transfer
				to a bowl.
				Wipe
				out the pan.
				paπ. ~/p     >
				Wh
				ile 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). R
				eservin
				g
				½ ; cup of
				the
				pasta
			B 22/100	cooking

water, drain th
Ulaili Ul
oroughl
y.
In
the
same
pan, heat 1
1/2 tabl
espoons
of olive
oil on m edium-
high
high until
hot.
Add the
choppe d garlic;
season
with
salt and
pepper.
Cook,
stirring constan
tly, 30
seconds
to 1
minute,
or until fragrant
. Add
the
flour
and as
much of the red
pepper
pepper flakes
as you&
rsquo;d like, de
pending
on how
spicy yo u&rsqu
u&rsqu 
o;d like the dish
to be.
Cook,
stirring
constan
tly, 30
seconds to 1
minute,
or until
thoroug
hly com
bined. Add the
heavy
cream
(shakin
g the
bottle
just <u>before</u>

id	title	description	ingredients	steps p
				opening ),
				verjus,
				and 1
				1/4 cups of
				water;
				season
				with
				salt and pepper.
				pepper. Cook, whiskin
				whiskin
				g frequ ently, 2
				to 3
				minutes
				, or until thicken
				ed;
				season
				with
				salt and pepper
				to taste.
				Ad d the
				cooked
				pasta,
				cooked
				broccoli , cr&egr
				ave;me
				fra&icir
				c;che, and half
				the
				reserve
				d pasta cooking
				water to
				the pan.
				Cook,
				stirring vigorou
				sly, 30
				seconds
				to 1 minute,
				or until
				the
				pasta is thoroug
				hly
				coated.
				(If the sauce
				seems
				dry,
				graduall
				y add the rem
				aining
				pasta
				cooking water to
				achieve
				your
<del>                                     </del>			Da	desired

id	title	description	ingredients	steps	photo
10	Cicio	description	ingredients	consiste	
				ncy.)	
				Turn off	
				the heat	
				and	
				season	
				with	
				salt and	
				pepper to taste.	
				Garnish	
				the	
				finished	
				pasta	
				with the cheese;	
				season	
				with	
				pepper.	
				Enjoy!<	
19 Bucatini & T	Tomato Sauce	Made with	6 oz Bucatini Pasta 1 14-Ounce Can Datterini Tomatoes 2 cloves Garlic 2 Tbsps Butter 5 drives 1 14-Ounce Can Datterini Tomatoes 8 drives 	/p> Pla	N/Δ
J Bucatilli & I	omato Sauce	petite datterini	/>1 Tbsp Capers br />1 Ib Broccoli br />2 Fbsps Butter br />2 Tbsps Butter 	ce an	17/
		tomatoes, the	/>¼ tsp Crushed Red Pepper Flakes 1 Tbsp Italian Seasoning (Whole Dried Basil, Sage, <br< td=""><td>oven</td><td></td></br<>	oven	
		sauce for	/>Oregano, Savory, Rosemary, Thyme, & Darjoram)	rack in	
		tonight's bucatini		the	
		highlights briny		center of the	
		olives and		oven,	
		capers, hot red		then	
		pepper flakes,		preheat	
		and savory Grana Padano		to 450& deg;F.	
		cheese. We're		Heat a	
		mixing in		large	
		roasted broccoli		pot of	
		for contrasting texture and		salted water to	
		nutty-sweet		boiling	
		flavor.		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. Place	
				on a	
				sheet	
				pan.	
				Drizzle with	
				olive oil	
				and	
				season	
			Da wa wasan 25/100	with 1	5 205

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

id	title	description	ingredients ste	ps photo
			salt,	
			pepp and u	er, ın
			to ha	If
			the	
			Italia easo	n s nin
			q (yo	u
			g (yo will	
			have	\.
			extra toss	i);
			coat.	
			Arrar	nge
			in an	
			even laver	
			layer Roas 22 to	t
			22 to	24
			minu , or u	tes
			brow	ne
			d and	k
			tende	er
			where pierce	ı ed
			pierc with	a
			fork.	
			Remo from	ove
			the o	ve
			n.	>
			ile th	Wh
			brocc	e Coli
			roast	S,
			peel	
			and	alv
			rough chop	пу
			the	
			garlio	:.
			Using the fl	) at
			side	of
			your knife	
			knife	, h
			smas the	011
			olive	
			remo	
			and disca	rd
			the p	its,
			then	
			rough	nly
			chop Grate	.
			the	
			chee	se
			on th	е
			smal side	of
			a box	c gr
			ater.	
				Mb
			ile th	e
			broco	coli
			Page number: 26/109	inu 202

id	title	description	ingredients	steps p	phot
				es to	
				roast, add the	
				pasta to	
				the pot	
				of	
				boiling	
				water and	
				cook 8	
				to 10	
				minutes	
				, or until	
				al dente (still	
				slightly	
				slightly firm to	
				the	
				bite).	
				Turn off	
				the	
				heat. Re	
				1/2 cup	
				serving 1/2 cup of the	
				pasta	
				cooking	
				water, drain th	
				oroughl	
				y and	
				return	
				to the	
				pot. <td></td>	
				Wh ile the	
				pasta	
				cooks,	
				in a medium	
				pan.	
				pan, heat 2 t	
				easpoo	
				ns of	
				olive oil on medi	
				um-high	
				until	
				hot.	
				Add the	
				choppe d garlic,	
				capers.	
				capers, and as	
				much of	
				the red	
				pepper flakes	
				as you&	
				rsquo;d	
				rsquo;d like, de	
				pending	
				on how	
				Spicy yo	
				spicy yo u&rsqu o;d like	
				the dish	
				to be;	

id	title	description	ingredients	steps p
				with salt and
				pepper.
				pepper. Cook,
				stirring constan
				tly, 30
				seconds
				to 1
				minute, or until
				fragrant
				l. Add
				the
				tomatoe s and
				choppe d olives;
				d olives;
				season with
				salt and
				pepper. Cook,
				Cook,
				stirring occasio
				nally
				and
				gently
				crushin g the
				tomatoe
				s with
				the back of
				a
				spoon, 6 to 7
				6 to 7
				minutes , or until
				thicken
				ed. Turn
				off the heat
				and
				season
				with
				salt and pepper
				to taste.
				To the pot
				of
				cooked
				pasta, add the
				roasted
				broccoli
				, sauce,
				butter,
				half the grated
				cheese,
				and half
				the
				reserve d pasta
				cooking
				water;
			Da	season

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

id	title	description	ingredients		photo
				with salt and	
				pepper.	
				Cook on	
				mediu	
				m-high, stirring	
				vigorou	
				sly, 1 to	
				2 minutes	
				, or until	
				the	
				pasta is	
				thoroug hly	
				coated.	
				(If the	
				sauce	
				seems dry,	
				graduall	
				y add	
				the rem	
				pasta	
				cooking	
				water to	
				achieve your	
				desired	
				consiste	
				ncy.) Turn off	
				the	
				heat	
				and	
				season with	
				salt and	
				pepper	
				to taste. Garnish	
				the	
				finished	
				pasta	
				with the remaini	
				ng	
				grated	
				cheese. Enjoy!<	
				/p>	
20 Cheesy Enchiladas Rojas		Our hearty	8 Flour Tortillas ¾ cup Jasmine Rice 1 28-Ounce Can Whole Peeled Tomatoes 4 oz	Pla	N/A
		vegetarian	Cremini Mushrooms Solves Garlic Yellow Onion Tyellow Onion Onion Chile Revolution of Solves Republic Continued	ce an	
		enchiladas are filled with a	Paste Paste Paste Paste 	oven rack in	
		combination of	Cream	the	
		fragrant,		center	
		Mexican spiced rice and		of the oven,	
		sautéed		then	
		mushrooms and		preheat	
		kale. For even		to 450&	
		more flavor,		deg;F. In a	
		we're baking them under a		medium	
		smoky-sweet		pot,	
		tomato sauce		combin	
		flavored with	Daga number: 20/100	e the	2 20'

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id	title	description	ingredients	steps p
		ancho chile		rice,
		paste and a		half the
		layer of melty		spice
		white cheddar. A dollop of lime-		blend, a
		seasoned sour		big pinch of
		cream adds		salt,
		creamy cooling		and 1
		creamy, cooling balance. (You		1/2
		may receive		cups of
		green curly, dark		water.
		green lacinato,		Heat to
		or red		boiling
		kale.)		on high.
				Once
				boiling,
				cover
				and
				reduce
				the
				heat to low.
				Cook 12
				to 14
				minutes
				, or until
				the
				water
				has
				been
				absorbe
				d and
				the rice
				is tender.
				Turn off
				the
				heat
				and fluff
				with a
				fork.
				Transfer
				to a
				large
				bowl
				and set
				aside in
				a warm place. </td
				place.
				Wh
				ile the
				rice
				cooks,
				wash
				and dry
				the
				fresh
				produce
				. Thinly
				slice the
				mushro
				oms.
				Remove
				and
				discard the
				stems
				of the
				kale;
1		D =	40/100	D'- 10

id	title	description	ingredients	steps	photo
				roughly chop the	
				the	
				leaves.	
				Peel and	
				roughly chop	
				chop	
				the garlic	
				garlic. Peel	
				and	
				thinly slice the	
				onion.	
				Place	
				the tomatoe	
				s in a	
				bowl;	
				gently break	
				apart	
				apart with	
				your	
				hands. Grate	
				the	
				cheese	
				on the	
				large side of	
				a box	
				grater.	
				Thinly slice the	
				chives.	
				Halve the lime	
				crosswi	
				se. In a	
				bowl, combin	
				e the	
				sour	
				cream,	
				the juice of	
				1 lime	
				half,	
				and a drizzle	
				of olive	
				oil;	
				season with	
				salt and	
				pepper to taste.	
				to taste.	
				In a	
				large	
				pan, heat 2 t	
				easpoo	
				easpoo ns of	
				olive oil	
				on medi um-high	
				until	

id	title	description	ingredients	steps p	photo
				hot. Add the	
				sliced m	
				ushroo	
				ms in	
				an even	
				layer. Cook,	
				without	
				stirring,	
				2 to 3	
				minutes	
				, or until lightly	
				browne	
				d. Add	
				the	
				choppe	
				d kale and 1/2	
				cup of	
				water;	
				season	
				with	
				salt and pepper.	
				Cook,	
				stirring	
				frequen	
				tly, 4 to 5	
				minutes	
				, or until	
				the kale	
				has	
				wilted	
				and the water	
				has	
				cooked	
				off.	
				Transfer	
				to the bowl of	
				cooked	
				rice; stir	
				to	
				combin e. Wipe	
				out the	
				pan. <td></td>	
				>	
				In	
				the same	
				pan,	
				heat 2 t	
				easpoo	
				ns of	
				olive oil on medi	
				um-high	
				until	
				hot.	
				Add the	
				choppe	
				d garlic and	
				sliced	
			Danie w w 42/100	enion;	

id	title	description	ingredients	steps	photo
				season with	
				salt and	
				pepper. Cook,	
				Cook,	
				stirring frequen	
				tly, 4 to 5	
				5	
				minutes , or until	
				softene	
				d. Add	
				the chile	
				paste	
				and rem	
				aining	
				spice blend;	
				cook,	
				stirring	
				constan tly, 30	
				seconds	
				to 1	
				minute, or until	
				dark	
				red and	
				fragrant	
				. Add the tom	
				atoes;	
				season	
				with salt and	
				pepper.	
				pepper. Cook,	
				stirring	
				frequen tly, 6 to	
				7	
				minutes	
				, or until thicken	
				ed. Turn	
				off the	
				heat. Season	
				with	
				salt and	
				pepper to taste.	
				Ad	
				d half the	
				cheese	
				and the	
				juice of	
				the rem aining	
				lime	
				half to	
				the	
				bowl of filling.	
				filling. Stir to	
				<u>combin</u>	

id	title	description	ingredients ste	ps   photo
		'	e;	
			seaso with	on
			salt a	and
			pepp to tas	er
			Place	2
			the	
			tortill on a	las
			work	
			surfa	ce.
			Sprea about	t
			half t	:he
			sauce into t	e -ho
			botto	om
			of a	
			bakin dish.	ng
			Divid	e
			the	
			finish filling	iea   i
			amor the	ng
			the tortill	laci
			tightl	ly
			roll u	р
			each tortill	la
			arour	nd
			the	_
			filling Trans	). sfer
			to the	e
			bakin dish i	ng in
			a sing	gle
			layer	,
			seam side	1
			down	١.
			Even top w	ly <sub>(ith</sub>
			the re	em
			aining	g
			sauce and r	e rem
			ainine	g c
			heese	e.<
			/p> !	Bak
			e the	en
			chilac 10 to	das   12
			minu	tes
			, or u	ıntil
			the chees	se
			has	
			melte	ed.
			Remo from	
			the	
			oven and le	et
			stand	d
			Page number: 44/100	12 20

id	title	description	ingredients	steps	photo
				least 2	
				minutes	
				Garnish	
				with the	
				sliced chives.	
				Serve	
				with the	
				lime	
				sour cream.	
				Enjoy!<	
21 Crieny Fieb Candwishes		ans Those	and 21 on Wild Alackan Pollock Fillets aby /s 2 Care Free Forms Free aby /s 2 Thoma Sweet Biokle Polick aby /s 1	/p>	NI/A
21 Crispy Fish Sandwiches		These sandwiches	21 oz Wild Alaskan Pollock Fillets 2 Cage-Free Farm Eggs 2 Tbsps Sweet Pickle Relish 1 Romaine Lettuce Heart 	Pla ce an	N/A
		highlight wild	Paprika, & Dried < br /> Parsley) < br /> 1¼ cups Panko Breadcrumbs < br /> ¼ cup Creamy	oven	
			Mustard Sauce	rack in	
		mdash;flavored with aromatic		the center	
		seasonings,		of the	
		coated with		oven,	
		panko breadcrumbs,		then preheat	
		and pan-fried for		to 450&	
		a golden-brown		deg;F.	
		crust. In classic		Wash	
		fashion, a tangy, mayo-based		and dry the	
		tartar sauce		fresh	
		perfectly		produce	+
		balances the fish.		. Cut the	
		Π5Π. \/ β>		sweet	
				potatoe	
				s length	
				wise into 1-in	
				ch-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	
				browne	
				d and	
				tender when	
				pierced	

id	title	description	ingredients	steps pl
				with a fork. Re
				serving
				the
				sheet pan,
				transfer
				to a
				plate and set
				aside in
				a warm
				place. </td
				p> <n>Wh</n>
				Wh ile the
				sweet
				potatoe s roast,
				cut off
				and
				discard
				the root end of
				the
				lettuce;
				thinly slice the
				leaves.
				Halve
				the
				rolls. In a bowl,
				combin
				e the m
				ayonnai se,
				creamy
				mustard
				sauce, and
				sweet
				pickle
				relish. Season
				with
				salt and
				pepper
				to taste. Pat the
				fish
				fillets
				dry with
				paper towels.
				Halve cr
				osswise.
				Wh
				ile the
				sweet
				potatoe s
				continu
				e to
				roast, season
				the
				halved
			Da	fish

	steps	ingredients	description	title	id
	fillets				
	on both sides				
	with				
	salt,				
	pepper, and the				
	and the				
	spice blend.				
	Crack				
	the				
	eggs				
	into a				
	bowl;				
	season				
	with				
	salt and				
	pepper. Beat				
	until				
	smooth.				
	Place				
	the bre				
	adcrum				
	bs on a				
	plate; season				
	with				
	salt and				
	pepper.				
	Working				
	one .				
	piece at				
	a time, thoroug				
	hly coat				
	the				
	seasone				
	d fillets				
	in the				
	beaten				
	eggs (letting				
	any				
	excess				
	drip				
	off),				
	then in				
	the bre				
	adcrum bs				
	(pressin				
	g to				
	g to adhere)				
	Transfer				
	to a				
	separat e plate.				
	ile the				
	sweet				
	potatoe				
	S				
	continu				
	e to roast, in				
	a large				
Danie w 47/100	pan (no				

id	title	description	ingredients	steps photo
		•	· · · · · · · · · · · · · · · · · · ·	nstick,
				if you
				have
				one),
				heat a
				thin layer of
				oil on m
				edium-
				high
				high until
				hot.
				Once
				the oil
				is hot
				enough
				that a
				pinch of
				breadcr
				umbs
				sizzles i
				mmedia tely
				when
				added,
				working
				in
				batches
				if neces
				sary, add the
				add the
				breaded
				fish
				fillets. Cook 2
				to 3
				minutes
				per side, or
				until
				browne
				d and
				cooked
				through
				. (If the
				pan
				seems
				dry, add
				teaspoo
				n of
				olive oil
				before
				flipping.
				)
				Transfer
				to a
				paper t
				owel-
				lined
				plate; i
				mmedia
				tely season
				with
				salt and
				pepper.
				Wh
			D 40/100	ile the

id	title	description	ingredients	steps	photo
		0.000.00	g. carcini	fish	100000
				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	
				browne	
				d.	
				Transfer	
				to a	
				clean	
				work su rface. </td <td></td>	
				p>	
				Div	
				ide the	
				sauce,	
				cooked	
				fish	
				fillets,	
				and	
				sliced	
				lettuce	
				among	
				the the the	
				>toaste d rolls.	
				Serve	
				the san	
				dwiches	
				with the	
				roasted	
				sweet	
				potatoe	
				s on the	
				side. En	
				joy! <td></td>	
				>	
22 Genera	l Tso's Chicken	In this quick-	10 oz Chopped Chicken Breast 	Re	N/A
		cooking spin on	Garlic   Then Second Oil   Price   Street   Street	move	
		a takeout favorite, hoisin	Tbsp Sesame Oil Verac14; cup Cornstarch Tbsps Hoisin Sauce	the	
		sauce, honey,		honey from	
		sriracha, and		the refri	
		sesame oil lend		gerator	
		our chicken the		to bring	
		sweet, spicy,		to room	
		and nutty flavors		temper	
		General Tso's is		ature.	
		known for. A		In a	
		light dusting of		medium	
		cornstarch on		saucep	
		the chicken just		an,	
		before it hits the		combin	
		pan creates a		e the	
		delicately crispy		rice, a	
		exterior (and	Da wa washi ay 40/100	<u>pig</u>	2 202

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id	title	description	ingredients	steps p
		helps it soak up		pinch of
		the irresistible		salt,
		sauce		and 1
		later).		1/2
				cups of
				water;
				heat to
				boiling on high.
				Once
				boiling,
				cover
				and
				reduce
				the
				heat to
				low.
				Cook 12
				to 14 minutes
				, or until
				the
				water
				has
				been
				absorbe
				d and
				the rice
				is
				tender. Turn off
				the
				heat
				and fluff
				with a
				fork.
				Cover
				to keep
				warm.<
				/p> Wh
				ile the
				rice
				cooks,
				pat the
				chicken
				dry with
				paper
				towels.
				Place in
				a large bowl
				and
				season
				with
				salt and
				pepper.
				Add the
				cornsta
				rch;
				toss to t
				horough ly coat.
				In a
				medium
				pan,
				heat a
				thin
				layer of
			number: E0/100	oil on m

id	title	description	ingredients	steps p	photo
				edium-	
				high until	
				hot.	
				Once the oil	
				is hot	
				enough	
				that a	
				piece of chicken	
				sizzles i	
				mmedia	
				tely	
				when added	
				to the	
				pan,	
				add the coated	
				chicken	
				in an	
				even	
				layer	
				(tappin g off	
				any	
				excess	
				cornstar ch	
				before	
				adding). Cook,	
				Cook, without	
				stirring.	
				stirring, 3 to 4	
				minutes , or until lightly	
				, or until	
				browne	
				d.	
				Continu	
				e to cook,	
				stirring	
				stirring occasio	
				nally, 3 to 4	
				minutes	
				, or until	
				browne	
				d and cooked	
				through	
				.	
				Leaving	
				any browne	
				d bits	
				(or	
				fond) in	
				the pan, transfer	
				to a	
				plate.	
				Set	
				aside in a warm	
				place. </td <td></td>	
				p> 1	

	Wh ile the chicken
	lie the
	chicken
	cooks,
	wash
	and dry the
	fresh
	produce
	. Cut off
	and discard
	the root
	end of
	the bok
	choy; roughly
	chop.
	chop. Peel
	and
	finely chop
	the
	ginger. Peel
	Peel
	and
	roughly chop the
	the
	garlic.
	In a bowl,
	combin
	e the
	hoisin sauce,
	vinegar,
	honey (
	kneadin
	g the packet
	before
	opening
	), sosamo
	sesame oil, 1 ta
	blespoo
	n of
	water, and as
	much of
	the
	sriracha
	as you& rsquo;d
	like, de
	pending
	on how
	spicy yo u&rsqu
	o;d like
	the dish
	to
	be.
	Ad
	d the
	choppe
Daga number: 52/100	d bok

id	title	description	ingredients	steps p	photo
				ginger, and	
				garlic to	
				the pan	
				of reserve	
				d fond;	
				season	
				with	
				salt and	
				pepper. (If the	
				pan	
				seems	
				dry, add 1 tables	
				poon of	
				olive	
				oil.) Cook on	
				mediu	
				m-high,	
				stirring	
				frequen	
				tly, 2 to	
				minutes	
				, or until	
				softene d and	
				fragrant	
				. Add	
				the sauce	
				and	
				cook,	
				stirring	
				constan tly and	
				scrapin	
				g up	
				any fond, 30	
				seconds	
				to 1	
				minute,	
				or until thoroug	
				hly com	
				bined.<	
				/p> Tur	
				n off	
				the	
				heat	
				and add the	
				cooked	
				chicken	
				to the	
				pan; stir to thoro	
				ughly	
				coat.	
				Season with	
				salt and	
				pepper	
				to taste.	
<del>                                     </del>			D	Serve	

id	title	description	ingredients	steps	photo
			<u> </u>	the	
				finished	
				chicken	
				and bok choy	
				with the	
				cooked	
				rice. Enj	
				oy! <td></td>	
				>	
23	Hoisin-Glazed Pork Chops	Delightfully	4 Boneless, Center-Cut Pork Chops > 2 Carrots > 1 bunch Chives > 2 Tbsps Tahini 	Fill	N/A
		chewy wonton noodles tossed	Soy Sauce Soy Sa	a medium	
		in a nutty,	//>&irac14 cup noisin sauce	pot with	
		savory sauce are		water;	
		a delicious		add a	
		accompaniment		pinch of	
		to these pork		salt.	
		chops. For depth		Heat to	
		of flavor, we're		boiling	
		pan-searing the		on high.	
		pork chops, then glazing them		Wash and dry	
		with barbecue-		the	
		like hoisin,		fresh	
		whose		produce	
		sweetness		. Peel	
		perfectly		and	
		matches bites of		finely	
		sautéed carrots in the		chop the	
		noodles.		ginger.	
		noodies. $\sqrt{p}$		Cut out	
				and	
				discard	
				the core	
				of the	
				cabbag	
				e; thinly slice the	
				leaves.	
				Peel the	
				carrots	
				and	
				thinly	
				slice	
				into rounds.	
				Thinly	
				slice the	
				chives.	
				In a	
				large	
				pan,	
				heat 2 t	
				easpoo ns of	
				olive oil	
				on medi	
				um-high	
				until	
				hot.	
				Add the	
				choppe d	
				ginger,	
				sliced	
				cabbag	
				e and	

id	title	description	ingredients	steps pl
				sliced
				carrots; season
				with
				salt and
				pepper. Cook,
				stirring
				stirring occasio
				nally, 4 to 5
				to 5 minutes
				, or until
				softene
				d and
				fragrant
				Transfer
				to a
				bowl
				and cover
				with alu
				minum
				foil to
				keep warm.
				Rinse
				and
				wipe out the
				pan.
				>
				Pat the pork chops dry with
				the pork
				dry with
				paper
				towels;
				season with
				salt and
				pepper on both
				on both sides. In
				the
				same
				pan,
				heat 1 t ablespo
				on of
				olive oil
				on medi um-high
				until
				hot.
				Add the
				seasone d pork
				chops
				and
				cook 3
				to 5 minutes
				on the
				first
				side, or
				until browne
			lago numbor: EE/100	d. Flip

id	title	description	ingredients	steps p
				and cook 2
				to 3
				minutes
				, or until lightly
				lightly browne
				d. Add the
				hoisin
				sauce
				and 1/4
				cup of water.
				Cook, fr
				equentl
				y spoonin
				g the
				glaze
				over the pork, 2
				to 3
				minutes
				, or until the pork
				chops
				are
				coated and
				cooked
				through
				. Turn off the
				heat. </td
				p>
				Wh ile the
				pork
				chops
				cook, in a bowl,
				whisk
				togethe
				r the soy
				sauce,
				tahini,
				vinegar, and as
				much of
				the
				sambal oelek as
				you&rs
				quo;d like, de
				pending
				on how
				spicy yo
				u&rsqu o;d like
				the dish
				to be.
				Season with
				salt and
				pepper
				to taste.
i I		1	D	13/87

id	title	description	ingredients	steps ph
				Wh ile the
				pork
				chops
				continu
				e to cook,
				using
				your
				hands, carefull
				y
				separat e the
				e the
				noodles and add
				to the
				pot of
				boiling
				water; cook,
				stirring
				occasio
				nally, 2 to 4
				minutes
				, or until
				tender.
				Turn off the
				heat.
				Drain th
				oroughl y and
				return
				to the
				pot.
				>  Ad
				d the
				cooked
				vegetab les,
				sauce,
				and
				¼
				; cup of water to
				the pot
				of
				cooked noodles
				. Cook
				on medi
				um-
				high, stirring
				constan
				tly, 30
				seconds to 1
				minute,
				or until
				thoroug hly com
				hly com bined.
				Turn off
				the
				heat.
		D	.h F7/100	Season

id	title	description	ingredients	steps	photo
id	title	description	ingredients	with salt and pepper to taste. Serve the finished noodles topped with the glazed pork chops (includin g any glaze from the pan). Garnish with the sliced chives.	
24 Honey-Butter Barrai	mundi	This Middle Eastern recipe pairs crispy barr amundi— served in a family-friendly pan sauce of honey and butter — with a medley of winter vegetables. For savory, herby flavor, we're seasoning the vegetables with za'atar before roasting them.		Enjoy!  Remove the honey from the refri gerator to bring to room temper ature. Place an oven rack in the center of the oven, then preheat to 450& deg; F. Wash and dry the fresh produce . Halve the potatoe s length wise; cut cros swise into 1/4-inch pieces. Peel the carrots; halve le ngthwis e, then cut cros swise into cut cros swise into the carrots; halve le ngthwis e, then cut cros swise into the carrots in the carrots	N/A

A CONTRACTOR OF THE PROPERTY O	steps	ingredients	description	title	id
Control of the contro	/2-inch	1/3			
and	ut off	μι Cι			
did in the control of	nd	an			
en control con	iscard	die			
the control of the co	ie .	th			
Section   Sect	nds of	en th			
S. S. C.	adishe	ra			
und the second s	distric	S;			
Sist	uarter	qu			
the control of the co	engthw	le			
his observed   his	e,	IS <del>C</del>			
So	alve cr	ha			
Q	sswise.	05			
de de le	uarter	Qu			
the life is the control of the contr	nd .	ar			
lefer an an in the control of the co	eseed	de la companya de la			
Per an an inition of the control of	emon.	tn			
and find the control of the control	eel	Pe			
in the characteristic is a second of the characteristic is in the chara	nd	an			
the side of the si	nely	fin			
gg   gg   gg   gg   gg   gg   gg   g	юр	ch			
us side side side side side side side sid	e arlic:	na la			
sister of the control	sina	us			
sister of the control	ie flat	th			
kn sn sn un un se	de of	sic			
sm s	our	yc L			
un es	nite,	KN er			
es pa por control of a a control of a contro	ntil it r	ur			
es   pa   pa   pa   pa   pa   pa   pa   p	sembl	es			
(or a a ze ze Ro ch the part of the part o	s a	es			
a a a a a a a a a a a a a a a a a a a	aste				
ze Ro Ro Ro Ch the part of the	or use				
Ro ch th the pa an m m s > <pre> <pre> <pre></pre></pre></pre>	ester).				
ch th th pa let an m m >   c ce sli p p s c ca pi p on sh sh p on sh sh p on sh	oughly	Ro			
pa let an my	hop	ch			
lec an my > <a href="mailto:ceeeoing:">cee sli po ce sli po ce ce pi po on sh pa Dr wii ab on of i se se wii ss s</a>					
an mes             <	arsley eaves	pa 			
mm	nd ste	ar			
> Ce Sli po sa ca pie on sh pa Dr wii ab on oli se wii sa	ns. <td>m</td> <td></td> <td></td> <td></td>	m			
ce slii po sa ca pie po no sha pa a proper sha		>			
sli po s a ca pie on sh pa Dr wii ab on oli se wiit	p>Pla	<			
po s a c c a pie on s h po on s h po on s h pa pa pa proper series and series are series and series and series and series and series are series and series and series and series are series and series and series and series are series and series and series are series and series and series are series are series	iced	Ce   cli			
S a ca pie on sh pa Dr with ab on oli se with sa	otatoe				
ca pie on shape and shape	and	Sa			
on sh pa Dr wii ab on oli se wii sa sa	arrot	ca			
sh pa Dr wii ab on oli se wii se se wii se	ieces				
pa Dr wit ab on oli se wit sa	n a neet	on   cr			
wii ab on oli se wii	an.	na sin			
wii ab on oli se wii	an. rizzle	Di			
on oli se wii	ith 1 t	wi			
oli se wii sa	blespo	ak			
se wii sa	n of	or			
wii sa	live oil; eason				
sa	ith	Se   w <sup>i</sup>			
pe	alt,	sa sa			
	epper, nd the	pε			
an	nd the	ar			
za	a&rsqu	za			

id	title	description	ingredients	steps	photo
				easonin g. Toss	
				g. ross to coat.	
				Arrange	
				in an	
				even	
				layer on	
				one	
				side of the	
				sheet	
				pan.	
				Roast	
				12 to 14	
				minutes	
				, or until	
				lightly browne	
				d.	
				u. Leaving	
				the	
				oven	
				on,	
				remove	
				from the	
				oven.	
				Place	
				the	
				radish	
				pieces	
				in a	
				bowl. Drizzle	
				with	
				olive oil	
				and	
				season	
				with	
				salt and	
				pepper; toss to	
				coat.	
				Carefull	
				у	
				arrange	
				on the	
				other side of	
				the	
				sheet	
				pan.	
				Roast	
				10 to 12	
				minutes	
				, or until tender	
				when	
				pierced	
				with a	
				fork.	
				Remove	
				from	
				the	
				oven.	
				Evenly top with	
				the	
				juice of	
			D	2 lemon	

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

id	title	description	ingredients	steps	photo
	-	, , , , , , , , , , , , , , , , , , ,	<b>3</b>	wedges	
				Wh	
				ile the v	
				egetabl es	
				roast, in	
				a bowl,	
				combin	
				e the	
				yogurt, the	
				juice of	
				the rem	
				aining	
				lemon	
				wedges, 1 tables	
				1 tables	
				poon of olive oil,	
				and as	
				much of	
				the	
				garlic	
				paste	
				as you&	
				rsquo;d like.	
				Drizzle	
				with	
				olive oil	
				and	
				season	
				with salt and	
				pepper	
				pepper to taste.	
				On	
				ce the v	
				egetabl es have	
				roasted	
				for	
				about	
				10	
				minutes	
				, pat	
				the fish fillets	
				dry with	
				paper	
				towels;	
				season	
				with	
				salt and	
				pepper on both	
				sides. In	
				a large	
				pan (no	
				nstick,	
				if you	
				have	
				one), heat 1 t	
				ablespo	
				on of	
				olive oil	
			ge number: 61/108	on medi	222

id	title	description	ingredients	steps p	photo
				um-high	
				until hot.	
				Add the	
				seasone	
				d fillets,	
				skin	
				side down.	
				Cook 4	
				to 6	
				minutes	
				on the	
				first side, or	
				until	
				until lightly	
				browne	
				d. Flip and add	
				the	
				butter.	
				Cook, fr	
				equentl	
				y	
				spoonin g the	
				butter	
				over the	
				fillets, 2	
				to 3 minutes	
				, or until	
				the fish	
				is	
				cooked	
				through	
				Leaving	
				the	
				melted	
				butter and any	
				browne	
				d bits	
				(or	
				fond) in	
				the pan, transfer	
				the	
				cooked	
				fillets to	
				a plate.	
				Ad	
				d the	
				honey (	
				kneadin	
				g the packet	
				before	
				opening	
				) and 2	
				tablesp	
				oons of water to	
				the pan	
				of	
				melted	
		Do we		butter	

i.d	title	description	ingredients	ctons	nhoto
id	utie	description	ingredients	steps (be	photo
				careful,	
				as the	
				liquid may	
				splatter	
				). Cook	
				on medi	
				um- high,	
				stirring	
				frequen	
				tly and	
				scrapin	
				g up any	
				fond, 30	
				seconds	
				to 1	
				minute, or until	
				slightly	
				thicken	
				ed. Turn	
				off the	
				heat and	
				season	
				with	
				salt and	
				pepper to taste.	
				Ser	
				ve the	
				cooked fish	
				fillets	
				and	
				roasted	
				vegetab les with	
				the	
				yogurt	
				sauce	
				on the side.	
				Top the	
				fish	
				with the	
				pan sauce.	
				Garnish	
				with the	
				choppe	
				d	
				parsley. Enjoy!	
25		This recipe	<ul><li><ul style="list-style-type: none;"></ul></li></ul>	Pla	N/A
		has been	< i style="list-style-type: none;"> <div>2 Skin-On Barramundi Fillets</div>	ce an	
		approved by Whole30®.	< div > 2  skin-On Barramundi Fillets < / div >   li	oven rack in	
		To learn more	< i style="list-style-type: none;">1 Clove Garlic	the	
		about their	< i style="list-style-type: none;">2 Sweet Potatoes	center	
		guidelines, visit	<pre><li><li>style="list-style-type: none;"&gt;1 Avocado</li></li></pre>	of the	
		Whole30.com. We're	< i style="list-style-type: none;">1 Lime <li>style="list-style-type: none;"&gt;1 Clementine</li>	oven, then	
		partnering with	<pre><!--i style="list-style-type: none:"-->1 lalapeno Pepper</pre>	preheat	
		Whole30® to	<a href="list-style-type: none:">     Page number: 63/198</a>	to 450& Dec 1	2 205
			rage number: 63/198	nec T	<u>∠, ∠U</u> ∠

Dec 12, 2021 at 02:30 AM

title	description		steps	p
	bring you the	<div>1 bunch Kale</div>	deg;F.	
	first of eight		Wash	
	weeks of	< i style="list-style-type: none;">2 Tbsps Pepitas  i	and dry	
	delicious recipes.	<pre><li><li>style = "list-style-type: none;"&gt;1 tbsp Mexican Spice Blend(Ancho Chili Powder, Smoked Paprika, Garlic Powder, Ground Cumin &amp; Mexican Oregano</li></li></pre>	the	
	Zesty spiced	Ground Cumin & Dried Mexican Oregano	fresh	
	barramundi is		produce	
	the perfect		. Halve t	
	partner for a		he&nbs	
	salad of roasted		p;sweet	
	sweet potato		potatoe	
	and kale,		s	
	marinated in a		lengthw	
	creamy avocado		ise; cut	
	and citrus dressing to <br< td=""><td></td><td>crosswi se into</td><td></td></br<>		crosswi se into	
	/>soften the		1/4-inch	
	leaves.		pieces.	
	leaves.		Place .	
			on a	
			sheet	
			pan.	
			Drizzle	
			with	
			olive oil	
			and	
			season	
			with	
			salt,	
			pepper,	
			and&nb	
			sp;half	
			the	
			spice	
			blend;	
			toss to	
			coat.	
			Arrange	
			in an even	
			layer.	
			Roast,	
			flipping	
			halfway	
			through	
			, 20 to	
			22	
			minutes	
			, or until	
			lightly	
			browne	
			d and	
			tender	
			when	
			pierced	
			with a	
			fork.	
			Remove	
			from	
			the ove	
			n. Wh	
			wn ile the	
			sweet	
			potatoe	
			s roast,	
			quarter	
			the&nbs	
			p;lime.	
			Pit,	
			peel,	1

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

id	title	description	ingredients	steps p
				and halve
				the
				avocad
				o. Thinly
				slice 1
				half;
				place in a bowl
				and top
				with the
				juice of
				1 lime wedge&
				nbsp;to
				prevent
				browni ng.
				ng. Season
				with
				salt and
				pepper. Place
				the rem
				aining half in a
				large
				large bowl
				and top with&nb
				sp;the
				juice of
				the rem
				aining lime
				wedges;
				using a fork,
				mash
				until
				smooth. Season
				with
				salt and
				pepper.
				Peel and
				finely
				chop th
				e garlic;
				using
				the flat
				side of
				your knife,
				smash
				until it r esembl
				es a
				paste
				(or use a
				zester).
				Using a
				peeler,
				remove the rind
			aga numbar: 65/100	of the&

Page number: 65/198 Dec 12, 2021 at 02:30 AM

id	title	description	ingredients	steps	photo
				nbsp;cle	!
				mentine	
				,	
				avoidin	
				g the white	
				pith;	
				mince	
				the rind	
				to get 2	
				teaspo	
				ons of zest (or	
				use a	
				zester).	
				Halve	
				the cle	
				mentine	
				; caucozo	
				squeeze the	
				juice	
				into a	
				bowl, strainin	
				strainin	
				g out	
				any seeds.	
				Remove	
				and	
				discard	
				the	
				stems of the&	
				nbsp;ka	
				le;	
				le; thinly	
				slice the	
				leaves. Cut out	
				and	
				discard	
				the	
				stem,	
				ribs,	
				and seeds of	:
				the&nb	
				sp;pepp	
				er;	
				finely	
				chop. T	
				horough ly wash	
				your	
				hands i	
				mmedia	
				tely	
				after ha	
				ndling.	
				To	
				the	
				bowl of	
				mashed	
				a vocado,	
				add the	
			Paga numbar, 66/100	c	<u> </u>
i I		1	110 010 10 100 h 0 m; f=f= / 11 / 10 / 10	111000	) )(\^

id	title	description	ingredients	steps p	photo
				lementi	
				ne&nbs	
				p;juice, c	
				lementi	
				ne zest,	
				ne zest, 3	
				tablesp	
				oons of	
				olive oil, a	
				s much	
				of the g	
				arlic&nb	
				sp;past	
				e as yo	
				u&rsqu	
				o;d like, and&n	
				bsp;as	
				much of	
				the	
				choppe	
				d	
				pepper	
				as you like, de	
				pending	
				on how	
				spicy yo u&rsqu	
				u&rsqu	
				o;d like the dish	
				to be.	
				Whisk	
				to	
				combin	
				e;	
				season	
				with salt and	
				nenner	
				pepper to taste.	
				Add the	
				s	
				liced	
				kale; stir to t	
				horough	
				ly coat.	
				Set	
				aside to	
				marina	
				te,	
				stirring occasio	
				nally,	
				for at	
				least 10	
				minutes	
				-	
				Season	
				with salt and	
				pepper	
				to taste.	
				Wh	
				ile the	
		D		kale ma	200

id	title	description	ingredients	steps	photo
			ri	inates,	
				n a nedium	İ
			l p	oan (no	İ
			n	oan (no nstick,	ĺ
			if	f you	ĺ
				nave	ĺ
				ne), neat a	ĺ
			l d	drizzle	ĺ
				of olive	ĺ
				oil on m	ĺ
			e e	edium-	ĺ
				nigh	ĺ
			u   h	intil not.	ĺ
				Add the	İ
			3	nbsp;p	ĺ
			e	epitas;	1
			S	eason	1
				vith salt and	1
			  n	pepper.	ĺ
				epper. Toast,	1
			s	stirring	1
				requen	ĺ
			t   3	ly, 2 to	ĺ
				ninutes	ĺ
				or until	ĺ
				ightly	İ
			b	rowne	ĺ
				d and ragrant	ĺ
				(Be	ĺ
			c	areful,	ĺ
			a	as the	ĺ
			P	pepitas	İ
				nay	İ
			P	oop as hey	ĺ
			to	oast.)	İ
			Т	ransfer	İ
				o a	ĺ
				oaper t owel-	ĺ
				ined	ĺ
			p	olate; i	ĺ
			n	nmedia	ĺ
			to	ely	ĺ
				season vith	ĺ
				salt.	1
			V	Vipe	1
				out the	1
			p	oan. <td>ĺ</td>	ĺ
				> Pat	1
				the&nb	1
			s	p;fish&	1
			n	p;fish& nbsp;fill	1
			e	ets&nbs	1
			P	o;dry	ĺ
				vith naper	ĺ
			  te	oaper owels;	ĺ
			s	eason	1
				n both	ĺ
			s	ides	1
			<u> </u>	vith _	

id	title	description	ingredients step	s photo
			salt,	
			peppel and th	r,
				;r
			 emaini	in
			g spice blend.	e
			In the	
			same	
			pan, heat 2	
			heat 2	t
			easpool ns of	0
			olive o	oil
			on me	di
			um-hig until	gn
			hot.	
			Add th	ie
			seasor d fillet:	ne
			Skin	S,
			side	
			down;	
			cook 3 to 5	5
			minute	es
			on the	:
			first side, o	
			until th	ne l
			skin is	
			lightly brown	
			d and	e
			crispy.	
			crispy.	nd
			cook 2 to 3	2
			minute	es
			, or un	itil
			lightly	_
			browned and	e
			cooked	d
			throug	jh
			. Turn off the	<u> </u>
			heat.<	:/
			<q< p=""></q<>	
			Acceptable of the Section 1. The section 1. The	d .n
			bsp;ro:	a
			sted	
			sweet	р
			otatoe 	es et
			o the	
			bowl o	of
			 marina	o; at
			ed kale	e;
			stir to	
			combin	n
			e. Seasor	n
			with	
			salt an	nd
			peppe	r = 200
			Daga number: 60/100	3000

id	title	description	ingredients	steps	pho
				Serve the	
				salad	
				with the	
				c	
				ooked	
				fish fille ts	
				;and&n	
				bsp;slic	
				ed	
				avocad	
26 Mushroom & Pota	ato Tacos	For this	4 Flour Tortillas 3 oz Radishes 1 Orange ¾ lb Yukon Gold Potatoes 6 oz	o. Pre	N/A
		hearty	Cremini Mushrooms 1 Shallot 3 Tbsps Roasted Peanuts ¼ cup Sour Cream 	heat	'
			Sliced Pickled Jalapeño Pepper br />1 oz Golden Or Red Sweet Piquante Peppers br />1 Tbsp Spanish	the	
		we're filling soft	Spice Blend (Smoked Paprika, Ground br />Cumin, Ground Coriander, Dried Mexican Oregano, class of the control of the	oven to	
		flour tortillas with mushrooms	Pepper, & Dround Cinnamon) < br /> 1 Romaine Lettuce Heart < br /> 2 Tbsps Rice Vinegar	450&de g;F.	
		and potato&mda		Wash	
		sh;seasoned		and dry	
		with a zesty,		the	
		chorizo-inspired		fresh	
		blend, then		produce	
		roasted. A pickled pepper		Quarter	
		relish lends		the mus	
		bright flavor to		hrooms.	
		the tacos, all		Quarter	
		tied together		the	
		with a creamy sauce seasoned		potatoe	
		with the same		s length wise,	
		spices. Our side		then cut	
		salad of juicy		crosswi	
		orange and		se into	
		crunchy romaine		1/2-inch	
		rounds out the dish.		pieces. Place	
		uisii.		the veg	
				etables	
				on a	
				sheet	
				pan.	
				Drizzle with	
				olive oil	
				and	
				season	
				with	
				salt,	
				pepper, and 3/4	
				of the	
				spice	
				blend;	
				toss to	
				coat. Arrange	
				in an	
				even	
				layer.	
				Roast	
				21 to 23	
				minutes	
				, or until browne	
				d and	
1				tender	1

id	title	description	ingredients	steps p	photo
				pierced with a	
				fork.	
				Remove	
				from	
				the ove n.	
				\(\text{V}\) \(\text{P}\)	
				Wh ile the v	
				egetabl	
				es roast,	
				roughly	
				chop	
				the	
				piquant e	
				peppers	
				peppers . Peel	
				and	
				small dice the	
				shallot.	
				Cut off	
				and	
				discard	
				the root end of	
				the	
				lettuce;	
				roughly	
				chop the	
				leaves.	
				Peel	
				and	
				medium dice the	
				orange.	
				orange. Cut off	
				and	
				discard the	
				ends of	
				the	
				radishe	
				s; halve	
				length wise,	
				then	
				thinly	
				slice cro	
				sswise. Roughly	
				chop	
				the jala	
				pe&ntil	
				de;o	
				pepper; thoroug	
				hly	
				wash	
				your hands	
				and	
				cutting	
				board i	
				mmedia	
				tely	
			Da wa wasan ka wa 71 /100	<u>a</u> itei	

id	title	description	ingredients	teps	photo
14	cicio	ueser pelori	ha	ndlin	риосо
			g. ˈ	In a	
			bo	wl, mbin	
			e t	he	
			SOU	ur	
			cre	eam,	
			a c	drizzle olive	
			oil,	, and	
			as		
			mu the	uch of e rem	
			ain	ning	
			spi	ice	
			ble	end _	
			as rec	you& quo;d	
			like	e	
			(yo	ou	
			ma ha	ıy	ĺ
			ha exi	ve tra).	ĺ
			Se.	ason	
			wit	th	
			Sal ne	lt and	
			to	pper taste.	
			</td <td>p&gt;</td> <td></td>	p>	
			<pre> <pre> </pre></pre>	>Wh the v	
			eq.	etabl	
			es		
			col	ntinu	
			e t roa	0 ast	
			pla	ace	
			the	e	
				rtillas	
			on Iar		
			pie	ece of	
			alı	umin	
			um Tio	n foil. ghtly	
			wr.	ap to	
			l Sei	al.	
			Pla dir	ectly	
			oni	to the	
			ove	en	
			rac	:k	
			and was	arm 5	
			to	7	
			mi	nutes	
			, O	r until ated	
			thr	rough	
			an	d	
			pli	able.	
			to	ansfer a	
			wo	ork	
			Sul	rface	
			an	d rof::!!	
			Cal	refull unwra	
			p.<		
			2290 number: 72/109	<del>,&gt;Wh_</del>	2 20

id	title	description	ingredients	steps p	photo
				ile the tortillas	
				warm,	
				in a	
				medium	
				bowl, combin	
				e the	
				choppe	
				d piquant	
				e	
				peppers , diced	
				, diced	
				shallot, half the	
				vinegar,	
				and as	
				much of the	
				choppe	
				choppe d jalape ñ	
				ñ	
				0 nenner	
				pepper as you&	
				rsquo;d like, de	
				like, de	
				pending on how	
				spicy yo	
				spicy yo u&rsqu	
				o;d like the dish	
				to be.	
				Drizzle	
				with	
				olive oil and	
				season	
				with	
				salt and	
				pepper to taste.	
				Wh	
				ile the tortillas	
				continu	
				e to	
				warm, in a	
				medium	
				bowl,	
				combin	
				e the choppe	
				d	
				lettuce,	
				diced	
				orange, sliced	
				radishe	
				S,	
				peanuts , and re	
				maining	
				vinegar.	
				Drizzle	
		D		with 1	

d	title	description	ingredients	steps	
				olive oil	
				and	
				season with	
				salt and	
				pepper	
				to taste.	
				Spr	
				ead a	
				layer of	
				the	
				seasone	
				d sour cream	
				onto the	
				warmed	
				tortillas.	
				Тор	
				with the	
				roasted vegetab	
				les and	
				pepper	
				relish.	
				Serve	
				the tacos	
				with the	
				salad	
				on the	
				side. En	
				joy! <td></td>	
Parmesan-Crusted Ch	icken	In this	4 Boneless, Skinless Chicken Breasts br />¼ cup All-Purpose Flour br />½ cup Grated	Pla	N/A
			Parmesan Cheese 1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked	ce an	
		recipe, you'll	Paprika, & Dried < br /> Parsley)	oven	
		coat chicken in a combination of		rack in the	
		flour, parmesan		center	
		cheese, and		of the	
		savory spices		oven,	
		before pan-		then	
		searing it. We're adding more of		preheat to 450&	
		the same spices		deg;F.	
		to a bright,		Heat a	
		creamy sauce,		medium	
		perfect for		pot of	
		spooning over		salted	
		the chicken and broccoli.		water to boiling	'
		broccon. $\sqrt{p}$		on high.	
				Wash	
				and dry	
				the	
				fresh produce	
				. Cut off	
				and	
				discard	
				the	
				bottom	
				1/2 inch	
				of the broccoli	
				stem;	
				cut the	
				broccoli	
I				into	$\perp$

id	title	description	ingredients	steps p	photo
				small	
				pieces, keeping	
				the	
				florets	
				intact.	
				Quarter	
				and deseed	
				the	
				lemon.	
				Peel	
				and	
				medium dice the	
				sweet p	
				otatoes.	
				Pla	
				ce the broccoli	
				pieces	
				on a	
				sheet	
				pan. Drizzle	
				with	
				olive oil	
				and	
				season	
				with salt and	
				pepper;	
				toss to	
				coat.	
				Arrange	
				in an even	
				laver.	
				layer. Roast	
				16 to 18	
				minutes	
				, or until browne	
				d and	
				tender	
				when	
				pierced with a	
				fork.	
				Remove	
				from	
				the	
				oven. Evenly	
				top with	
				top with the	
				juice of	
				2 lemon	
				wedges .	
				.   Wh	
				ile the	
				broccoli	
				roasts,	
				add the	
				diced sweet	
				potatoe	
		Da wa	1 75/100	s to the	

id	title	description	ingredients ste	ps ph	oto
		3.33311/41311	pot o	of	
			boili	ng	
			wate Cook	:r. < 14	
			to 16	6	
			minu	utes	
			, or u	until	
			when	n	
			piero	ced	
			with	a	
			fork. Turn	off	
			the		
			heat		
			Drain	n th	
			orou y an	d	
			retui	rn	
			to th	e	
			pot. Add	the	
			butte	er	
			and	a	
			drizz	le ivo	
			of ol oil.	ive	
			Usin fork,	g a	
			fork,		
			masi your	n to	
			desi	red	
			cons	siste	
			ncy;	·on	
			seas with	OH	
			salt :	and	
			pepp	er	
			to ta	ste.	
			to ke		
			warr	n.<	
			/p>	Wh	
			ile th	ne l	
			swee	et	
			pota	toe	
			s cod on a		
			large	e	
			plate	е,	
			com	nia	
			e the flour	:	
			half	the	
			chee	ese,	
			and but a	all	
			pinci		
			the		
			spice	ط. غ	
			blen seas	a; ion	
			with		
			salt	and	
			pepr Pat t	per.	
			Pat t	ken	
			dry v	with	
				er 10 2	

id	title	description	ingredients	steps p
				towels; season
				with
				salt and
				pepper on both
				on both
				sides. Working
				one
				piece at
				a time,
				thoroug
				hly coat the
				seasone
				d
				chicken
				in the
				flour mixture
				(tappin
				(tappin g off
				any
				excess).
				Transfer to a
				separat
				e plate.
				Wh
				ile the
				sweet potatoe
				S
				continu
				e to cook, in
				cook, in
				a large
				pan (no nstick,
				if you
				have
				one), heat 2 t
				easpoo
				ns of
				olive oil
				on medi
				um-high
				until hot.
				Add the
				coated
				chicken
				and
				cook 5 to 7
				minutes
				per
				side, or
				until
				golden
				brown and
				cooked
				through
				. Turn
				off the
				heat. </td
			Danie w 27/100	D 10

id	title	description	ingredients	steps	photo
				Wh ile the	
				chicken	
				cooks,	
				in a	
				bowl,	
				combin e the m	
				ayonnai	
				se, rem	
				aining	
				spice	
				blend, and the	
				juice of	
				the rem	
				aining	
				lemon	
				wedges; season	
				with	
				salt and	
				pepper	
				to taste. Serve	
				the	
				cooked	
				chicken,	
				roasted	
				broccoli , and	
				mashed	
				sweet	
				potatoe	
				s with	
				the sauce	
				on the	
				side.	
				Garnish	
				the	
				chicken with the	
				remaini	
				ng	
				cheese.	
				Enjoy!<	
28 Pimento Cheesebui	rgers	<n>Tonight the</n>	< Potato Buns 1 Sweet Potato 2 oz Cheddar Cheese 1 oz Sweet Piquante Peppers 2	/p> Pla	N/A
25 Timento checacoui	. 9	classic	Tbsps Mayonnaise br />1 tsp Pimento Cheese Spice Blend (Garlic Powder, br />Ground Yellow Mustard, & Description of the Second	ce an	11/14
		cheeseburger	Sugar)	oven	
		gets an easy,		rack in	
		Southern-style		the	
		lift from pimento cheese—a		center of the	
		zesty spread		oven,	
		made with		then	
		cheddar, mayo,		preheat	
		pickled peppers,		to 450&	
		and spices. We're serving		deg;F. Wash	
		our burgers with		and dry	
		sweet potato		the	
		oven fries for a		fresh	
		flavorful,		produce	
		seasonal twist on the usual		. Cut the	
		side.		sweet	
		2.22. 7/6		potato I	
			Da wa wasan 70/100	engthwi	<del></del>

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id	title	description	ingredients ste	os photo
		·	se int	:0
			1-inc	n es
			wedg Trans	fer
			to a	
			sheet	-
			pan. Drizz	le
			with	
			olive	oil
			and	\n
			seaso with	,,,,
			salt a	nd
			рерр	er;
			toss t coat.	.0
			Arran	ge
			in an	
			even	
			layer skin	'
			side	
			down	
			Roasi 21 to	23
			minu	tes
			, or u	ntil
			brow d and	ne
			tende	er
			when	
			pierc	ed
			with a fork.	<b>a</b>
			Set aside	
			aside	in
			a war	m </td
			p	. ~/
			\\	٧h
			ile th swee	
			potat	
			roast	s,
			grate	
			the chees	se
			on th	e
			large	
			side of a box	OT
			grate	r.
			Place	in
			a	um
			medi bowl.	
			Finel	/
			chop	
			the pepp	ers
			pepp   . Halv	/e
			the b	un
			s. <td>&gt;</td>	>
			\(\frac{1}{2}\) ile th	vn e
			swee	t
			potat	ос
			ontin	
			2000 number: 70/100	12 20

id	title	description	ingredients	steps p	photo
				roast, add the	
				mayonn	
				aise,	
				spice blend,	
				and	
				peppers	
				to the bowl of	
				cheese.	
				Stir to t	
				horough ly	
				combin	
				e;	
				season with	
				salt and	
				pepper to taste.	
				Wh	
				ile the sweet	
				potato c	
				ontinue	
				s to roast,	
				place	
				the	
				ground beef in	
				a bowl;	
				season	
				with salt and	
				pepper. Gently mix to i	
				ncorpor	
				ate.	
				Using your	
				hands,	
				form	
				the mixture	
				into two	
				&frac3	
				4;-inch- thick	
				patties;	
				transfer	
				to a plate. In	
				a	
				medium	
				pan (no nstick,	
				if you	
				have one),	
				heat 1	
				teaspoo	
				n of olive oil	
				on medi	
				um-high	
				until	

id	title	description	ingredients	steps p	photo
				hot. Add the	
				patties	
				and cook 3	
				to 4	
				minutes	
				per side for medi	
				um-	
				rare, or	
				until browne	
				d and	
				cooked	
				to your desired	
				degree of done	
				of done ness.	
				Leaving	
				any	
				browne d bits	
				(or	
				fond) in	
				the pan, transfer	
				to a plat	
				e.	
				Wh ile the	
				sweet	
				potato c ontinue	
				s to	
				roast,	
				add the buns,	
				cut side	
				down, to the	
				pan of	
				reserve	
				d fond. Toast	
				on medi	
				um-high	
				30 seconds	
				to 1	
				minute, or until	
				lightly	
				browne	
				d. Transfer	
				to a	
				work su	
				rface. </td <td></td>	
				Div	
				ide half the	
				pimento	
				cheese	
				betwee n the	
				bottoms	
			Do do numbor: 01/100	of the	

d	title	description	ingredients	steps	ph
		·		toasted	
				buns.	
				Тор	
				with the	
				cooked patties	
				and rem	
				aining	
				pimento	
				cheese.	
				Complet	
				e the	
				burgers	
				with the bun	
				tops.	
				Divide	
				the	
				burgers	
				and	
				roasted	
				sweet	
				potato	
				betwee n 2	
				dishes.	
				Enjoy!<	
				/p>	
Pork Chorizo Tacos		These tacos	¾ lb Yukon Gold Potatoes 10 oz Ground Pork Chorizo 2 Tbsps Crème	Pre	N/A
		get plenty of	Fraîche 	heat	
		bold flavor from		the	
		ground chorizo		oven to	
		(a type of spiced		450&de	
		pork sausage), cooked into a		g;F. Wash	
		delightfully		and dry	
		saucy filling with		the	
		cabbage and		fresh	
		fresh citrus		produce	
		juices. On the		. Halve	
		side, we're		the	
		livening up		potatoe	
		roasted potatoes with garlic and		s length wise,	
		Cotija		then cut	
		cheese.		crosswi	
		6.1333C 1,7p1		se into	
				1/4-inch	
				pieces.	
				Place	
				on a	
				sheet	
				pan. Drizzle	
				with	
				olive oil	
				and	
				season	
				with	
				salt and	
				pepper;	
				toss to	
				coat.	
				Arrange in an	
				even	
				layer.	
				Roast	
				22 to 24	
				minutes	

id	title	description	ingredients	steps photo
		'	ğ	, or until
				browne
				d and
				tender
				when
				pierced
				with a
				fork. Carefull
				у
				transfer
				to a
				large bo
				wl.
				Wh
				ile the
				potatoe
				s roast,
				cut out
				and
				discard
				the core of the
				cabbag
				e thinly
				e; thinly slice the
				leaves.
				Halve
				the
				orange;
				squeeze
				the
				juice
				into a
				bowl, strainin
				g out
				any seeds.
				Cut off
				and
				discard
				the
				ends of
				the
				radishe s; halve
				length
				wise,
				then
				thinly
				slice cro
				sswise.
				Peel
				and
				finely
				chop
				the
				garlic;
				using the flat
				side of
				VOLIT
				your knife,
				smash
				until it r
				esembl
				es a
				paste
			D	(or use

id	title	description	ingredients	steps pl
				a zester).
				Quarter
				the
				lime. In
				a bowl, combin
				e the cr
				&egrav
				e;me fr aî
				che and
				the
				juice of
				1 lime
				wedge. Drizzle
				with
				olive oil
				and season
				with
				salt and
				pepper
				to taste.
				ile the
				potatoe
				s continu
				e to
				roast, in
				a
				medium
				pan, heat 2 t
				easpoo
				ns of
				olive oil on medi
				um-high
				um-high until
				hot.
				Add the ground
				chorizo;
				season
				with
				salt and pepper.
				pepper. Cook, fr
				equentl
				y breakin
				g the
				meat
				apart
				with a spoon,
				3 to 5
				minutes
				, or until
				browne d. Add
				the
				sliced
				cabbag
				e;
			D 0.4/100	<u>3</u> Ca3011

id	title	description	ingredients	steps pł
				with salt and
				pepper.
				pepper. Cook,
				stirring
				occasio
				nally, 2 to 3
				minutes
				, or until
				slightly softene
				d. Add
				the
				orange
				juice and 1/2
				cup of
				water;
				season
				with salt and
				pepper. Cook,
				stirring
				stirring occasio nally, 6
				to 7
				minutes
				, or until
				the
				cabbag e has
				softene
				d and
				the chorizo
				is
				cooked
				through
				. Turn off the
				heat
				and stir
				in the
				juice of 2 lime
				wedges;
				season
				with
				salt and
				pepper to taste.
				Wh
				ile the filling
				cooks,
				place
				the
				tortillas on a
				large
				piece of
				alumin
				um foil
				and tightly
				wrap to
			Da wa wasan	seal.

id	title	description	ingredients	steps ph
				Place
				directly onto the
				oven
				rack
				and
				warm 5
				to 7 minutes
				, or until
				heated
				through
				and
				pliable. Transfer
				to a
				work
				surface
				and carefull
				y carefull
				unwrap.
				While
				the
				tortillas warm,
				in a
				bowl,
				combin
				e the
				sliced radishe
				s and
				the
				juice of
				the rem
				aining lime
				wedge.
				wedge. Drizzle
				with
				olive oil and
				season
				with
				salt and
				pepper.
				Wh ile the
				tortillas
				continu
				e to
				warm, add the
				cheese
				and as
				much of
				the
				garlic paste
				as you&
				rsquo;d
				like to
				the
				bowl of roasted
				potatoe
				s. Stir to
		D		coat;

id	title	description	ingredients	steps	photo
				season	
				with	
				salt and pepper	
				to taste.	
				Div	
				ide the	
				filling, seasone	
				d	
				radishe	
				s, and	
				lime cr&	
				egrave; me fra&	
				icirc;che	
				among	
				the	
				warmed	
				tortillas. Serve	
				the	
				tacos	
				with the	
				finished	
				potatoe s on the	
				side. En	
				joy! <td></td>	
20	Baselad Bases II C. Faranda Cada d	This ballets	2 Const Ford Ford Ford the A Charles on Ford to Control Posts that A I also Control to A A I II Donnell' the	>	NI/A
30	Roasted Broccoli & Fregola Sarda Salad	This Middle Eastern-inspired	2 Cage-Free Farm Eggs ½ cup Fregola Sarda Pasta 1 clove Garlic 1 lb Broccoli 1 Red Onion 1 bunch Mint 2 Tbsps Tahini 1 oz Pecorino Romano Cheese 1 Tbsp Za'atar	Pla ce an	N/A
		recipe is	Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo	oven	
		brimming with	Pepper) />3 Tbsps Roasted Almonds />1 Lemon	rack in	
		varied flavors		the	
		and textures.		center	
		Toasty pearls of pasta, roasted		of the oven,	
		vegetables		then	
		(seasoned with		preheat	
		savory, herby		to 450&	
		za'atar), crumbled		deg;F. Heat a	
		cheese, and		medium	
		chopped		pot of	
		almonds all		salted	
		come together in a smooth, nutty		water to boiling	
		dressing.		on high.	
		,		Heat a	
				small	
				pot of	
				water to boiling	
				on high.	
				Wash	
				and dry	
				the	
				fresh produce	
				. Cut off	
				and	
				discard	
				the	
				bottom 1/2 inch	
				of the	
				broccoli	
1				stem:	

id	title	description	ingredients	steps	photo
				cut the broccoli	
				into	
				small	
				pieces,	
				keeping	
				the florets	
				intact.	
				Peel	
				and	
				thinly	
				slice the onion.	
				Place	
				the veg	
				etables	
				on a	
				sheet	ĺ
				pan. Drizzle	
				with	
				olive oil	
				and	
				season with	
				salt,	
				pepper,	
				pepper, and the	
				za&rsqu	
				o;atar s easonin	
				g; toss	
				to coat.	
				Arrange	
				in an	
				even laver	
				layer. Roast	
				20 to 22	
				minutes	
				, or until browne	
				d and	
				tender	ĺ
				when	
				pierced	ĺ
				with a fork.	ĺ
				Remove	ĺ
				from	
				the ove	
				n.	
				Wh ile the v	
				egetabl	
				es	
				roast,	
				quarter	
				and deseed	
				the	
				lemon.	
				Peel	ĺ
				and	
				finely chop	
				the	ĺ
				garlic;	
			Da wa wa wa ha w 00/100	using	

id	title	description	ingredients	steps ph
				the flat
				side of
				your knife,
				smash
				until it r
				esembl
				es a paste
				(or use
				a
				zester).
				Roughly
				chop the
				almond
				s. Using
				a fork,
				crumble the
				cheese
				into
				small
				pieces.
				Pick the mint
				leaves
				off the
				stems;
				discard
				the ste ms.
				>
				Wh
				ile the v
				egetabl es
				continu
				e to
				roast,
				add the
				pasta to the
				medium
				pot of
				boiling
				water
				and cook 14
				to 16
				minutes
				, or until
				tender. Turn off
				the
				heat.
				Drain th
				oroughl
				y and return
				to the
				pot.
				>
				Wh
				ile the pasta
				cooks,
				carefull
				y add
		D		the

id	title	description	ingredients step	s photo
	-		eggs the	to
			the small	
			pot of	f
			boiling	g
			water and	•
			cook	for
			exact 9	ly
			9   minut	-es
			. Drai	n
			and	
			rinse under	-
			cold	
			water	
			for 30 secon	ids
			to 1	
			minut to sto	ie
			to sto the	η
			cookii	ng
			proce When	SS.
			cool	
			enoug	gh
			to handl	۵
			carefu	الد
			y pee the	I
			the cooke	-d
			eggs. Trans	
			Trans	fer
			to a cuttin	ıq
			board	Ĭ
			and thinly	
			slice	
			into	
			round seaso	ls; in
			with	
			salt a	nd
			pepp	er.
			V	Vh
			ile the	<b>e</b>
			eggs cook,	in
			a bow	/l,
			whisk	
			togeti r the	110
			tahini	,
			the juice of	of
			all 4	
			lemor	n
			wedge 2 tabl	es,
			poons	5
			poons of _	
			water and a	,
			much	of
			Page number: 00/100	12 201

id	title	description	ingredients	steps	photo
				garlic paste	
				as you&	
				rsquo;d	
				like. Slowly	
				whisk in	
				2 tables	
				poons of olive	
				oil until	
				well co mbined;	
				season	
				with	
				salt and	
				pepper to taste.	
				Ad d the	
				roasted	
				vegetab	
				les, choppe	
				d	
				almond	
				s, crumble	
				d	
				cheese,	
				dressin g, and a	
				drizzle	
				of olive oil to	
				the pot	
				of	
				cooked	
				pasta. Stir to	
				combin	
				e; season	
				with	
				salt and	
				pepper to taste.	
				Serve	
				the finished	
				salad	
				topped with the	
				with the seasone	
				d eggs	
				and a	
				drizzle of olive	
				oil.	
				Garnish	
				with the mint	
				leaves	
				(tearing	
				just before	
				adding).	
				Enjoy!	
1			D		

d title	description	ingredients	steps	
Roasted Brussels Sprout & Freekeh Salad	This Mediter	3 cup Cracked Freekeh 4 cup Cracked Freekeh 5 Milk Yogurt 7 Carrots 7 cloves Garlic 7 cloves Garlic	Pla	N/A
	ranean-inspired	Lemon lbr/>1 bunch Mint br/>2 Dried Medjool Dates 2 Tbsps Pickled Peruvian Peppers br/>1¾	ce an	
	grain salad is	oz Barrel-Aged Feta Cheese br />2 Tbsps Roasted Almonds br />¼ tsp Crushed Red Pepper Flakes br	oven	
	brimming with	/>¾ lb Brussels Sprouts	rack in	
	varied, vibrant		the	
	flavors. Nutty		center	
	freekeh and		of the	
	roasted Brussels		oven,	
	sprouts get pops		then	
	of sweetness		preheat	
	from pickled		to 450&	
	peppers and		deg;F.	
	dates, balanced		Heat a	
	by briny		medium	
	crumbled Feta.		pot of	
	To dollop on top,		salted	
	we're serving		water to	
	lemon-seasoned		boiling	
	yogurt for extra		on high.	
	brightness.		Line a	
			sheet	
			pan	
			with alu	
			minum	
			foil.	
			Wash	
			and dry	
			the	
			fresh	
			produce	
			. Cut off	
			and	
			discard	
			the	
			stem	
			ends of	
			the	
			Brussels	
			sprouts;	
			halve le	
			ngthwis	
			e. Peel	
			the	
			carrots;	
			halve le	
			ngthwis	
			e, then	
			cut cros	
			swise	
			into	
			1-inch	
			pieces.	
			Place	
			the veg	
			etables	
			on the	
			sheet	
			pan.	
			Drizzle	
			with	
			olive oil	
			and	
			season	
			with	
			salt and	
			pepper;	
			tocc to	
			toss to	
			toss to coat. Arrange	

id	title	description	ingredients	steps p	photo
				even	
				layer. Roast	
				14 to 16	
				minutes	
				, or until	
				browne	
				d and	
				tender	
				when	
				pierced with a	
				fork.	
				Remove	
				from	
				the ove	
				n.	
				Wh	
				ile the v	
				egetabl es	
				roast,	
				peel 1	
				garlic	
				clove;	
				using the flat	
				the flat	
				side of	
				your knife,	
				gently	
				smash	
				to	
				flatten.	
				Add the	
				smashe	
				d garlic	
				and freekeh	
				to the	
				pot of	
				boiling	
				water.	
				Cook, u	
				ncovere d, 20 to	
				22	
				minutes	
				, or until	
				tender.	
				Turn off	
				the	
				heat. Drain th	
				oroughl	
				y and	
				return	
				to the	
				pot. <td></td>	
				>	
				Wh	
				ile the freekeh	
				cooks,	
				using a	
				peeler,	
				remove	
				the	
				yellow	
			02/100	rind of	

id	title	description	ingredients	steps p
				the
				lemon, avoidin
				g the
				g the white
				pith; mince
				the rind
				to get 2
				teaspo ons of
				zest (or
				use a
				zester).
				Quarter
				and deseed
				the
				lemon.
				Peel
				and finely
				chop
				the rem
				aining garlic
				clove;
				using
				using the flat
				side of
				your knife,
				smash
				until it r
				esembl
				es a paste
				(or use
				a
				zester).
				Roughly chop
				the
				almond
				s. Pit and
				roughly
				chop
				the
				dates. Pick the
				mint
				leaves
				off the
				stems; discard
				the ste
				ms.
				> Wh
				Wh ile the
				freekeh
				continu
				es to
				cook, in a bowl,
				combin
				e the
				yogurt,
			ago number: 04/100	lemon

id	title	description	ingredients	steps pl
				zest, the
				juice of
				1 lemon
				wedge, and as
				much of
				the
				garlic
				paste as you&
				rsquo;d
				like.
				Drizzle
				with olive oil
				and
				season
				with salt and
				pepper
				pepper to taste.
				To
				10 the pot
				of
				cooked
				freekeh,
				add the peppers
				,
				choppe
				d almond
				s and
				dates,
				roasted
				vegetab les, the
				juice of
				the rem
				aining lemon
				wedges,
				half the
				mint
				leaves (tearing
				just
				before
				adding),
				and as much of
				the red
				pepper flakes
				flakes
				as you& rsquo;d
				rsquo;d like, de
				pending
				on how spicy yo
				u&rsau
				o;d like the dish
				the dish
				to be. Drizzle
				with
				olive oil
			Da	and stir

id	title	description	ingredients	steps	photo
id	title	description	ingredients	to combin e. Season with salt and pepper to taste.  Ser ve the finished salad with the lemon yogurt on the side. Garnish the salad with the cheese (crumbli ng before adding), remaini	
32	2 Roasted Cauliflower Salad	Seasonal salads don't get much more satisfying than this. We're bringing roasted cauliflower and	2 Cage-Free Farm Eggs 2 cloves Garlic 1 head Cauliflower 1 Lemon 2 Tbsps Butter 1 Shallot 1 Tbsp Capers 3 Tbsps Panko Breadcrumbs 	remaini ng mint leaves (tearing just before adding), and a drizzle of olive oil. Enjo y! Pla ce an oven rack in the center of the	
		sautéed kale together with cheesy toasted breadcrumbs and a briny caper-studded dressing. Served on top, soft-boiled eggs add extra richness.		oven, then preheat to 450& deg;F. Heat a small pot of water to boiling on high. Wash and dry the fresh produce . Cut out and discard the core of the c auliflow er; cut	

id	title	description	ingredients	steps ph
				small
				pieces. Place
				on a
				sheet
				pan. Drizzle
				Drizzle
				with olive oil
				and
				season
				with
				salt and
				pepper; toss to
				coat.
				Arrange
				in an
				even
				layer. Roast
				22 to 24
				minutes
				, or until
				lightly browne
				d and
				tender
				when
				pierced
				with a fork.
				Carefull
				y
				transfer
				to a
				large bo wl.
				Wi. 3,62 Wh
				Wh ile the c
				auliflow
				er
				roasts, peel
				and
				thinly
				slice the
				shallot. Peel
				and
				roughly
				chop
				the
				garlic. Remove
				and
				discard
				the
				stems
				of the kale;
				roughly
				chop.
				Using a
				peeler,
				remove the
				yellow
				rind of
			D	the

id	title	description	ingredients	steps	photo
				lemon, avoidin	
				g the	
				white	
				pith; mince	
				the rind	
				to get 2	
				teaspo	
				ons of zest (or	
				use a	
				zester).	
				Quarter	
				and deseed	
				the lem	
				on. <td></td>	
				>	
				Wh ile the c	
				auliflow	
				er conti	
				nues to	
				roast, carefull	
				y add	
				the	
				eggs to the pot of	
				the pot	
				boiling	
				water	
				and	
				cook for	
				exactly 7	
				minutes	
				. Drain	
				and rinse	
				under	
				cold	
				water	
				for 30	
				seconds to 1	
				minute	
				to stop	
				the	
				cooking process.	
				When	
				cool	
				enough to	
				handle,	
				carefull	
				y peel	
				the	
				cooked eggs. </td <td></td>	
				p>	
				Wh	
				ile the	
				eggs cook, in	
				a	
				medium	
				<u>p</u> an (no	

materials with the control of the co	id	title	description	ingredients	steps pr
have near 2 t easous core of or ver oil or metal with the tool and tool and tool					nstick,
Orel. I head of the control of the c					have
corporal control contr					one),
ne or medi um high until  Add the home accord accor					heat 2 t
diver all on medi writi it it it it it it it it it it it it					ns of
on medi un hispin hot. Add the stretch					olive oil
undid Indid the breader under with salt and peoper with salt and peoper string firequen string firequen string firequen string firequen string firequen string firequen string firequen string firequen string string firequen string str					on medi
hoi. In weak?  An event of weak?  I weak?  I was a season of the people.  Season of the people.  To act.  I was a season of the people.  To act.  I was a season of the people.  I was a s					um-high
Add the bestadd was bestadd with the standard was sent on the standard					hot.
unthe; socroon solvent and and preper. Tooks Surroun il, 7 to 4 minute il, 7 to 4 minute il, 8 to il, 9 to il,					Add the
Session  With  With  With  With  John Perform  To ast,  John Perform  With 2 to  4 interest  Interest  Interest  Transfer  to a  Bowl start  In the  cheese;  Session  With  Session  With					breadcr
with  Sait and  Sait and  Sait and  Total  Ay 2 10  Trining  frequent  Ay 2 11  Trining  frequent  Ay 3 11  Trining  Frequent  Trining  Tr					umbs;
salt and pepper. The starting frequents of t					with
stirring frequency of the control of					salt and
stirring frequency of the control of					pepper.
Itequen  Ity, 2 To  Initiates  or until  lightly  browne  Transfer  To a  bowl  and state  cheese- eseason  with  sait and  ro to taste.  Wipe  out the  pan-dp  > > In  pan-dp  >  or or or or or or or or or or or or or					loast,
ty, 2 to demonstrate of mutuate o					frequen
minutes of minutes of					tly, 2 to
. or until lightly browned in ghttly browned in ghttly browned in the same part of the sam					4
lightly browne of the provided					minutes
d.  Transfer to a bow and stirl in the cheese; season with salt and pepper to taste. We en outle pan  > > > > >    pan fin heat h bow in h h bow in h h bow in h h h bow in h h h h h h h h h h h h h h h h h h					lightly
Transfer to a bowl and stir in the cheese. A standard stir in the cheese. Standard stir in the cheese. Standard stir in the sail and pepper to taste. Wipe out the pan. Vipe out the pan.					browne
to a bowl and stir in the cheese, and with a salt and pepper to taste. Wipe out the pun.					d.
bowl and stir in the cheese; sesson with all and chopped garlic; sesson with all and pepper. Constraints and pepper. Constrain					to a
and sit in the cheese; season with stand peoper stand peo					bowl
cheese; season with salt and pepper to tasts. Wipe on the pan. I will be pan. I w					and stir
season with salt and pepper to taste. Wipe out the pan.  > qp-In the pan.  > qp-In the pan.  heat 1 ablespo on of olive oil on medium um-ligh until hot. Add the siliced shallot and chopper displayed and chopper displayed and pepper. Cook, stirring frequent					in the
with salt and pepper to taste. Wipe out the pan. >   >   >     >     >     >					season
salt and pepper to taste.  Wipe out the part of the pa					with
Wipe out the pan/p > >					salt and
Wipe out the pan/p > >					pepper
out the pan.  >   >     >        >					Wine
> cp-In the same pan, heat 1 t ablespo on of olive oil or medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, strining frequen					out the
<					pan.
the same same pan, heat 1 t ablespo on of olive oil on medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, stirring frequen					
same pan, heat 1 t ablespo on of olive oil um-high um-high hot. Add the sliced shallot and choppe d sparlic; season with salt and pepper. Cook, stirring					the
heat 1 t ablespo on of olive oil on medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, stirring					same
ablespo on of olive oil on medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, stirring					pan,
on of olive oil on medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, striring frequen					neat I t
olive oil on medi um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, stirring frequen					on of
um-high until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, stirring frequen					olive oil
until hot. Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, Stirring frequen					on medi
hot. Add the Sliced Shallot and Choppe d garlic; season with salt and pepper. Cook, Stirring frequen					um-nign until
Add the sliced shallot and choppe d garlic; season with salt and pepper. Cook, string frequen					hot.
shallot and choppe d garlic; season with salt and pepper. Cook, stirring frequen					Add the
and choppe d garlic; season with salt and pepper. Cook, stirring frequen					sliced
choppe d garlic; season with salt and pepper. Cook, stirring frequen					and
d garlic; season with salt and pepper. Cook, stirring frequen					choppe
with salt and pepper. Cook, stirring frequen					d garlic;
salt and pepper. Cook, stirring frequen					season
pepper. Cook, stirring frequen					WITH salt and
Cook, stirring frequen					pepper.
					Cook,
trequen the 1 to					stirring
					tly 1 to

id	title	description	ingredients	steps ph
				2 minutes
				, or until
				softene
				d. Add the
				choppe
				d kale
				and ¼
				; cup of
				water;
				season
				with salt and
				pepper.
				pepper. Cook,
				stirring occasio
				nally, 3
				to 4
				minutes
				, or until the kale
				has
				wilted
				and the water
				has
				cooked
				off.
				Turn off the
				heat.
				Stir in
				the lemon
				zest.
				Transfer
				to the
				bowl of roasted
				cauliflo
				wer.
				Gently stir to
				combin
				e;
				season
				with salt and
				pepper
				to taste.
				Wipe out the
				pan.
				>
				In the second
				the same
				pan,
				heat
				the
				butter on medi
				um-high
				until
				melted. Cook,
				stirring

id	title	description	ingredients	steps	photo
				frequen	
				tly and swirling	
				the pan,	
				1 to 2	
				minutes	
				, or until	
				browne d and	
				nuttily	
				fragrant	
				. (Be	
				careful not to o	
				vercook	
				, as the	
				butter	
				can burn	
				easily.)	
				Turn off	
				the	
				heat.	
				Stir in the	
				capers	
				and the	
				juice of	
				all 4	
				lemon wedges;	
				season	
				with	
				salt and	
				pepper	
				to taste. Top the	
				finished	
				cauliflo	
				wer and	
				kale with the	
				brown	
				butter,	
				parmes	
				an brea	
				dcrumb s, and	
				peeled	
				eggs;	
				season	
				the eggs	
				with	
				salt and	
				pepper.	
				Enjoy!	
33	Roasted Chicken & Fall Vegetables	For this	1 lb Sweet Potatoes 4 oz Cranberries ½ lb Brussels Sprouts 2 Tbsps Apple Cider	/p>	N/A
		comforting	Vinegar 2 Tbsps Sugar 1 1-Inch Piece Ginger ¼ cup Roasted Walnuts 1 Tbsp	heat	
		autumn dinner,	Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, & Dried br	the	
		we're seasoning	/>Parsley)	oven to	
		half chickens with the classic		450&de g;F.	
		flavors of garlic,		g;r. Line a	
		onion, and		sheet	
		smoked paprika,		pan	
		then roasting		with alu	
		them along with sweet potatoes		minum	2 202
	<del></del>	Sweet potatoes	D 101/100	TOIL FAL	<u> </u>

Page number: 101/198 Foil. Pat Dec 12, 2021 at 02:30 AM

and Brussels spouts. The fich delicious contrast in attr- sewest compole, cooking fresh cranberries and groups with a bit division of the cooking fresh water	the chicken dry with	
delicious contrast in a tart- sweet compote, made simply by cooking fresh cranberries and ginger with a bit of sugar and	chicken	
delicious contrast in a tart- sweet compote, made simply by cooking fresh cranberries and ginger with a bit of sugar and		
contrast in a tart- sweet compote, made simply by cooking fresh cranberries and ginger with a bit of sugar and	ary with	
sweet compote, made simply by cooking fresh cranberries and ginger with a bit of sugar and	paper towels	
made simply by cooking fresh cranberries and ginger with a bit of sugar and	and	
cooking fresh cranberries and ginger with a bit of sugar and	place	
cranberries and ginger with a bit of sugar and	on the	
ginger with a bit of sugar and	foil.	
of sugar and	Season	
water	on both	
	sides	
	with	
	salt,	
	pepper,	
	and the	
	spice	
	blend.	
	Drizzle	
	with	
	olive oil	
	and turn to	
	coat; arrange	
	skin	
	side up.	
	Roast	
	36 to 38	
	minutes	
	, or until	
	browne	
	d and	
	cooked	
	through	
	. (An ins	
	tant-	
	read th	
	ermome	
	ter	
	inserted into the	
	thickest	
	part of	
	the	
	thigh	
	should	
	register	
	165∨	
	dm;F.)	
	Reservi	
	ng any	
	dripping	
	s on the	
	sheet	
	pan,	
	transfer	
	to a	
	cutting	
	board and let	
	roct for	
	rest for	
	at least 5 minut	
	es.	
	es.	
	ile the	
	chicken	
	roasts,	

id	title	description	ingredients	steps p
				and dry the
				fresh
				produce
				Medium dice the
				sweet
				potatoe
				s. Cut
				off and
				discard the
				ends of
				the
				Brussels
				sprouts; halve le
				ngthwis
				ngthwis e.
				Wh
				ile the chicken
				continu
				es to
				roast,
				place the
				sweet
				potatoe
				s and
				Brussels
				sprouts on a
				separat
				e sheet
				pan.
				Drizzle with
				olive oil
				and
				season
				with salt and
				pepper;
				toss to
				coat.
				Arrange in an
				even
				layer.
				Roast,
				stirring halfway
				through
				, 24 to
				26
				minutes , or until
				lightly
				browne
				d and
				tender when
				pierced
				with a
				fork.
				Remove
				from the Doc 12

id	title	description	ingredients	steps	photo
				oven	
				and top with the	
				vinegar; carefull	
				carefull y stir to	
				coat.	
				Set	
				aside in a warm	
				place. </td <td></td>	
				< q	
				Wh ile the v	
				egetabl	
				es	
				roast, peel	
				and	
				finely	
				chop the	
				ginger.	
				Roughly chop	
				chop the wal	
				nuts. </td <td></td>	
				< q	
				Wh ile the v	
				egetabl	
				es	
				continu e to	
				roast, in	
				a small	
				saucepa n,	
				combin	
				e the cr	
				anberri es,	
				sugar,	
				ginger, and 1/4	
				cup of	
				water;	
				season with	
				salt and	
				pepper. Heat to	
				Heat to	
				boiling on high.	
				Once	
				boiling, reduce	
				the	
				heat to	
				medium	
				high. Cook,	
				stirring occasio	
				occasio	
				nally, 4 to 6	
				minutes	
				, or until	
				thicken <u>e</u> d and	

id	title	description	ingredients	steps photo
	-		<b>5</b> • • • •	the cran
				berries
				are
				mostly
				broken
				down;
				season
				with
				salt and
				pepper to taste.
				Transfer
				to a
				serving
				dish.
				>
				Usi
				ng a
				sharp,
				sturdy knife,
				knite,
				cut
				along the leg of the
				of the
				rested
				chicken
				to
				separat
				separat e the
				thigh and
				and
				breast.
				Cut the
				breast in half c
				rosswis
				e
				through
				the
				bone
				(keepin
				g the
				wing intact).
				intact).
				Cut
				through
				the joint
				connec ting the
				drumsti
				ck to
				the
				thigh.
				thigh. Divide
				the
				carved
				chicken
				and
				finished
				vegeta
				bles
				among 4
				dishes.
				Top
				with
				any
				reserve
			D 105/100	d drippi

d	title	description	ingredients	steps	ph
				ngs.	
				Garnish	
				with the walnuts.	
				Serve	'
				the	
				compot	
				e on the	
				side. En	
				joy! <td></td>	
4 Deserted Device Dress		ans To alouate	2 Thoma Danka Dranderumha shr /> 2 Thoma All Duranesa Flauri shr /> 1 Thom Annia Cidar Vinasar shr /> 1 Thom	> Dla	NI/A
4 Roasted Pork & Broco	LOII	To elevate the classic	3 Tbsps Panko Breadcrumbs br />2 Tbsps All-Purpose Flour br />1 Tbsp Apple Cider Vinegar br />1 Tbsp Southern Spice Blend (Onion Powder, Garlic 	Pla ce an	IN/A
		savory-sweet	/>Cayenne Pepper)	oven	
		pairing, we're	productine repetitives	rack in	
		topping roasted		the	
		pork with		center	
		sautéed		of the	
		apple in this		oven,	
		crowd-pleasing		then	
		recipe. The pork		preheat	
		and a side of		to 450&	
		broccoli, roasted on the same		deg;F. Line a	
		sheet pan, come		sheet	
		together with a		pan	
		rich, warming		with alu	
		fontina cheese		minum	
		sauce.		foil.	
				Wash	
				and dry	
				the	
				fresh	
				produce	
				. Cut off and	
				discard	
				the	
				bottom	
				1/2 inch	
				of the	
				broccoli	
				stem;	
				cut the	
				broccoli into	
				large	
				pieces,	
				keeping	
				the	
				florets	
				intact.	
				Place	
				on the	
				sheet	
				pan. Drizzle	
				with	
				olive oil	
				and	
				season	
				with	
				salt and	
				pepper;	
				toss to	
				coat.	
				Arrange	
				in an	
1				even	1

id	title	description	ingredients	steps p
				one side of
				the
				sheet
				pan. Pat the pork
				dry with
				paper
				towels; season
				on all
				sides
				with
				salt,
				pepper, and the
				spice blend.
				blend. Place
				on the
				other
				side of
				the sheet
				pan.
				Drizzle
				with olive oil;
				turn to
				coat.
				Roast,
				rotating the
				sheet
				pan
				halfway
				through , 26 to
				28
				minutes
				, or until the
				broccoli
				is
				browne
				d and the pork
				is
				cooked
				through . (An ins
				tant-
				read th
				ermome
				ter inserted
				into the
				pork
				should register
				register 145&de
				g;F.)
				Remove
				from the
				oven.
				Transfer
				the
1 1				roasted pork to

id	title	description	ingredients	steps	photo
		4000111741011		a	p.1.525
				cutting board	
				and let	
				rest for	
				at least	
				5 minut	
				es. Wh ile the	
				ile the	
				pork	
				and broccoli	
				roast,	
				peel	
				and	
				finely chop	
				chop the	
				garlic;	
				using the side	
				of your	
				of your knife,	
				smash until it r	
				esembl	
				es a	
				paste	
				(or use a	
				zester).	
				Core	
				and	
				medium dice the	
				apple.	
				Small	
				dice the cheese.	
				Wh	
				ile the	
				pork and	
				broccoli	
				continu	
				e to roast, in	
				a	
				medium	
				pan,	
				heat a drizzle	
				of olive	
				oil on m	
				edium- high	
				until	
				hot.	
				Add the	
				breadcr umbs	
				and half	
				the	
				garlic	
				paste. Cook,	
í				stirring	
			Do do numbor, 100/100	<u>constan</u>	

id	title	description	ingredients	steps pl
				tly, 2 to
				minutes
				, or until
				golden
				brown. Transfer
				to a
				plate; i
				mmedia
				tely season
				with
				salt and
				pepper. Wipe out the
				out the
				pan.
				>
				Wh ile the
				pork
				and
				broccoli
				continu e to
				roast, in
				the
				same pan,
				heat a
				drizzle
				of olive oil on m
				edium-
				high until
				until
				hot. Add the
				diced
				apple;
				season with
				salt and
				pepper. Cook,
				Cook,
				stirring occasio
				nally, 3 to 5
				to 5
				minutes , or until
				slightly
				slightly softene
				d. Add the
				vinegar
				and
				cook,
				stirring constan
				tly, 30
				seconds
				to 1
				minute, or until
				the
				liquid
				has
		D	1 100/100	cooked

id	title	description	ingredients	steps p	photo
				off. Transfer	
				to a	
				bowl;	
				season with	
				salt and	
				pepper	
				to taste.	
				Cover with alu	
				minum	
				foil to	
				keep	
				warm. Rinse	
				and	
				wipe out the	
				pan. <td></td>	
				>	
				Wh	
				ile the	
				pork rests, in	
				the	
				same	
				pan, heat 1	
				½	
				; tables	
				poons	
				of olive oil on m	
				edium-	
				high until	
				hot.	
				Add the	
				flour	
				and rem	
				aining garlic	
				paste;	
				season	
				with salt and	
				pepper.	
				Cook,	
				stirring	
				constan tly, 30	
				seconds	
				to 1	
				minute, or until	
				lightly	
				browne	
				d and fragrant	
				. Add	
				the milk	
				and 1/2	
				cup of water;	
				season	
				with	
				salt and	
		D	110/100	pepper.	

id	title	description	ingredients steps	s n	hot
iu	titic	ucscription	whiskir	n Pi	HIOC
			a frequ		
			ently. 2	2	
			g frequently, 2 to 3	_	
			minute	es	
			, or unt	itil	
			thicke	en	
			ed. Add	d	
			the		
			diced		
			cheese	e;	
			season	า	
			with	.	
			salt and	nd	
			pepper Cook,	r.	
			whiskir	<u>_</u>	
			WIIISKII a const	.+	
			g const	1	
			antly, 1 to 2 minute	-	
			minute	25	
			, or unt	itil	
			the		
			cheese	e	
			has melted		
			melted	d.	
			Turn of	ff	
			the		
			heat		
			and		
			season	า	
			with		
			salt and	nd	
			pepper	r	
			to taste	e.	
				_	
			Fired the contraction of the	n	
			d the lines of	.f	
			muscle		
			(or		
			grain)		
			on the	,	
			rested		
			pork;		
			thinly		
			slice cr	ro	
			sswise	•	
			againsi	st	
			the		
			grain.		
			Serve		
			the		
			sliced		
			pork with th		
			roasted	۲ او	
			brocco	oli	
			and	***	
			cheese	e	
			sauce.		
			Top the	e	
			pork	-	
			with th	ne	
			cooked	d	
			apple	-	
			and		
			garlic b	br	
			eadcru	ן ג	
		i company and a second a second and a second and a second and a second and a second and a second and a second and a second and a second and a second and a second and a second and a second and a second and a second a second and a second and a second and a second and a second and	Page number: 111/109	1	

id	title	description	ingredients	steps	
				joy! <td></td>	
35 Roasted Red Pepper	Pasta	In this guick	- 6 oz Whole Grain Pipe Rigate Pasta br />2 oz Roasted Piquillo Peppers br />2 Tbsps Grated Parmesan	> Pla	N/A
		cooking recipe,	Cheese br />2 Tbsps Sliced Roasted Almonds />1½ tsps Calabrian Chile Paste	ce an	,
		whole grain pipe		oven	
		rigate gets pops		rack in	
		of flavor from		the	
		sweet roasted		center	
		piquillo peppers		of the	
		and briny capers		oven,	
		—plus a		then	
		layer of exciting crunch from		preheat to 450&	
		almonds. It all		deg;F.	
		comes together		Heat a	
		in a creamy,		large	
		mildly spicy		pot of	
		sauce.		salted	
				water to	
				boiling	
				on high.	
				Wash	
				and dry	
				the	
				fresh	
				produce	
				Quarter	
				and	
				deseed	
				the	
				lemon.	
				Cut off	
				and	
				discard	
				the	
				bottom	
				1/2 inch	
				of the	
				broccoli	
				stem; cut the	
				broccoli	
				into	
				small	
				pieces,	
				keeping	
				the	
				florets	
				intact.	
				Place	
				on a	
				sheet	
				pan.	
				Drizzle	
				with	
				olive oil and	
			season		
				with	
				salt and	
				pepper;	
				toss to	
				coat.	
				Arrange	
				in an	
				even	
				layer.	
				Roast	
			Daga number: 112/100	16 to 18	5 5 5

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id	title	description	ingredients	steps p
				minutes , or until
				, or until   browne
				d and
				tender
				when
				pierced
				when pierced
				with a
				fork.
				Remove
				from
				the
				oven. Evenly
				top with
				top with the
				juice of
				2 lemon
				wedges
				Wh ile the
				broccoli
				roasts, add the
				add the
				pasta to
				the pot of
				boiling
				water
				and
				cook 8
				to 10
				minutes , or until
				al dente
				(still
				slightly firm to
				firm to
				the bite). R
				eservin
				g
				½
				; cup of
				the
				pasta cooking
				water,
				drain th
				oroughl
				y.
				Wh ile the
				pasta
				cooks,
				peel
				and
				roughly
				chop the
				garlic.
				Finely
				chop
				the pep
				pers. </td
		· · · · · · · · · · · · · · · · · · ·		p>

id	title	description	ingredients	steps	photo
				ile the	
				pasta c ontinue	
				s to	
				cook, in	
				a   medium	
				pan.	
				pan, heat 2 t	
				easpoo	
				ns of olive oil	
				on medi	
				um-high	
				until	
				hot. Add the	
				capers	
				and	
				choppe	
				d garlic and	
				peppers	
				; season	
				with salt and	
				pepper.	
				pepper. Cook,	
				stirring	
				frequen tly, 2 to	
				3	
				minutes	
				, or until lightly	
				browne	
				d. Add	
				the	
				tomato paste	
				and as	
				much of	
				the chile	
				paste	
				as you&	
				rsquo;d like, de	
				like, de nending	
				pending on how	
				spicy yo u&rsqu	
				u&rsqu o;d like	
				the dish	
				to be.	
				Cook,	
				stirring constan	
				tly, 1 to	
				2	
				minutes	
				, or until dark	
				red and	
				fragrant	
				. Turn off the	
				heat;	
				add the	
		D		heavy	

id	title	description	ingredients	steps p
				cream (shakin
				g the
				bottle
				just
				before
				opening ) and
				1/4 cup
				1/4 cup of
				water.
				Stir to
				combin e;
				season
				with
				salt and
				pepper to taste.
				To
				the pan
				of
				sauce, add the
				cooked
				pasta,
				butter,
				and half
				the reserve
				d pasta
				cooking
				water.
				Cook on
				mediu m-high,
				stirring
				vigorou
				vigorou sly, 30
				seconds
				to 1 minute,
				or until
				the
				pasta is
				thoroug
				hly coated.
				(If the
				sauce
				seems
				dry, graduall
				y add
				the rem
				aining
				pasta
				cooking water to
				achieve
				your
				your desired
				consiste
				ncy.)
				Turn off the
				heat
				and
			D	season

id	title	description	ingredients		photo
				with salt and	
				pepper	
				to taste.	
				Serve the	
				finished	
				pasta	
				with the	
				roasted broccoli	
				and rem	
				aining	
				lemon	
				wedges on the	
				side.	
				Garnish	
				the pasta	
				with the	
				almond	
				s and	
				half the cheese.	
				Garnish	
				the	
				broccoli with the	
				remaini	
				ng	
				cheese.	
				Enjoy!	
36 Roasted Squash Curry		In this	½ cup Jasmine Rice 1¾ cups Light Coconut Milk 1 Lime 1 Yellow Onion <br< td=""><td>Pla</td><td>N/A</td></br<>	Pla	N/A
		recipe, veggie	/>1 bunch Mint br />2 Tbsps Dried Mung Beans br />1½ Tbsps Yellow Curry Paste br />1 1-Inch Piece	ce an	
		curry gets a unique lift from	Ginger br />1 Tbsp Sugar br />½ lb Baby Bok Choy	oven rack in	
		spaghetti squash		the	
		—oven-		center	
		roasted, then		of the	
		broken into pasta-like		oven, then	
		strands with a		preheat	
		fork. We're		to 450&	
		finishing our		deg;F. Wash	
		squash and bok choy in a sauce		and dry	
		made with fresh		the	
		aromatics and		fresh	
		two well- balanced pantry		produce . Using	
		ingredients:		a sharp,	
		spicy yellow		sturdy	
		curry paste and cooling coconut		knife, carefull	
		milk. A garnish		y halve	
		of dried mung		the	
		beans brings it		squash I	
		all together with exciting		engthwi se;	
		crunch.		using a	
				spoon,	
				scoop	
				out and discard	
				the pulp	
				and	
				seeds.	2 202
			Danie wywaka w 110/100	Tiace III	200

id	title	description	ingredients	steps p	photo
				a baking	
				baking dish,	
				cut side	
				up. Drizzle	
				with	
				olive oil and	
				season	
				with	
				salt and	
				pepper; arrange	
				cut side	
				down. Fill the	
				dish	
				with 1/4	
				inch of water.	
				Roast	
				32 to 35	
				minutes , or until	
				the cut	
				side of	
				the squash	
				is	
				tender	
				when pierced	
				with a	
				fork. Remove	
				from	
				the ove	
				n.	
				ile the	
				squash	
				roasts, in a	
				small sa	
				ucepan,	
				combin e the	
				rice,	
				lime	
				leaf, a big	
				pinch of	
				salt,	
				and 1 cup of	
				water.	
				Heat to	
				boiling on high.	
				Once	
				boiling, cover	
				and	
				reduce	
				the heat to	
				low.	
				Cook 12	
		D		to 14	- 22

id	title	description	ingredients	steps	photo
				minutes , or until	
				the	
				water	
				has	
				been absorbe	
				d and	
				the rice	
				is	
				tender. Turn off	
				the	
				heat.	
				Carefull	
				y remove	
				and	
				discard	
				the lime	
				leaf. Fluff the	
				cooked	
				rice	
				with a fork.	
				Cover	
				and set	
				aside in	
				a warm place. </td <td></td>	
				piace. </td <td></td>	
				Wh	
				ile the	
				rice cooks,	
				peel	
				peel and thinly	
				slice the	
				onion.	
				Peel	
				and	
				finely chop	
				the	
				ginger.	
				Quarter	
				the lime.	
				Cut off	
				and	
				discard the root	
				end of	
				the bok	
				choy; thinly	
				slice cro	
				sswise.	
				Pick the	
				mint	
				leaves off the	
				stems;	
				discard	
				the ste	
				ms. <td></td>	
				<u>Wh</u>	

id	title	description	ingredients steps	photo
	Citio	a coch peron	ile the	
			rice con	ı
			tinues	
			to cook, in a	
			large	
			pan (no	
			nstick,	
			if you have	
			one),	
			heat 2 t	
			easpoo	
			ns of	
			olive oil on medi	
			um-high	1
			until	
			hot.	
			Add the	
			sliced onion;	
			season	
			with	
			salt and	1
			pepper. Cook,	
			C00K,	
			stirring occasio	
			nally, 3	
			to 4	
			minutes	i
			, or until	1
			slightly softene	
			d. Add	
			the	
			choppe d	
			ginger;	
			season	
			with	
			salt and	
			pepper. Cook,	
			stirring	
			frequen	
			tly, 1 to	
			2 minutes	
			, or until	il
			lightly	
			browne	
			d and fr	
			agrant.	
			To	
			the pan,	,
			add the	
			coconut	
			milk (shakin	
			g the	
			can just	<u>:</u>
				1
			before	
			before opening	<b>,</b>
			before opening ), sugar,	] ;,
			before opening	3

id	title	description	ingredients	steps	photo
				curry	
				paste as you&	1
				rsquo;d like, de	1
				like, de	1
				pending on how	1
				spicy yo	1
				spicy yo u&rsqu	1
				o;d like	1
				the dish to be;	1
				season	1
				with	1
				salt and	1
				pepper. Cook,	
				stirring	1
				occasio	1
				nally, 3 to 4	
				minutes	ļ
				, or until	ļ
				slightly thicken	ļ
				ed. Turn	ļ
				off the	1
				heat	1
				and season	1
				with	1
				salt and	1
				pepper	1
				to taste.	1
				Wh	1
				en cool	1
				enough to	1
				handle,	1
				using a	1
				fork,	1
				scrape the	1
				flesh of	1
				the	1
				roasted	ļ
				squash into a	ļ
				bowl;	ļ
				separat	ļ
				e any clumps.	ļ
				(The	ļ
				result	ļ
				should	ļ
				resembl e	ļ
				cooked	ļ
				spaghet	ļ
				ti.) Discard	ļ
				the	ļ
				skins.	ļ
				Add the	ļ
				squash and	ļ
				sliced	ļ
				bok	ļ
		Do	1 120/100	choy to	

id	title	description	ingredients		photo
				the pan	
				of curry. Cook on	
				mediu	
				m-high,	
				stirring frequen	
				tly, 2 to	
				3	
				minutes	
				, or until thorou	
				ghly co	
				mbined.	
				Turn off the	
				heat.	
				Stir in	
				the	
				juice of 2 lime	
				wedges;	
				season	
				with salt and	
				pepper	
				to taste.	
				Top the	
				cooked rice	
				with the	
				finished	
				curry. Garnish	
				with the	
				mung	
				beans	
				and mint	
				leaves	
				(tearing	
				just before	
				adding).	
				Serve	
				with the remaini	
				ng lime	
				wedges	
				on the	
				side. En joy! <td></td>	
				>	
37 Roasted Turkey Breast & F	arro-Endive Salad	Fall comfort	1 Turkey Breast Roast >/>²/₃ cup Semi-Pearled Farro br />1 Apple br />1 Lemon br />1 Lemon > 1 Then Whole Crain Diag	Re	N/A
		food gets a delicious lift in	bunch Chives bunch Chives Tbsp Butter I Shallot I Tbsp Honey I Tbsp Whole Grain Dijon Mustard	move the	
		this recipe. A		honey	
		sweet, toasty		from	
		compote (simply apple and shallot		the refri gerator	
		cooked in brown		to bring	
		butter) balances		to room	
		our savory		temper	
		roasted turkey breast. On the		ature. Place	
		side, we're		an oven	
		tossing warm		rack in	
		grains with endiv e—first		the	
		cooked with a bit		center	
I .		LOOKED WILL DIE	Dago number: 121/100	1 K " " 1	<b>5</b>

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id	title	description	ingredients	steps	photo
		of honey and		oven;	
		lemon to		preheat	
		brighten its		to 450&	
		mildly bitter flavor.		deg;F. Heat a	
		ilavor.		medium	
				pot of	
				salted	
				water to	
				boiling	
				on high.	
				Line a	
				sheet	
				pan with	
				with	
				foil.	
				Remove	
				and	
				discard	
				the	
				netting from	
				the	
				turkey;	
				season	
				with	
				salt and	
				pepper	
				pepper on both	
				sides. In	
				a large	
				pan,	
				heat 2 t	
				easpoo	
				ns of	
				olive oil on medi	
				um-high	
				until	
				hot.	
				Add the	
				seasone	
				d	
				turkey,	
				skin	
				side	
				down.	
				Cook 4	
				to 6	
				minutes	
				on the	
				first side, or	
				until	
				lightly	
				browne	
				d. Flip	
				and	
				cook 3	
				to 5	
				minutes	
				, or until	
				lightly	
				browne	
				d	
				Leaving	
				any	
				browne d bits	
				d bits	
		D		(or	

id	title	description	ingredients	steps ph
				fond) in
				the pan on the
				stove,
				transfer
				to the
				sheet
				pan, skin
				side up.
				Roast
				15 to 17
				minutes
				, or until cooked
				through
				. (An ins
				tant-
				read th
				ermome ter
				should
				register
				165∨
				dm;F.) Transfer
				to a
				cutting
				board
				and let
				rest for at least
				5 minut
				es.
				Wh
				ile the
				turkey
				roasts, add the
				farro to
				the pot
				of boiling
				water
				and
				cook, u
				ncovere
				d, 17 to 19
				minutes
				, or until
				tender.
				Drain th
				oroughl y and
				return
				to the
				pot. Set
				aside in a warm
				place. </td
				p>
				Wh
				ile the
				farro
				cooks, wash
				and dry
				the
		D		fresh

id	title	description	ingredients	steps p
				produce . Peel
				and
				finely
				chop the
				shallot.
				Cut off
				and
				discard the root
				end of
				the
				endive;
				thinly slice cro
				sswise.
				Quarter
				and deseed
				the
				lemon.
				Core
				and small
				dice the
				apple. Cut the
				Cut the chives
				into
				1/2-inch
				pieces.
				ile the
				farro co
				ntinues
				to cook, add 2 te
				aspoons of olive
				of olive
				oil to the pan
				of
				reserve
				d fond;
				heat on medium-
				high
				until
				hot. Add half
				the
				choppe
				d
				shallot; season
				with
				salt and
				pepper. Cook,
				Stirring
				constan
				tly, 30
				seconds
				to 1 minute,
				or until
				softene
			Danie was danie 124/100	d. Add

id	title	description	ingredients steps	s photo
	<del>-</del>		the	12
			sliced	_
			endive; season	;
			with	
			salt and	d
			pepper Cook, stirring	·
			stirring	
			frequer	n
			tly, 1 to	o
			2 minute	ic
			, or unt	til
			softene	ا ج
			d. Add half the	
			honev	(
			honey (kneadii	n
			g the	
			packet before	
			opening	g
			) and	-
			the living of	F
			juice of 2 lemon	n l
			wedges Cook,	s.
			Cook,	
			stirring constar	n l
			tly, 30	''
			second	ls
			to 1	
			minute or until	;,   
			thoroug	g
			hly con	n
			bined. Transfe	or
			to a	=1
			bowl	
			and	
			season with	
			salt and	d
			pepper to taste	•
			to taste   Rinse	e.
			and	
			wipe	
			out the	:
			pan.	h
			Wh	h
			ile the	
			farro co	0
			ntinues to cook	<b>3</b> ,
			in the	
			same	
			pan, heat	
			the	
			butter	
			on med	di
			um-hig until	n
			melted	
			Dogo number: 135/100	12 201

id	title	description	ingredients	steps p	photo
		·		stirring frequen	
				tly and	
				swirling	
				the pan,	
				1 to 2	
				minutes	
				, or until browne	
				d and	
				nuttily	
				fragrant	
				. Add	
				the diced	
				apple	
				apple and rem	
				aining	
				choppe	
				d shallot;	
				season	
				with	
				salt and	
				pepper. Cook, stirring	
				Cook,	
				frequen	
				tly, 1 to	
				2	
				minutes	
				, or until	
				slightly softene	
				d. Add	
				the	
				juice of	
				the rem	
				aining lemon	
				wedges	
				and the	
				remaini	
				ng	
				honey. Cook,	
				stirring	
				constan	
				tly, 30	
				seconds to 1	
				minute,	
				or until	
				thoroug	
				hly com	
				bined. Turn off	
				the	
				heat	
				and	
				season	
				with	
				salt and pepper	
				to taste.	
				Ad	
				d the	
				cooked	
I I		D		enuive,	20

id	title	description	ingredients	steps	photo
				mustard	
				, half the	
				sliced	
				chives,	
				and a	
				drizzle of olive	
				oil to	
				the pot	
				of	
				cooked farro.	
				Stir to	
				combin	
				e;	
				season with	
				salt and	
				pepper	
				to taste.	
				Thinly slice the	
				rested	
				turkey c	
				rosswis e. Serve	
				the	
				sliced	
				turkey	
				with the farro	
				salad.	
				Top the	
				turkey	
				with the	
				compot e.	
				Garnish	
				with the	
				remaini	
				ng sliced	
				chives	
				and a	
				drizzle of olive	
				oil. Enjo	
				y!	
38			< Skin-On Salmon Fillets < Carrots < Carrots < Description <		N/A
		flavor from a		move the	
		prized spice,		honey	
		saffron, used two		from	
		ways: added to the water used		the refri	
		to boil the		gerator to bring	
		potatoes and		to room	
		stirred into a		temper	
		creamy yogurt sauce. The		ature. Wash,	
		bright sauce is		dry, and	
		delicious		medium	
		spooned over		dice the	
		rich salmon,		potatoe	
		potatoes, and ca rrots—whi		s. In a small	
		ch get another		pot,	
		flavor-packed lift		combin	
$\rightarrow$		from a glaze of	Dago number: 127/100	e the	

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id	title	description	ingredients	steps pl
		honey and		potatoe
		fragrant cumin.		s, half
		Aleppo pepper		the saffron,
		adds just a hint of spice		and a
		throughout the		big
		dish, balanced		pinch of
		by cooling fresh		salt.
		mint.		Add
		, , , , , , , , , , , , , , , , , , ,		enough
				water to
				cover
				the
				potatoe
				s by
				½
				; inch.
				Heat to
				boiling on high.
				on high. Once
				boiling
				boiling, cook 10
				to 12
				minutes
				, or until
				the
				potatoe
				s are
				tender
				when
				pierced
				with a
				fork.
				Drain th
				oroughl y and
				return to the
				pot. Set
				aside in
				a warm
				place. </td
				p>
				Wh
				ile the
				potatoe
				s cook,
				wash
				and dry
				the rem
				aining fresh
				produce
				. Peel
				the
				carrots;
				cut into
				½
				;-inch-
				thick
				pieces
				on an
				angle.
				Peel
				and
				roughly
				chop
				the
		D	120/100	garlic.

id	title	description	ingredients	steps p
				Pick the
				mint
				leaves off the
				stems;
				discard
				the
				stems.
				Using a peeler,
				remove
				the rind
				of the
				lemon, avoidin
				g the
				pith;
				mince
				to get 2
				teaspo ons of
				zest (or
				use a
				zester).
				Quarter and
				deseed
				the
				lemon.
				In a
				medium
				bowl, combin
				e the re
				maining
				saffron
				and the juice of
				1 lemon
				wedge.
				In a
				medium
				pan (no nstick,
				if you
				have
				one), heat 2 t
				easpoo
				ns of
				olive oil
				on medi
				um-high until
				hot.
				Add the
				carrots
				and
				garlic; season
				with
				salt and
				pepper.
				Cook,
				stirring
				occasio nally, 2
				to 3
			D 120/100	minutes

id	title	description	ingredients	steps ph
				, or until slightly
				slightly softene
				d. Add
				the
				cumin
				and honey (
				honey ( kneadin
				g the
				packet
				before
				opening ). Cook,
				stirring
				constan
				tly, 30
				seconds to 1
				minute,
				or until
				fragrant
				l. Add
				¾
				; cup of water.
				Cook,
				stirring
				occasio
				nally, 8 to 10
				minutes
				, or until
				the
				carrots
				are softene
				d and
				glazed.
				Transfer
				to a
				bowl. Season
				with
				salt and
				pepper
				to taste.
				ile the
				carrots
				cook, to
				the bowl of
				saffron-
				lemon
				juice
				mixture
				, add the
				yogurt,
				lemon
				zest, a
				drizzle
				of olive
				oil, and up to
				half the
				Aleppo
			D 120/100	pepper 1

id	title	description	ingredients	steps p
				Stir to combin
				e;
				season
				with salt and
				pepper
				pepper to taste.
				ile the
				carrots
				continu
				e to cook,
				pat the
				salmon
				fillets dry with
				paper
				towels;
				season with
				salt and
				pepper on both
				on both
				sides. Rinse
				and
				wipe out the
				out the pan
				used to
				glaze
				the
				carrots. In the
				same
				pan, heat 1 t
				ablespo
				on of
				olive oil
				on medi um-high
				until
				hot.
				Add the seasone
				d fillets,
				skinless
				side down.
				Cook 3
				to 4
				minutes on the
				first
				side, or
				until
				lightly browne
				d. Flip
				and
				cook 2 to 3
				minutes
				, or until
				lightly browne
			D 121/100	- I Drowne

id	title	description	ingredients	steps p
				d and
				cooked
				to your desired
				degree
				of done
				ness.
				Turn off the hea
				the nea t.
				<
				ile the
				salmon
				cooks,
				add the
				glazed carrots,
				the
				juice of
				the rem
				aining
				lemon
				wedges, half the
				mint
				(tearing
				the
				leaves
				just before
				adding),
				and as
				much of
				the rem
				aining
				Aleppo
				pepper as you&
				rsquo;d
				rsquo;d like to
				the pot
				of cooked
				potatoe
				S.
				Drizzle
				with
				olive oil;
				stir to combin
				e.
				Season
				with
				salt and
				pepper to taste.
				Divide
				betwee
				n 2
				dishes.
				Top
				each with a
				cooked
				salmon
				fillet
				and a
				spoonfu
				l of the
			Danie wywia 20100	- Vouit

title	description	ingredients	steps   photo
			sauce.
			Garnish
			with the
			remaini
			ng mint (tearing
			the
			leaves
			just
			before
			adding).
			Serve
			with the
			remaini
			ng
			yogurt sauce
			on the
			side. En
			joy!
			>
d Chicken & Mashed Potatoes	We're giving   2 Boneless, Skinless	s Chicken Breasts ¾ lb Yukon Gold Potatoes 2 Tbsps Crème	Pla N/A
	seared chicken a Fraîche 1 Tb	osp Sherry Vinegar	ce an
	lift with a rich		oven
	pan sauce, made		rack in
	with sweet maple syrup and		the center
	tangy sherry		of the
	vinegar. It's the		oven,
	perfect		then
	accompaniment		preheat
	for creamy		to 450&
	mashed		deg;F. Heat a
	potatoes and		Heat a
	roasted carrots,		medium
	dressed with a		pot of
	bit more maple		salted
	syrup.		water to boiling
			on high.
			Wash
			and dry
			the
			fresh
			produce
			. Peel
			the
			carrots;
			quarter lengthw
			ise,
			then
			halve cr
			osswise.
			Large
			dice the
			potatoe
			s.
			Pla
			ce the
			sliced carrots
			on a
			sheet
			pan.
			Drizzle
			with
			olive oil
			season Dec 12, 202

id	title	description	ingredients	steps p
				with salt and
				pepper;
				pepper; toss to
				coat. Arrange
				in an
				even
				layer. Roast
				15 to 17
				minutes
				, or until
				lightly browne
				d and
				tender
				when pierced
				with a
				fork.
				Carefull
				y transfer
				to a
				large bowl.
				Add half
				the
				maple
				syrup; stir to
				coat.
				Season
				with salt and
				pepper
				to taste.
				Loosely cover
				with alu
				minum
				foil to keep wa
				rm.
				>
				Wh ile the
				carrots
				roast,
				add the diced
				potatoe
				s to the
				pot of
				boiling water;
				cook 14
				to 16
				minutes , or until
				tender
				when
				pierced with a
				fork.
				Turn off
				the heat.
				Drain th

id	title	description	ingredients	steps p
				oroughl y and
				return
				to the
				pot.
				Add the
				cr&egr
				ave;me fra&icir
				c;che
				and 1 ta
				blespoo
				n of olive oil.
				Using a
				fork,
				mash to
				your desired
				consiste
				ncy.
				Season
				with
				salt and
				pepper to taste.
				Cover
				to keep
				warm.<
				/p>
				Wh ile the
				potatoe
				s cook,
				pat the
				chicken
				dry with
				paper towels;
				season
				with
				salt and
				pepper on both
				sides. In
				a
				medium
				pan, heat 2 t
				easpoo
				ns of
				olive oil
				on medi
				um-high until
				hot.
				Add the
				seasone
				d
				chicken and
				cook 5
				to 7
				minutes
				per
				side, or
				until browne
				d and
			Danie was 125/100	cooked

id	title	description	ingredients	steps	photo
		3.000117011	g. carcine	through	p. 10 cc
				Leaving	
				any	
				browne	
				d bits (or	
				fond) in	
				the pan,	
				transfer to a	
				cutting board.<	
				board.<	
				/p> Ad	
				d the	
				vinegar and rem	
				aining	
				maple	
				syrup to the pan	
				of	
				reserve	
				d fond (be	
				careful,	
				as the	
				liquid may	
				splatter	
				). Cook	
				on medi um-	
				high, stirring	
				stirring constan	
				tly and	
				scrapin	
				g up	
				any fond, 30	
				seconds	
				to 1 minute,	
				or until	
				thoroug	
				hly com bined.	
				Turn off	
				the heat.	
				Stir in	
				the	
				butter until tho	
				roughly	
				roughly combin	
				ed. Season	
				with	
				salt and	
				pepper to taste.	
				Slic	
				e the cooked	
				chicken	
			Do so number: 126/100	crosswi	

id	title	description	ingredients	steps	phot
				se. Serve	
				the	
				sliced	
				chicken with the	
				mashed	
				potatoe	
				s and	
				glazed carrots.	
				Top the	
				chicken	
				with the	
				pan sauce. E	
				njoy! </td <td></td>	
				p>	
40 Seared Steaks &	Garlic Butter	"Stea	2 cloves Garlic 2 Russet Potatoes 5 Potatoes 1 bunch Chives 5 These Potatoes 6 Potatoes 7 Description 8 Potatoes 8 Potatoes 9 Potatoes 	Pla	N/A
		k frites," or steak with	Tbsps Butter br />1 Tbsp Red Wine Vinegar	ce an oven	
		french fries, is		rack in	
		classic French		the	
		bistro fare.		center	
		Tonight's steaks get another		of the oven,	
		layer of rich		then	
		flavor from garlic		preheat	
		butter, spooned		to 450&	
		over them as they cook.		deg;F. Wash	
		Creamy mustard		and dry	
		sauce is a		the	
		perfect match		fresh	
		for the rich steaks and		produce . Cut	
		hearty oven-		the	
		roasted fries,		potatoe	
		while a simple		s length	
		salad adds refreshing		wise into 1/2-	
		contrast.		inch-	
				thick	
				sticks.	
				Place on a	
				sheet	
				pan.	
				Drizzle	
				with olive oil	
				and	
				season	
				with	
				salt and pepper;	
				toss to	
				coat.	
				Arrange	
				in an even	
				layer.	
				Roast,	
				flipping	
				halfway through	
				, 22 to	
				24	
				minutes	

id	title	description	ingredients	steps ph
				lightly browne
				d and
				tender
				when
				pierced
				with a
				fork. Remove
				from
				the ove
				n.
				Wh
				ile the potatoe
				s roast,
				peel
				and
				finely
				chop the
				garlic.
				Cut off
				and
				discard the root
				end of
				the
				lettuce;
				roughly
				chop the
				leaves.
				Thinly slice the
				slice the
				chives.
				Wh ile the
				potatoe
				S
				continu
				e to roast, in
				a bowl,
				combin
				e the
				vinegar and 1/4
				of the
				creamy
				mustard
				sauce.
				Slowly whisk in
				2 teasp
				oons of
				olive oil
				until
				well co mbined.
				Season
				with
				salt and
				pepper
				to taste.
				ile the
		D		potatoe

id	title	description	ingredients	steps photo
				S
				continu
				e to
				roast, pat the
				steaks
				dry with
				paper
				towels.
				Season
				with
				salt and
				pepper on both
				sides. In
				a large
				pan,
				heat 1 t
				ablespo on of
				olive oil
				on medi
				um-high
				until
				hot.
				Add the
				seasone d steaks
				and
				cook 4
				to 5
				minutes
				on the
				first
				side, or until
				lightly
				browne
				d. Flip
				and
				cook 2
				to 3 minutes
				, or until
				lightly
				browne
				d. Add
				the
				choppe
				d garlic and
				butter.
				Cook, fr
				equentl
				у
				spoonin
				g the
				butter over the
				steaks,
				1 to 2
				minutes
				for medi
				um-
				rare, or
				until the steaks
				are
				browne
			D 120/100	d and

id	title	description	ingredients	steps p
				cooked
				to your desired
				degree
				degree of done
				ness.
				Transfer
				the cooked
				steaks
				to a
				cutting
				board.
				Let rest for at
				least 5
				minutes
				Transfer
				the
				garlic butter
				to a bo
				wl.
				Wh ile the
				ile the
				steaks rest,
				place
				the
				choppe
				d lettuce
				in a
				large
				large bowl.
				Add
				enough of the vi
				naigrett
				e to
				coat the
				lettuce
				(you may
				have
				extra vi
				naigrett e). Toss
				e). Toss
				to coat; season
				with
				salt and
				pepper to taste.
				to taste.
				Fin
				d the
				lines of
				muscle
				(or
				grain) on the
				rested
				steaks;
				thinly
				slice cro
				sswise
				against the
i I		1	D 140/100	LIIC _  _

title	description	ingredients	steps photo
			grain.
			Serve
			the
			sliced
			steaks with the
			roasted
			potatoe
			s and
			salad.
			Drizzle
			the
			steaks
			and
			potatoe
			s with
			the
			garlic butter.
			Garnish
			the
			salad
			with the
			sliced
			chives.
			Serve
			with the
			remaini
			ng
			creamy
			mustard
			sauce on the
			side. En
			joy!
			>
niitake & Hoisin Beef Burgers	These Asian-	cloves Garlic 2 Scallions 2 Sweet Potatoes 5 />½ lb Baby Bok	Pla N/A
	inspired burgers   Choy 2 Tbsps Hoisin S	Sauce 2 Tbsps Sweet White Miso Paste ½ oz Dried Shiitake	ce an
	get their Mushrooms br />¼	cup Mayonnaise	oven
	irresistible		rack in
	umami flavor		the
	from chopped shiitake		center
	mushrooms		of the oven,
	(mixed right into		then
	the beef) and a		preheat
	miso-mayo		to 450&
	spread. Piled on		deg;F.
	top, crisp		Wash
	ribbons of bok		and dry
	choy round out		the
	the burgers,		sweet
	served with a		potatoe
	side of roasted		s; cut le
	sweet potato		ngthwis e into
	wedges.		1-inch
			wedges.
			Place
			on a
			sheet
			pan.
			Drizzle
			with
			olive oil
			and
			season
			with
			salt and
			Dec 12, 2021

The control of control	id	title	description	ingredients	eps   photo
COAR- In any one In an			'	toss	to
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id	title	description	ingredients	steps p
				Cut off
				and discard
				the root
				ends of
				the
				scallion
				s; thinly slice, se
				parating
				the
				white
				bottoms
				and
				green
				tops. Cut off
				and
				discard
				the root
				end of
				the bok
				choy; thinly
				slice.
				Place in
				a bowl.
				Drizzle with
				olive oil
				and
				season
				with
				salt and
				pepper; toss to
				coat.
				Halve
				the
				buns. In
				a bowl, combin
				e the
				miso
				paste
				and ma
				yonnais e;
				season
				with
				salt and
				pepper
				to taste.
				Wh
				ile the
				sweet
				potatoe
				s continu
				e to
				roast,
				drain
				the rehy
				drated
				mushro oms.
				Transfer
				to a
			D 142/100	cutting

South Colors In a large combine or combine o	id	title	description	ingredients	steps p
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Sood.  In the state of the stat					a large
the the common c					bowl,
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d mushe teer, carl					e the
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hattoms of the state state state state limited					Sliced
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s, and hobisin source: with with salt and pepper- Gently and pepper- Gently and pepper- Gently and pepper of the salt and pepper of the s					scallion
holisin souce; season soft and peoper. Gently mix to define a continue and peoper hands, form for a continue and peoper parties. Transfer to continue and peoper private and peoper parties. Transfer to continue and peoper private and peoper p					s, and
season with sail and sail and Gently mix to combin c. Using hands, form into four fift the the thick pattles, Transfer to a plot c. Spawh lie the sweet portatoe four continue					hoisin
with salt and perpet.  Self-self-self-self-self-self-self-self-s					
salt and pepper. Gerthy Continue. Using your hands, form lied of act2-in ch thick patitics, patitics, Transfer to a plat expert of act2-in ch thick patitics, patitics, ransfer to a plat expert of act2-in ch thick patitics, ransfer to a plat expert of act2-in ch thick patitics, ransfer to a plat expert of act2-in ch thick patitics, ransfer to a plat expert of act2-in ch thick patitics, ransfer to a plat expert of act2-in ch thick patitics ransfer to a plat expert of act2-in ch thick patitics to act2-in ch thick for act2-in ch thi					season
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mix to combin at Olaring with a Charles and Section an					Gently
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your hands, form life of the parties					combin
hands, form into four series of the series o					e. Using
form into four 6fr ac12-in ch thick pathles franskr th the service solution c cyp> continu e to roast, in a lorge pathce, if you have one), heat 2 t easpoo ns of olive oil on medi um-high until high had the pathles and cook 3 to 4 minutes					your
into four 6fr ac12;-in ch thick patties. Transfer to a plat e.≺/p> <					form
four &fr aC12-jn ch thick patties.  Transfer to a plat e,  <					into
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um-high until hot. Add the patties and cook 3 to 4 minutes					olive oil
until hot. Add the patties and cook 3 to 4 minutes					um-high
hot. Add the patties and cook 3 to 4 minutes					until
Add the patties and cook 3 to 4 minutes					hot.
patties and cook 3 to 4 minutes					Add the
cook 3 to 4 minutes					patties
to 4 minutes					and
minutes					cook 3
					TO 4

id	title	description	ingredients	steps ph
				side, or
				until browne
				d and
				cooked
				to your desired
				desired
				degree of done
				ness.
				Leaving
				any
				browne d bits
				(or
				fond) in
				the pan,
				transfer
				to a plat
				e.
				rking in
				batches
				if neces
				sary, add the
				buns,
				cut side
				down,
				to the
				pan of reserve
				d fond.
				(If the
				pan
				seems
				dry, add a drizzle
				of olive
				oil.)
				Toast
				on medi
				um-high 30
				seconds
				to 1
				minute,
				or until
				lightly browne
				d.
				Transfer
				to a
				work su rface. </td
				p>
				Div
				ide the
				miso m
				ayonnai
				se, cooked
				patties,
				and
				seasone
				d bok
				choy
				among the
			D 145/100	toasted

id	tle description	ingredients	steps	photo
			buns. Serve the burgers with the roasted sweet potatoe s. Garnish the sweet potatoe s with the sliced green tops of the scallion s. Enjoy !	
42 Shrimp Fra Diavolo	Tonight's variation on the beloved Italian-American dish gets its &Idquo evilish" heat from Calabrian chile paste, mixed into a tangy-sweet tomato sauce. It perfectly coats shrimp, cabbage, and lumaca rigata pasta. A garnis of sliced almonds finished the dish with contrasting crunch.	Tbsps Verjus Blanc	Fill a medium pot with water; add a big pinch of salt and heat to boiling on high. Wash and dry the fresh produce . Cut out and discard the core of the cabbag e; thinly slice the leaves. Peel and roughly chop the garli c. Peel and roughly chop the garli c. Pat the shrimp dry with paper towels; season with salt and pepper. In a medium pan, heat a drizzle	

steps   p
oil on m
edium-
high until
hot.
Add the
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shrimp;
cook, stirring
occasio
nally, 3
to 4
minutes
, or until
opaque and
and
cooked through
tillough
Leaving
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any browne
d bits
(or fond) in
the pan
the pan, transfer
to a
plate.
plate. Set
aside in
a warm ,
place. </td
p> Ad
d the
sliced
cabbag
e to the
pan of
reserve
d fond; season
with
salt and
pepper.
(If the
pan
seems
dry, add a drizzle
of olive
oil.)
Cook on
medium
high,
stirring
occasio
nally, 2 to 3
minutes
, or until
slightly
softene
d. Add
the
verjus

id	title	description	ingredients	steps ph
				cup of
				water; season
				with
				salt and
				pepper. Cook,
				stirring
				stirring occasio
				nally and
				scrapin
				g up
				any fond, 3
				to 5
				minutes
				, or until
				the
				cabbag e has
				softene
				d and
				the water
				has
				cooked
				off.
				Transfer to the
				plate of
				cooked
				shrimp. Wipe
				out the
				pan.
				Wh ile the
				cabbag
				e cooks,
				add the pasta to
				the pot
				of
				boiling
				water. Cook,
				stirring
				occasio
				nally, 9 to 11
				minutes
				, or until
				al dente
				(still slightly
				firm to
				the
				bite). R eservin
				g 1/2
				cup of
				the
				pasta cooking
				water,
				drain th
				oroughl
			Do do numbor. 140/100	<del>y.</del> Doc 10 1

id	title	description	ingredients	steps photo
	5,6,6	3.333.151.	g. careria	<
				ile the
				pasta
				cooks,
				in the
				same
				pan,
				heat 2 t
				easpoo ns of
				olive oil
				on medi
				um-high
				until
				hot.
				Add the
				choppe
				d garlic;
				season
				with
				salt and
				pepper. Cook,
				stirring
				constan
				tly, 30
				seconds
				to 1
				minute,
				or until
				softene
				d and
				fragrant . Add
				the
				tomato
				sauce,
				1/3 cup
				of
				water,
				and as
				much of
				the
				chile
				paste as you&
				rsquo;d
				like, de
				pending
				on how
				spicy yo
				u&rsqu
				o;d like
				the dish
				to be;
				season
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				salt and
				pepper. Cook,
				stirring
				occasio
				nally, 4
				to 5
				minutes
				, or until
				thicken
				ed.
				Season
			Daniel and 140/100	with 202

id	title	description	ingredients	steps	photo
		0.000.160.01	S S	salt and	<b>p</b>
				pepper	
			to	o taste.	
				Ad	
				d the	
				cooked	
			ļ	oasta, cooked	
				shrimp	
			a	and	
				cabbag	
			e	e, and	
			$\mid$ h	nalf the	
			r	eserve	
			d	d pasta	
				cooking	
			W	water to	
				the pan. Cook,	
				stirring	
			s	/igorou	
			s	sly, 1 to	
				sly, 1 to	
				minutes	
			,	or until	
				coated.	
				If the	
				sauce seems	
				dry,	
				graduall	
			  v	/ add	
			t	he rem	
			a	aining	
			p	oasta	
				cooking	
			V	water to	
				achieve our	
			l y	desired	
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				ncy.)	
			Т	Turn off	
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				neat;	
				stir in	
				the cr&	
			e	egrave; ne fra&	
				circ;che	
				until tho	
				oughly	
				combin	
			l e	ed.	
			S	Season	
				with	
				salt and	
			P	pepper to taste.	
				Top the	
			fi	inished	
				pasta	
				with the	
				almond	
			s	and a	
			d	drizzle	
				of olive	
			0	oil. Enjo	
			Page number, 150/100	<u>/!</u>	2 202

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d title	description	ingredients	steps	photo
Smoked Gouda & Mushroom Flatbread	For this	1 Endive 2 cloves Garlic 2 oz Smoked Gouda Cheese 2 oz Fontina Or Aged Alpine	Re	N/A
	rustic seasonal	Cheese The Cheese Christian Christian Christian Cheese Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christian Christi	move	
	meal, we're	Tbsp Honey 1 Tbsp Apple Cider Vinegar	the	
	topping flatbread		dough	
	—made		and	
	by rolling out		honey	
	pizza dough until		from	
	extra-		the refri	
	thin—with		gerator	
	two kinds of		to bring	
	cheeses,		to room	
	including nutty		temper	
	smoked Gouda. Cremini		ature.	
	mushrooms add		Place	
	even more		an oven rack in	
	irresistibly		the	
	savory flavor to		center	
	the flatbread,		of the	
	balanced by a		oven,	
	bright, crisp		then	
	endive and apple		preheat	
	salad.		to 475&	
	3didd: \/p>		deg;F.	
			Wash	
			and dry	
			the	
			fresh	
			produce	
			. Thinly	
			slice the	
			mushro	
			oms.	
			Peel	
			and	
			roughly	
			chop	
			the	
			garlic.	
			Peel	
			and	
			thinly	
			slice the	:
			onion.	
			Remove	
			and	
			discard	
			the	
			stems	
			of the	
			kale;	
			roughly	
			chop	
			the	
			leaves.	
			Grate	
			both	
			cheeses	
			on the	
			large side of	
			a box	
			grater (	
			discardi	
			ng any	
			rind).	
			Combin e in a b	
			owl. <td></td>	
<u> </u>			<del></del>	+

id	title	description	ingredients step	s photo
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			large pan (n	
			pan (n	10
			if you	,
			have	
			one),	
			heat a	1
			drizzle of oliv	
			oil on	m
			edium	ı-
			high until	
			until	
			hot. Add th	20
			sliced	m
			ushroo	0
			ms in	
			an eve	en
			layer. Cook,	
			withou	ut
			stirring	g,
			stirring 2 to 3	
			minute	es
			, or un	itil
			lightly brown	ie
			d. Add	i
			the	
			chopp	e
			d garli and	IC
			sliced	
			onion;	:
			season	n
			with salt ar	nd
			peppe Cook,	
			stirring	g
			occasi	io
			nally, to 3	2
			minute	es
			, or un	ntil
			lightly	,
			brown d and	e fr
			agrani	t.
			<	d
			d the	
			chopp d kale	e
			to the	
			pan;	
			season	n
			with	
			salt ar	
			peppe Cook,	a.
			stirring	g
			freque	en
			tly, 1 t	to
			2	
			minute , or un	es
			, or ur	y <sub>1</sub> 2 20
1			Page number: 152/100	10 00

id	title	description	ingredients	steps ph
				wilted. Add 1/4
				cup of
				water;
				season with
				salt and
				pepper.
				pepper. Cook,
				stirring occasio
				nally, 3
				to 4
				minutes
				, or until the kale
				has
				wilted
				and the water
				has
				cooked
				off.
				Turn off the
				heat.
				Season
				with salt and
				pepper
				pepper to taste.
				Lig htly oil
				a sheet
				pan. On
				a work
				surface, using
				your
				hands
				and a rolling
				pin (or a
				wine
				bottle),
				gently stretch
				and roll
				the
				dough
				to a 1/8-inch
				thickne
				ss. (If
				the dough
				is
				resistan
				t, let
				rest for 5
				minutes
				.)
				Carefull
				y transfer
				the
				dough
			D 152/100	to the

id	title	description	ingredients step	s photo
14	Citie	description	sheet	
			pan; rub the	
			rub the	9
			dough into th	e
			pan to	
			coat th	ne
			bottom in oil.	ו
			Leavin	g
			Leavin a 1-inc	:h
			border around	
			the	,
			edges, evenly	,
			evenly	·
			top the	.e
			prepar d doug with th	jh
			with th	ne
			finishe	d
			vegeta bles,	a
			grated	
			cheese	es
			, and a drizzle	ì
			of olive	e
			of olive oil.	
			Seasor with	า
			salt an	ıd
			pepper Bake,	r.
			Bake,	
			rotatin the	g
			sheet	
			pan halfwa	
			halfwa	У
			throug , 14 to	11
			16	
			minute	2S
			, or un the	tii
			crust	
			has	
			browned d and	e
			the	
			cheese	9
			has	,
			melted Remov	
			from	
			the	
			oven and let	+
			stand	<b>-</b>
			for at	
			least 2	!
			minute .	es
			W <	h
			ile the	
			flatbre	a
			d bakes,	
			cut off	
			Page number: 154/100	12 201

id	title	description	ingredients	steps p
				discard the root
				end of
				the
				endive;
				roughly chop
				the
				leaves.
				Core,
				quarter, and
				thinly slice the
				slice the
				apple. To
				make
				the
				dressin
				g, in a
				large bowl,
				whisk
				togethe
				r the
				vinegar, honey (
				honey ( kneadin
				g the packet before
				packet
				opening
				), and 1
				tablesp
				oon of
				olive oil until tho
				roughly
				roughly combin
				ed.
				Season with
				salt and
				pepper
				to taste.
				Just before
				serving, add the
				add the choppe
				d
				endive
				and
				sliced apple to
				the
				bowl of
				dressin
				g. Toss to
				combin
				e;
				season
				with
				salt and pepper
				pepper to taste.
				Serve
			Da	the

id	title	description	ingredients	steps	photo
-	-		<b>5</b> - · · ·	baked	1 2 2
				flatbrea	
				d with	
				the	
				salad	
				on the	
				side. En	
				joy! <td></td>	
44 Spicy Chicken Que	esadillas	A seasonal	4 Flour Tortillas 2 Scallions 6 oz Chioggia Beet 1 Jalapeño Pepper 1 Lime <br< td=""><td>He</td><td>N/A</td></br<>	He	N/A
Jpicy Chicken Que	.saamas	salad of striped	/>1 Navel Orange br />3 Tbsps Roasted Peanuts br />2 oz White Cheddar Cheese br />¼ cup Mexican	at a	IN/A
		Chioggia beet,	Crema br />1 Tbsp Mexican Spice Blend (Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground	small	
		juicy orange,	Cumin, & amp; < br /> Dried Mexican Oregano)	pot of	
	and peanuts is a		salted		
		fresh pairing for		water to	
		these zesty		boiling	
		quesadillas.		on high.	
		We're seasoning		Wash	
		the chicken		and dry	
		filling with both		the	
		jalapeño		fresh	
		pepper and		produce	
		Mexican spices&		. Peel	
		mdash;balanced by a layer of		the beet	
		melty white		and cut	
		cheddar.		lengthw	
		Mexican crema		ise into	
		brightened up		1/4-inch	
		with lime juice is		wedges.	
		perfect for		Once	
		dipping.		the pot	
				of water	
				is	
				boiling,	
				add the	
				beet	
				wedges	
				and	
				cook, u ncovere	
				d, 22 to	
				24	
				minutes	
				, or until	
				tender	
				when	
				pierced	
				with a	
				fork.	
				Drain	
				and	
				rinse	
				under	
				cold	
				water	
				for 30	
				seconds to 1	
				minute	
				to stop	
				the	
				cooking	
				process.	
				Pat dry	
				with	
				paper	
				towels	
				and	
				transfer	

title	description	ingredients	steps
			to a
			large bo
			wi.
			wl. Wh ile the
			beet
			cooks,
			cut off and
			discard
			the root
			ends of
			the scallion
			scallion
			s; thinly slice, se
			parating
			the white
			white
			bottoms
			and green
			tops.
			tops. Using a
			peeler,
			remove
			the
			green rind of
			the
			lime,
			avoidin
			g the white
			nith
			pith; mince
			to get 2
			teaspo
			ons of zest (or
			use a
			zester).
			Quarter
			the
			lime. Grate
			the
			cheese
			on the
			large side of
			a box
			grater
			grater. Peel the
			orange; halve le
			halve le
			ngthwis
			e, then thinly
			slice cro
			sswise.
			То
			make
			the lime crema,
			in a
			bowl,
			combin
			e the

id	title	description	ingredients	steps
				and the
				juice of 2 lime
				wedges;
				season
				with
				salt and
				pepper
				to taste.
				Cut out
				and
				discard
				the
				stem, ribs,
				and
				seeds of
				the
				pepper;
				pepper; finely
				chop. T
				horough
				ly wash
				your
				hands,
				knife, and
				cutting
				board i
				mmedia
				tely
				tely after
				handlin
				g the pe
				pper. </td
				p>
				Wh
				ile the beet co
				ntinues
				to cook,
				pat the
				chicken
				dry with
				paper
				towels;
				season
				on both
				sides with
				salt,
				nenner
				pepper, and the
				spice
				blend.
				In a
				large
				pan (no
				nstick,
				if you
				have
				one),
				heat 2 t
				easpoo ns of
				olive oil
				on medi
				um-high
				until
			D 150/100	hot.

id	title	description	ingredients	steps p
				Add the
				seasone d
				chicken;
				cook 3
				to 4
				minutes
				per side, or
				until
				browne
				d and
				cooked
				through
				Transfer
				to a
				cutting
				board; when
				cool
				enough
				to
				handle,
				roughly
				roughly chop. Transfer
				to a
				medium
				bowl.
				Rinse and
				wipe
				wipe out the
				pan.
				> T-
				To the
				bowl of
				choppe
				d
				chicken,
				add the sliced
				white
				bottoms
				of the
				scallion
				s, lime zest,
				the
				juice of
				1 lime
				wedge,
				a drizzle of olive
				oil, and
				as
				much of
				the
				choppe d
				pepper
				as you&
				rsquo;d
				like, de
				pending on how
				OILTIOW
				spicy yo

id	title	description	ingredients	steps	photo
				o;d like the dish	
				to be.	
				Stir to	
				combin	
				e;	
				season with	
				salt and	
				pepper	
				pepper to taste.	
				Place	
				the tortillas	
				on a	
				work	
				surface.	
				Sprinkle	
				the grated	
				cheese	1
				onto 1	1
				side of	1
				each tortilla.	[
				Evenly	1
				top with	
				the	
				filling.	
				Fold each	
				tortilla	
				tortilla in half	
				over the	
				filling.<	
				/p> In	
				the	
				same	
				pan,	
				heat 2 t	
				easpoo ns of	
				olive oil	
				on	1
				medium	1
				until hot.	1
				Add the	1
				quesad	[
				illas;	1
				cook 2	1
				to 3 minutes	1
				per	1
				side, or	1
				until the	1
				tortillas	1
				are browne	1
				d and	1
				the	1
				cheese	1
				has	1
				melted.	1
				(If the pan	1
				seems	1
				dry, add	1
			Da wa wasan 1 CO/100	a drizzle	

id	title	description	ingredients	steps p
				of olive
				oil before
				flipping.
				)
				Transfer to a
				cutting
				cutting board; i
				mmedia
				tely
				season with
				salt and
				pepper.
				Wh ile the q uesadill
				uesadill
				as cook, add the
				sliced
				orange,
				peanuts
				, the juice of
				the rem
				aining
				lime
				wedge, and a
				drizzle
				of olive
				oil to the
				bowl of
				cooked
				beet.
				Stir to combin
				e;
				season
				with
				salt and pepper
				to taste.
				Cut the
				cooked
				quesadil las in
				half.
				Garnish
				the que sadillas
				and
				salad
				with the
				sliced green
				tops of
				the
				scallion
				s. Serve with the
				lime
				crema
				on the
				side. En joy!
1				Doc 12

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id	title	description	ingredients	steps	photo
45 Spicy Pork & Korea	n Rice Cakes	In this	1 lb Korean Rice Cakes 2 cloves Garlic 2 heads Baby Bok Choy 2 Tbsps Soy Glaze 5 draws	He	N/A
		crowd-pleasing	/>1½ Tbsps Gochujang br />1 1-Inch Piece Ginger br />¼ cup Black Bean Sauce br />¼	at a	
		recipe, a savory	cup Crème Fraîche 1 bunch Chives	large	
		and spicy sauce		pot of	
		(balanced by a		salted	
		touch of cooling crème		water to boiling	
		fraîche)		on high.	
		brings together		Wash	
		ground pork, bok		and dry	
		choy, and		the	
		aromatics. We're		fresh	
		mixing in		produce	
		delightfully		. Peel	
		chewy tteok, or		and	
		rice		finely	
		cakes—a		chop	
		staple of Korean		the	
		cuisine.		ginger.	
				Peel	
				and	
				roughly	
				chop the	
				garlic.	
				Cut off	
				and	
				discard	
				the root	
				end of	
				the bok	
				choy;	
				roughly	
				chop	
				the	
				leaves	
				and	
				stems,	
				keeping them	
				separat	
				e.	
				Thinly	
				slice the	
				chives.	
				In a	
				large	
				pan,	
				heat 2 t	
				easpoo	
				ns of	
				olive oil	
				on medium	
				until	
				hot.	
				Add the	
				ground	
				pork (re	
				moving	
				and disc	
				arding	
				the	
				paper	
				lining	
				from	
				the	
				bottom)	
			Danie w web an 162/100	+: season	2 202

id	title	description	ingredients	steps	photo
				with salt and	
				pepper.	
				pepper. Cook, fr	
				equentl y	
				breakin	
				g the	
				meat apart	
				apart with a	
				spoon, 4 to 6	
				minutes	
				, or until	
				lightly b	
				rowned.	
				Ad d the	
				d the	
				choppe d ginger	
				and	
				garlic to	
				the pan; season	
				with	
				salt and	
				pepper. Cook,	
				stirring occasio	
				occasio	
				nally, 2 to 3	
				minutes	
				, or until	
				softene d and	
				the pork	
				is	
				cooked through	
				. To	
				To the pan,	
				add the	
				choppe	
				d bok choy	
				stems,	
				soy	
				glaze, black	
				bean	
				sauce,	
				½ ; cup of	
				water,	
				and as	
				much of the goc	
				hujang	
				as you&	
				rsquo;d like, de	
				pending	
				on how	
				spicy yo u&rsqu	
			Daga numbar: 162/100	o;d like	

The district of the control of the c	id	title	description	ingredients	steps ph
Cook  Cook			·		the dish
sistiming to come of the come					to be.
scanding of the control of the contr					stirring
maky.  United and the second and the					occasio
minute  the position of the po					nally, 3
. or unit her but will as stores shape or a stores shape or a store shape					to 4
The bold chory In the second chory In the seco					minutes
chemics of and chemics of and chemics of and chemics of and chemics of and chemics of and chemics of and chemics of and chemics of and chemics of an and chemics of an another c					the bok
Sections have all and like the liquid of the					choy
softenen d and liquid l					stems
d and the the part of the part					have
Interest in the content of the conte					softene
liquid has the tased the tased the the heat. Second self-and and copy to tase copy to tase copy to tase to provide the the the the the the the the the th					the
kened. Turn in de la control d					liquid
Turn of the control to the control t					has thic
the heac. Season seal an enperper to tack close source, cooks, add the source cooks, add the rice of foling water according to tack cooks and the portion of source cooks, and the portion of source cooks, and the portion of source cooks, and the rice of the portion of source cooks, and the portion					kened.
heact. Season with support property to task  4.p.>W ile the support and addition of the rice cakes the pol obling water and cook 2 to 3 and rut tender Dran 1 orough y,  4.p.>Y del cookee rice cakes and cookee rice cakes rice cakes and cookee rice cakes rice cak					Turn off
Seasons with some property state sta					heat
with salt an people of the control o					Season
salt an papper to task operations of the paper to task operations of the paper to task operations of the paper to task operations of the paper to task operations of the paper to task operations of the paper to task operations of the paper to task operations of task operations operations of task op					with
Sep   Sep					salt and
Sep   Sep					pepper
SparW   Ille the sauce cooks and the sauce cooks and the sauce cakes of the potential cooks and the					lo taste.
lie the sauce cooks, add the rice cooks, add the rice cooks, and t					Wh
cooks, add the rice cakes in the pot of boiling water and and cook 2 to the pot of pot of the pot o					ile the
add the rice cakes to the pop of a bolling where can be a					sauce
ince cakes the pot of the pot of of boiling water and cook?  10 3 multi and and and and and and and and and and					COOKS,
cakes the pol of boiling water and cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 an investigation of the cook 2 to 3 and 3 to 3 and 3 to 3 and 3 to 3 and 3 to 3 and 3 to 3 and 3 to 3 and 3 to 3 and 3 an					rice
the pot of boiling water and cook 2 to 3 minute , or unit ender Drain thender Drain the cooked rice cakes and choppe d box choy leaves to the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of cooked part of the pan of th					cakes to
boilining water and cook 2 to 3 an insurance of the cooker					the pot
water and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 and cook 2 to 3 to 3 to 3 to 3 to 3 to 3 to 3 to					of
and cook 2 to 3 to 3 minute or unit tender Drain to orough y.  <					boiling
cosk 2 to 3 minute , or un tender Drain to sugh y,  >> >> >> >> > A d the cookee rice cakes and choppe d bok choy leaves to the pan of cookee and and sauce; season with salt an pepper Cook Cookee pork cookee pork cookee to the pan of cookee pork and sauce; season with salt an pepper Cook Cookee pork cookee pork and sauce; season with salt an pepper pep					and
to 3 minute					cook 2
.or unt tender					to 3
tender Drain t orough y. <					minutes
Draint orough y.  ⟨p>Ar ⟨p>Ar ⟨p>Ar ⟨coker (cicer (cakes) and (chopped) (e) (e)					, or until
orough y,  Ap>Ac d the cooker rice cakes and choppe d bok choy leaves to the pan of cooker pork and sauce; sesson with salt an pepper					Drain th
y.  <					oroughl
d the cooked rice cakes and chopped by both cases and chopped by both cases and chopped by both cases to the pan of cooked pork and sauce; season with salt an pepper					y.
cooker rice cakes and chopped by the cooker					Ad
rice cakes and choppe d bok choy leaves to the pan of cooker pork and sauce; season with salt an pepper Cook of Cook o					a the
cakes and choppe d bok choy leaves to the pan of cooker and sauce; season with salt an pepper					rice
chopped d bok choy leaves to the pan of cooked pork and sauce; season with salt an pepper					cakes
d bok choy leaves to the pan of cooked pork and sauce; season with salt an pepper					and
choy leaves to the pan of cooked pork and sauce; season with salt an pepper Cook of Co					choppe
leaves to the pan of cookec pork and sauce; season with salt an pepper					d bok chov
to the pan of cooked pork and sauce; season with salt an pepper Cook of cook o					leaves
cooked pork and sauce; season with salt an pepper Cook of the cook					to the
pork and sauce; season with salt an pepper					pan of
and sauce; season with salt an pepper Cook o					
sauce; season with salt an pepper Cook o					pork
season with salt an pepper Cook o					
with salt an pepper Cook o					season
pepper Cook o					with
Cook o					salt and
COOK 0					pepper.
De ver versele en 164/100					medium

id title	e description	ingredients	steps	photo
			high,	
			stirring frequen	
			tly, 1 to	
			2	
			minutes	
			, or until	
			the rice	
			cakes are thor	
			oughly	
			coated	
			and the	
			bok	
			choy	
			leaves	
			are	
			slightly wilted.	
			Turn off	
			the	
			heat;	
			stir in	
			the cr&	
			egrave; me fra&	
			icirc;che	
			and half	
			the	
			sliced	
			chives.	
			Season with	
			salt and	
			pepper	
			to taste.	
			Garnish	
			the	
			finished	
			pork and rice	
			cakes	
			with the	
			remaini	
			ng sliced	
			sliced	
			chives.	
			Enjoy!< /p>	
46 Sweet & Sour Vegetable Stir-Fry	Two kinds of	2 Cage-Free Farm Eggs 1 1-Inch Piece Ginger 1½ Tbsps Soy Marinade 2 Tbsps	VP	N/A
	citrus—s	Roasted Peanuts	sh and	
	easonal orange		dry the	
	and lemon&mda		fresh	
	sh;give the		produce	
	sauce for our stir fried vegetables	-	. Peel the	
	its irresistible		carrots;	
	sweet-sour		thinly	
	balance. The		slice on	
	carrots, celery,		an .	
	and bok choy		angle.	
	perfectly		Slice	
	contrast a rich fried egg and		the celery	
	fluffy, radish-		on an	
	studded white		angle	
	rice.		into 1/2-	
			inch-	
			thick	
			pieces	

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id	title	description	ingredients step	s photo
IU	uuc	uescription	Halve	5 prioto
			the	
			orange squeez	e; ze
			the	
			juice	
			into a mediu	m
			bowl,	
			straini	n
			g out any	
			seeds.	,
			Peel and	
			roughl	ly
			chop	
			the garlic.	
			Peel	
			and	
			finely chop	
			the	
			ginger Cut off	·. f
			and	
			discare	d <sub>.</sub>
			the roo	ot   :
			the bo	ık
			choy;	h.
			roughl chop.	ıy
			Quarte	er
			and deseed	d
			the	u
			lemon	
			Cut off and	Г
			discard	d
			the	, <b>.</b>
			ends of the	)
			radish	e
			s; sma dice.	all
			Place i	in
			a bowl	I
			and to with th	ne
			juice o	of
			1 lemo	on
			and ha	alf
			the	
			sesam oil.	ie
			Season	n
			with	
			salt an	nd   r.
			peppe Set	
			aside t	to
			marin te,	la
			stirring	g
			occasi	12 202
			Page number: 166/109	10 200

id	title	description	ingredients	steps p	photo
				for at least 10	
				minutes	
				Season	
				with salt and	
				pepper	
				to taste.	
				ile the	
				radishe	
				s marin	
				ate, in a medium	
				saucep	
				an,	
				combin	
				e the rice, a	
				big pinch of	
				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 , or until	
				the	
				water	
				has	
				been absorbe	
				d and	
				the rice	
				is tender.	
				Turn off	
				the	
				heat	
				and fluff with a	
				fork.	
				Cover	
				to keep warm.<	
				/p>	
				Wh	
				ile the	
				rice cooks,	
				in a	
				large	
				pan (no	
		D	1.07/100	nstick,	

id	title	description	ingredients	steps   p	photo
				if you have	
				one),	
				heat 2 t	
				easpoo	
				ns of	
				olive oil on medi	
				um-high	
				until	
				hot.	
				Add the	
				sliced carrots	
				and	
				celery;	
				season	
				with	
				salt and	
				pepper. Cook,	
				stirring	
				occasio	
				nally, 6 to 7	
				to 7 minutes	
				, or until	
				slightly	
				softene	
				d.	
				Wh ile the v	
				egetabl	
				es cook,	
				to the	
				bowl of	
				orange	
				juice, add the	
				soy	
				glaze,	
				soy mar	
				inade, and the	
				juice of	
				the rem	
				aining	
				lemon	
				wedges. Stir to	
				combin	
				e;	
				season	
				with	
				salt and pepper	
				to taste.	
				To	
				To	
				the pan of veget	
				ahles	
				ables, add the	
				choppe	
				d garlic	
				and	
				ginger and rem	
				aining	
		Do was		sesame	

id	title	description	ingredients	steps	photo
				oil. Cook,	
				stirring	
				constan	
				tly, 30 seconds	
				seconds to 1	
				minute,	
				or until	
				fragrant . Add	
				the	
				sauce	
				and choppe	
				d bok	
				choy;	
				cook,	
				stirring constan	
				tly, 1 to	
				2	
				minutes	1
				, or until the bok	
				choy	
				leaves	
				have	
				wilted. Transfer	
				to a	
				bowl	
				and	
				season with	
				salt and	
				pepper	
				pepper to taste. Rinse	
				and	
				wipe	
				out the	
				pan. <td></td>	
				> In	
				the	
				same	
				pan, heat 2 t	
				easpoo	
				ns of	
				olive oil	1
				on medi um-high	
				until	1
				hot.	1
				Keeping	[
				them separat	
				e, crack	1
				the	
				eggs	1
				into the pan;	
				season	
				with	
				salt and	
				pepper. Cook 4	1
				to 5	

id	title	description	ingredients	steps	photo
	-	, , , , , , , , , , , , , , , , , , ,	<b>3</b>	minutes	1
				, or until	
				the	
				whites	
				are set	
				and the	
				yolks	
				are	
				cooked	
				to your desired	
				degree	
				of done	
				ness.	
				Turn off	
				the	
				heat.	
				Stir the	
				marinat	
				ed	
				radishe	
				s (inclu	
				ding any mar	
				inating	
				liquid)	
				into the	
				saucepa	
				n of	
				cooked	
				rice.	
				Serve the	
				finished	
				rice	
				with the	
				finished	
				stir-fry.	
				Тор	
				with the	
				fried	
				eggs	
				and peanuts	
				. Enjoy!	
47 Thai Curry Chicker	en	In tonight's	10 oz Chopped Chicken Breast br />1¾ cups Light Coconut Milk >3 Carrots br />1 Lime br />1	Wa	N/A
		dish, the spicy	head Baby Bok Choy ½ cup Dried Shiitake Mushrooms 2 tsps Golden Mountain Sauce <br< td=""><td>sh and</td><td></td></br<>	sh and	
		and aromatic	/>1½ Tbsps Yellow Curry Paste	dry the	
		flavors of yellow		fresh	
		curry		produce	
		paste—a		. In a	
		Thai staple&mda		bowl, combin	
		sh;shine through a lightly sweet		e the m	
		coconut milk		ushroo	
		broth.		ms and	
		Sautéed		1 cup of	
		chicken, carrots,		warm	
		and bok choy		water.	
		give the curry		Let	
		plenty of hearty		stand	
		texture, while		for at	
		fluffy rice		least 10	
		eagerly soaks up		minutes	
		all the complex flavors. (Chefs,		. Peel the	
		this curry paste		carrots;	
		packs a punch of		thinly	
		heat, so be sure	De vie versie en 170/100	slice	
					· > -> ->

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id	title	description	ingredients	steps	phot
		to use only as		into	,,,,,,,,,,
		much as you'd		rounds. Cut off	
		like!)		Cut off	
				and	
				discard	
				the root	
				end of	
				the bok	
				choy; thinly slice the	
				thinly	
				slice the	
				stems	
				and roughly	
				chop	
				the	
				leaves,	
				keeping	
				them	
				separat	
				e.	
				Quarter	
				the lime	
				In a	
				small sa	
				ucepan,	
				combin	
				e the rice, a	
				hig	
				big pinch of	
				salt,	
				and 1	
				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	
				, or until	
				the	
				water	
				has been	
				absorbe	
				d and	
				the rice	
				is	
				tender.	
				Turn off	
				the	
				heat	
				and fluff	
				with a	
				fork.	
				Cover	
				and set	L
			vo numbor: 171/100	<u>aside iff</u>	

id	title	description	ingredients	steps p
				a warm place. </td
				pace.  <br   p>
				Wh
				ile the
				rice cooks,
				pat the
				chicken
				dry with
				paper towels;
				season
				with
				salt and
				pepper. In a
				large
				pan,
				heat 1 t
				ablespo on of
				olive oil
				on medi
				um-high
				until hot.
				Add the
				seasone
				d
				chicken; cook,
				stirring
				occasio
				nally, 3 to 4
				minutes
				, or until
				lightly browne
				d.
				Leaving
				any
				browne
				d bits (or
				fond) in
				the pan,
				transfer
				to a plat e.
				e. Wh
				ile the
				chicken
				browns, drain
				the rehy
				drated
				mushro oms.
				Transfer
				to a
				cutting
				board
				and roughly
				chop.
				Add 2 t
				easpoo ns of
			D 172/100	<u>115 01</u>

id	title	description	ingredients	steps	photo
				olive oil	
				to the pan of	
				reserve	
				d fond;	
				heat on	
				medium-	
				high until	
				until	
				hot. Add the	
				sliced	
				carrots	
				and as	
				much of	
				the	
				curry	
				paste	
				as you&	
				rsquo;d like, de	
				pending	
				on how	
				spicy yo	
				spicy yo u&rsqu o;d like	
				o;d like	
				the dish	
				to be; season	
				with	
				salt and	
				pepper.	
				pepper. Cook,	
				stirring	
				frequen	
				tly, 1 to	
				2 minutes	
				, or until	
				slightly	
				softene	
				d and fr	
				agrant.	
				agrant. To	
				>10	
				the pan, add the	
				browne	
				d	
				chicken,	
				sliced	
				bok	
				choy	
				stems, Golden	
				Mountai	
				n sauce,	
				choppe	
				d mushr	
				ooms,	
				and .	
				coconut	
				milk	
				(shakin	
				g the can just	
				before	
				opening	
				);	
				season	

id	title	description	ingredients	steps ph
				with salt and
				pepper.
				pepper. Heat to
				boiling on high.
				Once
				boiling, reduce
				reduce
				the heat to
				medium-
				high and
				and
				cook, stirring
				occasio
				nally, 4 to 5
				to 5 minutes
				, or until
				the
				liquid is slightly reduced
				slightly
				in
				volume.
				Add the
				choppe d bok
				choy
				leaves.
				Cook, stirring
				occasio
				nally, 2
				to 3
				minutes , or until
				the
				liquid is
				slightly thicken
				ed and
				the
				chicken
				is cooked
				through
				. Turn
				off the heat
				and stir
				in the
				juice of
				2 lime wedges.
				Season
				with
				salt and
				pepper to taste.
				Serve
				the
				finished
				curry and
				cooked
				rice
		D		with the

id	title	description	ingredients		photo
				remaini	
				ng lime wedges	
				on the	
				side. En	
				joy! <td></td>	
Filapia & Black Lent	til Salad	In this dish,	½ cup Black Beluga Lentils 2 cloves Garlic 1 Lemon ½ lb Broccoli 	Pla	N/A
		we're putting a	bunch Parsley br />2 Tbsps Butter br />1 oz Golden Or Red Sweet Piquante Peppers br />1 Tbsp Capers	ce an	
		twist on Italian gremolata:		oven rack in	
		adding pickled		the	
		peppers to the		center	
		classic parsley,		of the	
		garlic, and lemon		oven, then	
		condiment. The		preheat	
		bright, tangy		to 450&	
		flavors perk up a		deg;F.	
		hearty salad of black lentils and		Heat a medium	
		roasted broccoli.		saucepa	
		We're also using		n of	
		lemon juice as the base for an		salted water to	
		easy pan sauce		boiling	
		to serve over our		on high.	
		seared		Once	
		tilapia.		boiling, add the	
				lentils	
				and	
				cook, u	
				ncovere d, 24 to	
				26	
				minutes	
				, or until	
				tender. Turn off	
				the	
				heat.	
				Drain th	
				oroughl y and	
				rinse	
				under	
				warm	
				water; return	
				to the	
				pot.	
				Cover to keep	
				warm.<	
				/p>	
				Wh	
				ile the lentils	
				cook,	
				wash	
				and dry	
				the fresh	
				produce	
				. Cut off	
				and	
				discard the	
				bottom Dec 1	
			Page number: 175/198	Dec 1	<b>レ. フ02</b>

id	title	description	ingredients	steps	photo
				1/2 inch	
				of the broccoli	
				stem;	
				cut the	
				broccoli	
				into	
				small	
				pieces,	
				keeping the	
				florets	
				intact.	
				Place	
				on a	
				sheet	
				pan.	
				Drizzle	
				with olive oil	
				and	
				season	
				with	
				salt and	
				pepper; toss to	
				toss to	
				coat.	
				Arrange in an	
				even	
				layer.	
				layer. Roast	
				15 to 17	
				minutes	
				, or until	
				browne d and	
				tender	
				when	
				pierced	
				with a	
				fork.	
				Remove	
				from	
				the ove n.	
				\(\frac{1}{p}\)	
				ile the	
				broccoli	
				roasts,	
				peel the	
				garlic. Roughly chop 1	
				chop 1	
				clove.	
				Finely	
				chop	
				the rem	
				aining	
				clove;	
				using	
				the flat	
				side of	
				your knife,	
				smash	
				until it r	
				esembl	
				es a	
				paste _	

id	title	description	ingredients	steps	phot
			<b>,</b>	(or use	
				a	
				zester).	
				Using a peeler,	
				remove	
				the	
				yellow rind of	
				the	
				lemon,	
				avoidin	
				g the	
				white	
				pith; mince	
				the rind	
				to get 2	
				teaspo	
				ons of	
				zest (or use a	
				zester).	
				Quarter	
				and	
				deseed	
				the lemon.	
				Roughly	
				chop	
				the	
				peppers	
				. Finely chop	
				the	
				parsley	
				leaves	
				and	
				stems. To	
				make	
				the gre	
				molata,	
				in a bowl,	
				combin	
				e the	
				lemon	
				zest,	
				choppe d	
				peppers , half	
				the	
				choppe	
				d parsley,	
				the	
				juice of	
				2 lemon	
				wedges, 1 tables	
				1 tables	
				poon of olive oil,	
				and as	
				much of	
				the	
				garlic	
				paste as you&	
			D 177/100	<u>as you</u> g	

Heave we will be a second or second	id	title	description	ingredients	steps	photo
Season self, and and proper younger, and and proper younger, and and younger, and you					rsquo;d	
with proper prop					like. Season	
appearance of the second of th					with	
control of the state of the sta					salt and	
control of the state of the sta					pepper to taste.	
covered by the covere						
fillulation of control					Pat	
and the second s					fillets	
season with pepper on both sides, in ann ino natick, if you nave need t easpoo no of of of on recal or					dry with	
season with pepper on both sides, in ann ino natick, if you nave need t easpoo no of of of on recal or					paper	
with self and per per per per per per per per per per					season	
people in soft a lam a lam a lam a lam pan (no natick, if you one), heat 2 t corapio of live all on medi um high unce diffice Add the season diffice cook 2 to 2 a minutes side, or until lightly of and cooked through any browne d bis fond) in the pan, transfer to physical soft fond) in the pan, transfer to physical soft cooked through any browne d bis fond) in the pan, transfer to physical soft cooked through any browne d bis fond) in the pan, transfer to physical soft cooked through any browne d bis fond) in the pan, transfer to physical soft cooked through any browne d bis fond) in the pan, transfer to physical soft cooked through throug					with	
sides. In a large and larg					salt and	
sides. In a large and larg					on both	
pan (no nestick, if you one). If you one). In the Az 2 to easpoon is of olive all of the panel o					sides. In	1
nstick, if you have a come, heat 2 the aspoon one, heat 2 the aspoon one of a content of all the analysis of a content of all the analysis of a content of a cont					a large	
if you have once to the season of the season					nstick,	
one), heat 2 t easpoor is of of one o					if you	
heat 2 t easpoor re of re re of re of re of re of re of re of re of re of re of re of re o					have	
easpool of olive oil of olive oil on medid in might until hot.  Add the seasone diffilets and code and					heat 2 t	
olive oil on medi um-high undi link of the seasone of fillets and cook 2 to 3 minutes per side, or until liquity in owner of the seasone of fillets of the seasone of fillets of the seasone of fillets of the seasone of fillets of the seasone of fillets of the seasone of the se					easpoo	
on medi um-high until hot. Add the seasone of filests and filest and filests a					ns of	
um-high until hot. Add the seasone of add the seasone of add the seasone of add and add and add and add and add and add and add ad					on medi	
hot. Add the seasone of lilets and cook 2 to 3 minutes per side, or lightly browne of and cooked through cooked					um-high	ı
Add the seasone d fillets and cook 2 to 3 minutes per side, or until lightly browne d and cooked through . Leaving any browne d bits (or minute) for minute and the pan, transfer to a plate e.s/p> - s/p> -					until	
seasone d fillets and cook 2 to 3 minutes per side, or until lity y towne d and cooked through Leaving any browne d bits (or fond) in the pan, transfer to a plat e. e./p>          <					Add the	
and cook 2 to 3 to 3 minutes per gide, or until lightly browne d and cooked through .  Leaving any browne d bits (or fond) in the pan, transfer to apan transfer to apan d d the e, <td></td> <td></td> <td></td> <td></td> <td>seasone</td> <td>:</td>					seasone	:
cook 2 do 3 minutes per side, or ide,					d fillets	
to 3 minutes per side, or until lightly browne d and cooked through Leaving any browne d bits (or fond) in the pan, transfer to a plat e. >>Ad d the capers, choppe d garitc, butter, and 1 ta blespoo n of					cook 2	
per   side, or   until   lightly   browne   d and   cooked   through     Leaving   any   browne   d bits   (or   fond) in   the pan, transfer to a plat   e					to 3	
side, or until lightly browned of and cooked throught.  Leaving any browned bits (or fond) in the pan, transfer to a plat e.e./p>    4 plate 4 plate   4 plate 4 plate   5 plate 4 plate   6 plate 4 plate   6 plate 4 plate   6 plate 4 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   6 plate 6 plate   7 plate 7 plate   8 plate 8 plate   9 plate 8 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 plate 9 plate   9 pla					minutes	
lightly browne d and coked through .  Leaving any browne d bits (or fond) in the pan, transfer to a plat e. Ad d the capers, choppe d garlic, butter, and 1 ta blespoon n of					side, or	
browne d and cooked through Leaving any browne d bits (or fond) in the pan, transfer to a plat e. Ap> d bHe capers, choppe d garlic, butter, and 1 ta blespoo n of					until	
d and cooked through  Leaving any browne d bits (or fond) in the pan, transfer to a plat e. e. >>Ad d the capers, checked a difference of the capers, and 1 ta blespoo n of of one of the capers of					browne	
through Leaving any browne d bits (or fond) in the pan, transfer to a plat e. e.   a) d d the capers, choppe d garlic, butter, and 1 ta blespoo n of of on of on on of on of on of on of on of on of on of on of on of on of on on of on on of on on of on of on of on of on of on of on of on of on of on of on of on on on on on on on on on on on on on					d and	
Leaving any browne d bits (or fond) in the pan, transfer to a plat e. Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of or fond) in or for fond.					cooked	
any browne d bits (or fond) in the pan, transfer to a plat e.  >Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of of					through .	
browne d bits (or fond) in the pan, transfer to a plat e. e. Ap>Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of					Leaving	
d bits (or fond) in the pan, transfer to a plat e. Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of					any	
(or fond) in the pan, transfer to a plat e. e. d the capers, choppe d garlic, butter, and 1 ta blespoo n of					d bits	
the pan, transfer to a plat e. Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of					(or	
transfer to a plat e. Ad Ab the capers, choppe d garlic, butter, and 1 ta blespoo n of					fond) in	
to a plat e. Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of					transfer	'
<pre>Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of</pre>					to a plat	:
d the capers, choppe d garlic, butter, and 1 ta blespoo n of					e.	
capers, choppe d garlic, butter, and 1 ta blespoo n of					d the	
choppe d garlic, butter, and 1 ta blespoo n of					capers,	
butter, and 1 ta blespoo n of					choppe	
and 1 ta blespoo n of					a gariic, butter	
blespoo   n of					and 1 ta	1
n of olive oil					blespoo	
, toniv. on t					n of olive oil	

past of Circle.  Increase with a state o	id	title	description	ingredients	steps p
recents G forms G forms with volument control					to the
d d force scored					reserve
steam of pages (Cook on pages (Cook					d fond;
sali and good-remainment of the control of the cont					season
people. Cool or mily in the property of the pr					with
medium ingly.  Ingly. I					Salt and
medium ingly.  Ingly. I					Cook on
high.  Authority and screphing from the property of the proper					medium
constant of year of ye					high,
Uy and scrapin stripin					stirring
scrapin of sit cond. I to 2 manutes of the cond. I to 2 manutes of the cond. I to 2 manutes of the cond. I to 2 manutes of the cond. I to 2 manutes of the cond. I to 2 manutes of the cond. I to 3 manutes of the cond. I the					constan
a up of the control o					scranin
any forse_1  minutes .out until browne d and file file file file file file file file					g up
fond, 1  TO 2  THE CONTROL OF THE CO					anv
minutes  de unute  de unut					fond, 1
, or until browne d and d. Turn off the heat; stir in livice or the rem aining icmon wedges di careful, as the liquid may spiarer Spia					to 2
browned and fingham fi					or until
d and fragrant . Turn .					browne
fragrant . Turn of the of the stir in the juice of the rem aning wedges (be careful, as the liquid splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter ). Season with solan splatter					d and
and the heat.  Str in the street of the collection of the collect					fragrant
heat: str in the juice of live rem an an emon wedges (be carerul, as the liquid may splatter  Season with salt and pepper to tastes, <pre>   Para   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Cooked   Ientis   Saucepa   Ientis   Saucepa   Ientis   Saucepa   Ientis   Saucepa   Ientis</pre>					. Turn
stir in the final place of the final place of the final place of the final place of the final place of the final place of the final place of the final place of the final place of the finished of the finishe					oπ the
the juice of the rem aining length of the rem aining length of the rem aining length of the rem aining length of the rem aining length of the careful, as the liquid lay as th					stir in
juce of the rem aining lemon wedges (b) of the liquid may splatter }.  Season with salt and papper to cope.  Solotion of the saucepa of cooked lensits, and the coasted lensits, and the coasted lensits of the company of the company of the cooked lensits.  Solotion of the saucepa of the cooked lensits, and the coasted lensits, and the coasted lensits, and the coasted lensits of the company of the cooked lensits.  Sir to combin e; season with salt and pepper to cooked lensits a					the
alining lemon wedges (be careful, as full and the liquid may splatter). Season was also also also also also also also al					juice of
lemon wedges (be careful, as the liquid may palatter }  Season with salt and pepper to taste.  (%)>  (%)>  (%)>  (%)>  (%) <					the rem
wedges (be   careful, as th					lomon
(be (careful, as the liquid may splatter   ).  Season with salt and pepper to taste. < <p< td=""><td></td><td></td><td></td><td></td><td>wedges</td></p<>					wedges
careful, as the liquid may splatter.    Season with a salt and pepper to taste.    Sep>   Sep					(be
liquid may splatter ). Season with salt and peaper to taste < < tp>					careful,
may splatter ). Season with such such such such succepa nof cooked lentils, add the reasted broccoli molata. Str such such such such such such such such					as the
splatter ). Season with salt and pepper to taste.  <					liquid
), Season with salt and pepper to taste.  >					splatter
Season with salt and pepper to taste.     Image: space of the saucepa of the sauc					
salt and pepper to taste.   >>>>					Season
pepper to taste.  To To the saurepan n of cooked lentils, add the roasted broccoli and green molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					
<					Salt and
<					to taste.
To the saucepa n of cooked lentils, add the roasted broccoli and gre molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					<q\></q\>
the saucepa n of cooked lentils, add the roasted broccoli and gree molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					To
n of cooked lentils, add the roasted broccoli and gre molara. Stir to combin e; season with salt and pepper to taste. Serve the finished					
cooked lentils, add the roasted broccoli and gre molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					saucepa
lentils, add the roasted broccoli and gre molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					cooked
add the roasted broccoli and gre molata. Stir to combin e; season with salat and pepper to taste. Serve the finished					lentils,
broccoli and gre molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					add the
and gre molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					roasted
molata. Stir to combin e; season with salt and pepper to taste. Serve the finished					and are
Stir to combin e; season with salt and pepper to taste. Serve the finished					molata.
combin e; season with salt and pepper to taste. Serve the finished					Stir to
season with salt and pepper to taste. Serve the finished					combin
with salt and pepper to taste. Serve the finished					e;
salt and pepper to taste. Serve the finished					season
pepper to taste. Serve the finished					salt and
to taste. Serve the finished					pepper
the finished					to taste.
finished					Serve
lantila					the
Danie 170/100					lentils

id	title	description	ingredients	steps	
				with the cooked	
				fish	
				fillets.	
				Top the	
				fish	
				with the pan	
				sauce.	
				Garnish	
				with the	
				remaini	
				ng choppe	
				d	
				parsley.	
				Enjoy!	
10 = 110111					1
49 Togarashi Chicke	n Lettuce Cups	This recipe has been	<ul><li><ul style="list-style-type: none;"></ul></li><li><li><li>style="list-style-type: none;"&gt;</li></li></li></ul>	Wa sh and	N/A
		approved by	<pre><div>10 oz Ground Chicken</div></pre>	dry the	
		Whole30®.		fresh	
		To learn more	< i style="list-style-type: none;">2 Carrots	produce	
		about their	< i style="list-style-type: none;">4 oz Cremini Mushrooms	. Thinly	
		guidelines, visit		slice the	
		Whole30.com. We're	< i style="list-style-type: none;">1 head Butter Lettuce < i style="list-style-type: none;">3 oz Radish	mushro oms.	
		partnering with	<pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre></pre> <pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><p< td=""><td>Peel</td><td></td></p<></pre>	Peel	
			<pre><div>1 Red Onion</div></pre>	and	
		bring you the		thinly	
		first of eight	< i style="list-style-type: none;">1 Lime	slice the	•
		weeks of	<pre><li><li>style="list-style-type: none;"&gt;1 Then Torongo Book</li></li></pre>	onion.	
		These chicken	<pre><li>style="list-style-type: none;"&gt;1 Tbsp Togarashi Seasoning (Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds &amp; Sesame Seeds)</li></pre>	Peel and	
			<pre><li>style="list-style-type: none;"&gt;1 Orange</li></pre>	roughly	
		their dynamic		chop	
		flavor from		the	
		togarashi season		garlic.	
		ing—a staple of		Using a peeler,	
		Japanese cuisine.		remove	
		Juicy bites of		the	
		orange add more		green	
		bright flavor and		rind of	
		color.		the	
				lime, avoidin	
				g the	
				white	
				pith;	
				mince	
				the rind to get 2	
				teaspo	
				ons of	
				zest (or	
				use a	
				zester). Quarter	
				the	
				lime.	
				Peel the	
				carrots;	
				grate	
				on the	
				large	
				side of a box	
				grater.	
				Cut off	

id	title	description	ingredients	steps p
				and discard
				the
				ends of
				the radishe
				s; halve
				length wise,
				wise,
				then thinly
				slice cro
				sswise.
				Cut off
				and discard
				the root
				end of
				the lettuce;
				separat
				e the
				leaves.
				Peel and
				medium
				dice the
				orange.
				large
				pan, heat 1 t
				ablespo
				on of
				olive oil
				on medi um-high
				until
				hot.
				Add the
				sliced m ushroo
				ms in
				an even
				layer and
				cook,
				without
				stirring,
				2 to 3 minutes
				, or until
				lightly
				browne d. Add
				the
				sliced
				onion
				and choppe
				d garlic;
				season
				with
				salt and
				pepper. Cook,
				stirring
				occasio
		<del></del>	a numbar, 101/100	nally, 2

id	title	description	ingredients	steps ph
				to 3 minutes
				, or until
				softene
				d and
				fragrant
				. Add the
				juice of
				1 lime
				wedge;
				cook,
				stirring constan
				tly, 30
				seconds
				to 1
				minute,
				or until combin
				ed.
				Transfer
				to a
				large bowl.
				bowl. Season
				with
				salt and
				pepper to taste.
				to taste.
				Rinse and
				wipe
				out the
				pan.
				>
				In the
				same
				pan,
				heat
				the sesame
				oil on m
				edium-
				high
				until
				hot. Add the
				ground
				chicken;
				season
				with
				salt and
				pepper. Cook, fr
				equentl
				y
				breakin
				g the meat
				apart
				with a
				spoon,
				3 to 4
				minutes
				, or until lightly
				browne
		Do are		d. Add

id	title	description	ingredients	steps	photo
				the	
				togaras hi seaso	
				ning	
				and	
				cook, stirring	
				frequen	
				frequen tly, 1 to 2	
				2	
				minutes , or until	
				the	
				chicken	
				is thoro	
				ughly coated.	
				Add 1/4	
				cup of	
				water and	
				cook,	
				stirring	
				constan	
				tly, 30 seconds	
				seconds to 1	
				minute,	
				or until the	
				water	
				has	
				cooked	
				off and the	
				chicken	
				is	
				cooked through	
				. Turn	
				off the	
				heat. </td <td></td>	
				p> To	
				the	
				bowl of	
				cooked vegetab	
				les, add	
				the	
				cooked	
				chicken, lime	
				zest,	
				grated	
				carrots, sliced	
				radishe	
				s, 1 tabl	
				espoon	
				of olive oil, and	
				the	
				juice of	
				the rem	
				aining lime	
				wedges.	
				Season	
		D		with	

id	title	description	ingredients		photo
				salt and	
				pepper.	
				Stir to t	
				horough ly	
				combin	
				e;	
				season	
				with	
				salt and	
				pepper	
				to taste.	
				Div	
				ide the	
				filling	
				among	
				the	
				lettuce	
				leaves.	
				Top with the	
				diced	
				orange	
				and a	
				drizzle	
				of olive	
				oil. Enjo	
F.0	Ton Chaf Cingay Marinatad Cyagofod Staals	ans In this resin	vul atula. Illiat atula tupa, papa lla	y!	NI/A
50	Top Chef Ginger-Marinated Grassfed Steaks	In this recipe e—inspire	<ul><li><ul style="list-style-type: none;"></ul></li><li><li><li><li><li><li><li><li><li>&lt;</li></li></li></li></li></li></li></li></li></ul>	Pee I and	N/A
		d by our	<pre><div>2 Grassfed Steaks</div></pre>	finely	
		Quickfire		chop	
		Challenge from&	<pre><!--i style="list-style-type: none;"-->3 oz Radishes</pre>	the	
		nbsp; <em>Top</em>	< i style="list-style-type: none;">4 oz Cremini Mushrooms	ginger.	
			< i style="list-style-type: none;">¾ cup Jasmine Rice	Place in	
		p;Season 15 on	< i style="list-style-type: none;">½ lb Baby Bok Choy	a	
		Bravo—w	<pre><li>style="list-style-type: none;"&gt;1 Shallot</li></pre>	medium bowl.	
		e're marinating	<pre><li>style="list-style-type: none;"&gt;1 Tbsp Sugar</li></pre> <pre></pre> pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre></pre><pre< td=""><td>Stir in</td><td></td></pre<></pre></pre>	Stir in	
		grassfed steaks	<pre><li><li>style="list-style-type: none;"&gt;1 Then riced dinger </li></li></pre>	the soy	
		in fresh ginger,	<pre><li><li>style="list-style-type: none;"&gt;1 Bird's Eye Chile Pepper</li></li></pre>	sauce,	
		soy sauce, and	<pre><li>style="list-style-type: none;"&gt;1 Tbsp Rice Vinegar</li></pre>	ponzu	
		citrusy ponzu	<pre><li>style="list-style-type: none;"&gt;1 Tbsp Soy Sauce</li></pre>	sauce,	
		sauce. The extra		and a	
		marinade		drizzle	
		transforms into an easy pan		of olive oil. Pat	
		sauce, which		the	
		adds punchy		steaks	
		flavor to the		dry with	
		steaks and a		paper	
		side of jasmine		towels;	
		rice.		season	
				with	
				salt and pepper	
				on both	
				sides.	
				Place in	
				the	
				bowl of	
				marinad	
				e and	
				turn to	
				coat. Set	
				aside to	
				marina	
				L	

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

title	description	ingredients ste	os photo
		turni	ng
		OCCa	510
		nally for a	
		least	10
		min	ite   
		s.	Wh
		ile tr steal	e
		steal mari	S
		e, in	a
		med	um
		pot,	im
		comi e the	oin
		rice,	a
		rice, big pincl	
		pinci salt	Of
		salt,	
		1/2	
		cups water	of   -
		Heat	to
		Heat boiling on h	g
		on h	gh.
		boilin	a.
		cove	.
		and	_
		redu the	ce
		heat	to
		low.	
		Cook to 14	12
		minu	tes
		, or u	ntil
		the water	
		has	
		beer	
		abso	be
		d and the r	re
		is	
		tend	er.
		Turn the	OTT
		heat	
		and the state of t	luff
		with fork.	a
		Cove	r
		to ke	ер
		warn	1.<
		/p>  ile th	Wh
		ile tr	e
		rice	
		cook	5,
		wash and	Irv
		the	,
		the fresh	
		prod	ice
		Quai	ter
		D 105 /100	12, 2021 at 0
		Page number: 185/198	: 12, 2021 at 0

id	title	description	ingredients	steps p
				hrooms. Peel
				and
				thinly slice the
				slice the shallot.
				Cut off
				and
				discard
				the root end of
				the bok
				choy; roughly
				roughly
				chop. Cut off
				and
				discard
				the
				ends of the
				radishe
				s; thinly
				slice
				into rounds.
				Place in
				a bowl.
				Top with
				half the
				vinegar;
				season
				with salt and
				pepper.
				pepper. Set
				aside to marina
				te,
				stirring
				occasio
				nally, for at
				least 10
				minutes
				. Cut off
				and discard
				the
				stem
				end of the
				pepper;
				thinly
				slice cro
				sswise. (For a
				milder
				dish,
				remove
				and discard
				the
				seeds
				first.) T horough
				ly wash
				your
<del>                                     </del>			D 100/100	hands,

id	title	description	ingredients	steps p	photo
				knife, and	
				cutting	
				board i	
				mmedia	
				tely after ha	
				ndling.	
				In a medium	
				pan, heat 2 t	
				heat 2 t	
				easpoo ns of	
				olive oil	
				on medi	
				um-high until	
				hot.	
				Add the	
				quarter	
				ed mus hrooms	
				in an	
				even	
				layer. Cook, without	
				without	
				stirring, 2 to 3	
				2 to 3 minutes	
				, or until	
				lightly	
				browne d. Add	
				the	
				sliced	
				shallot,	
				choppe d bok	
				choy,	
				and as	
				much of the	
				sliced	
				pepper as you&	
				rsquo:d	
				rsquo;d like, de	
				pending	
				on how	
				spicy yo u&rsqu	
				o;d like	
				the dish to be;	
				season	
				with	
				salt and	
				pepper. Cook,	
				stirring	
				frequen	
				tly, 2 to	
				minutes	
				, or until	
				softene	

id	title	description	ingredients	steps p
				Transfer
				to a bowl.
				Stir in
				the rem
				aining
				vinegar; season
				with
				salt and
				pepper to taste.
				Cover
				with alu
				minum
				foil. Rinse
				and
				wipe
				out the
				pan.
				In
				the
				same
				pan, heat 2 t
				easpoo ns of
				ns of
				olive oil on medi
				um-high
				until
				hot. Res
				erving the mar
				inade,
				add the
				marinat ed
				steaks.
				Cook,
				turning
				occasio nally, 7
				to 9
				minutes
				for medi um-
				rare, or
				until
				browne
				d and cooked
				to your desired
				desired
				degree of done
				ness.
				Leaving
				any
				browne
				d bits (or
				fond) in
				the pan,
				transfer to a
				cutting
			100/100	board 12

id	title	description	ingredients	steps	photo
14	- Citic	description	ingredicites	and let	Prioce
				rest for	
				at least 5 minut	
				es.	
				Wh	
				ile the	
				steaks rest, to	
				the pan	
				of	
				reserve d fond,	
				add the	
				reserve	
				d marin	
				ade,	
				sugar, and 1/4	
				cup of	
				water	
				(be careful,	
				as the	
				liquid	
				may splatter ). Bring to a boil	
				). Bring	
				to a boil	
				on medi	
				um- hiah.	
				high. Cook,	
				stirring	
				constan	
				tly, 2 to 3	
				minutes	
				, or until thicken	
				ed. Turn	
				off the	
				heat	
				and season	
				with	
				salt and	
				pepper to taste.	
				Find the	
				lines of	
				muscle	
				(or grain)	
				on the	
				rested	
				steaks; thinly	
				slice cro	
				sswise	
				against	
				the grain.	
				Serve	
				the	
				sliced steaks	
				with the	
				cooked	
			Dago number: 100/100	rice and	<del></del>

id	title	description	ingredients	steps	photo
				cooked	
				vegetab	
				les. Top the	
				steaks	
				with the	
				sauce.	
				Garnish	
				with the marina	
				ted	
				radishe	
				S	
				(drainin	
				g before adding).	2
				Fniov!	
				Enjoy!	
51	Top Chef Seared Grassfed Steaks	In this	2 Grassfed Strip Steaks 4 oz Cremini Mushrooms 1 1-Inch Piece Ginger 2 Tbsps Sweet Chili	Wa	N/A
		recipe, inspired	Sauce	sh and dry the	
		by our Quickfire Challenge from		fresh	
		Top Chef Season		produce	
		15 on Bravo,			
		simple grassfed		Quarter	
		steaks and rice		the mus	
		get a sweet, tart,		hrooms. Peel	
		and spicy lift from glazed		and	
		mushrooms and		thinly	
		bok choy. Sliced		slice the	2
		radishes,		shallot.	
		softened a bit		Peel	
		with lime juice, finish the dish off		and finely	
		with subtle		chop	
		crunch.		the	
				ginger. Cut off	
				Cut off	
				and discard	
				the root	
				end of	
				the bok	
				choy;	
				roughly	
				chop. Quarter	
				the	
				lime.	
				Cut off	
				and discard	
				the	
				ends of	
				the	
				radishe	
				s; thinly slice	
				into	
				rounds.	
				Place in	
				a bowl	
				and top	
				with the juice of	
1				Juice Oi	
				I IIme	
				1 lime wedge	

Database: parkerk2\_idm232, Table: recipes, Purpose: Dumping data

id	title	description	ingredients	steps	phot
	CCC	acsemption .	ingledicites	of olive	۲۰۱۰۲
				oil;	l
				season	1
				with	1
				salt and	1
				pepper. Stir to	1
				coat. In	1
				a bowl,	l
				combin	1
				e the	l
				ponzu	l
				sauce,	l
				sweet chili	l
				sauce,	l
				sugar,	l
				sugar, 1/4 cup	l
				of	l
				water,	l
				and as	l
				much of the soy	l
				marinad	l
				e as yo	l
				u&rsqu	l
				o;d	l
				like. <td></td>	
				>	
				In a medium	l
				pot,	
				combin	l
				e the	
				rice. a	l
				big pinch of	
				pinch of	l
				salt, and 1	l
				1/2	l
				cups of	
				water;	
				heat to	l
				boiling	l
				on high.	
				Once	l
				boiling, cover	l
				and	l
				reduce	Į
				the	l
				heat to	l
				low.	l
				Cook 12 to 14	l
				minutes	l
				, or until	l
				the	Į
				water	l
				has	l
				been	l
				absorbe d and	l
				the rice	Į
				is	Į
				tender.	l
				Turn off	l
				the	l
				heat	l
			no number: 101/100	and fluff	

id	title	description	ingredients steps	s photo
			with a	
			fork. Cover	
			to keep	o
			warm.	<
			/p>	
			Weight in the contract of t	ח
			rice	
			cooks,	
			pat the	9
			steaks	
			dry wit	.h
			paper towels;	.
			season	1
			with	
			salt an	d
			pepper on both	·
			sides. I	in
			a large	
			pan,	
			heat 2	t
			ablespo ons of	٥
			ons of olive of	
			on med	di
			um-hig	jh
			until	
			hot.	
			Add the season	e
			d steak	(S
			and	
			cook 4	
			to 5	
			minute per sid	.S
			for med	di
			lum-	
			rare, or	r
			until	
			browne d and	2
			cooked	ı k
			to your desired	ſ
			desired	l k
			degree of done	:
			of done ness.	=
			Leaving	g
			any	
			browne	غ ا
			d bits	
			(or fond) ii	n
			the par	n,
			transfe	er
			to a	
			cutting	i
			board	_
			and let rest for	·   r
			at leas	t
			5 minu	ıt
			es.	>
			Very series of the control of the	n
			ile the	

id	title	description	ingredients	steps ph
				rest, add 1 ta
				blespoo
				n of
				olive oil to the
				pan of
				reserve
				d fond; heat on
				medium-
				high until
				until
				hot. Add the
				quarter
				ed mus
				hrooms in an
				even
				layer. Cook,
				Cook,
				without stirring,
				3 to 4
				minutes
				, or until lightly
				browne
				d and
				slightly
				softene d. Add
				the
				sliced
				shallot and
				choppe
				<b>d</b>
				ginger;
				season with
				salt and
				pepper.
				Cook, stirring
				constan
				tly, 30
				seconds to 1
				minute,
				or until
				fragrant
				. Ad
				d the
				glaze
				and choppe
				d bok
				choy to
				the pan;
				season with
				salt and
				pepper.
				Cook, stirring
				occasio
			D 102/100	nally, 4

id	title	description	ingredients	steps	photo
				to 5 minutes	
				, or until	
				the glaze is	
				slightly	
				thicken	
				ed and the veg	
				etables	
				have softene	
				d. Turn	
				off the heat	
				and stir	
				in the	
				juice of the rem	
				aining	
				lime wedges.	
				Season	
				with	
				salt and pepper	
				to taste.	
				d the	
				lines of	
				muscle (or	
				grain)	
				on the rested	
				steaks;	
				thinly slice cro	
				sswise	
				against	
				the grain.	
				Serve	
				the sliced	
				steaks	
				with the	
				cooked rice and	
				glazed v	
				egetabl es.	
				Garnish	
				with the marina	
				ted	
				radishe	
				s (drainin	
				g before	
				adding). Enjoy!	
52 Tuscan Chicken	& Green Lentil Stew	In this sold	< Boneless, Skinless Chicken Breasts br /> 2 Carrots br /> 1 Red Onion br /> 2 cloves Garlic br /> ½ cropped Group Londillo the / 1 by a fraction Cropped Group Londillo the /	He	N/A
		comforting cold- weather recipe,	cup French Green Lentils br/>1 bunch Collard Greens br/>2 Tbsps Tomato Paste 6 Frac14; tsp Crushed Red Pepper Flakes 7 Tbsp Capers 7 Tbsp Apple Cider Vinegar 7 Tbsps Crumbled Goat	at a medium	
		we're serving	Cheese < br />1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Description of the Cheese < br />1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Description of the Cheese < br />1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese < Description of the Cheese	pot of	
		Tuscan-spiced chicken over	Ground Sage)	salted	
		CHICKEIT OVEL	Page number: 194/198	Dec 1	2 201

Page number: 194/198 water to Dec 12, 2021 at 02:30 AM

tender green lentils and vegetables	boiling on high.	
	an high	
VCGCtables	Once	
cooked in a light,	hoiling	
savory tomato	boiling, add the	
broth. Capers	lentils	
and crushed red	and	
pepper add briny	cook, u	
flavor and a	ncovere	
touch of heat to	d, 27 to	
cut through the	29	
rich, earthy	minutes	
stew. (Chefs,	, or until	
rinsing the lentils	tender.	
after cooking	Drain th	
removes excess starch, resulting	oroughl y and	
in a more	rinse	
delicate	under	
flavor.	warm	
mator. 7/pr	water	
	30	
	seconds	
	to 1	
	minute,	
	or until	
	the	
	water	
	runs cle	
	ar.	
	Wh	
	ile the lentils	
	cook,	
	wash	
	and dry	
	the	
	fresh	
	produce	
	. Peel	
	and	
	thinly	
	slice the	
	onion.	
	Peel	
	and	
	roughly	
	chop	
	the garlic.	
	Peel	
	and	
	medium	
	dice the	
	carrots.	
	Roughly	
	chop	
	the	
	capers.	
	Remove	
	and	
	discard	
	the	
	stems	
	of the	
	collard	
	greens;	
	roughly chop	
	the leave	

id	title	description	ingredients	steps phot
	-		<b>5</b>	es.
				Wh
				es. Wh ile the
				lentils
				continu
				e to
				cook,
				pat the
				chicken dry with
				naner
				paper towels;
				season
				on both
				sides
				with
				salt,
				pepper, and half
				and half
				the
				spice
				blend.
				In a
				large
				pan, heat 2 t
				easpoo
				ns of
				olive oil
				on medi
				um-high
				until
				hot.
				Add the
				seasone
				d
				chicken
				and cook 5
				to 7
				minutes
				per
				side, or
				until
				browne
				d and
				cooked
				through
				Leaving
				any browne
				d bits
				(or
				fond) in
				the pan,
				transfer
				to a
				cutting
				board.<
				/p>
				Ad
				d the
				sliced
				onion,
				choppe
				d garlic, and
				diced
				carrots
The state of the s			D 10C/100	D - 1 0 00

id	title	description	ingredients	steps pho
	-	, , , , , , , , , , , , , , , , , , ,	9	to pan
				of
				reserve
				d fond;
				season
				with
				salt and
				pepper. (If the
				(II the
				pan seems
				dry, add
				2 teasp
				oons of
				olive
				oil.)
				Cook on
				mediu
				m-high, stirring
				stirring
				frequen
				tly, 4 to
				minutes
				, or until
				softene
				d and
				fragrant
				. Add
				the
				tomato
				paste,
				choppe
				d
				capers, remaini
				ng spice
				ng spice blend,
				and as
				much of
				the red
				pepper flakes
				as you&
				rsquo;d
				like, de pending
				on how
				spicy yo
				u&rsqu
				o;d like
				the dish
				to be.
				Cook,
				stirring
				constan
				tly, 30
				seconds to 1
				minute,
				or until
				dark
				red and
				fragrant
				. Add
				the
				choppe
				d
				collard
			Danie www.ham 107/100	greens

id	title	description	ingredients	steps pl
				and 2
				cups of water;
				season
				with
				salt and
				pepper. Cook,
				stirring
				occasio
				nally and
				scrapin
				g up
				any fond, 8
				to 9
				minutes
				, or until
				the
				collard greens
				have
				wilted
				and the
				liquid has thic
				kened. Turn off
				Turn off
				the hea
				t.
				e the
				cooked
				chicken crosswi
				se. Add
				the
				cooked lentils
				and
				vinegar
				to the
				pan of cooked
				vegetab
				vegetab les. Stir
				to
				combin e.
				Season
				with
				salt and
				pepper to taste.
				Serve
				the
				finished lentils
				and veg
				etables
				topped with the
				with the sliced
				chicken.
				Garnish with the
				with the
				cheese.
				Enjoy!<