Rib Oven Preparation:
1. Preheat oven to 350 degrees. Place ribs on a foil lined sheet pan. Brush bbq sauce on ribs. Warm in oven for 15 minutes or until heated through. Add additional bbq as desired.

Rib Microwave Preparation:
1. Place ribs on a microwaveable dish. Brush bbq sauce on ribs. Cover to prevent any splattering inside the microwave. Heat for 1 to 1.5 minutes or until heated through.

Rib Oven Preparation:
1. Place ribs on a foil lined sheet pan. Brush bbq sauce on ribs. Place in oven broiler for 3 to 7 minutes, depending on the amount of heat emitted from your oven broiler, and turning if necessary to prevent charring. Keep a close eye on the ribs as the sugar in the bbq sauce can burn quickly. Add additional bbq sauce as desired.

Sides:
1. Toss chilled green beans with citrus dressing. Serve with potato salad & glazed pork ribs. Enjoy!

Ingredients:
BBQ pork ribs
Green beans
Citrus dressing
Deviled egg potato salad
BBQ sauce

BBQ Pork Loin Ribs
Citrus green beans, deviled egg potato salad

Serves 2
Allergens: egg
Beef Meatloaf & Gravy
Glazed Carrots, Mashed Potatoes

Serves 2
Allergens: wheat, egg, dairy

**Ingredients:**
- Ground beef
- Egg
- Onion, minced
- 1 Carrot, minced
- Celery, minced
- Meatloaf dry mix
- Meatloaf sauce mix
- Panko
- Potatoes, peeled, diced
- Milk
- Butter
- 2 Carrots, peeled, sliced
- Parsley, chopped
- Vegetable oil
- Brown sugar
- Salt
- Beef gravy

**Beef Meatloaf**
1. Preheat oven to 400 degrees.
2. In a medium bowl, combine first 8 ingredients well. Place in a loaf pan or mold into a loaf on a parchment lined sheet pan. Ensure there are no lumps or air pockets. Cover and bake in oven for 30 minutes. Uncover and cook for an additional 30 minutes. Remove from oven and let sit 6 to 8 minutes before slicing.

**Mashed Potato**
1. Placed diced potatoes in a medium pot. Add enough cold water to cover the potatoes. Add salt to taste and heat over high heat. Once water comes to a boil, reduce heat to a simmer.
2. When potatoes are easily pierced with a fork, drain and place potatoes back into the pot. Add milk, half of butter, and salt to taste. Over low heat, mash potatoes to desired consistency.

**Glazed Parslied Carrots**
1. Add a little oil to a medium sauté pan. Heat over medium heat. Add sliced carrots and sauté for 2 minutes. Make sure carrots cook evenly on both sides without browning.
2. Add remaining butter and brown sugar and continue cooking until desired doneness. Season with salt to taste.
3. Finish with chopped parsley.
4. Plate mashed potatoes, carrots, and meatloaf. Serve with heated gravy.
Chandler Carne Asada Taco Bar
Spanish Rice & Beans + Mexican Caesar Salad

Serves 2
Allergens: dairy, wheat (bunuelos)

Ingredients:
- Seasoned, cooked taco bar carne asada
- Spanish rice
- Black beans
- Corn tortillas
- Shredded cheddar cheese
- Sour cream
- Guacamole
- Roasted red chili salsa
- Cilantro & onion mix
- Mexican Caesar Salad with Pepitas & Cilantro Lime Dressing
- Cinnamon & sugar bunuelos (dessert)

Carne Asada, Spanish Rice & Black Beans
1. Empty contents into separate microwave containers, or heat each separately over the stove. If heating the rice over the stovetop, please place a small amount of water or oil in the bottom of the fry pan and stir constantly to avoid scorching rice.

Corn Tortillas
1. Heat corn tortillas in a dry fry pan, flipping occasionally. Otherwise, you can place the tortillas on a plate and cover tightly with plastic wrap, and microwave for 20 to 30 seconds, or until warm.

Enjoy tacos with assorted toppings, rice, beans, salad, and bunuelos!
Baked Potato

1. Preheat oven to 450 degrees.
2. Rinse potatoes. While still wet, wrap tightly in foil and place on a sheet pan.
3. Bake for 1 hour and 30 minutes, until soft when pressed.
4. Meanwhile, heat bacon bits or Gardein bits, mushrooms, and broccoli.
5. When potatoes are done. Remove from foil, using a small knife, and being careful not to slice too deeply, slice top of potato lengthwise. Using both hands, hold potato lengthwise between thumbs and middle fingers, then pinch thumbs & middle fingers together to crush and widen the center. The potato will be hot, so do this as quickly as possible. You can also use a dry paper or cloth towel to insulate your fingers from the heat.
6. Serve with assorted hot & cold toppings. Enjoy!

Loaded Baked Potato Bar
Assorted toppings

Serves 2
Allergens: dairy
Allergens for vegetarian option with Gardein: dairy, soy

Ingredients:
Large Idaho potatoes
Bacon bits or Gardein bits
Shredded cheddar cheese
Sour cream
Sautéed mushrooms
Steamed broccoli
Green onions
Salsa roja
Sliced black olives
Butter

Ingredients:

Allergens: dairy
Allergens for vegetarian option with Gardein: dairy, soy

Baked Potato

1. Preheat oven to 450 degrees.
2. Rinse potatoes. While still wet, wrap tightly in foil and place on a sheet pan.
3. Bake for 1 hour and 30 minutes, until soft when pressed.
4. Meanwhile, heat bacon bits or Gardein bits, mushrooms, and broccoli.
5. When potatoes are done. Remove from foil, using a small knife, and being careful not to slice too deeply, slice top of potato lengthwise. Using both hands, hold potato lengthwise between thumbs and middle fingers, then pinch thumbs & middle fingers together to crush and widen the center. The potato will be hot, so do this as quickly as possible. You can also use a dry paper or cloth towel to insulate your fingers from the heat.
6. Serve with assorted hot & cold toppings. Enjoy!
Nicoise Salad with Salmon
Focaccia Bread

Serves 2
Allergens: fish, dressing - soy, focaccia - wheat

Ingredients:
Spring mix
Seared salmon
Green beans
Red onions, sliced thin
Cherry tomatoes, cut in quarters
Kalamata olives
Egg, cut in halves
Red potatoes, cut in quarters
Champagne vinaigrette (soy)

Hash
1. Plate spring mix on center of plates.
2. Garnish salad according to picture.
4. Enjoy!
Hash

1. Over medium heat, pre-heat pan. When hot, add oil, and continue to heat pan until oil becomes hot.
2. Add yams and turnips, cooking them on all sides.
3. When yams and turnips are half way cooked, add tofu, garlic, yellow onions, poblano chili, and jalapenos. Continue to sauté until tender and ingredients begin to caramelize. Add paprika. Toss to coat. Season with salt & pepper to taste.
4. Finish with cilantro, green onion, and juice from half lemon. Toss well.
5. Serve with sliced cucumbers and cherry tomatoes.

Ingredients:
- Yam, peeled, small diced
- Turnip, peeled, small diced
- Onion, peeled, small diced
- Garlic, minced
- Paprika
- Poblano chili, stem removed, seeded, small diced
- Jalapeno, stem removed, seeded, minced (optional)
- Green onion, stem removed, chopped
- Lemon
- Cilantro, chopped
- Tofu
- Salt
- Pepper
- Vegetable oil
- Cucumber, peeled, sliced
- Cherry tomatoes, quartered

Serves 2

Allergens: Soy

Paprika Tofu, Yam & Turnip Hash
Sliced Cucumbers, Cherry Tomatoes
Persian Chicken Kabobs
Basmati Rice, Cucumber Salad

Serves 2
Allergens: dairy

Chicken Kabob
1. Preheat oven to 400 degrees.
2. In a small bowl, combine cubed chicken with yogurt marinade. Cover and refrigerate for 2 hours or overnight.
3. Cut onion into two even pieces. Reserve one piece for the cucumber salad. Cube the other piece into at least 8 large pieces for the skewers.
4. Skewer chicken as follows, onion, chicken, bell pepper, chicken, onion, chicken, bell pepper, chicken. Do the same for all 4 skewers.
5. Place skewers on a nonstick sheet pan, or line pan with parchment paper. Place in an oven for 30 minutes or until cooked through.

Basmati Rice
1. In a small pot, add 1 cup of water to rice, cover and simmer on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.

Cucumber Salad
1. Chop remaining onion into small dice.
2. In a medium bowl, toss together cucumber, tomatoes, onion, herbs, lemon juice, olive oil, and season with salt & pepper to taste.

Ingredients:
Chicken thigh, each thigh cubed into 8 pieces
Yogurt marinade
Skewers
Basmati rice
Bell pepper, cut into 8 pieces
1/2 Red onion, see method
Cucumber, peeled, medium dice
Cherry tomatoes, cut in half
Lemon juice
Olive oil
Mint & Dill, minced
Salt
Pepper
Yogurt sauce

Allergens: dairy
Shrimp Scampi
Roasted Broccoli with Sliced Almonds

Serves 2
Allergens: dairy, seafood, tree nuts, wheat

Ingredients:
Shrimp
Fettuccini
Butter
Garlic cloves, minced
White wine
Parmesan cheese
Basil, chopped
Parsley, chopped
Broccoli, cut into florets
Sliced Almonds
Salt
Pepper
Olive oil
Lemon, cut into wedges

Pasta
1. Boil water in a medium pot. Season water with salt.
2. Add pasta to boiling water. Let cook until al dente. Drain.

Roasted Broccoli with Sliced Almonds
1. Preheat oven to 400 degrees.
3. Place on a lined sheet pan and roast for 10 to 12 minutes.
4. Remove from oven and toss with sliced almonds.

Shrimp Scampi
1. Over medium heat, heat remaining olive oil. Add garlic and shrimp. Sauté briefly for 1 minute. Add butter and continue to sauté for an additional minute.
2. Add wine and herbs, and continue to sauté for 4 minutes. Stirring to emulsify the white wine & butter mixture.
3. Season with salt & pepper to taste.
4. Add cooked pasta, and combine well. Season to taste. Serve with roasted broccoli, parmesan cheese, and lemon wedges.