

Dungeness Crab Cakes

Shallot

Parsley

Dill

Herb Salad

Spring Mix

Watermelon Radish

Citronette Dressing

Notes:

Crab Cakes

1. Preheat oven to 450F.
2. Grease a baking sheet with oil/butter/non-stick spray and bake crab cakes for 12-14 minutes looking for a nice start of golden brown coloring.

Herb Salad

1. Dress salad with citronette dressing and enjoy!

Grilled Chicken Shawarma

Lentils

Khorasan Wheat

Chickpea Salad

Cucumber

Kumamoto Tomato

Feta Cheese

Cilantro

Tzatziki

Notes:

Chicken Lentils Wheat

1. Microwave to reheat

Chickpea Salad

1. Mix salad to distribute the dressing at the bottom.
2. Add salt to taste if needed.

Grilled Coffee Crusted Shortribs

Barley
Swiss Chard

Chimichurri
Champagne Vinegar
Herbs
Lemon
Shallot

Notes:

Shortribs

1. Preheat oven to 400F and roast shortribs for 10 minutes.
2. Let shortribs rest for 3 minutes and then serve.

Barley Chard

1. Microwave to reheat.

Coffee Crusted Shortrib

Barley

Swiss Chard

Chimichurri