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Baked Oatmeal
Breakfast

From: Julia  
Serves: 8  
Prep Time: 5 min  
Cook Time: 25 min

Instructions

1: Preheat the oven to 400 degrees. In a large mixing bowl, stir together the rolled oats, baking powder, salt, and cinnamon; set aside.

2: In a medium bowl, stir together milk, egg, applesauce, oil, and sugars. Add to oat mixture, stirring until combined. Turn into a 2-quart pan coated with cooking spray.

3: Bake uncovered for 20 minutes. Stir mixture. Gently fold in fruit. Bake uncovered for 20 minutes or more.

Notes

The best fruits to use with this are blueberries, strawberries, cherries, or peaches. Apples are also delicious. If you use apples, put them in the oatmeal at the beginning and cook them for the entire 40 minutes.

You can freeze this oatmeal in individual servings and microwave in the morning!

Ingredients

3 cups regular rolled oats  
2 tsp baking powder  
1/2 tsp salt  
1/2 tsp ground cinnamon  
2 cups milk  
1 egg, beaten  
1/3 cup apple sauce  
1/4 cup cooking oil (canola)  
1/4 cup packed brown sugar  
2 cups fresh fruit
Cheese & Egg Strata
Breakfast

From: Smithies!
Serves: 4
Prep Time: 5 min
Cook Time: 25 min

Ingredients

12 slices whole-wheat bread
8 large cage-free eggs
4 tbsp soft butter
3 cups milk
¼ tsp mustard
¼ tsp salt
¼ tsp paprika
1 cup cornflakes or Wheaties

Instructions

1:
Coat a long casserole dish with butter. Place bread in bottom of dish and cover with cheese, eggs, milk, and spices.

2:
Coat crumbled cornflakes with 2-3 tbsp melted butter (in a bowl) and sprinkle over the top of the mix.

3:
Bake ~25 min or until it puffs up. Dish is ready when nothing sticks to a poking fork.

Notes

Can substitute low fat cheese and milk for a healthier take on this breakfast that will impress your friends!

Make the night before and let sit in the fridge for a better taste and to save time.
# Peanut Butter Granola

**Breakfast**

<table>
<thead>
<tr>
<th>From: Lalitha Kunduru</th>
<th>Prep Time: 5 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves: 2</td>
<td>Cook Time: 25 min</td>
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## Ingredients

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>2 c</td>
<td>Oats</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Maple syrup</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Vanilla</td>
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<tr>
<td>1 pinch</td>
<td>Salt</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Flax seeds</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>oil</td>
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</table>

## Instructions

1: Heat everything on stove until warm.

2: Bake at 300 degrees for 25 minutes.

## Notes
# Black Bean Soup

**Appetizers**

<table>
<thead>
<tr>
<th>From: Heather Koehn</th>
<th>Prep Time: 00 min</th>
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<tbody>
<tr>
<td>Serves: Number of People</td>
<td>Cook Time: 00 min</td>
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</tbody>
</table>

## Instructions

1: Puree 1 can of black beans, liquid and all – you can use blender, food processor, emersion blender, whatevs.

2: Sauté chopped onion with a bit of cooking oil in a sauce or soup pan. If you are adding chicken, this is the time to do it. Get them nice and golden brown

3: Add pureed black beans and other can of black beans with liquid. Add spices, adjusting too your taste, and bring mixture to boil

4: (optional) add water to obtain desired thickness.

5: Serve with chips, avocado or bread.

## Ingredients

- 2 cans Black beans
- 1/2 Yellow Onion, chopped
- 1 tbsp Cumin
- 1 1/2 tbsp Oregano
- Salt and Pepper (cayenne, mmm 😊 ) to taste
- Sliced chicken sausage (optional)

## Notes

This was one of the first things I learned to make when I got married. It is Che-eap! It is also customizable to your taste or dietary preference. Enjoy!
Hot Spinach Dip

Appetizers

From: Lalitha Kunduru
Serves: 8
Prep Time: 5 min
Cook Time: 20 min

Ingredients

- 20 oz Thawed, squeezed frozen spinach
- 1 c Sour cream
- 5 tbsp Mayo
- 1 Onion
- 2 cloves Garlic
- 1 c Mozzarella cheese
- 3 dashes Worcestershire sauce
- 3 dashes Hot sauce
- Salt, pepper to taste

Instructions

1:
Mix everything.

2:
Bake at 375 degrees for 20-25 min.

Notes
# Balsamic Bleu Salad

**Salads**

<table>
<thead>
<tr>
<th>From: Elizabeth Freeman</th>
<th>Prep Time: 10 min</th>
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</thead>
<tbody>
<tr>
<td>Serves: 2 (main) 4 (side)</td>
<td>Cook Time: 00 min</td>
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</tbody>
</table>

## Instructions

1. Beginning with lettuce, layer lettuce, cucumber, and tomato in a large bowl.
2. Add dressing and toss gently.
3. Top with red onion, apple, cranberries, walnuts, and bleu cheese.

## Ingredients

- 1 head romaine lettuce, washed
- ½ cucumber, thinly sliced
- 1 tomato, wedged
- ½ red onion, thinly sliced
- ½ granny smith apple, thinly sliced
- ¼ cup dried cranberries
- ¼ cup crushed walnuts
- Bleu cheese crumbles, to taste
- Balsamic vinaigrette, to taste

## Notes

*This is a recipe I stole from Atlanta Bread Company. It works best with a creamier dressing and is light with lots of interesting texture.*
Broccoli Salad #1
Salads

From: Jessica Glatz  Prep Time: 15 min
Serves: 8-10  Cook Time: 00 min

Ingredients
- 2 heads fresh broccoli
- 1 red onion
- ¾ cup raisins
- ¾ cup sliced almonds
- 1 cup mayonnaise
- ½ cup white sugar
- 2 tbsp white wine vinegar

Instructions
1: Cut broccoli and onion into bite sized pieces. Shred carrots. Combine with raisins and nuts (optional).

2: To prepare the dressing, mix the mayonnaise, sugar, and vinegar together until smooth. Stir into the salad, let chill and serve.

Notes
Very easy and delicious; great to bring to a potluck. You can also prepare with crumbled bacon for even more flavor!
# Broccoli Salad #2

## Ingredients

- 1 tsp salt
- 5-6 cups fresh broccoli florets (about 1 pound of florets)
- 1/2 cup toasted slivered almonds
- 1/2 cup cooked, crumbled bacon
- 1/4 cup red onion, chopped
- 1 cup frozen peas, thawed
- 1 cup Light mayonnaise (can subst. greek yogurt)
- 2 tbsp apple cider vinegar
- 1/4 cup honey

## Instructions

1: Bring a large pot of water, salted with a teaspoon of salt, to a boil. Add the broccoli florets. Cook 1-2 minutes, depending on how crunchy you want the broccoli. 1 minute will turn the broccoli bright green, and leave it still pretty crunchy. 2 minutes will cook the broccoli through, but still firm. Set your timer and do not cook for more than 2 minutes, or the broccoli will get mushy. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. Let cool and drain.

2: Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl. In a separate bowl, whisk together light mayonnaise, cider vinegar and honey. Add dressing to the salad and toss to mix well. Chill thoroughly before serving.

## Notes

A couple of years ago I started craving raw broccoli ALL THE TIME. It was a really odd thing to crave, but to this day I still eat huge amounts of raw (or cooked) broccoli. This is one of my favorite ways to jazz it up for the rest of the world that isn’t as obsessed with raw broccoli on its own as I am (no one really understood my addiction so I had to show them how good it could taste!).
**Farmer’s Market Salad**

Salads

- **From:** Heather Koehn  
  **Serves:** varies  
  **Prep Time:** 10 min  
  **Cook Time:** 0 min

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**Ingredients**

- 3-4 oz (wt)  
  Mixed Spring Greens

- 1 cup +  
  Fresh berries

- 2 tbsp  
  Trader Joe’s Raspberry Vinegarette salad dressing

- 2 tbsp  
  Goat cheese crumbles

- 2 tbsp  
  Walnut pieces

- Optional – grilled chicken strips

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**Instructions**

1: Wash and slice berries

2: Start with greens and layer on all ingredients adding more or less to your taste

3: Add dressing (very delicious, healthy and inexpensive!)

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**Notes**

Healthy and fresh, this is always a favorite at the summer bar-b-que. It’s also a wonderful to go for a relaxing stroll through the farmers market for fresh summer berries and locally made goat cheese. A bargain shopper’s tip: the freshest, best quality and cheapest salad greens are the organic ones found in the “make your own bag” bins at Harris Teeter and the like.
Strawberry Spinach Salad
Salads

From: Elizabeth Freeman  Prep Time: 05 min
Serves: 4  Cook Time: 00 min

Ingredients

- 4 cups baby spinach
- 8 large strawberries, sliced
- ½ cup almonds, sliced
- ½ cup feta cheese

Instructions

1: Toss spinach, strawberries, almonds, and feta in a large bowl. Serve immediately.

Notes

This is such a refreshing salad and requires no dressing at all!
Baked Sweet Potato Fries

Sides

From: Smithies!  Prep Time: 5 min
Serves: 2  Cook Time: 25 min

Ingredients

1 large
Sweet potato or yam

1 tsp
Olive oil

2 cloves
Fresh garlic, crushed

Instructions

1: Cut potato lengthwise into ½” – 1” strips and place in a bowl
2: Drizzle with olive oil. Add garlic. Stir to coat the potatoes
3: Bake for 15 minutes at 375 degrees
4: Broil an additional 10 minutes (until desired crispiness is reached)

Notes

This is good with ketchup or whatever condiments you like with your fries.
### Corn Salad

**Sides**

<table>
<thead>
<tr>
<th>From: Megan Williams</th>
<th>Prep Time: 20 min</th>
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<tbody>
<tr>
<td>Serves: 4</td>
<td>Cook Time: 00 min</td>
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</table>

#### Instructions

1. Thaw the frozen corn. When it's thawed, put in a bowl.
2. Chop up all the other veggies and add them to the bowl.
3. Add the lime juice, vinegar, olive oil, and cilantro. Stir it all up.

#### Notes

This is another super-fast summer dish. I normally just keep a bag of frozen corn on hand and then make this whenever I have leftover radishes or celery. You can pretty much add any crunchy veggie (like peppers) to it and will work.

#### Ingredients

- 1 (12-oz) bag Frozen corn
- 1 bunch Radishes, sliced thinly
- 3-4 stalks Celery, sliced thinly
- ¼-1/2 red onion, diced (depending on your tastes)
- 1 tbsp Lime juice
- 1 tsp Apple cider vinegar
- 1 tbsp Olive oil
- Chopped cilantro (however much you want)
Creamed Poblano Corn

Sides

From: Charles Pagels  Prep Time: 15 min
Serves: 4  Cook Time: 15 min

Instructions

1: Roast the poblanos directly over a gas flame or 4-6 inches under a broiler, turning, until charred all over. Transfer to a bowl, cover with plastic wrap and let stand for 10 minutes. Peel, core and seed the chiles, then cut them into thin strips.

2: In a medium saucepan, heat 2 tablespoons of the olive oil until shimmering. Add the onion and cook over moderate heat, stirring, until softened, about 5 minutes. Add the corn and poblano strips and cook until the corn is tender, about 2 minutes. Stir in the sour cream and season with salt and pepper. Keep the corn warm over very low heat.

Notes

This is by far one of our favorite sides to make with any kind of grilled steak, pork, or chicken. The poblano chiles do have mild heat, but they are tamed quite well by the sour cream. If you forgot to thaw the corn it can be added to the pot frozen. Just allow more time for it to cook before adding in the poblano chile strips and sour cream.

Ingredients

- 2 Poblano chiles
- 1/4 cup Extra-virgin olive oil
- 1 Medium onion, thinly sliced
- 1 1/2 cups Fresh or thawed frozen corn kernels
- 1 cup (8oz) Sour cream
- Salt and freshly ground pepper to taste
Kale Chips
Appetizer

From: Erin Malloy
Serves: 2-4
Prep Time: 05 min
Cook Time: 15 min

Ingredients

1 bunch kale
Olive oil
Garlic salt, to taste

Instructions

1:
Preheat oven to 375 degrees.

2:
Rinse the kale and tear into bite-sized pieces. It’s easiest to use a salad spinner to dry the kale. Once dry, drizzle a little olive oil onto the kale and spin again. The goal is to get a very light coating.

3:
Spread the kale pieces onto a cookie sheet or shallow pan, either sprayed with cooking spray or a little olive oil. Lightly sprinkle the kale with garlic salt.

4:
Bake for 5 minutes and check, then flip over and keep cooking, checking again every 5 minutes until they are crispy, dark green, but not purple.

Notes

You may want to do 2 bunches at a time – they go quickly!
Pasta with Artichokes

Sides

From: Jackie Lee  Prep Time: 25 min
Serves: 4  Cook Time: 10 min

Ingredients
1 (8 oz) jar artichokes
2 large tomatoes, chopped
6 large scallions, chopped
2 to 3 cloves of garlic, minced
1/4 cup white wine
5 tbsp olive oil
One box of Pasta (mini penne works great)
Fresh parmesan cheese

Instructions
1:
Slice artichokes, tomato, scallions and garlic and sauté in white wine and olive oil in a large skillet for about 5 to 10 minutes.

2:
Pour over pasta and top with fresh parmesan.

Notes
This meal is quick and easy! Great for vegetarian dinner parties.
Roasted Asparagus
Sides

From: Kiersten  Prep Time: 10 min
Serves: 4  Cook Time: 15-20 min

Ingredients

1 bundle of asparagus (~1 lb)
1 medium lemon
⅛ tbsp.
Minced garlic
2 tbsp
Extra virgin olive oil
Season salt  pepper to taste
¼-½ tsp dried rosemary
¼-½ tsp Italian seasoning

Instructions

1:
Preheat oven to 400° F.

2:
Wash asparagus and remove fibrous part of shoot (~1” from bottom) Second step.

3:
Thinly slice half of a lemon.

4:
Add olive oil, pepper, season salt, garlic, rosemary, Italian seasoning, lemon slices and asparagus to a large plastic bag. Shake gently to coat asparagus.

5:
Pour contents of the bag on to a parchment lined baking sheet. Arrange so that asparagus is in a single layer. Squeeze juice from the other half of lemon over the asparagus.

6:
Roast in oven for 8 minutes, turn asparagus and roast for another 8-10 minutes

Notes
Roasted Brussels Sprouts
Sides

From: Smithies!
Serves: 2-4
Prep Time: 5 min
Cook Time: 25 min

Instructions

1: Preheat oven to 375 degrees

2: Remove any yellow or brown leaves from Brussels sprouts. Slice off stems and cut in half lengthwise.

3: In a large bowl, toss Brussels sprouts, olive oil, salt, and pepper together. Once Brussels sprouts are coated, spread them in a large baking dish or sheet tray to roast.

4: After 15 minutes, stir Brussels sprouts to even out the cooking. Roast another 10 minutes or until they are easily stabbed with a fork (25 minutes total).

6: Pour soy sauce mix into a small dish for dipping and enjoy!

Notes

Add a little wasabi or chili sauce to your soy sauce for an extra kick!

Can drizzle the soy chili garlic mix on in the last 5 minutes of roasting or just dip straight away. Heating wasabi removes the kick so don’t cook the wasabi.

Ingredients

1 bag
Brussels sprouts

2 tbsp
Olive oil, enough to lightly coat

3/4 tsp
Sea salt

1-3 tbsp
Soy sauce mixed with wasabi or chili garlic hot sauce
Thinnest Crust “Pizza” with Mushrooms and Ricotta

Instructions

1: Preheat oven to 450 with racks in upper and lower thirds. Brush two rimmed baking sheets with oil, or for easy cleanup, line with parchment paper then brush with olive oil. Place one wrap or tortilla on each sheet; brush with 1 teaspoon or less of oil.

2: Sprinkle wraps/tortilla with Asiago, then dollop with ricotta. Sprinkle with mushrooms and onion; season with salt and pepper.

3: Bake pizzas until crust is crisp and very brown all over, about 20 minutes, rotating sheets from top to bottom and front to back twice. Cut in half with pizza cutter or knife.

Notes

You can easily quarter this recipe to make an individual pizza for yourself.

Coat the mushrooms and onion in light oil to prevent burning.

You can add different cheeses.

Ingredients

- 2 tsp olive oil
- 2 whole-wheat sandwich wraps or tortilla shells (12 inch)
- 2 oz Asiago cheese shredded (1 cup)
- 2/3 cup part-skim ricotta
- 1 package mushrooms white button, trimmed and sliced thinly
- 1 small red onion halved and thinly sliced
- Coarse salt and ground pepper
DIY Pizza
Main Courses: Vegetarian

From: Smithies!
Serves: 1-6
Prep Time: 10 min
Cook Time: 15-20 min

Ingredients

1 ball of pizza dough

A few tbsp
Tomato sauce, olive oil, pesto or ricotta as a base
(don’t overdo this)

1-2 fresh heirloom tomatoes
sliced thin, drained on paper towel

3-4 large balls of fresh mozzarella
sliced or pulled apart, pressed for liquid

2 cloves
freshly crushed garlic

kosher salt and fresh ground pepper to season

olive oil to coat the edges

Toppings (you can use whatever you want, here are some suggestions):

Sauce is the key. Try to get just tomatoes and very few ingredients. No added sugar!

Not too much cheese! It will trap moisture and make the crust soggy.

Veggies (especially with high water content) like tomatoes, mushrooms, onions, peppers are best cooked ahead. Sauté or roast before putting them on the pie. Greens and herbs can go on raw, but toss with oil first so they don't burn.

Season each topping individually with salt and pepper before building the pie. Brush edges of crust generously with olive oil.

Instructions

1:
Keep pizza dough in your freezer (can get at grocery, pizza places and its simple to make if you want to DIY). If you do make it yourself, make the dough a day ahead for better flavor and texture. When you’re ready to use, just let the dough come to room temp. I break a store ball into two balls for ease and so I can have different flavor pizzas—or if it’s just me.

When it comes to forming the flat crust, work on a floured surface. Gently stretch, press out and form the disk, trying to keep even. If dough starts to spring back when stretched, its because its been overworked. Cover and let rest for a few minutes (work on other stuff-like cutting veggies or pre-cooking some). The gluten will relax and the dough will become pliable again.

2: Baking: Preheat pizza stone in oven as hot as your oven gets without setting off your fire alarm.

Prep the pie on parchment on the flat side of a cookie sheet then slide it onto a hot stone or a cookie sheet that is already pre-warmed in the oven. Bake until bubbly and brown. Grab a corner of parchment before sliding onto a rack to set up before slicing.

Notes

Remove as much moisture from ingredients or you might get a puddle. If you do get one, you can just peek in and dab it with a paper towel or kitchen towel (clean) to remove the excess liquid.

My friends favorite combos include:
(1) Olive oil base, mushrooms sautéed with garlic, gruyere, spinach
(2) Olive oil base, balsamic caramelized shallots, goat cheese, sliced figs
(3) Sautéed onions and bell peppers, BBQ sauce base, chicken, pepper jack cheese
Easy Pad Thai
Main Courses: Vegetarian

From: Brenda Morales  Prep Time: 05 min
Serves: 2  Cook Time: 10 min

Ingredients
8 oz
flat rice noodles, dry

3 scallions
whites finely sliced, greens cut in 1-inch ribbons

1 or 2 cloves
garlic, minced

1 tsp + 1 tsp
olive oil

2 eggs
lightly beaten

2 limes
juiced, plus 2 wedges for serving

4 tbsp
soy sauce

2 tbsp
brown sugar

1 tsp (or to taste)
sriracha (optional)

Fresh cilantro and chopped peanuts for serving

Instructions

1:
Cook/soak rice noodles according to package instructions. Prepare other ingredients while noodles soak.

2:
In a large nonstick pan, heat olive oil over medium heat. Add scallion whites and minced garlic and cook for about 1 min. Add eggs and scramble. Transfer to a plate and set aside.

3:
Add olive oil, softened rice noodles, lime juice, soy sauce, and brown sugar to pan. Combine until sauce has thickened slightly (about 1 min).

4:
Return eggs to pan and toss with the noodles and scallion greens, breaking up the eggs.

5:
Garnish with cilantro, peanuts, and a lime wedge.

Notes
This recipe is adapted from the Brownies for Dinner blog. It comes together quickly and uses ingredients that can be found in regular grocery stores. Shrimp or chicken can be added, as desired, for protein.
Grilled Pizza

Main Courses: Vegetarian

From: Sam Heathcote
Serves: 2-4
Prep Time: 20 min
Cook Time: 5 min

Ingredients

1 sack
Trader Joe’s Pizza Dough

All purpose flour

Olive Oil (I like the aerosol spray can for this)

Kosher Salt

Sauce/Toppings/Cheese of your choice

Notes

This is my favorite way to cook pizza. Don’t worry about the dough falling through the grill grate – as long as you have the grill hot enough, the crust will be the perfect combination of crunchy and chewy. Homemade pizza is a great way to use up leftovers and get creative. For example, the first time I tried grilled pizza, I topped it with wilted beet greens, mushrooms, sautéed onions, bacon, and crumbled goat cheese.

Instructions

1: Pull dough out of fridge and let rest at room temperature for 20 minutes.

2: Chop and prep all of your toppings. For certain toppings that take a while to cook, pre-cooking is a good idea. For example, sautéing onions to avoid crunchy onions on your pizza.

3: Turn on/ light your gas grill and set to high. Ideally, you want the grill as hot as possible before starting (500+ degrees)

4: Flour the surface of the dough to prevent sticking. Stretch the dough to your desired thickness (“window pane”) and transfer to a piece of parchment paper. My pizzas are usually rectangular in shape.

5: Apply/spray olive oil to the surface of your dough and sprinkle lightly with kosher salt

6: Lower grill heat to medium and flip the dough and parchment paper onto the grill. Pull off the parchment paper. Close grill. Cook 1 ½-2 minutes.

7: Using a pair of tongs, check the underside of the dough. You are looking for browning, not blackening. If unevenly cooked, rotate the dough and continue for another minute. When evenly cooked on the bottom, remove to a plate or cookie sheet and flip so that the cooked side is up.

8: Apply sauce/toppings/cheese/etc to the cooked side - but remember to keep the toppings light to avoid a heavy/soggy pizza.

9: Slide the pizza back onto the grill for another 1 ½-2 minutes.

10: Remove to cooling rack and allow to rest for at least 3 minutes. Slice and enjoy.
Olive Pasta
Main Courses: Vegetarian

From: Julia
Serves: 6-8
Prep Time: 10 min
Cook Time: 15 min

Instructions

1:
Cook the pasta per the box directions. Drain the pasta and reserve approximately 1 cup of the pasta water to use to "loosen" the pasta at the end if needed.

2:
While the pasta is cooking, heat the olive oil in a large, deep skillet on medium-high heat. Add the garlic and sauté for about 30 seconds. Add the bread crumbs; they should absorb the oil completely (if they aren't well coated in oil, add more; if there's oil pooled in the skillet, add more bread crumbs). Sauté the bread crumbs until golden brown (about 4 minutes), stirring and turning often.

3:
Add the tomatoes to the skillet and stir until combined with the bread crumbs.

4:
Take the skillet off the heat and mix in the olives. Add the contents of the skillet to the pasta and toss until combined. If the dish looks a little dry or sticky, add some of the reserved pasta water to loosen it up. Serve hot or cold.

5:
Fifth step.

Notes
You can use whatever olives you want (and adjust the recipe to use more or less based on how much you like olives). Using two different colors of olives makes this dish pretty!
I like Cento San Marzano tomatoes (yellow and red can) for the tomatoes.

Ingredients

1 (16-oz) box
Spaghetti

1 cup
Kalamata olives, coarsely chopped

1 cup
Green olives, coarsely chopped

1 (12-oz) can
Italian-seasoned tomatoes, drained and coarsely chopped (1-inch pieces)

1 1/2 cup
Unseasoned bread crumbs (like Panko)

2 cloves
Garlic, minced

1/4 cup
Olive oil
**Salsa-Egg Tortilla**

Vegetarian Main

**From:** Megan Williams

**Serves:** 4

**Prep Time:** 10 min  
**Cook Time:** 20 min

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### Ingredients

1. **1 12 oz can**  
   Diced tomatoes (can get like fire-roasted or otherwise spiced diced tomatoes if you want)

2. **1 4 oz can drained**  
   Diced green chilies

3. **1 12 oz can drained**  
   Black beans

4. **1/4-1/2 red onion, sliced**

5. **3-4 cloves garlic, chopped or crushed**

6. **1 tbsp olive oil**

7. **1 package of corn or flour tortillas**

8. **1 bag of shredded cheese (whatever kind you want)**

9. **4 eggs**

---

### Instructions

1. Heat the olive oil in a skillet. Add the crushed/chopped garlic. When it’s browned (2 minutes), add the red onion, diced tomatoes, green chilies and black beans. Cover and cook for ~15 minutes, stirring when you feel the compulsion. If you like spice, you can add some ground cayenne pepper.

2. While the other mix is cooking, make some quesadillas with the tortillas and cheese in another frying pan.

3. When you’re done making the quesadillas, fry (or scramble or poach or whatever you want) the eggs.

4. In each person’s bowl, put a quesadilla (cut into like 4 pieces) in the bowl. Add however much of the eggs and tomato mix you want. It will be messy.

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### Notes

This dish is really easy and really messy. I just use whatever canned stuff I have on hand for the tomato mix. It’s easy to substitute any other kind of bean or source of spiciness is you don’t have green chilies on hand. If you want to get rid of some red onion or celery, you can throw that in too.
# Pasta With Spicy Olives

Main Courses: Vegetarian

<table>
<thead>
<tr>
<th>From: Megan Williams</th>
<th>Prep Time: 5 min</th>
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<tbody>
<tr>
<td>Serves: 4</td>
<td>Cook Time: 20 min</td>
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## Ingredients

- 1 lb Fettuccine (or really any pasta works)
- 1 cup Green Olives, chopped
- 1 cup Kalamata Olives, chopped
- ½ tsp Ground Cayenne Pepper
- 2-3 Cloves Garlic, chopped or crushed
- Feta cheese (optional)

## Instructions

1. Boil water and cook pasta.

2. Heat up 2 tablespoons of olive oil in a skillet. Add 2-3 cloves of chopped garlic. Once the garlic is browning (2 minutes), add your chopped olives and the cayenne pepper. Cook, stirring occasionally for about 5 minutes.

3. When the pasta is done, drain, add olive mixture. Top with Feta if you want.

## Notes

This is a great go-to when you want something fast and easy, especially if you love olives/spice as much as I do.
# Spinach Feta Orzo
Main Courses: Vegetarian

<table>
<thead>
<tr>
<th>From: Julia</th>
<th>Prep Time: 5 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves: 6-8</td>
<td>Cook Time: 15 min</td>
</tr>
</tbody>
</table>

## Instructions

1:  
Cook pasta per box directions. Drain and place in a large bowl.

2:  
While the pasta is cooking, heat the olive oil on medium high heat. Sauté the garlic and onion and cook until the onion is tender and clear. You can also keep the onion and garlic raw, if you prefer.

3:  
Add the spinach, onions/garlic, and feta to the pasta and stir. Slat and pepper to taste. Serve hot or cold.

## Ingredients

- Using a food processor to chop your spinach makes this a lot easier!
- 1 (12 to 16 oz) box Orzo pasta
- 1 tbsp Olive oil
- 1 tsp Chopped garlic
- 1/4 cup Onion, finely chopped
- 1 (10 oz) bag Spinach, finely chopped
- 1 (7-oz) package Feta cheese (reduced fat if you like)

## Notes

This meal reheats well and is also great cold. Make a whole box of orzo and keep it for the rest of the week!
Tastes Like Thai (ish)
Main Courses: Vegetarian

From: Lateef Cannon  
Serves: 2-4  
Prep Time: 5 min  
Cook Time: 15-20 min

Ingredients

1 onion
1 block of tofu
1 can coconut cream (get at Trader Joe’s)
1/2 jar tomato sauce
1 handful of mushrooms
1 handful of matchstick carrots
Sesame oil
Sesame seeds
Soy sauce
Corn starch

Note: There are some great Asian markets in the area where you can get some cheap stir-fry sauce mixes. Trader Joe’s and most supermarkets also have a few good options.

Instructions

1: Chop and simmer onions till brown.

2: Add in tofu (or meat of choice) season with sesame oil, sesame seeds and soy sauce. Cook until slightly browned (avoid excessive stirring for better cooking)

3: Add mushrooms, continue to simmer on low.

4: In another bowl, mix 1 can of coconut milk and a half jar of spaghetti sauce, (add corn starch to thicken as desired: one tbs/cup H2O is great)

5: Add sauce into pan. Flavor with a few table spoons or Asian sauce or spice to taste.

6: Add matchstick carrots. (buy pre-chopped to save time)

7: Cook on medium till hot.

Notes

This is a great quick recipe. The coconut and tomato combination really tastes great and you can use it as a base for lots of spices and flavors that will taste great!
# Thai Butternut Squash Soup

**Main Courses: Vegetarian**

<table>
<thead>
<tr>
<th>From: Megan Williams</th>
<th>Prep Time: 5 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves: 4</td>
<td>Cook Time: 25 min</td>
</tr>
</tbody>
</table>

## Instructions

1. In a soup pot, whisk together the coconut milk, salt and broth. Add the frozen squash. Cover and cook until frozen squash has thawed.

2. Meanwhile cut the tofu into small cubes and toss with the soy sauce and Thai red curry paste. Heat the vegetable oil in a frying pan, and when hot add the tofu. Stir occasionally until tofu is browning on the edges.

3. Add salt/sugar to soup mixture to taste. Garnish with the fried tofu and with cilantro if wanted.

## Notes

I adapted this recipe from the Moosewood Simple Suppers Cookbook. This is one of the first recipes that got me into cooking. My favorite part is that almost anything can be added to the winter squash base to change the flavors up and use anything you have lying around, like mushroom and sage for a more savory soup.

## Ingredients

- 2 12 oz packages Frozen Cooked Winter Squash
- 1 cup Coconut Milk
- 2 cups Vegetable Broth
- 1 1/2 tsp Thai Red Curry Paste
- 8 oz Firm Tofu
- 1 tbsp Soy Sauce
- 1 tbsp Vegetable Oil
- ½ tsp Salt

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Beach Shrimp
Main Courses: Meat/Fish

From: Charles Pagels  Prep Time: 10 min
Serves: 6-8  Cook Time: 25 min

Ingredients

- 3 lbs Unpeeled, large raw shrimp
- 1 (16oz) Bottle Italian dressing
- 1 1/2 tbsp Freshly ground pepper
- 2 cloves Garlic, pressed or minced
- 2 Lemons, halved
- 1/4 cup Fresh parsley, chopped
- 1/2 cup Butter, cut up

Instructions

1: Place first 4 ingredients in a 13x9-inch baking dish, tossing to coat. Squeeze juice from lemons over shrimp mixture, and stir. Add lemon halves to pan. Sprinkle evenly with parsley; dot with butter.

2: Bake at 375° for 25 minutes, stirring after 15 minutes. Serve in pan.

Notes
This is a great dish to share with friends crowded around a table; just make sure you roll your sleeves up and have plenty of paper towels! A large loaf of crusty French bread is a must for sopping up the sauce. The recipe can be easily halved for two.
Chicken Scallopini
Main Courses: Meat/Fish

From: Julia  Prep Time: 5 min
Serves: 4  Cook Time: 15 min

Instructions

1:
Brush each chicken breast with juice, and sprinkle with salt and pepper. Dredge chicken in breadcrumbs.

2:
Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan; cook 3 minutes on each side or until chicken is cooked through. This happens quickly because the chicken is so thin! Remove from pan; keep warm (I usually put it in the oven at 250˚F).

3:
Add broth and wine to pan, and cook 30 seconds, stirring constantly. Decrease heat to medium and stir in capers and butter.

4:
Immediately add broccolini to the pan contents. Cover and cook for 5 minutes (or until broccolini is tender). Serve broccolini/broth mixture over the chicken breasts with rice or pasta as a side.

Notes

I buy thin-sliced chicken breast instead of making my chicken “scallopini-style” myself (scallopini means a sautéed cutlet that is pounded thin and coated with flour). If you want, you can buy regular chicken breast and pound it thinner.

I like this made with broccolini, but you can always substitute your favorite green veggie!

Ingredients

4 (6-oz) breasts
Skinless, boneless, thin-sliced chicken breast

2 tsp
Fresh lemon juice

1/4 tsp
Salt

1/4 tsp
Black pepper

1/3 cup
Italian-seasoned bread crumbs (like Progresso

1/2 cup
Chicken broth (fat-free, low-sodium)

1/4 cup
Dry white wine

4 tsp
Capers

1 tbsp
Butter

1 bunch
Broccolini

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Chicken with Apples and Onions
Main Courses: Meat/Fish

From: Jackie Lee  Prep Time: 30 min
Serves: 6  Cook Time: 45 min

**Instructions**

1:
Preheat oven to 350 degrees

2:
Sauté sliced onions and apples in 4 T butter until tender.

3:
Melt remaining butter in a 9x13 pan. Spoon the apples & onions along the bottom of dish. Place chicken on top.

4:
Mix cheeses, crumbs, salt, pepper, & thyme. Sprinkle over the top. Drizzle juice over the top.

5:
Bake at 350 degrees for 45 minutes

**Notes**

Although this recipe sounds a little bit weird, the combination is really delicious. It also works great as leftovers the next day!

**Ingredients**

- 5 tbsp butter
- 3 large apples
- 2 large onions
- 1 cup shredded swiss cheese
- 1/2 cup grated parmesan
- 1/2 tsp thyme
- 3 boneless chicken breast halves
- 1 tsp salt
- 1 tsp pepper
- 1/4 c unseasoned bread crumbs
- 2 tbsp apple juice
Mexican Rib Eyes with Lime Butter
Main Course: Meat/Fish

From: Charles Pagels  
Serves: 4  
Prep Time: 10-15 min  
Cook Time: 12 min

Ingredients

- 4 tbsp Unsalted butter, softened
- 1 small clove Garlic
- 1/4 tsp Finely grated lime zest
- 1 tbsp Fresh lime juice
- Kosher salt
- 1 1/2 tsp Sweet paprika
- 1 1/2 tsp Ground cumin
- 1 1/2 tsp Chipotle powder
- 4 (12oz) 1-inch thick boneless rib eye steaks
- Vegetable oil, for the grill

Instructions

1: Light a grill or preheat a grill pan. In a small bowl, combine the butter, garlic, lime zest, lime juice, and a pinch of salt.

2: In another bowl, combine the paprika, cumin and chipotle powder with 1 ½ tsp of kosher salt. Rub the mixture all over the steaks. Oil the grate and grill the steaks over moderately high heat, turning once, until slightly charred and medium rare (or desired temperature), about 12 minutes.

3: Transfer the steaks to plates and top with the lime butter. Let the steaks stand for 3-4 minutes before serving.

Notes

One of our summertime favorites! We would always make this with grilled corn on the cob and wash it down with a few Coronas. It also pairs well with the creamed poblano corn recipe.
Pepper Chicken with Hummus
Main Courses: Meat/Fish

From: Charles Pagels  Prep Time: 10 min
Serves: 4  Cook Time: 10-15 min

Ingredients

- 1/3 cup Olive oil
- 3/4 tsp Salt
- 1/2 tsp Ground cumin
- 1/2 tsp Black pepper
- 1 1/2 lbs Skinless boneless chicken breasts, cut into large 1 1/2-inch cubes
- 1 Red bell pepper, cut lengthwise into 1/2-inch-wide strips
- 1 Italian frying or Cubanelle pepper, cut lengthwise into 1/2-inch-wide strips
- 1 medium red onion, cut lengthwise into 1/2-inch-wide strips
- 1 (8-10 oz) container Classic hummus

Instructions

1: Position oven rack 4-6 inches below broiler and preheat. Line a large sheet pan with foil.

2: Stir together oil, salt, cumin, pepper, and oregano in a large bowl, then toss with chicken and vegetables to coat.

3: Spread mixture out on sheet pan without crowding and broil 4 to 6 inches from heat, stirring once, until chicken is just cooked through and vegetables are lightly charred, about 8-10 minutes.

4: Divide hummus among plates and top with chicken and vegetables.

Notes

This recipe has long been a weeknight staple for us. It’s quick, easy, healthy, and delicious. If you can’t find a Cubanelle pepper, substitute a green bell pepper instead. You can also serve this with toasted pita bread.