

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

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				Brie. Sprinkle cheddar cheese mixture evenly over Brie. Top with remaining bread slices, toasted side facing inward. Spread mayonnaise mixture on the outsides of each sandwich. Place in same skillet and cook until bread is golden brown and cheese is melted, 5-6 minutes on each side. Serve immediately.	
8	Berry French Toast	A tasty treat for you in the morning, this french toast recipe will have you BERRY excited to eat!	<div>4 slices of bread</div> <div>Egg wash: 4 eggs 1 cup milk 1 tablespoon vanilla 1 tablespoon cinnamon</div> <div>Mixed Berry Sauce: 2 cups mixed berries, blueberries, raspberries, and blackberries 2 tablespoons lemon juice <math>\frac{1}{3}</math> cup granulated sugar</div>	<div>1. Whisk eggs, cinnamon, vanilla and milk together in medium-large bowl to create egg wash.</div> <div>2. Dunk bread in egg wash.</div> <div>3. Melt butter in a skillet on medium-low</div>	N/A

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				heat and cook bread for 2-3 minutes . 4. Mix berries, sugar, and lemon juice in medium pan over low heat crushing and stirring berries until they form a thick sauce. 5. Lay out slices and spread compote in between each slice then on top. Garnish with confectioners sugar (optional). Enjoy!	
9	Cheesy Chorizo and Mozzarella Gnocchi	Ever wonder what you can do with Gnocchi? This recipe will show you one way to serve it up.	1 tbsp olive oil 1 onion , finely chopped 2 garlic cloves , crushed 120g chorizo , diced 2 x 400g cans chopped tomatoes 1 tsp caster sugar 600g fresh gnocchi 125g mozzarella ball, cut into chunks small bunch of basil , torn green salad , to serve	1. Heat the oil in a medium pan over a medium heat. Fry the onion and garlic for 8-10 mins until soft. Add the chorizo and fry for 5 mins more. Tip in the	N/A
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				<p>tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Heat the grill to high.</p> <p>2. Stir <math>\frac{3}{4}</math> of the mozzarella and most of the basil through the gnocchi. Divide the mixture between six ovenproof ramekins, or put in one baking dish. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden. Season, scatter over the remaining basil and serve with green salad.</p>	
13	Tuscan Chicken & Green Lentil Stew	<p>In this comforting cold-</p>	<p>2 Boneless, Skinless Chicken Breasts 2 Carrots 1 Red Onion 2 cloves Garlic <math>\frac{1}{2}</math> cup French Green Lentils 1 bunch Collard Greens 2 Tbsps Tomato Paste <math>\frac{1}{4}</math> tsp Crushed</p>	<p>Heat</p>	N/A

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		<p>weather recipe, we're serving Tuscan-spiced chicken over tender green lentils and vegetables cooked in a light, savory tomato broth. Capers and crushed red pepper add briny flavor and a touch of heat to cut through the rich, earthy stew. (Chefs, rinsing the lentils after cooking removes excess starch, resulting in a more delicate flavor.)</p>	<p>Red Pepper Flakes 1 Tbsp Capers 1 Tbsp Apple Cider Vinegar 2 Tbsps Crumbled Goat Cheese 1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, &amp; Ground Sage)</p>	<p>medium pot of salted water to boiling on high. Once boiling, add the lentils and cook, uncovered, 27 to 29 minutes, or until tender. Drain thoroughly and rinse under warm water 30 seconds to 1 minute, or until the water runs clear.</p> <p>While 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</p>	

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				<p>greens; roughly chop the leaves.</p> <p>While the lentils continue to cook, pat the chicken dry with paper towels; season on both sides with salt, pepper, and half the spice blend. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through.</p> <p>Leaving any browned bits (or fond) in the pan, transfer to a cutting board.</p> <p>Add the sliced onion, choppe</p>	

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				d garlic, and diced carrots to pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring frequently, 4 to 5 minutes , or until softened and fragrant . Add the tomato paste, chopped capers, remaining spice blend, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant . Add the	

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				<p>chopped collard greens and 2 cups of water; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 8 to 9 minutes , or until the collard greens have wilted and the liquid has thickened. Turn off the heat.</p> <p>Slice the cooked chicken crosswise. Add the cooked lentils and vinegar to the pan of cooked vegetables. Stir to combine. Season with salt and pepper to taste. Serve the finished lentils and vegetables topped with the sliced chicken. Garnish</p>	



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				with cheese. Enjoy!</p>	
14	Ancho-Orange Chicken	<p>We’re amping up chicken breasts with a glaze of smoky ancho chile paste and fresh orange juice in this recipe. On the side, roasted carrots and lightly creamy, golden raisin-studded rice perfectly accent the sweetness of the glaze.</p>	<p>4 Boneless, Skinless Chicken Breasts 1 Tbsp Ancho Chile Paste 2 Tbsps Cr&egrave;me Fra&icirc;che 3 Tbsps Golden Raisins</p>	<p>Pla ce an oven rack in the center of the oven, then preheat to 450&deg;F. In a medium pot, combin e the rice, a big pinch of salt, and 1 1/2 cups of water. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , 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><p>Wh ile the rice cooks, wash and dry the	N/A
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				<p>fresh produce . Peel the carrots; quarter lengthwise, then halve crosswise. 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, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Halve the lime crosswise. Halve the orange; squeeze the juice into a bowl, straining out any seeds. Whisk in the chile paste and 2 tablespoons of water until smooth. &lt;/p&gt;</p>	

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				<p>&lt;p&gt;Place the sliced carrots on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 15 to 17 minutes , or until tender when pierced with a fork. Remove from the oven.&lt;/p&gt;&lt;p&gt;While the carrots roast, in a large pan (no nstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped garlic and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant . Add the chopped kale;</p>	

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				<p>season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes , or until slightly wilted. Add 1/3 cup of water; season with salt and pepper. Cook, stirring occasionally, 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 combine; season with salt and pepper to taste. Cover to keep warm. Wipe out the pan.&lt;/p&gt;&lt;p&gt;While the carrots continue to roast, pat the chicken dry with paper towels; season with salt and pepper.</p>	

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				on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes on the first side, or until browned. Flip and cook 2 to 3 minutes , or until lightly browned. Add the glaze and cook, frequently spooning the glaze over the chicken, 2 to 3 minutes , or until the chicken is coated and cooked through . Turn off the heat; stir the butter and the juice of 1 lime half into the glaze until the butter has	
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				<p>melted. Season with salt and pepper to taste.</p> <p>To the pot of cooked rice and kale, add the lime zest, cr &amp;egrav e;me fr a&amp;icirc; che, raisins, and the juice of the rem aining lime half. Stir to combin e; season with salt and pepper to taste. Serve the glazed chicken with the finished rice and roasted carrots. Top the chicken with the remaini ng glaze from the pan. Enjoy!</p>	
15	Beef Medallions & Mushroom Sauce	<p>In this easy recipe, inspired by steak Diane (an American restaurant classic), we're searing beef medallions, then using the fond in the pan to make a rich, bright mushroom sauce for spooning on top. Garlic mashed potatoes and</p>	<p>4 oz Cremini Mushrooms&lt;br /&gt;&amp;frac34; lb Yukon Gold Potatoes</p>	<p>Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce . Large dice the potatoe</p>	N/A

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		saut&eacute;ed kale make for delicious, simple sides.</p>		s. Peel the garlic. 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 mushro oms.</ p> <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 pot. Add half the	

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				<p>butter and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.</p> <p>While the potatoes cook, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the sliced shallot; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened. Add the chopped kale and 1/4 cup of water; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale</p>	



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				<p>has wilted and the water has cooked off. Transfer to a bowl and season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.</p> <p>&gt;</p> <p>&lt;p&gt;While the potatoes continue to cook, pat the beef dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook 2 to 3 minutes per side for medium-rare, or until browned.</p>	

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				<p>d and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest for at least 5 minutes.</p> <p>While the beef rests, add a drizzle of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the sliced mushrooms in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned. Add the chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and</p>	

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				<p>fragrant . Add the mustard , verjus, and 2 tablespoons of water (be careful, as the liquid may splatter ); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat and stir in the remaining butter until melted. (If the sauce seems too thick, gradually add up to 2 tablespoons of water to achieve your desired consistency.) Season with salt and pepper to taste.</p>	
16	Broccoli & Basil Pesto Sandwiches	<p>These Italian focaccia sandwiches are layered with</p>	<p>1 Piece Focaccia Bread 1 8-Ounce Can Tomato Sauce <math>\frac{1}{2}</math> lb Fresh Mozzarella Cheese 2 Clementines 2 cloves Garlic 2 Romaine Lettuce Hearts 1 lb Broccoli 1 oz Golden Or Red Sweet Piquante Peppers 2 Tbsps Crème Fraîche 1 Tbsp Dijon Mustard <math>\frac{1}{2}</math> cup Basil &amp; Cashew Pesto (Contains Pine Nuts) <math>\frac{1}{2}</math> cup Shaved Parmesan Cheese</p>	<p>Place an oven rack in</p>	N/A

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		broccoli, three cheeses, and a savory basil, cashew, and pine nut pesto, then baked in the oven to meld all the bright, aromatic flavors. On the side, we're serving a refreshing salad of romaine and seasonal clementine, dressed in a creamy dressing made with fresh clementine juice.</p>	Tbsp Italian Seasoning (Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram)</p>	the center of the 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; 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 mozzarella cheese into small pieces. In a bowl, combine the tomato sauce and Italian seasoning; season with salt and pepper	

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				<p>to taste.</p> <p>&lt;/p&gt; &lt;p&gt;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 broccoli pieces; season with salt and pepper. Cook, stirring occasio nally, 3 to 4 minutes , or until slightly softene d. Add the choppe d garlic; cook, stirring frequen tly, 1 to 2 minutes , or until 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 water</p>	

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				<p>has cooked off. Turn off the heat.</p> <p>Line a sheet pan with foil. Place the halved focaccia on the foil, cut side up; drizzle with olive oil. Top with the seasoned tomato sauce. Top the focaccia bottom with the grated asiago cheese, half the mozzarella cheese, and the cooked broccoli. Evenly top the broccoli with the remaining mozzarella cheese and pesto (stirring before adding). Season both focaccia halves with salt and pepper. Bake, rotating the sheet pan halfway through.</p>	

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				<p>13 minutes , or until lightly browned and the cheese has melted. Remove from the oven; let stand for at least 2 minutes .</p> <p>Transfer to a cutting board.&lt; /p&gt;&lt; p&gt;While the focaccia bakes, cut off and discard the root end of the lettuce; roughly chop the leaves. Place in a large bowl. Roughly chop the peppers . Halve 1 clementine crosswise ; squeeze the juice into a bowl, straining out any seeds. Peel the remaining clementine; separate into segments. To make</p>	

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				<p>the dressin g, add the cr&amp; egrave; me fra&amp; 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. &lt;/p&gt; &lt;p&gt;Just before 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. &lt;/p&gt; &lt;p&gt;Eve nly top the baked focaccia bottom with the parmes an cheese. Comple e with</p>	



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				<p>the focaccia top. Using a serrated knife, cut the finished sandwich into 4 equal-sized pieces. Serve with the salad on the side. Enjoy!&lt;/p&gt;</p>	
17	Broccoli & Mozzarella Calzones	<p>&lt;p&gt;These calzones are loaded with melty fresh mozzarella, creamy ricotta, and tender broccoli&amp;mdash;balanced by a tangy tomato dipping sauce. For a refreshing side, we’re tossing crunchy romaine and briny black olives in our take on Caesar dressing.&lt;/p&gt;</p>	<p>&lt;p&gt;1&amp;frac12; lbs Pizza Dough&lt;br /&gt;3 cloves Garlic&lt;br /&gt;1 Romaine Lettuce Heart&lt;br /&gt;1 lb Broccoli&lt;br /&gt;1 cup Part-Skim Ricotta Cheese&lt;br /&gt;1 8-Ounce Can Tomato Sauce&lt;br /&gt;&amp;frac12; lb Fresh Mozzarella Cheese&lt;br /&gt;&amp;frac14; cup Grated Parmesan Cheese&lt;br /&gt;2 oz Black Cerignola Olives&lt;br /&gt;1 Tbsp Italian Seasoning (Whole Dried Basil, Sage,&lt;br /&gt;Oregano, Savory, Rosemary, Thyme, &amp; Marjoram)&lt;br /&gt;1 Lemon&lt;/p&gt;</p>	<p>&lt;p&gt;Remove the dough from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven, then preheat to 475&amp;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 mozzarella</p>	N/A

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				<p>cheese into small pieces. Quarter and deseed the lemon.&lt;/p&gt;&lt;p&gt;In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped broccoli; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned. Add 2/3 of the chopped garlic. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add 1/4 cup of water; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes</p>	

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				<p>, or until the broccoli has softened and the water has cooked off. Transfer to a large bowl. Add the mozzarella cheese, ricotta cheese, half the Italian seasoning, and the juice of 1 lemon wedge; stir to combine. Season with salt and pepper. Wipe out the pan.</p> <p>Lightly oil a sheet pan. Divide the dough into 2 equal-sized portions; using your hands and a rolling pin (or wine bottle), gently stretch and roll the portions into <math>\frac{1}{4}</math>-inch-thick rounds. (If the dough</p>	

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				<p>is resistant, let rest for 5 minutes .) Divide the filling between the centers of the rounds; fold each round in half over the filling. Using a fork, crimp the edges of the dough to seal. Transfer to the sheet 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 .&lt;/p&gt;&lt;p&gt;While the calzone s bake, using</p>	

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				<p>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 dressing, in a large bowl, combine the mayonnaise, half the parmesan cheese, the juice of the remaining lemon wedges, and a drizzle of olive oil. Season with salt and pepper to taste.</p> <p>While the calzones continue to bake, in the pan used to cook the broccoli, heat 2 teaspoons of</p>	

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				<p>olive oil on medium-high until hot. Add the remaining chopped garlic; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the tomato sauce and remaining Italian seasoning. Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Just before serving, add the chopped olives and lettuce to the bowl of dressing. Toss to coat; season with salt and pepper to taste. Cut the baked calzones in half. Serve</p>	

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				with the sauce and salad on the side. Garnish with the remaining parmesan cheese. Enjoy!</p>	
18	Bucatini Alfredo	<p>This quick-cooking recipe captures all the deliciously creamy, rich flavor of the classic Italian-American sauce –with the welcome addition of quick-braised broccoli. A dusting of pecorino cheese completes each bowl with a touch of sharpness.</p>	<p>2 Tbsps Cr&egrave;me Fra&icirc;che &frac14; tsp Crushed Red Pepper Flakes 3 Tbsps All-Purpose Flour &frac14; cup Grated Pecorino Cheese</p>	<p>Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce . Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small pieces, keeping the florets intact. Peel and finely chop the garlic.</p><p>In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the broccoli pieces; season with salt and pepper. Cook.	N/A
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				<p>stirring occasionally, 4 to 5 minutes , or until slightly softened. Add 1/2 cup of water; season with salt and pepper. Cover the pan with aluminum foil and cook 3 to 4 minutes , or until the broccoli has softened and the water has cooked off. Transfer to a bowl. Wipe out the pan.</p> <p>While the broccoli cooks, add the pasta to the pot of boiling water and cook 8 to 10 minutes , or until al dente (still slightly firm to the bite). Reserving <math>\frac{1}{2}</math> ; cup of the pasta cooking</p>	



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				<p>water, drain thoroughly.</p> <p>In the same pan, heat 1 1/2 tablespoons of olive oil on medium-high until hot. Add the chopped garlic; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant . Add the flour and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Add the heavy cream (shaking the bottle just before</p>	

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				<p>opening , verjus, and 1 1/4 cups of water; season with salt and pepper. Cook, whiskin g frequ ently, 2 to 3 minutes , or until thicken ed; season with salt and pepper to taste. &lt;/p&gt; &lt;p&gt;Ad d the cooked pasta, cooked broccoli , cr&amp;egr ave;me fra&amp;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 desired</p>	

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				consistency.) Turn off the heat and season with salt and pepper to taste. Garnish the finished pasta with the cheese; season with pepper. Enjoy!</p>	
19	Bucatini & Tomato Sauce	<p>Made with petite datterini tomatoes, the sauce for tonight's bucatini highlights briny olives and capers, hot red pepper flakes, and savory Grana Padano cheese. We're mixing in roasted broccoli for contrasting texture and nutty-sweet flavor.</p>	<p>6 oz Bucatini Pasta 1 14-Ounce Can Datterini Tomatoes 2 cloves Garlic 2 Tbsps Butter 1 Tbsp Capers 1 lb Broccoli &frac34; oz Grana Padano Cheese 1 oz Kalamata Olives &frac14; tsp Crushed Red Pepper Flakes 1 Tbsp Italian Seasoning (Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram)</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce . Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small pieces. Place on a sheet pan. Drizzle with olive oil and season with	N/A

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				<p>salt, pepper, and up to half the Italian seasoning (you will have extra); toss to coat. Arrange in an even layer. Roast 22 to 24 minutes , or until browned and tender when pierced with a fork. Remove from the oven.&lt;/p&gt;&lt;p&gt;While the broccoli roasts, peel and roughly chop the garlic. Using the flat side of your knife, smash the olives; remove and discard the pits, then roughly chop. Grate the cheese on the small side of a box grater.&lt;/p&gt;&lt;p&gt;While the broccoli</p>	

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				<p>es to roast, 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). Turn off the heat. Re serving 1/2 cup of the pasta cooking water, drain th oroughl y and return to the pot.&lt;/p&gt; &gt; &lt;p&gt;Wh ile the pasta cooks, in a medium pan, heat 2 t easpo ns of olive oil on medi um-high until hot. Add the choppe d garlic, capers, and as much of the red pepper flakes as you&amp; rsquo;d like, de pending on how spicy yo u&amp;rsqu o;d like the dish to be; season</p>	

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				<p>with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant . Add the tomatoes and chopped olives; season with salt and pepper. Cook, stirring occasionally and gently crushing the tomatoes with the back of a spoon, 6 to 7 minutes , or until thickened. Turn off the heat and season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;To the pot of cooked pasta, add the roasted broccoli , sauce, butter, half the grated cheese, and half the reserved pasta cooking water; season</p>	

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				with salt and pepper. Cook on medium-high, stirring vigorously, 1 to 2 minutes , or until the pasta is thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat and season with salt and pepper to taste. Garnish the finished pasta with the remaining grated cheese. Enjoy!</p>	
20	Cheesy Enchiladas Rojas	<p>Our hearty vegetarian enchiladas are filled with a combination of fragrant, Mexican spiced rice and sauteed mushrooms and kale. For even more flavor, we're baking them under a smoky-sweet tomato sauce flavored with	<p>8 Flour Tortillas</p><math>\frac{3}{4}</math> cup Jasmine Rice</p>1 28-Ounce Can Whole Peeled Tomatoes</p>4 oz Cremini Mushrooms</p>3 cloves Garlic</p>1 Yellow Onion</p>1 bunch Chives</p>2 Tbsps Ancho Chile Paste</p>1 Tbsp Mexican Spice Blend (Ancho Chile Powder,</p>Sweet Paprika, Garlic Powder, Ground Cumin, &</p>Whole Mexican Oregano)</p><math>\frac{1}{2}</math> lb White Cheddar Cheese</p><math>\frac{1}{2}</math> cup Sour Cream</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. In a medium pot, combine the	N/A

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		<p>ancho chile paste and a layer of melty white cheddar. A dollop of lime-seasoned sour cream adds creamy, cooling balance. (You may receive green curly, dark green lacinato, or red kale.)&lt;/p&gt;</p>		<p>rice, half the spice blend, a big pinch of salt, and 1 1/2 cups of water. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , or until the water has been absorbed 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.&lt;/p&gt;&lt;p&gt;While the rice cooks, wash and dry the fresh produce . Thinly slice the mushrooms. Remove and discard the stems of the kale;</p>	



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				<p>roughly chop the leaves. Peel and roughly chop the garlic. Peel and thinly slice the onion. Place the tomatoes in a bowl; gently break apart with your hands. Grate the cheese on the large side of a box grater. Thinly slice the chives. Halve the lime crosswise. In a bowl, combine the sour cream, the juice of 1 lime half, and a drizzle of olive oil; season with salt and pepper to taste.</p> <p>&lt;p&gt;In a large pan, heat 2 teaspoons of olive oil on medium-high until</p>	

id	title	description	ingredients	steps	photo
				<p>hot. Add the sliced mushrooms in an even layer. Cook, without stirring, 2 to 3 minutes , or until lightly browned. Add the chopped kale and 1/2 cup of water; season with salt and pepper. Cook, stirring frequently, 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 combine. Wipe out the pan.</p> <p>&lt;p&gt;In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped garlic and sliced onion;</p>	

id	title	description	ingredients	steps	photo
				<p>season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes , or until softened. Add the chile paste and remaining spice blend; cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant . Add the tomatoes; season with salt and pepper. Cook, stirring frequently, 6 to 7 minutes , or until thickened. Turn off the heat. Season with salt and pepper to taste.</p> <p>&lt;p&gt;Add half the cheese and the juice of the remaining lime half to the bowl of filling. Stir to combin</p>	

id	title	description	ingredients	steps	photo
				<p>e; season with salt and pepper to taste. Place the tortillas on a work surface. Spread about half the sauce into the bottom of a baking dish. Divide the finished filling among the tortillas; tightly roll up each tortilla around the filling. Transfer to the baking dish in a single layer, seam side down. Evenly top with the rem aining sauce and rem aining c heese.&lt; /p&gt; &lt;p&gt;Bak e the en chiladas 10 to 12 minutes , or until the cheese has melted. Remove from the oven and let stand for at</p>	

id	title	description	ingredients	steps	photo
				least 2 minutes . Garnish with the sliced chives. Serve with the lime sour cream. Enjoy!</p>	
21	Crispy Fish Sandwiches	<p>These sandwiches highlight wild Alaskan pollock&mdash;flavored with aromatic seasonings, coated with panko breadcrumbs, and pan-fried for a golden-brown crust. In classic fashion, a tangy, mayo-based tartar sauce perfectly balances the fish.</p>	<p>21 oz Wild Alaskan Pollock Fillets 2 Cage-Free Farm Eggs 2 Tbsps Sweet Pickle Relish 1 Romaine Lettuce Heart 1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, &amp; Whole Dried Parsley) 1&frac14; cups Panko Breadcrumbs &frac14; cup Creamy Mustard Sauce</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Wash and dry the fresh produce . Cut the sweet potatoes 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 browned and tender when pierced	N/A

id	title	description	ingredients	steps	photo
				<p>with a fork. Re serving the sheet pan, transfer to a plate and set aside in a warm place.&lt;/p&gt;&lt;p&gt;While the sweet potatoes roast, cut off and discard the root end of the lettuce; thinly slice the leaves. Halve the rolls. In a bowl, combine the mayonnaise, creamy mustard sauce, and sweet pickle relish. Season with salt and pepper to taste. Pat the fish fillets dry with paper towels. Halve crosswise.&lt;/p&gt;&lt;p&gt;While the sweet potatoes continue to roast, season the halved fish</p>	

id	title	description	ingredients	steps	photo
				<p>fillets on both sides with salt, pepper, and the spice blend. Crack the eggs into a bowl; season with salt and pepper. Beat until smooth. Place the bread crumbs on a plate; season with salt and pepper. Working one piece at a time, thoroughly coat the seasoned fillets in the beaten eggs (letting any excess drip off), then in the bread crumbs (pressing to adhere).</p> <p>. Transfer to a separate plate.</p> <p>&lt;/p&gt;&lt;p&gt;While the sweet potatoes continue to roast, in a large pan (no</p>	

id	title	description	ingredients	steps	photo
				<p>nstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, working in batches if necessary, add the breaded fish fillets. Cook 2 to 3 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil before flipping.) Transfer to a paper towel-lined plate; immediately season with salt and pepper.</p> <p>&lt;/p&gt; &lt;p&gt;Wh</p>	



id	title	description	ingredients	steps	photo
				<p>fish cooks, place the rolls on the same sheet pan, cut side up. Drizzle with olive oil. Toast in the oven 4 to 5 minutes , or until lightly browned. Transfer to a clean work surface.&lt;/p&gt;&lt;p&gt;Divide the sauce, cooked fish fillets, and sliced lettuce among the&lt;br /&gt;toasted rolls. Serve the sandwiches with the roasted sweet potatoes on the side. Enjoy!&lt;/p&gt;&lt;/div&gt;</p>	
22	General Tso's Chicken	<p>In this quick-cooking spin on a takeout favorite, hoisin sauce, honey, sriracha, and sesame oil lend our chicken the sweet, spicy, and nutty flavors General Tso's is known for. A light dusting of cornstarch on the chicken just before it hits the pan creates a delicately crispy exterior (and	<p>10 oz Chopped Chicken Breast 1 head Baby Bok Choy &frac34; cup Jasmine Rice 2 cloves Garlic 1 Tbsp Rice Vinegar 1 1-Inch Piece Ginger 1 tsp Sriracha 1 Tbsp Honey 1 Tbsp Sesame Oil &frac14; cup Cornstarch 2 Tbsps Hoisin Sauce</p>	<p>Remove the honey from the refrigerator to bring to room temperature. In a medium saucepan, combine the rice, a big	N/A

id	title	description	ingredients	steps	photo
		helps it soak up the irresistible sauce later).</p>		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 absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.</p><p>While the rice cooks, pat the chicken dry with paper towels. Place in a large bowl and season with salt and pepper. Add the cornstarch; toss to thoroughly coat. In a medium pan, heat a thin layer of oil on m	

id	title	description	ingredients	steps	photo
				<p>edium-high until hot. Once the oil is hot enough that a piece of chicken sizzles immediately when added to the pan, add the coated chicken in an even layer (tapping off any excess cornstarch before adding). Cook, without stirring, 3 to 4 minutes , or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes , or until browned and cooked through . Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.&lt;/p&gt; &lt;p&gt;</p>	
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id	title	description	ingredients	steps	photo
				<p>&lt;p&gt;While the chicken cooks, wash and dry the fresh produce . Cut off and discard the root end of the bok choy; roughly chop. Peel and finely chop the ginger. Peel and roughly chop the garlic. In a bowl, combine the hoisin sauce, vinegar, honey ( kneading the packet before opening ), sesame oil, 1 tablespoon of water, and as much of the sriracha as you&amp;rsquo;d like, depending on how spicy you&amp;rsquo;d like the dish to be.&lt;/p&gt;&lt;p&gt;Add the chopped bok choy.</p>	

id	title	description	ingredients	steps	photo
				<p>ginger, and garlic to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 1 tablespoon of olive oil.) Cook on medium-high, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Add the sauce and cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined.</p> <p>&lt;p&gt;Turn off the heat and add the cooked chicken to the pan; stir to thoroughly coat. Season with salt and pepper to taste. Serve</p>	

id	title	description	ingredients	steps	photo
				<p>the finished chicken and bok choy with the cooked rice. Enjoy!&lt;/p&gt;</p>	
23	Hoisin-Glazed Pork Chops	<p>&lt;p&gt;Delightfully chewy wonton noodles tossed in a nutty, savory sauce are a delicious accompaniment to these pork chops. For depth of flavor, we’re pan-searing the pork chops, then glazing them with barbecue-like hoisin, whose sweetness perfectly matches bites of sautéed carrots in the noodles.&lt;/p&gt;</p>	<p>&lt;p&gt;4 Boneless, Center-Cut Pork Chops&lt;br /&gt;2 Carrots&lt;br /&gt;1 bunch Chives&lt;br /&gt;2 Tbsps Tahini&lt;br /&gt;2 Tbsps Soy Sauce&lt;br /&gt;¼ lb Fresh Wonton Noodles&lt;br /&gt;2 tsps Sambal Oelek&lt;br /&gt;1 1-Inch Piece Ginger&lt;br /&gt;¼ cup Hoisin Sauce&lt;/p&gt;</p>	<p>&lt;p&gt;Fill a medium pot with water; add a pinch of salt. Heat to boiling on high. Wash and dry the fresh produce . Peel and finely chop the ginger. Cut out and discard the core of the cabbage; thinly slice the leaves. Peel the carrots and thinly slice into rounds. Thinly slice the chives.&lt;/p&gt;&lt;p&gt;In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped ginger, sliced cabbage, and</p>	N/A

id	title	description	ingredients	steps	photo
				<p>sliced carrots; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes , or until softened and fragrant .</p> <p>Transfer to a bowl and cover with aluminum foil to keep warm. Rinse and wipe out the pan.&lt;/p&gt;&gt;&lt;p&gt;Pat the pork chops dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork chops and cook 3 to 5 minutes on the first side, or until browned. Flip</p>	

id	title	description	ingredients	steps	photo
				<p>and cook 2 to 3 minutes , or until lightly browned. Add the hoisin sauce and 1/4 cup of water. Cook, frequently spooning the glaze over the pork, 2 to 3 minutes , or until the pork chops are coated and cooked through . Turn off the heat.&lt;/p&gt;&lt;p&gt;While the pork chops cook, in a bowl, whisk together the soy sauce, tahini, vinegar, and as much of the sambal oelek as you&amp;rsquo;d like, depending on how spicy you&amp;rsquo;o;d like the dish to be. Season with salt and pepper to taste.&lt;/p&gt;&lt;/p&gt;</p>	
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id	title	description	ingredients	steps	photo
				<p>&lt;p&gt;While the pork chops continue to cook, using your hands, carefully separate the noodles and add to the pot of boiling water; cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.&lt;/p&gt;&lt;p&gt;Add the cooked vegetables, sauce, and <math>\frac{1}{4}</math> cup of water to the pot of cooked noodles. Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat.&lt;/p&gt;&lt;p&gt;Season</p>	

id	title	description	ingredients	steps	photo
				with salt and pepper to taste. Serve the finished noodles topped with the glazed pork chops (including any glaze from the pan). Garnish with the sliced chives. Enjoy!</p>	
24	Honey-Butter Barramundi	<p>This Middle Eastern recipe pairs crispy barramundi&mdash;served in a family-friendly pan sauce of honey and butter&mdash;with a medley of winter vegetables. For savory, herby flavor, we're seasoning the vegetables with za'atar before roasting them.</p>	<p>4 Skin-On Barramundi Fillets &frac12; cup Plain Greek Yogurt 1½ lbs Yukon Gold Potatoes 1 Tbsp Za'atar Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, &amp; Crushed Aleppo Pepper)</p>	<p>Remove the honey from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven, then preheat to 450&deg;F. Wash and dry the fresh produce. Halve the potatoes lengthwise; cut crosswise into 1/4-inch pieces. Peel the carrots; halve lengthwise, then cut crosswise into	N/A
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id	title	description	ingredients	steps	photo
				<p>1/2-inch pieces. Cut off and discard the ends of the radishes; quarter lengthwise, then halve crosswise. Quarter and deseed the lemon. Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the parsley leaves and stems.</p> <p>&lt;p&gt;Place the sliced potatoes and carrot pieces on a sheet pan. Drizzle with 1 tablespoon of olive oil; season with salt, pepper, and the za'</p>	

id	title	description	ingredients	steps	photo
				<p>easonin g. Toss to coat. Arrange in an even layer on one side of the sheet pan. Roast 12 to 14 minutes , or until lightly browne d. 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 y 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 2 lemon</p>	

id	title	description	ingredients	steps	photo
				<p>wedges</p> <p>.</p> <p>&lt;p&gt;While the vegetables roast, in a bowl, combine the yogurt, the juice of the remaining lemon wedges, 1 tablespoon of olive oil, and as much of the garlic paste as you'd like. Drizzle with olive oil and season with salt and pepper to taste.</p> <p>&lt;p&gt;Once the vegetables 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 (nonstick, if you have one), heat 1 tablespoon of olive oil on medi</p>	

id	title	description	ingredients	steps	photo
				<p>um-high until hot. Add the seasoned fillets, skin side down. Cook 4 to 6 minutes on the first side, or until lightly browned. Flip and add the butter. Cook, frequently spooning the butter over the fillets, 2 to 3 minutes , or until the fish is cooked through . Leaving the melted butter and any browned bits (or fond) in the pan, transfer the cooked fillets to a plate.</p> <p>&lt;/p&gt; &lt;p&gt;Add the honey ( kneading the packet before opening ) and 2 tablespoons of water to the pan of melted butter</p>	

id	title	description	ingredients	steps	photo
				(be careful, as the liquid may splatter ). Cook on medium-high, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened. Turn off the heat and season with salt and pepper to taste. </p><p>Serve the cooked fish fillets and roasted vegetables with the yogurt sauce on the side. Top the fish with the pan sauce. Garnish with the chopped parsley. Enjoy! </p>	
25	Mexican-Spiced Barramundi	<p>This recipe has been approved by Whole30®. To learn more about their guidelines, visit Whole30.com. We’re partnering with Whole30® to	<ul style="list-style-type: none;"><li style="list-style-type: none;"><div>2 Skin-On Barramundi Fillets</div></li><li style="list-style-type: none;">1 Clove Garlic</li><li style="list-style-type: none;">2 Sweet Potatoes</li><li style="list-style-type: none;">1 Avocado</li><li style="list-style-type: none;">1 Lime</li><li style="list-style-type: none;">1 Clementine</li><li style="list-style-type: none;">1 Jalapeno Pepper</li><li style="list-style-type: none;">	<p>Place an oven rack in the center of the oven, then preheat to 450°	N/A

id	title	description	ingredients	steps	photo
		bring you the first of eight weeks of delicious recipes. Zesty spiced barramundi is the perfect partner for a salad of roasted sweet potato and kale, marinated in a creamy avocado and citrus dressing to soften the leaves.</p>	<div>1 bunch&nbsp;Kale</div></li><li style="list-style-type: none;">2 Tbsps Pepitas</li><li style="list-style-type: none;">1 tbsp Mexican Spice Blend(Ancho Chili Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano</li></ul>	deg;F. Wash and dry the fresh produce . Halve the&nbsp;p;sweet potatoes&nbsp;lengthwise; cut crosswise into 1/4-inch pieces. Place on a sheet pan. Drizzle with olive oil and season with salt, pepper, and&nbsp;sp;half the spice blend; toss to coat. Arrange in an even layer. Roast, flipping halfway through , 20 to 22 minutes , or until lightly browned and tender when pierced with a fork. Remove from the oven.</p><p>While the sweet potatoes roast, quarter the&nbsp;p;lime. Pit, peel,	



id	title	description	ingredients	steps	photo
				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. Season with salt and pepper. Place the rem aining half in a 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&nbsp;sp; 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 of the&	

id	title	description	ingredients	steps	photo
				<p>       &lt;br&gt;       clementine       ,       avoidin       g the       white       pith;       mince       the rind       to get 2       teaspo       ons of       zest (or       use a       zester).       Halve       the cle       mentine       ;       squeeze       the       juice       into a       bowl,       strainin       g out       any       seeds.       Remove       and       discard       the       stems       of the&amp;       &lt;br&gt;       kale;       thinly       slice the       leaves.       Cut out       and       discard       the       stem,       ribs,       and       seeds of       the&amp;nb       sp;pepp       er;       finely       chop. T       horough       ly wash       your       hands i       mmedia       tely       after ha       ndling.       &lt;/p&gt;       &lt;p&gt;To       the       bowl of       &amp;nbsp;       &amp;nbsp;       mashed       &amp;nbsp;a       vocado,       add the       &amp;nbsp;c     </p>	

id	title	description	ingredients	steps	photo
				<p>lementine&amp;nbsp;p;juice,&amp;nbsp;clementine zest,&amp;nbsp;3 tablespoons of olive oil,&amp;nbsp;as much of the garlic&amp;nbsp;sp;paste as you&amp;rsquo;d like, and&amp;nbsp;as much of the chopped pepper as you like, depending on how spicy you&amp;rsquo;d like the dish to be. Whisk to combine; season with salt and pepper to taste. Add the &amp;nbsp;sliced kale; stir to thoroughly coat. Set aside to marinate, stirring occasionally, for at least 10 minutes . Season with salt and pepper to taste.</p> <p>&lt;/p&gt;&lt;p&gt;While the kale ma</p>	

id	title	description	ingredients	steps	photo
				<p>rinates, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the &amp;nbsp;p epitas; season with salt and pepper. Toast, stirring frequently, 2 to 3 minutes , or until lightly browned and fragrant . (Be careful, as the pepitas may pop as they toast.) Transfer to a paper towel-lined plate; immediately season with salt. Wipe out the pan.&lt;/p&gt;&lt;p&gt;Pat the&amp;nbsp;sp;fish&amp;nbsp;ets&amp;nbsp;p;dry with paper towels; season on both sides with</p>	

id	title	description	ingredients	steps	photo
				<p>salt, pepper, and the remaining spice blend. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin side down; cook 3 to 5 minutes on the first side, or until the skin is lightly browned and crispy. Flip and cook 2 to 3 minutes , or until lightly browned and cooked through . Turn off the heat.&lt;/p&gt;&lt;p&gt;Add the roasted sweet potatoes to the bowl of marinaded kale; stir to combine. Season with salt and pepper to taste.&lt;/p&gt;</p>	

id	title	description	ingredients	steps	photo
				Serve the salad with the &nbsp;c ooked fish fille ts&nbsp; and&n bsp;slic ed avocad o.	
26	Mushroom & Potato Tacos	<p>For this hearty vegetarian meal, we’re filling soft flour tortillas with mushrooms and potato&mda sh;seasoned with a zesty, chorizo-inspired blend, then roasted. A pickled pepper relish lends bright flavor to the tacos, all tied together with a creamy sauce seasoned with the same spices. Our side salad of juicy orange and crunchy romaine rounds out the dish.</p>	<p>4 Flour Tortillas 3 oz Radishes 1 Orange &frac34; lb Yukon Gold Potatoes 6 oz Cremini Mushrooms 1 Shallot 3 Tbsps Roasted Peanuts &frac14; cup Sour Cream 1 oz Sliced Pickled Jalape&ntilde;o Pepper 1 oz Golden Or Red Sweet Piquante Peppers 1 Tbsp Spanish Spice Blend (Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper, &amp; Ground Cinnamon) 1 Romaine Lettuce Heart 2 Tbsps Rice Vinegar</p>	<p>Pre heat the oven to 450&de g;F. Wash and dry the fresh produce . Quarter the mus hrooms. Quarter the potatoe s length wise, then cut crosswi se into 1/2-inch pieces. Place 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 tender when	N/A
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id	title	description	ingredients	steps	photo
				<p>pierced with a fork. Remove from the oven.</p> <p>While the vegetables roast, roughly chop the piquante 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. Cut off and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise. Roughly chop the jalapeños; pepper; thoroughly wash your hands and cutting board immediately after</p>	

id	title	description	ingredients	steps	photo
				<p>handling. In a bowl, combine the sour cream, a drizzle of olive oil, and as much of the remaining spice blend as you'd like (you may have extra). Season with salt and pepper to taste.</p> <p>While the vegetables continue to roast, place the tortillas on a large piece of aluminum foil. Tightly wrap to seal. Place directly onto the oven rack and warm 5 to 7 minutes, or until heated through and pliable. Transfer to a work surface and carefully unwrap.</p>	



id	title	description	ingredients	steps	photo
				<p>ile the tortillas warm, in a medium bowl, combine the chopped piquant e peppers , diced shallot, half the vinegar, and as much of the chopped jalape &amp;ntilde; o pepper as you&amp;rsquo;d like, depending on how spicy yo u&amp;rsqu o;d like the dish to be. Drizzle with olive oil and season with salt and pepper to taste.</p> <p>&lt;p&gt;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 with</p>	

id	title	description	ingredients	steps	photo
				<p>olive oil and season with salt and pepper to taste.</p> <p>Spr ead a layer of the seasone d sour cream onto the warmed tortillas. Top with the roasted vegetab les and pepper relish. Serve the tacos with the salad on the side. En joy!</p>	
27	Parmesan-Crusted Chicken	<p>In this simple, seasonal recipe, you'll coat chicken in a combination of flour, parmesan cheese, and savory spices before pan-searing it. We're adding more of the same spices to a bright, creamy sauce, perfect for spooning over the chicken and broccoli.</p>	<p>4 Boneless, Skinless Chicken Breasts 1/4 cup All-Purpose Flour 1/2 cup Grated Parmesan Cheese 1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, &amp; Whole Dried Parsley)</p>	<p>Pla ce an oven rack in the center of the oven, then preheat to 450 deg;F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce . Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into</p>	N/A
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id	title	description	ingredients	steps	photo
				<p>small pieces, keeping the florets intact. Quarter and deseed the lemon. Peel and medium dice the sweet potatoes.</p> <p>&lt;p&gt;Place the broccoli pieces on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 16 to 18 minutes , or until browned and tender when pierced with a fork. Remove from the oven. Evenly top with the juice of 2 lemon wedges.</p> <p>&lt;p&gt;While the broccoli roasts, add the diced sweet potatoes to the</p>	

id	title	description	ingredients	steps	photo
				<p>pot of boiling water. Cook 14 to 16 minutes , or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add the butter and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Cover to keep warm.&lt;/p&gt;&lt;p&gt;While the sweet potatoes cook, on a large plate, combine the flour, half the cheese, and all but a pinch of the spice blend; season with salt and pepper. Pat the chicken dry with paper</p>	

id	title	description	ingredients	steps	photo
				<p>towels; season with salt and pepper on both sides. Working one piece at a time, thoroughly coat the seasoned chicken in the flour mixture (tapping off any excess). Transfer to a separate plate.</p> <p>While the sweet potatoes continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-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.</p>	

id	title	description	ingredients	steps	photo
				<p>While the chicken cooks, in a bowl, combine the mayonnaise, remaining spice blend, and the juice of the remaining lemon wedges; season with salt and pepper to taste. Serve the cooked chicken, roasted broccoli, and mashed sweet potatoes with the sauce on the side. Garnish the chicken with the remaining cheese. Enjoy!</p>	
28	Pimento Cheeseburgers	<p>Tonight, the classic cheeseburger gets an easy, Southern-style lift from pimento cheese—a zesty spread made with cheddar, mayo, pickled peppers, and spices. We’re serving our burgers with sweet potato oven fries for a flavorful, seasonal twist on the usual side.</p>	<p>2 Potato Buns 1 Sweet Potato 2 oz Cheddar Cheese 1 oz Sweet Piquante Peppers 2 Tbsps Mayonnaise 1 tsp Pimento Cheese Spice Blend (Garlic Powder, Ground Yellow Mustard, &amp; Sugar)</p>	<p>Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Cut the sweet potato lengthwise</p>	N/A

id	title	description	ingredients	steps	photo
				<p>se into 1-inch wedges. Transfer to 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 21 to 23 minutes , or until browne d and tender when pierced with a fork. Set aside in a warm place.&lt;/p&gt;&lt;p&gt;Wh ile the sweet potato roasts, grate the cheese on the large side of a box grater. Place in a medium bowl. Finely chop the peppers . Halve the bun s.&lt;/p&gt;&lt;p&gt;Wh ile the sweet potato c ontinue s to</p>	
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id	title	description	ingredients	steps	photo
				<p>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.</p> <p>While 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 &amp;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</p>	



id	title	description	ingredients	steps	photo
				<p>hot. Add the patties and cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate.</p> <p>While the sweet potato continues to roast, add the buns, cut side down, to the pan of reserved fond. Toast on medium-high 30 seconds to 1 minute, or until lightly browned. Transfer to a work surface.</p> <p>Divide half the pimento cheese between the bottoms of the</p>	

id	title	description	ingredients	steps	photo
				toasted buns. Top with the cooked patties and remaining pimento cheese. Complete the burgers with the bun tops. Divide the burgers and roasted sweet potato between 2 dishes. Enjoy!</p>	
29	Pork Chorizo Tacos	<p>These tacos get plenty of bold flavor from ground chorizo (a type of spiced pork sausage), cooked into a delightfully saucy filling with cabbage and fresh citrus juices. On the side, we’re livening up roasted potatoes with garlic and Cotija cheese.</p>	<p>&frac34; lb Yukon Gold Potatoes 10 oz Ground Pork Chorizo 2 Tbsps Cr&egrave;me Fra&icirc;che 2 Tbsps Grated Cotija Cheese</p>	<p>Pre heat the oven to 450&deg;F. Wash and dry the fresh produce . Halve the potatoes length wise, then cut crosswise 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</p>	N/A

id	title	description	ingredients	steps	photo
				<p>, or until browned and tender when pierced with a fork. Carefully transfer to a large bowl.</p> <p>While the potatoes roast, cut out and discard the core of the cabbage; thinly slice the leaves. Halve the orange; squeeze the juice into a bowl, straining out any seeds. Cut off and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise. Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use</p>	

id	title	description	ingredients	steps	photo
				<p>a zester). Quarter the lime. In a bowl, combine the cr &amp;egrav e;me fr a&amp;icirc; che and the juice of 1 lime wedge. Drizzle with olive oil and season with salt and pepper to taste.</p> <p>&lt;p&gt;Wh ile the potatoe s continu e to roast, in a medium pan, heat 2 t easpoo ns of olive oil on medi um-high until hot. Add the ground chorizo; season with salt and 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; season</p>	

id	title	description	ingredients	steps	photo
				<p>with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes , or until slightly softened. Add the orange juice and 1/2 cup of water; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes , or until the cabbage has softened 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.</p> <p>&lt;/p&gt; &lt;p&gt;While the filling cooks, place the tortillas on a large piece of aluminum foil and tightly wrap to seal.</p>	

id	title	description	ingredients	steps	photo
				<p>Place directly onto the oven rack and warm 5 to 7 minutes , or until heated through and pliable. Transfer to a work surface and carefully unwrap. While the tortillas warm, in a bowl, combine the sliced radishes and the juice of the remaining lime wedge. Drizzle with olive oil and season with salt and pepper.</p> <p>While the tortillas continue to warm, add the cheese and as much of the garlic paste as you'd like to the bowl of roasted potatoes. Stir to coat;</p>	

id	title	description	ingredients	steps	photo
				<p>season with salt and pepper to taste.</p> <p>Divide the filling, seasoned radishes, and lime cr&amp;egrave;me fra&amp;icirc;che among the warmed tortillas. Serve the tacos with the finished potatoes on the side. Enjoy!</p>	
30	Roasted Broccoli & Fregola Sarda Salad	<p>This Middle Eastern-inspired recipe is brimming with varied flavors and textures. Toasty pearls of pasta, roasted vegetables (seasoned with savory, herby za’atar), crumbled cheese, and chopped almonds all come together in a smooth, nutty dressing.</p>	<p>2 Cage-Free Farm Eggs&lt;br /&gt;&amp;frac12; cup Fregola Sarda Pasta&lt;br /&gt;1 clove Garlic&lt;br /&gt;1 lb Broccoli&lt;br /&gt;1 Red Onion&lt;br /&gt;1 bunch Mint&lt;br /&gt;2 Tbsps Tahini&lt;br /&gt;1 oz Pecorino Romano Cheese&lt;br /&gt;1 Tbsp Za’atar Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, &amp; Crushed Aleppo Pepper)&lt;br /&gt;3 Tbsps Roasted Almonds&lt;br /&gt;1 Lemon</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&amp;deg;F. Heat a medium pot of salted water to boiling 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 stem;</p>	N/A

id	title	description	ingredients	steps	photo
				cut the broccoli into small pieces, keeping the florets intact. Peel and thinly slice the onion. Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt, pepper, and the za'atar seasoning; toss to coat. Arrange in an even layer. Roast 20 to 22 minutes , or until browned and tender when pierced with a fork. Remove from the oven.</p><p>While the vegetables roast, quarter and deseed the lemon. Peel and finely chop the garlic; using	



id	title	description	ingredients	steps	photo
				<p>the flat side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the almonds. Using a fork, crumble the cheese into small pieces. Pick the mint leaves off the stems; discard the stems.</p> <p>While the vegetables continue 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 thoroughly and return to the pot.</p> <p>While the pasta cooks, carefully add the</p>	

id	title	description	ingredients	steps	photo
				<p>eggs to the small pot of boiling water and cook for exactly 9 minutes . Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs. Transfer to a cutting board and thinly slice into rounds; season with salt and pepper.</p> <p>While the eggs cook, in a bowl, whisk together the tahini, the juice of all 4 lemon wedges, 2 tables poons of water, and as much of the</p>	

id	title	description	ingredients	steps	photo
				<p>garlic paste as you&amp;rsquo;d like. Slowly whisk in 2 tables poons of olive oil until well co mbined; season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;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 seasone d eggs and a drizzle of olive oil. Garnish with the mint leaves (tearing just before adding). Enjoy!</p> <p>&lt;/p&gt;</p>	

id	title	description	ingredients	steps	photo
31	Roasted Brussels Sprout & Freekeh Salad	<p>This Mediterranean-inspired grain salad is brimming with varied, vibrant flavors. Nutty freekeh and roasted Brussels sprouts get pops of sweetness from pickled peppers and dates, balanced by briny crumbled Feta. To dollop on top, we're serving lemon-seasoned yogurt for extra brightness.</p>	<p><math>\frac{3}{4}</math> cup Cracked Freekeh <math>\frac{1}{2}</math> cup Sheep's Milk Yogurt 2 Carrots 2 cloves Garlic 1 Lemon 1 bunch Mint 2 Dried Medjool Dates 2 Tbsps Pickled Peruvian Peppers <math>\frac{1}{4}</math> oz Barrel-Aged Feta Cheese 2 Tbsps Roasted Almonds <math>\frac{1}{4}</math> tsp Crushed Red Pepper Flakes 1 lb Brussels Sprouts</p>	<p>Place an oven rack in the center of the oven, then preheat to 450 degrees Fahrenheit. Heat a medium pot of salted water to boiling on high. Line a sheet pan with aluminum foil. Wash and dry the fresh produce. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise. Peel the carrots; halve lengthwise, then cut crosswise into 1-inch pieces. Place the vegetables on the sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an</p>	N/A

id	title	description	ingredients	steps	photo
				<p>even layer. Roast 14 to 16 minutes , or until browned and tender when pierced with a fork. Remove from the oven.</p> <p>While the vegetables roast, peel 1 garlic clove; using the flat side of your knife, gently smash to flatten. Add the smashed garlic and freekeh to the pot of boiling water. Cook, uncovered, 20 to 22 minutes , or until tender. Turn off the heat. Drain thoroughly and return to the pot.</p> <p>While the freekeh cooks, using a peeler, remove the yellow rind of</p>	

id	title	description	ingredients	steps	photo
				<p>the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and finely chop the remaining garlic clove; using the flat side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the almonds. Pit and roughly chop the dates. Pick the mint leaves off the stems; discard the stems.</p> <p>&lt;p&gt;While the freekeh continues to cook, in a bowl, combine the yogurt, lemon</p>	

id	title	description	ingredients	steps	photo
				<p>zest, the juice of 1 lemon wedge, and as much of the garlic paste as you'd like. Drizzle with olive oil and season with salt and pepper to taste.</p> <p>To 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 as you'd like, de pending on how spicy yo u'd like the dish to be. Drizzle with olive oil and stir</p>	

id	title	description	ingredients	steps	photo
				<p>to combine. Season with salt and pepper to taste.</p> <p>Serve the finished salad with the lemon yogurt on the side. Garnish the salad with the cheese (crumbling before adding), remaining mint leaves (tearing just before adding), and a drizzle of olive oil. Enjoy!</p>	
32	Roasted Cauliflower Salad	<p>Seasonal salads don't get much more satisfying than this. We're bringing roasted cauliflower and sautéed kale together with cheesy toasted breadcrumbs and a briny caper-studded dressing. Served on top, soft-boiled eggs add extra richness.</p>	<p>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 <math>\frac{1}{4}</math> cup Grated Parmesan Cheese</p>	<p>Place an oven rack in the center of the oven, then preheat to 450°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 cauliflower; cut into</p>	N/A
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id	title	description	ingredients	steps	photo
				<p>small 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 , or until lightly browned and tender when pierced with a fork. Carefully transfer to a large bowl.</p> <p>While the cauliflower 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 the</p>	

id	title	description	ingredients	steps	photo
				<p>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.&lt;/p&gt; &gt; &lt;p&gt;Wh ile the c auliflow er conti nues to roast, carefull y add the eggs to the pot of 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.&lt;/ p&gt; &lt;p&gt;Wh ile the eggs cook, in a medium pan (no</p>	

id	title	description	ingredients	steps	photo
				<p>nstick, if you have one), heat 2 t easpoons of olive oil on medium-high until hot. Add the breadcrumbs; season with salt and pepper. Toast, stirring frequently, 2 to 4 minutes , or until lightly browned. Transfer to a bowl and stir in the cheese; season with salt and pepper to taste. Wipe out the pan.&lt;/p&gt;&lt;p&gt;In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the sliced shallot and chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to</p>	

id	title	description	ingredients	steps	photo
				<p>2 minutes , or until softened. Add the chopped kale and <math>\frac{1}{4}</math> ; cup of water; season with salt and pepper. Cook, stirring occasionally, 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 cauliflower. Gently stir to combine; season with salt and pepper to taste. Wipe out the pan.</p> <p>&lt;p&gt;In the same pan, heat the butter on medium-high until melted. Cook, stirring</p>	

id	title	description	ingredients	steps	photo
				frequently and swirling the pan, 1 to 2 minutes , or until browned and nuttily fragrant . (Be careful not to overcook , 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 cauliflower and kale with the brown butter, parmesan breadcrumbs, and peeled eggs; season the eggs with salt and pepper. Enjoy!</p>	
33	Roasted Chicken & Fall Vegetables	<p>For this comforting autumn dinner, we’re seasoning half chickens with the classic flavors of garlic, onion, and smoked paprika, then roasting them along with sweet potatoes	<p>1 lb Sweet Potatoes 4 oz Cranberries ½ lb Brussels Sprouts 2 Tbsps Apple Cider Vinegar 2 Tbsps Sugar 1 1-Inch Piece Ginger ¼ cup Roasted Walnuts 1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley)</p>	<p>Pre heat the oven to 450deg;F. Line a sheet pan with aluminum foil. Pat	N/A

id	title	description	ingredients	steps	photo
		<p>and Brussels sprouts. The rich chicken finds delicious contrast in a tart-sweet compote, made simply by cooking fresh cranberries and ginger with a bit of sugar and water.&lt;/p&gt;</p>		<p>the chicken dry with paper towels and place on the foil. Season 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 browned and cooked through . (An instant-read thermometer inserted into the thickest part of the thigh should register 165&amp;ordm;F.) Reserving any drippings on the sheet pan, transfer to a cutting board and let rest for at least 5 minutes.&lt;/p&gt;&lt;p&gt;While the chicken roasts, wash</p>	

id	title	description	ingredients	steps	photo
				<p>and dry the fresh produce .</p> <p>Medium dice the sweet potatoe s. Cut off and discard the ends of the Brussels sprouts; halve le ngthwis e.&lt;/p&gt;&lt;p&gt;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</p>	

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				<p>oven and top with the vinegar; carefully stir to coat. Set aside in a warm place.</p> <p>While the vegetables roast, peel and finely chop the ginger. Roughly chop the walnuts.</p> <p>While the vegetables continue to roast, in a small saucepan, combine the cranberries, sugar, ginger, and 1/4 cup of water; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium high. Cook, stirring occasionally, 4 to 6 minutes, or until thickened and</p>	



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				<p>the cranberries are mostly broken down; season with salt and pepper to taste. Transfer to a serving dish.&lt;/p&gt;&lt;p&gt;Using a sharp, sturdy knife, cut along the leg of the rested chicken to separate the thigh and breast. Cut the breast in half crosswise through the bone (keeping the wing intact). Cut through the joint connecting the drumstick to the thigh. Divide the carved chicken and finished vegetables among 4 dishes. Top with any reserved drippings.</p>	

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				ngs. Garnish with the walnuts. Serve the compote on the side. Enjoy!</p>	
34	Roasted Pork & Broccoli	<p>To elevate the classic savory-sweet pairing, we’re topping roasted pork with sautéed apple in this crowd-pleasing recipe. The pork and a side of broccoli, roasted on the same sheet pan, come together with a rich, warming fontina cheese sauce.</p>	<p>3 Tbsps Panko Breadcrumbs 2 Tbsps All-Purpose Flour 1 Tbsp Apple Cider Vinegar 1 Tbsp Southern Spice Blend (Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika, &lt;br />Cayenne Pepper)</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Line a sheet pan with aluminum 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 even layer on	N/A

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				one side of the sheet pan. Pat the pork dry with paper towels; season on all sides with salt, pepper, and the spice 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 browned and the pork is cooked through . (An instant-read thermometer inserted into the pork should register 145&deg;F.) Remove from the oven. Transfer the roasted pork to	

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				<p>a cutting board and let rest for at least 5 minutes.</p> <p>While the pork and broccoli roast, peel and finely chop the garlic; using the side of your knife, smash until it resembles a paste (or use a zester). Core and medium dice the apple. Small dice the cheese.</p> <p>While the pork and broccoli continue to roast, in a medium pan, heat a drizzle of olive oil on medium-high until hot. Add the breadcrumbs and half the garlic paste. Cook, stirring constantly.</p>	

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				<p>tly, 2 to 3 minutes , or until golden brown. Transfer to a plate; immediately season with salt and pepper. Wipe out the pan.</p> <p>&lt;p&gt;While the pork and broccoli continue to roast, in the same pan, heat a drizzle of olive oil on medium-high until hot. Add the diced apple; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes , or until slightly softened. Add the vinegar and cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked</p>	

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				<p>off. Transfer to a bowl; season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.&lt;/p&gt;&lt;p&gt;While the pork rests, in the same pan, heat 1 &amp;frac12 ; tablespoons of olive oil on medium-high until hot. Add the flour and remaining garlic paste; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until lightly browned and fragrant. Add the milk and 1/2 cup of water; season with salt and pepper. Cook.</p>	

id	title	description	ingredients	steps	photo
				<p>whisking frequently, 2 to 3 minutes , or until thickened. Add the diced cheese; season with salt and pepper. Cook, whisking constantly, 1 to 2 minutes , or until the cheese has melted. Turn off the heat and season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Find the lines of muscle (or grain) on the rested pork; thinly slice crosswise against the grain. Serve the sliced pork with the roasted broccoli and cheese sauce. Top the pork with the cooked apple and garlic bread crumbs. En</p>	

id	title	description	ingredients	steps	photo
				joy!</p>	
35	Roasted Red Pepper Pasta	<p>In this quick-cooking recipe, whole grain pipe rigate gets pops of flavor from sweet roasted piquillo peppers and briny capers &mdash;plus a layer of exciting crunch from almonds. It all comes together in a creamy, mildly spicy sauce.</p>	<p>6 oz Whole Grain Pipe Rigate Pasta 2 oz Roasted Piquillo Peppers 2 Tbsps Grated Parmesan Cheese 2 Tbsps Sliced Roasted Almonds 1&frac12; tsps Calabrian Chile Paste</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Heat a large pot of 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	N/A



id	title	description	ingredients	steps	photo
				<p>minutes , or until browne d and tender when pierced when pierced with a fork. Remove from the oven. Evenly top with the juice of 2 lemon wedges .&lt;/p&gt; &lt;p&gt;Wh ile the broccoli roasts, 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 &amp;frac12 ; cup of the pasta cooking water, drain th oroughl y.&lt;/p&gt; &lt;p&gt;Wh ile the pasta cooks, peel and roughly chop the garlic. Finely chop the pep pers.&lt;/ p&gt; &lt;p&gt;Wh</p>	
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				ile the pasta c ontinue s to cook, in a medium pan, heat 2 t easpo ns of olive oil on medi um-high until hot. Add the capers and choppe d garlic and peppers ; season with salt and 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 pending on how spicy yo 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 heavy	

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				<p>cream (shaking the bottle just before opening ) and 1/4 cup of water. Stir to combine; season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;To the pan of sauce, add the cooked pasta, butter, and half the reserved pasta cooking water. Cook on medium-high, stirring vigorously, 30 seconds to 1 minute, or until the pasta is thoroughly coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat and season</p>	

id	title	description	ingredients	steps	photo
				with salt and pepper to taste. Serve the finished pasta with the roasted broccoli and remaining lemon wedges on the side. Garnish the pasta with the almonds and half the cheese. Garnish the broccoli with the remaining cheese. Enjoy!</p>	
36	Roasted Squash Curry	<p>In this recipe, veggie curry gets a unique lift from spaghetti squash —oven-roasted, then broken into pasta-like strands with a fork. We’re finishing our squash and bok choy in a sauce made with fresh aromatics and two well-balanced pantry ingredients: spicy yellow curry paste and cooling coconut milk. A garnish of dried mung beans brings it all together with exciting crunch.</p>	<p>&frac12; cup Jasmine Rice &frac34; cups Light Coconut Milk 1 Lime 1 Yellow Onion 1 bunch Mint 2 Tbsps Dried Mung Beans &frac12; Tbsps Yellow Curry Paste 1 1-Inch Piece Ginger 1 Tbsp Sugar &frac12; lb Baby Bok Choy</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Wash and dry the fresh produce . Using a sharp, sturdy knife, carefully halve the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Place in	N/A
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				<p>a 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.&lt;/p&gt; &lt;p&gt;Wh 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 to 14</p>	

id	title	description	ingredients	steps	photo
				<p>minutes , or until the water has been absorbed and the rice is tender. Turn off the heat. Carefully remove and discard the lime leaf. Fluff the cooked rice with a fork. Cover and set aside in a warm place.</p> <p>While the rice cooks, 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 crosswise. Pick the mint leaves off the stems; discard the stems.</p>	

id	title	description	ingredients	steps	photo
				<p>ile the rice con 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 until hot. Add the sliced onion; season with salt and pepper. Cook, stirring occasio nally, 3 to 4 minutes , or until slightly softene d. Add the choppe d ginger; season with salt and pepper. Cook, stirring frequen tly, 1 to 2 minutes , or until lightly browne d and fr agrant.</p> <p>&lt;p&gt;To the pan, add the coconut milk (shakin g the can just before opening<br ),="" sugar,<br=""/>and as much of the</p>	

id	title	description	ingredients	steps	photo
				<p>curry paste as you&amp;rsquo;d like, depending on how spicy you&amp;rsquo;d like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes , or until slightly thickened. Turn off the heat and season with salt and pepper to taste.</p> <p>&lt;p&gt;When cool enough to handle, using a fork, scrape the flesh of the roasted squash into a bowl; separate any clumps. (The result should resemble cooked spaghetti.) Discard the skins. Add the squash and sliced bok choy to</p>	



id	title	description	ingredients	steps	photo
				<p>the pan of curry. Cook on medium-high, stirring frequently, 2 to 3 minutes , or until thoroughly combined. 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 remaining lime wedges on the side. Enjoy!&lt;/p&gt;</p>	
37	Roasted Turkey Breast & Farro-Endive Salad	<p>&lt;p&gt;Fall comfort food gets a delicious lift in this recipe. A sweet, toasty compote (simply apple and shallot cooked in brown butter) balances our savory roasted turkey breast. On the side, we’re tossing warm grains with endive&amp;mdash;first cooked with a bit</p>	<p>&lt;p&gt;1 Turkey Breast Roast&lt;br /&gt;¾ cup Semi-Pearled Farro&lt;br /&gt;1 Apple&lt;br /&gt;1 Lemon&lt;br /&gt;1 Endive&lt;br /&gt;1 bunch Chives&lt;br /&gt;2 Tbsps Butter&lt;br /&gt;1 Shallot&lt;br /&gt;1 Tbsp Honey&lt;br /&gt;1 Tbsp Whole Grain Dijon Mustard&lt;/p&gt;</p>	<p>&lt;p&gt;Remove the honey from the refrigerator to bring to room temperature. Place an oven rack in the center of the</p>	N/A

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

id	title	description	ingredients	steps	photo
				<p>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 instant-read thermometer should register 165&amp;or dm;F.) Transfer to a cutting board and let rest for at least 5 minutes.&lt;/p&gt;&lt;p&gt;While the turkey roasts, add the farro to the pot of boiling water and cook, uncovered, 17 to 19 minutes , or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.&lt;/p&gt;&lt;p&gt;While the farro cooks, wash and dry the fresh</p>	

id	title	description	ingredients	steps	photo
				<p>produce . Peel and finely chop the shallot. Cut off and discard the root end of the endive; thinly slice crosswise. Quarter and deseed the lemon. Core and small dice the apple. Cut the chives into 1/2-inch pieces.</p> <p>&lt;p&gt;While the farro continues to cook, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add half the chopped shallot; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened. Add</p>	

id	title	description	ingredients	steps	photo
				<p>the sliced endive; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes , or until softened. Add half the honey ( kneading the packet before opening ) and the juice of 2 lemon wedges. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Transfer to a bowl and season with salt and pepper to taste. Rinse and wipe out the pan.&lt;/p&gt;&lt;p&gt;While the farro continues to cook, in the same pan, heat the butter on medium-high until melted. Cook,</p>	

id	title	description	ingredients	steps	photo
				<p>stirring frequently and swirling the pan, 1 to 2 minutes , or until browned and nuttily fragrant . Add the diced apple and remaining chopped shallot; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes , or until slightly softened. Add the juice of the remaining lemon wedges and the remaining honey. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat and season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Add the cooked</p>	

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 combine; season with salt and pepper to taste. Thinly slice the rested turkey crosswise. Serve the sliced turkey with the farro salad. Top the turkey with the compote. Garnish with the remaining sliced chives and a drizzle of olive oil. Enjoy!	
38	Salmon & Honey-Glazed Carrots	<p>This elegant dish gets unique flavor from a prized spice, saffron, used two ways: added to the water used to boil the potatoes and stirred into a creamy yogurt sauce. The bright sauce is delicious spooned over rich salmon, potatoes, and carrots&mdash;which get another flavor-packed lift from a glaze of	<p>2 Skin-On Salmon Fillets 2 cloves Garlic 6 oz Carrots 1 Lemon &frac34; lb Yukon Gold Potatoes 1 Pinch Saffron 1 Tbsp Honey &frac12; cup Plain Greek Yogurt &frac12; tsp Crushed Aleppo Pepper &frac12; tsp Ground Cumin</p>	<p>Remove the honey from the refrigerator to bring to room temperature. Wash, dry, and medium dice the potatoes. In a small pot, combine the	N/A

id	title	description	ingredients	steps	photo
		<p>honey and fragrant cumin. Aleppo pepper adds just a hint of spice throughout the dish, balanced by cooling fresh mint.</p>		<p>potatoes, half the saffron, and a big pinch of salt. Add enough water to cover the potatoes by <math>\frac{1}{2}</math> inch. Heat to boiling on high. Once boiling, cook 10 to 12 minutes, or until the potatoes are tender when pierced with a fork. Drain thoroughly and return to the pot. Set aside in a warm place.</p> <p>While the potatoes cook, wash and dry the remaining fresh produce. Peel the carrots; cut into <math>\frac{1}{2}</math> -inch-thick pieces on an angle. Peel and roughly chop the garlic.</p>	



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				<p>Pick the mint leaves off the stems; discard the stems. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. In a medium bowl, combine the remaining saffron and the juice of 1 lemon wedge.</p> <p>In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the carrots and garlic; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes</p>	

id	title	description	ingredients	steps	photo
				<p>, or until slightly softened. Add the cumin and honey ( kneading the packet before opening ). Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant . Add <math>\frac{3}{4}</math> ; cup of water. Cook, stirring occasionally, 8 to 10 minutes , or until the carrots are softened and glazed. Transfer to a bowl. Season with salt and pepper to taste.</p> <p>While 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 pepper.</p>	

id	title	description	ingredients	steps	photo
				<p>Stir to combine; season with salt and pepper to taste.</p> <p>While the carrots continue to cook, pat the salmon fillets dry with paper towels; season with salt and pepper on both sides. Rinse and wipe out the pan used to glaze the carrots. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned.</p>	

id	title	description	ingredients	steps	photo
				<p>d and cooked to your desired degree of doneness. Turn off the heat.</p> <p>While the salmon cooks, add the glazed carrots, the juice of the remaining lemon wedges, half the mint (tearing the leaves just before adding), and as much of the remaining Aleppo pepper as you'd like to the pot of cooked potatoes. Drizzle with olive oil; stir to combine. Season with salt and pepper to taste. Divide between 2 dishes. Top each with a cooked salmon fillet and a spoonful of the yogurt.</p>	

id	title	description	ingredients	steps	photo
				sauce. Garnish with the remaining mint (tearing the leaves just before adding). Serve with the remaining yogurt sauce on the side. Enjoy!</p>	
39	Seared Chicken & Mashed Potatoes	<p>We’re giving seared chicken a lift with a rich pan sauce, made with sweet maple syrup and tangy sherry vinegar. It’s the perfect accompaniment for creamy mashed potatoes and roasted carrots, dressed with a bit more maple syrup.</p>	<p>2 Boneless, Skinless Chicken Breasts &frac34; lb Yukon Gold Potatoes 2 Tbsps Cr&egrave;me Fra&icirc;che 1 Tbsp Sherry Vinegar</p>	<p>Pla ce an oven rack in the center of the oven, then preheat to 450&deg;F. Heat a medium pot of salted 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.</p><p>Pla ce the sliced carrots on a sheet pan. Drizzle with olive oil and season	N/A

id	title	description	ingredients	steps	photo
				<p>with salt and pepper; toss to coat. Arrange in an even layer. Roast 15 to 17 minutes , or until lightly browned and tender when pierced with a fork. Carefully transfer to a large bowl. Add half the maple syrup; stir to coat. Season with salt and pepper to taste. Loosely cover with aluminum foil to keep warm.</p> <p>&lt;p&gt;While the carrots roast, add the diced potatoes 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</p>	

id	title	description	ingredients	steps	photo
				<p>oroughl y and return to the pot. Add the cr&amp;egr ave;me fra&amp;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.&lt; /p&gt; &lt;p&gt;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 seasoned chicken and cook 5 to 7 minutes per side, or until browne d and cooked</p>	

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				<p>through . Leaving any browned bits (or fond) in the pan, transfer to a cutting board.&lt;/p&gt;&lt;p&gt;Add the vinegar and remaining maple syrup to the pan of reserved fond (be careful, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat. Stir in the butter until thoroughly combined. Season with salt and pepper to taste.&lt;/p&gt;&lt;p&gt;Slice the cooked chicken crosswi</p>	



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				se. Serve the sliced chicken with the mashed potatoes and glazed carrots. Top the chicken with the pan sauce. Enjoy!</p>	
40	Seared Steaks & Garlic Butter	<p>&ldquo;Steak frites,&rdquo; or steak with french fries, is classic French bistro fare. Tonight's steaks get another layer of rich flavor from garlic butter, spooned over them as they cook. Creamy mustard sauce is a perfect match for the rich steaks and hearty oven-roasted fries, while a simple salad adds refreshing contrast.</p>	<p>2 cloves Garlic 2 Russet Potatoes 1 bunch Chives 3 Tbsps Creamy Mustard Sauce 2 Tbsps Butter 1 Tbsp Red Wine Vinegar</p>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Wash and dry the fresh produce. Cut the potatoes lengthwise into 1/2-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 or until	N/A

id	title	description	ingredients	steps	photo
				<p>lightly browned and tender when pierced with a fork. Remove from the oven.</p> <p>While the potatoes roast, peel and finely chop the garlic. Cut off and discard the root end of the lettuce; roughly chop the leaves. Thinly slice the chives.</p> <p>While the potatoes continue to roast, in a bowl, combine the vinegar and 1/4 of the creamy mustard sauce. Slowly whisk in 2 teaspoons of olive oil until well combined. Season with salt and pepper to taste.</p> <p>While the potatoes</p>	

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 seasoned 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 chopped garlic and butter. Cook, fr equentl y spoonin g the butter over the steaks, 1 to 2 minutes for medi um- rare, or until the steaks are browne d and	
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id	title	description	ingredients	steps	photo
				<p>cooked to your desired degree of doneness. Transfer the cooked steaks to a cutting board. Let rest for at least 5 minutes .</p> <p>Transfer the garlic butter to a bowl.&lt;/p&gt;&lt;p&gt;While the steaks rest, place the chopped lettuce in a large bowl. Add enough of the vinaigrette to coat the lettuce (you may have extra vinaigrette). Toss to coat; season with salt and pepper to taste.&lt;/p&gt;&lt;p&gt;Find the lines of muscle (or grain) on the rested steaks; thinly slice crosswise against the</p>	

id	title	description	ingredients	steps	photo
				grain. Serve the sliced steaks with the roasted potatoes and salad. Drizzle the steaks and potatoes with the garlic butter. Garnish the salad with the sliced chives. Serve with the remaining creamy mustard sauce on the side. Enjoy!</p></td> <td></td>	
41	Shiitake & Hoisin Beef Burgers	<p>These Asian-inspired burgers get their irresistible umami flavor from chopped shiitake mushrooms (mixed right into the beef) and a miso-mayo spread. Piled on top, crisp ribbons of bok choy round out the burgers, served with a side of roasted sweet potato wedges.</p></td> <td>&lt;p&gt;4 Potato Buns&lt;br /&gt;2 cloves Garlic&lt;br /&gt;2 Scallions&lt;br /&gt;2 Sweet Potatoes&lt;br /&gt;&amp;frac12; lb Baby Bok Choy&lt;br /&gt;2 Tbsps Hoisin Sauce&lt;br /&gt;2 Tbsps Sweet White Miso Paste&lt;br /&gt;&amp;frac12; oz Dried Shiitake Mushrooms&lt;br /&gt;&amp;frac14; cup Mayonnaise&lt;/p&gt;&lt;/td&gt;<td>&lt;p&gt;Place an oven rack in the center of the oven, then preheat to 450&amp;deg;F. Wash and dry the sweet potatoes; cut lengthwise into 1-inch wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper.&lt;/p&gt;&lt;/td&gt;<td>N/A</td></td></td>	<p>4 Potato Buns 2 cloves Garlic 2 Scallions 2 Sweet Potatoes &frac12; lb Baby Bok Choy 2 Tbsps Hoisin Sauce 2 Tbsps Sweet White Miso Paste &frac12; oz Dried Shiitake Mushrooms &frac14; cup Mayonnaise</p></td> <td>&lt;p&gt;Place an oven rack in the center of the oven, then preheat to 450&amp;deg;F. Wash and dry the sweet potatoes; cut lengthwise into 1-inch wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper.&lt;/p&gt;&lt;/td&gt;<td>N/A</td></td>	<p>Place an oven rack in the center of the oven, then preheat to 450&deg;F. Wash and dry the sweet potatoes; cut lengthwise into 1-inch wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper.</p></td> <td>N/A</td>	N/A

id	title	description	ingredients	steps	photo
				toss to coat. Arrange in an even layer, skin side down. Roast 22 to 24 minutes , or until browned and tender when pierced with a fork. Remove from the oven.</p><p>While the sweet potatoes roast, wash and dry the remaining fresh produce . In a bowl, combine the mushrooms and 1 cup of hot water; let stand for at least 10 minutes to rehydrate. Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).	

id	title	description	ingredients	steps	photo
				<p>Cut off and discard the root ends of the scallions; thinly slice, separating 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, combine the miso paste and mayonnaise; season with salt and pepper to taste.</p> <p>While the sweet potatoes continue to roast, drain the rehydrated mushrooms. Transfer to a cutting</p>	

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				<p>board; finely chop. In a large bowl, combine the chopped mushrooms, ground beef, garlic paste, sliced white bottoms of the scallions, and hoisin sauce; season with salt and pepper. Gently mix to combine. Using your hands, form into four <math>\frac{1}{2}</math>-inch thick patties. Transfer to a plate.</p> <p>While the sweet potatoes continue to roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the patties and cook 3 to 4 minutes per</p>	



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				<p>side, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate.</p> <p>Working in batches if necessary, add the buns, cut side down, to the pan of reserved fond. (If the pan seems dry, add a drizzle of olive oil.) Toast on medium-high 30 seconds to 1 minute, or until lightly browned. Transfer to a work surface.</p> <p>Divide the miso mayonnaise, cooked patties, and seasoned bok choy among the toasted</p>	

id	title	description	ingredients	steps	photo
				buns. Serve the burgers with the roasted sweet potatoes. Garnish the sweet potatoes with the sliced green tops of the scallions. Enjoy !	
42	Shrimp Fra Diavolo	<p>Tonight’s variation on the beloved Italian-American dish gets its “devilish” heat from Calabrian chile paste, mixed into a tangy-sweet tomato sauce. It perfectly coats shrimp, cabbage, and lumaca rigata pasta. A garnish of sliced almonds finishes the dish with contrasting crunch.</p>	<p>6 oz Lumaca Rigata Pasta 2 cloves Garlic 1 8-Ounce Can Tomato Sauce <math>\frac{1}{2}</math> tsps Calabrian Chile Paste 2 Tbsps Crème Fraîche 2 Tbsps Sliced Roasted Almonds 2 Tbsps Verjus Blanc</p>	<p>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 cabbage; thinly slice the leaves. Peel and roughly chop the garlic.</p> <p>Pat the shrimp dry with paper towels; season with salt and pepper. In a medium pan, heat a drizzle of olive</p>	N/A

id	title	description	ingredients	steps	photo
				<p>oil on medium-high until hot. Add the seasoned shrimp; cook, stirring occasionally, 3 to 4 minutes , or until opaque and cooked through . Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.</p> <p>&lt;p&gt;Add the sliced cabbage to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium high, stirring occasionally, 2 to 3 minutes , or until slightly softened. Add the verjus and 1/4</p>	

id	title	description	ingredients	steps	photo
				<p>cup of water; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 3 to 5 minutes , or until the cabbage has softened and the water has cooked off. Transfer to the plate of cooked shrimp. Wipe out the pan.&lt;/p&gt;&lt;p&gt;While the cabbage cooks, add the pasta to the pot of boiling water. Cook, stirring occasionally, 9 to 11 minutes , or until al dente (still slightly firm to the bite). Reserving 1/2 cup of the pasta cooking water, drain thoroughly.&lt;/p&gt;</p>	
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id	title	description	ingredients	steps	photo
				<p>&lt;p&gt;While the pasta cooks, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the chopped garlic; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened and fragrant. Add the tomato sauce, 1/3 cup of water, and as much of the chile paste as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until thickened. Season with</p>	

id	title	description	ingredients	steps	photo
				<p>salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Add the cooked pasta, cooked shrimp and cabbage, and half the reserved pasta cooking water to the pan. Cook, stirring vigorously, 1 to 2 minutes , or until coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat; stir in the cream; measure; and combine until thoroughly combined. Season with salt and pepper to taste. Top the finished pasta with the almonds and a drizzle of olive oil. Enjoy!</p> <p>&lt;/p&gt;</p>	

id	title	description	ingredients	steps	photo
43	Smoked Gouda & Mushroom Flatbread	<p>For this rustic seasonal meal, we're topping flatbread —made by rolling out pizza dough until extra-thin—with two kinds of cheeses, including nutty smoked Gouda. Cremini mushrooms add even more irresistibly savory flavor to the flatbread, balanced by a bright, crisp endive and apple salad.</p>	<p>1 Endive 2 cloves Garlic 2 oz Smoked Gouda Cheese 2 oz Fontina Or Aged Alpine Cheese 1 Red Onion <math>\frac{3}{4}</math> lb Pizza Dough 4 oz Cremini Mushrooms 1 Apple 1 Tbsp Honey 1 Tbsp Apple Cider Vinegar</p>	<p>Remove the dough and honey from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven, then preheat to 475°F. Wash and dry the fresh produce. Thinly slice the mushrooms. 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 (discarding any rind). Combine in a bowl.</p>	N/A

id	title	description	ingredients	steps	photo
				<p>In a large pan (no nstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the sliced mushrooms in an even layer. Cook, without stirring, 2 to 3 minutes , or until lightly browned. Add the chopped garlic and sliced onion; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes , or until lightly browned and fragrant.</p> <p>Add the chopped kale to the pan; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes , or until slightly</p>	



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				<p>wilted. Add 1/4 cup of water; season with salt and pepper. Cook, stirring occasionally, 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 to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Lightly 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 thickness. (If the dough is resistant, let rest for 5 minutes .) Carefully transfer the dough to the</p>	

id	title	description	ingredients	steps	photo
				<p>sheet pan; rub the dough into the pan to coat the bottom in oil. Leaving a 1-inch border around the edges, evenly top the prepared dough with the finished vegetables, grated cheeses, and a drizzle of olive oil. Season with salt and pepper. Bake, rotating the sheet pan halfway through, 14 to 16 minutes, or until the crust has browned and the cheese has melted. Remove from the oven and let stand for at least 2 minutes.</p> <p>While the flatbread bakes, cut off and</p>	

id	title	description	ingredients	steps	photo
				<p>discard the root end of the endive; roughly chop the leaves. Core, quarter, and thinly slice the apple. To make the dressing, in a large bowl, whisk together the vinegar, honey ( kneading the packet before opening ), and 1 tablespoon of olive oil until thoroughly combined. Season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;Just before serving, add the chopped endive and sliced apple to the bowl of dressing. Toss to combine; season with salt and pepper to taste. Serve the</p>	

id	title	description	ingredients	steps	photo
				baked flatbread with the salad on the side. Enjoy!</p>	
44	Spicy Chicken Quesadillas	<p>A seasonal salad of striped Chioggia beet, juicy orange, and peanuts is a fresh pairing for these zesty quesadillas. We’re seasoning the chicken filling with both jalapeño pepper and Mexican spices&mdash;balanced by a layer of melty white cheddar. Mexican crema brightened up with lime juice is perfect for dipping.</p>	<p>4 Flour Tortillas 2 Scallions 6 oz Chioggia Beet 1 Jalapeño Pepper 1 Lime 1 Navel Orange 3 Tbsps Roasted Peanuts 2 oz White Cheddar Cheese &frac14; cup Mexican Crema 1 Tbsp Mexican Spice Blend (Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin, & Dried Mexican Oregano)</p>	<p>Heat a small pot of salted water to boiling on high. Wash and dry the fresh produce . Peel the beet and cut lengthwise into 1/4-inch wedges. Once the pot of water is boiling, add the beet wedges and cook, uncovered, 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	N/A

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				to a large bowl.</p><p>While the beet cooks, cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Quarter the lime. Grate the cheese on the large side of a box grater. Peel the orange; halve lengthwise, then thinly slice crosswise. To make the lime crema, in a bowl, combine the crema	

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				<p>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; finely chop. Thoroughly wash your hands, knife, and cutting board immediately after handling the pepper.</p> <p>While the beet continues to cook, pat the chicken dry with paper towels; season on both sides with salt, pepper, and the spice blend. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.</p>	

id	title	description	ingredients	steps	photo
				<p>Add the seasoned chicken; cook 3 to 4 minutes per side, or until browned and cooked through.</p> <p>Transfer to a cutting board; when cool enough to handle, roughly chop. Transfer to a medium bowl. Rinse and wipe out the pan.</p> <p>&lt;p&gt;To the bowl of chopped chicken, add the sliced white bottoms of the scallions, lime zest, the juice of 1 lime wedge, a drizzle of olive oil, and as much of the chopped pepper as you'd like, depending on how spicy you want it.</p>	

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



id	title	description	ingredients	steps	photo
				<p>of olive oil before flipping. )</p> <p>Transfer to a cutting board; immediately season with salt and pepper.</p> <p>&lt;/p&gt; &lt;p&gt;While the quesadillas cook, add the sliced orange, peanuts, the juice of the remaining lime wedge, and a drizzle of olive oil to the bowl of cooked beet. Stir to combine; season with salt and pepper to taste. Cut the cooked quesadillas in half. Garnish the quesadillas and salad with the sliced green tops of the scallions. Serve with the lime crema on the side. Enjoy!&lt;/p&gt;</p>	

id	title	description	ingredients	steps	photo
45	Spicy Pork & Korean Rice Cakes	<p>In this crowd-pleasing recipe, a savory and spicy sauce (balanced by a touch of cooling <math>\frac{1}{2}</math> cup Cr<math>\frac{1}{2}</math>me Fra<math>\frac{1}{2}</math>che) brings together ground pork, bok choy, and aromatics. We're mixing in delightfully chewy tteok, or rice cakes—a staple of Korean cuisine.</p>	<p>1 lb Korean Rice Cakes 2 cloves Garlic 2 heads Baby Bok Choy 2 Tbsps Soy Glaze <math>\frac{1}{2}</math> Tbsps Gochujang 1 1-Inch Piece Ginger <math>\frac{1}{4}</math> cup Black Bean Sauce <math>\frac{1}{4}</math> cup Cr<math>\frac{1}{2}</math>me Fra<math>\frac{1}{2}</math>che 1 bunch Chives</p>	<p>Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Peel and finely chop the 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 separate. Thinly slice the chives.</p> <p>In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the ground pork (removing and discarding the paper lining from the bottom) ; season</p>	N/A

id	title	description	ingredients	steps	photo
				<p>with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes , or until lightly browned.</p> <p>&lt;p&gt;Add the chopped ginger and garlic to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes , or until softened and the pork is cooked through .&lt;/p&gt;</p> <p>&lt;p&gt;To the pan, add the chopped bok choy stems, soy glaze, black bean sauce, &amp;frac12 ; cup of water, and as much of the gochujang as you&amp;rsquo;d like, depending on how spicy you&amp;rsquo;d like.</p>	

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				<p>the dish to be. Cook, stirring occasionally, 3 to 4 minutes , or until the bok choy stems have softened and the liquid has thickened. Turn off the heat. Season with salt and pepper to taste.</p> <p>While the sauce cooks, add the rice cakes to the pot of boiling water and cook 2 to 3 minutes , or until tender. Drain thoroughly.</p> <p>Add the cooked rice cakes and chopped bok choy leaves to the pan of cooked pork and sauce; season with salt and pepper. Cook on medium</p>	

id	title	description	ingredients	steps	photo
				high, stirring frequently, 1 to 2 minutes , or until the rice cakes are thoroughly 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 remaining sliced chives. Enjoy!</p>	
46	Sweet & Sour Vegetable Stir-Fry	<p>Two kinds of citrus&mdash;seasonal orange and lemon&mdash;give the sauce for our stir-fried vegetables its irresistible sweet-sour balance. The carrots, celery, and bok choy perfectly contrast a rich fried egg and fluffy, radish-studded white rice.</p>	<p>2 Cage-Free Farm Eggs 1 1-Inch Piece Ginger 1&frac12; Tbsps Soy Marinade 2 Tbsps Roasted Peanuts</p>	<p>Wash and dry the fresh produce . Peel the carrots; thinly slice on an angle. Slice the celery on an angle into 1/2-inch-thick pieces.	N/A
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id	title	description	ingredients	steps	photo
				Halve the orange; squeeze the juice into a medium bowl, straining out any seeds. Peel and roughly chop the garlic. Peel and finely chop the ginger. Cut off and discard the root end of the bok choy; roughly chop. Quarter and deseed the lemon. Cut off and discard the ends of the radishes; small dice. Place in a bowl and top with the juice of 1 lemon wedge and half the sesame oil. Season with salt and pepper. Set aside to marinate, stirring occasionally.	

id	title	description	ingredients	steps	photo
				<p>for at least 10 minutes .</p> <p>Season with salt and pepper to taste.</p> <p>&lt;/p&gt; &lt;p&gt;While the radishes marinate, in a medium saucepan, combine the rice, a big pinch of salt, and 1 1/2 cups of water; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.&lt;/p&gt; &lt;p&gt;While the rice cooks, in a large pan (not stick,</p>	

id	title	description	ingredients	steps	photo
				<p>if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the sliced carrots and celery; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until slightly softened.</p> <p>While the vegetables cook, to the bowl of orange juice, add the soy glaze, soy marinade, and the juice of the remaining lemon wedges. Stir to combine; season with salt and pepper to taste.</p> <p>To the pan of vegetables, add the chopped garlic and ginger and remaining sesame</p>	



id	title	description	ingredients	steps	photo
				<p>oil. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant . Add the sauce and chopped bok choy; cook, stirring constantly, 1 to 2 minutes , or until the bok choy leaves have wilted. Transfer to a bowl and season with salt and pepper to taste. Rinse and wipe out the pan.&lt;/p&gt;&lt;p&gt;In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Keeping them separate, crack the eggs into the pan; season with salt and pepper. Cook 4 to 5</p>	

id	title	description	ingredients	steps	photo
				minutes , 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. Top with the fried eggs and peanuts . Enjoy! </p>	
47	Thai Curry Chicken	<p>In tonight’s dish, the spicy and aromatic flavors of yellow curry paste&mdash;a Thai staple&mda sh;shine through a lightly sweet coconut milk broth. Saut&eacute;ed chicken, carrots, and bok choy give the curry plenty of hearty texture, while fluffy rice eagerly soaks up all the complex flavors. (Chefs, this curry paste packs a punch of heat, so be sure	<p>10 oz Chopped Chicken Breast 1&frac34; cups Light Coconut Milk 3 Carrots 1 Lime 1 head Baby Bok Choy &frac12; cup Dried Shiitake Mushrooms 2 tsps Golden Mountain Sauce<br >1&frac12; Tbsps Yellow Curry Paste</p>	<p>Wa sh and dry the fresh produce . In a bowl, combin e the m ushroo ms and 1 cup of warm water. Let stand for at least 10 minutes . Peel the carrots; thinly slice	N/A

id	title	description	ingredients	steps	photo
		to use only as much as you'd like!)</p>		into rounds. Cut off and discard the root end of the bok choy; thinly slice the stems and roughly chop the leaves, keeping them separate. Quarter the lime .</p><p>In a small saucepan, combine the rice, a big pinch of salt, and 1 1/2 cups of water; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover and set aside in	

id	title	description	ingredients	steps	photo
				<p>a warm place.&lt;/p&gt; &lt;p&gt;While the rice cooks, pat the chicken dry with paper towels; season with salt and pepper. In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken; cook, stirring occasionally, 3 to 4 minutes , or until lightly browned. Leaving any browned bits (or fond) in the pan, transfer to a plate.&lt;/p&gt; &lt;p&gt;While the chicken browns, drain the rehydrated mushrooms. Transfer to a cutting board and roughly chop. Add 2 tablespoons of</p>	

id	title	description	ingredients	steps	photo
				<p>olive oil to the pan of reserved fond; heat on medium-high until hot. Add the sliced carrots and as much of the curry paste as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes , or until slightly softened and fragrant.</p> <p>&lt;p&gt;To the pan, add the browned chicken, sliced bok choy stems, Golden Mountain sauce, chopped mushrooms, and coconut milk (shaking the can just before opening );</p> <p>season</p>	

id	title	description	ingredients	steps	photo
				with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and cook, stirring occasionally, 4 to 5 minutes , or until the liquid is slightly reduced in volume. Add the chopped bok choy leaves. Cook, stirring occasionally, 2 to 3 minutes , or until the liquid is slightly thickened 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 with the	

id	title	description	ingredients	steps	photo
				remaini ng lime wedges on the side. En joy!</p>	
48	Tilapia & Black Lentil Salad	<p>In this dish, we’re putting a twist on Italian gremolata: adding pickled peppers to the classic parsley, garlic, and lemon condiment. The bright, tangy flavors perk up a hearty salad of black lentils and roasted broccoli. We’re also using lemon juice as the base for an easy pan sauce to serve over our seared tilapia.</p>	<p>&frac12; cup Black Beluga Lentils 2 cloves Garlic 1 Lemon &frac12; lb Broccoli 1 bunch Parsley 2 Tbsps Butter 1 oz Golden Or Red Sweet Piquante Peppers 1 Tbsp Capers</p>	<p>Pla ce an oven rack in the center of the oven, then preheat to 450& deg;F. Heat a medium saucepa n of salted water to boiling on high. Once 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> <p>Wh ile the lentils cook, wash and dry the fresh produce . Cut off and discard the bottom	N/A
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id	title	description	ingredients	steps	photo
				<p>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 15 to 17 minutes , or until browned and tender when pierced with a fork. Remove from the oven.</p> <p>While the broccoli roasts, peel the garlic. Roughly chop 1 clove. Finely chop the remaining clove; using the flat side of your knife, smash until it resembles a paste</p>	



id	title	description	ingredients	steps	photo
				(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 poon of olive oil, and as much of the garlic paste as youG	

id	title	description	ingredients	steps	photo
				<p>rsquo;d like.</p> <p>Season with salt and pepper to taste.</p> <p>&lt;/p&gt;</p> <p>&lt;p&gt;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 2 t easpoo ns of olive oil on medi um-high until hot. Add the seasone d fillets and cook 2 to 3 minutes per side, or until lightly browne d and cooked through .</p> <p>Leaving any browne d bits (or fond) in the pan, transfer to a plat e.&lt;/p&gt;</p> <p>&lt;p&gt;Ad d the capers, choppe d garlic, butter, and 1 ta blespoo n of olive oil</p>	

id	title	description	ingredients	steps	photo
				<p>to the pan of reserved fond; season with salt and pepper. Cook on medium high, stirring constantly and scraping up any fond, 1 to 2 minutes , or until browned and fragrant . Turn off the heat; stir in the juice of the remaining lemon wedges (be careful, as the liquid may splatter ). Season with salt and pepper to taste.</p> <p>&lt;p&gt;To the saucepan of cooked lentils, add the roasted broccoli and gremolata. Stir to combine; season with salt and pepper to taste. Serve the finished lentils</p>	

id	title	description	ingredients	steps	photo
				with the cooked fish fillets. Top the fish with the pan sauce. Garnish with the remaining chopped parsley. Enjoy!	
49	Togarashi Chicken Lettuce Cups	<p>This recipe has been approved by Whole30®. To learn more about their guidelines, visit Whole30.com. We’re partnering with Whole30® to bring you the first of eight weeks of delicious recipes. These chicken lettuce cups get their dynamic flavor from togarashi seasoning—a staple of Japanese cuisine. Juicy bites of orange add more bright flavor and color.</p>	<ul style="list-style-type: none"><li>&lt;li style="list-style-type: none;"&gt;10 oz&amp;nbsp;Ground Chicken&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;2 Carrots&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;4 oz Cremini Mushrooms&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;2 cloves Garlic&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1 head Butter Lettuce&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;3 oz Radish&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1&amp;nbsp;Red Onion&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1 Lime&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1 Tbsp Sesame Oil&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1 Tbsp Togarashi Seasoning (Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds &amp; Black Sesame Seeds)&lt;/li&gt;&lt;li style="list-style-type: none;"&gt;1 Orange&lt;/li&gt;&lt;/ul&gt;</li></ul>	<p>Wash and dry the fresh produce. Thinly slice the mushrooms. Peel and thinly slice the onion. Peel and roughly chop the garlic. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. Peel the carrots; grate on the large side of a box grater. Cut off</p>	N/A

id	title	description	ingredients	steps	photo
				<p>and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise. Cut off and discard the root end of the lettuce; separate the leaves. Peel and medium dice the orange.</p> <p>&lt;/p&gt; &lt;p&gt;In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the sliced mushrooms in an even layer and cook, without stirring, 2 to 3 minutes, or until lightly browned. Add the sliced onion and chopped garlic; season with salt and pepper. Cook, stirring occasionally, 2</p>	

id	title	description	ingredients	steps	photo
				<p>to 3 minutes , or until softened and fragrant . Add the juice of 1 lime wedge; cook, stirring constantly, 30 seconds to 1 minute, or until combined. Transfer to a large bowl. Season with salt and pepper to taste. Rinse and wipe out the pan.&lt;/p&gt;&lt;p&gt;In the same pan, heat the sesame oil on medium-high until hot. Add the ground chicken; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 4 minutes , or until lightly browned. Add</p>	

id	title	description	ingredients	steps	photo
				<p>the togaras hi seaso ning and cook, stirring frecuen tly, 1 to 2 minutes , or until the chicken is thoro ughly coated. Add 1/4 cup of water and cook, stirring constan tly, 30 seconds to 1 minute, or until the water has cooked off and the chicken is cooked through . Turn off the heat.&lt;/p&gt; &lt;p&gt;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 with</p>	

id	title	description	ingredients	steps	photo
				<p>salt and pepper. Stir to thoroughly combine; season with salt and pepper to taste.</p> <p>Divide the filling among the lettuce leaves. Top with the diced orange and a drizzle of olive oil. Enjoy!</p>	
50	Top Chef Ginger-Marinated Grassfed Steaks	<p>In this recipe—inspired by our Quickfire Challenge from <em>Top Chef</em>—Season 15 on Bravo—we’re marinating grassfed steaks in fresh ginger, soy sauce, and citrusy ponzu sauce. The extra marinade transforms into an easy pan sauce, which adds punchy flavor to the steaks and a side of jasmine rice.</p>	<ul style="list-style-type: none"><li></li><li></li><li>2 Grassfed Steaks</li><li>3 oz Radishes</li><li>4 oz Cremini Mushrooms</li><li><math>\frac{3}{4}</math> cup Jasmine Rice</li><li><math>\frac{1}{2}</math> lb Baby Bok Choy</li><li>1 Shallot</li><li>1 Tbsp Sugar</li><li>1 1-Inch Piece Ginger</li><li>1 Tbsp Ponzu Sauce</li><li>1 Bird's Eye Chile Pepper</li><li>1 Tbsp Rice Vinegar</li><li>1 Tbsp Soy Sauce</li></ul>	<p>Peel and finely chop the ginger. Place in a medium bowl. Stir in the soy sauce, ponzu sauce, and a drizzle of olive oil. Pat the steaks dry with paper towels; season with salt and pepper on both sides. Place in the bowl of marinade and turn to coat. Set aside to marinate,</p>	N/A



id	title	description	ingredients	steps	photo
				<p>turning occasio nally, for at least 10 minute s.&lt;/p&gt; &lt;p&gt;Wh ile the steaks marinat e, in a medium pot, combin e the rice, a big pinch of salt, and 1 1/2 cups of water. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , 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.&lt; /p&gt; &lt;p&gt;Wh ile the rice cooks, wash and dry the fresh produce . Quarter the mus</p>	

id	title	description	ingredients	steps	photo
				hrooms. Peel and thinly slice the shallot. Cut off and discard the root end of the bok choy; roughly chop. Cut off and discard the ends of the radishes; thinly slice into rounds. Place in a bowl. Top with half the vinegar; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes . Cut off and discard the stem end of the pepper; thinly slice crosswise. (For a milder dish, remove and discard the seeds first.) Thoroughly wash your hands,	

id	title	description	ingredients	steps	photo
				<p>knife, and cutting board immediately after handling.</p> <p>In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the quartered mushrooms in an even layer. Cook, without stirring, 2 to 3 minutes , or until lightly browned. Add the sliced shallot, chopped bok choy, and as much of the sliced pepper as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes , or until softened.</p>	

id	title	description	ingredients	steps	photo
				<p>Transfer to a bowl. Stir in the remaining vinegar; season with salt and pepper to taste. Cover with aluminum foil. Rinse and wipe out the pan.&lt;/p&gt;&lt;p&gt;In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Reserving the marinade, add the marinated steaks. Cook, turning occasionally, 7 to 9 minutes for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a cutting board</p>	

id	title	description	ingredients	steps	photo
				<p>and let rest for at least 5 minutes.</p> <p>While the steaks rest, to the pan of reserved fond, add the reserved marinade, sugar, and 1/4 cup of water (be careful, as the liquid may splatter). Bring to a boil on medium-high. Cook, stirring constantly, 2 to 3 minutes, or until thickened. 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 crosswise against the grain. Serve the sliced steaks with the cooked rice and</p>	

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

id	title	description	ingredients	steps	photo
				<p>of olive oil; season with salt and pepper. Stir to coat. In a bowl, combine the ponzu sauce, sweet chili sauce, sugar, 1/4 cup of water, and as much of the soy marinade as you like.</p> <p>In a medium pot, combine the rice, a big pinch of salt, and 1 1/2 cups of water; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes , or until the water has been absorbed and the rice is tender. Turn off the heat and fluff</p>	

id	title	description	ingredients	steps	photo
				<p>with a fork. Cover to keep warm.&lt;/p&gt;&lt;p&gt;While the rice cooks, pat the steaks dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 tablespoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 4 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest for at least 5 minutes.&lt;/p&gt;&lt;p&gt;While the steaks</p>	



id	title	description	ingredients	steps	photo
				<p>rest, add 1 tablespoon of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the quartered mushrooms in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned and slightly softened. Add the sliced shallot and chopped ginger; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.</p> <p>Ad d the glaze and chopped bok choy to the pan; season with salt and pepper. Cook, stirring occasionally, 4</p>	

id	title	description	ingredients	steps	photo
				<p>to 5 minutes , or until the glaze is slightly thickened and the vegetables have softened. Turn off the heat and stir in the juice of the remaining lime wedges. Season with salt and pepper to taste.</p> <p>Find the lines of muscle (or grain) on the rested steaks; thinly slice crosswise against the grain. Serve the sliced steaks with the cooked rice and glazed vegetables. Garnish with the marinated radishes (draining before adding). Enjoy!</p>	
52	Tuscan Chicken & Green Lentil Stew	<p>In this comforting cold-weather recipe, we're serving Tuscan-spiced chicken over</p>	<p>2 Boneless, Skinless Chicken Breasts 2 Carrots 1 Red Onion 2 cloves Garlic <math>\frac{1}{2}</math> cup French Green Lentils 1 bunch Collard Greens 2 Tbsps Tomato Paste <math>\frac{1}{4}</math> tsp Crushed Red Pepper Flakes 1 Tbsp Capers 1 Tbsp Apple Cider Vinegar 2 Tbsps Crumbled Goat Cheese 1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, &amp; Ground Sage)</p>	<p>Heat a medium pot of salted water to</p>	N/A

id	title	description	ingredients	steps	photo
		tender green lentils and vegetables cooked in a light, savory tomato broth. Capers and crushed red pepper add briny flavor and a touch of heat to cut through the rich, earthy stew. (Chefs, rinsing the lentils after cooking removes excess starch, resulting in a more delicate flavor.</p>		boiling on high. Once boiling, add the lentils and cook, uncovered, 27 to 29 minutes, or until tender. Drain thoroughly and rinse under warm water 30 seconds to 1 minute, or until the water runs clear.</p><p>While 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 leav	

id	title	description	ingredients	steps	photo
				<p>es.</p> <p>&lt;p&gt;While the lentils continue to cook, pat the chicken dry with paper towels; season on both sides with salt, pepper, and half the spice blend. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through.</p> <p>. Leaving any browned bits (or fond) in the pan, transfer to a cutting board.</p> <p>&lt;p&gt;Add the sliced onion, chopped garlic, and diced carrots</p>	

id	title	description	ingredients	steps	photo
				to pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring frequently, 4 to 5 minutes, or until softened and fragrant. Add the tomato paste, chopped capers, remaining spice blend, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant. Add the chopped collard greens.	

id	title	description	ingredients	steps	photo
				<p>and 2 cups of water; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 8 to 9 minutes , or until the collard greens have wilted and the liquid has thickened. Turn off the heat.&lt;/p&gt;&lt;p&gt;Slice the cooked chicken crosswise. Add the cooked lentils and vinegar to the pan of cooked vegetables. Stir to combine. Season with salt and pepper to taste. Serve the finished lentils and vegetables topped with the sliced chicken. Garnish with the cheese. Enjoy!&lt;/p&gt;&lt;/p&gt;</p>	