Avocado Grain Bowl with Salmon

Serves 2
Allergens: Gluten, Fish

Ingredients:
4 oz Carrot
4 oz Zucchini
4 oz Baby Kale
4 oz Corn Kernel
6 oz Organic Grain Blend
2 ea 6 oz Salmon Fillet
2 ea 2 oz containers Asian Sesame Dressing
1 ea Haas Avocado

Assembly
1. Add all ingredients into a bowl except salmon and avocado, and toss with one dressing container
2. Cut the avocado in 1/2, remove pit, peel, and segment avocado 1/2 per plate.
3. Plate lettuce first, with salmon and avocado on top. Drizzle remaining dressing to taste
**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!
# Beef Meatloaf & Gravy

Glazed Carrots, Mashed Potatoes

## Ingredients:

<table>
<thead>
<tr>
<th>Beef Meatloaf &amp; Gravy</th>
<th>Mashed Potatoes</th>
<th>Glazed Parsleyed Carrots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef</td>
<td>Potatoes, peeled, diced</td>
<td>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.</td>
</tr>
<tr>
<td>Egg</td>
<td>Milk</td>
<td>2. Add remaining butter and brown sugar and continue cooking until desired doneness. Season with salt to taste.</td>
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<tr>
<td>Onion, minced</td>
<td>Butter</td>
<td>3. Finish with chopped parsley.</td>
</tr>
<tr>
<td>1 Carrot, minced</td>
<td>2 Carrots, peeled, sliced</td>
<td>4. Plate mashed potatoes, carrots, and meatloaf. Serve with heated gravy.</td>
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<tr>
<td>Celery, minced</td>
<td>Parsley, chopped</td>
<td>Allergens: wheat, egg, dairy</td>
</tr>
<tr>
<td>Meatloaf dry mix</td>
<td>Vegetable oil</td>
<td><strong>Beef Meatloaf</strong></td>
</tr>
<tr>
<td>Meatloaf sauce mix</td>
<td>Brown sugar</td>
<td>1. Preheat oven to 400 degrees.</td>
</tr>
<tr>
<td>Panko</td>
<td>Salt</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Beef gravy</td>
<td><strong>Mashed Potato</strong></td>
</tr>
</tbody>
</table>

## Serves 2

**Glazed Parsleyed Carrots**

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 Parsleyed 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.
Cauliflower Tacos
Corn tortilla chips

Serves 2
Allergens: Dairy

Ingredients:
Corn tortillas
Cauliflower
Cauliflower spice mix
Chipotle sour cream
Pickled peppers
1/2 Avocado, sliced
Cilantro
Corn tortilla chips

Assembly
1. Preheat oven to 400 degrees.
2. Remove stem from cauliflower, and cut into bite-sized pieces. Toss in cauliflower spice mix and place on a foil or parchment lined baking sheet. Roast in oven for 15 minutes.
3. Heat corn tortillas on a dry fry pan over medium heat, flipping until warm.
4. Assemble tacos according to picture, or as desired. Serve with chips.
Chandler Chicken Taco Bar
Spanish Rice & Beans + Mexican Caesar Salad

Serves 2
Allergens: dairy, wheat (bunuelos)

Ingredients:
Seasoned, cooked taco bar chicken
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)

Chicken, 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!
Gardein, 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!
Jamaican Jerk Chicken
Coconut Rice & Beans, Garlic Kale, Plantains

Serves 2
Allergens: No Allergens

Ingredients:
1/2 chicken, 8 pc
4 oz extra virgin olive oil
1 onion, minced
kosher salt & black pepper
5 oz kidney beans
3 garlic cloves, minced
8 oz coconut milk
8 oz Basmati Rice
2 bunches kale, washed, chopped fine
1 yellow onion
2 sprigs thyme
4 ea plantain

Assembly
1. Preheat oven to 400F
2. Place chicken in a bowl, add jerk rub, and massage spice mix evenly into the pieces. If too dry, add 1 tablespoon oil into bowl and continue massaging. Allow to marinate 2 hours, refrigerated
3. Place on a sheet pan and roast in preheated oven for 25-30 minutes, until juices run clear.
4. Add plantains to sheet pan in oven, and roast until edges are caramelized, approximately 8-10 minutes
5. preheat large sauté pan over medium heat. Add oil, onion and garlic, reserving 1 tablespoon each for the rice. Season with salt and pepper, and stir to insure even cookery. Add water to adjust to desired amount of cooking time
6. Add coconut milk, kidney beans, remaining garlic and onion and rice with 1.5 cups of water. Cover and simmer over low heat until rice is cooked. Stir with a spoon and break up coagulated coconut.
Lemon Grilled Tofu, Dried Cherry Salad
Feta Cheese, Glazed Pecans, Champagne Vinaigrette

Serves 2
Allergens: Dairy, Tree Nuts, Soy

Ingredients:
Spring Mix
Feta
Glazed Pecans
Rosemary Lemon Grilled Tofu
Champagne Vinaigrette
Dried Cherries

Assembly
1. In a large bowl, toss all ingredients together. Otherwise, plate according to picture with ingredients on top and dressing served on the side.
Shrimp Diablo Pasta

Serves 2
Allergens: Gluten, Fish

Ingredients:
2 cups penne pasta
8 oz Shrimp
Fresh Garlic, Minced
Kosher salt & black pepper
Portion cup Chandler Diablo Spice Mix
3 garlic cloves, minced
1 Teaspoon minced Jalapeno
1/2 cup onion, small dice
Roma tomato, small dice
1/4 cup parmesan cheese
1 tbsp chopped parsley
1/4 cup oil
White wine

Assembly
1. Over medium heat, bring 1 quart salted water to a boil, add pasta cook until al dente, drain, reserve
2. Heat a large skillet over medium heat, add oil until just before smoking: add garlic, jalapeno, yellow onion and bell peppers and Chandler Diablo spice mix. Sauté until onions are translucent.
3. Add shrimp and tomato, and sauté until shrimp are cooked, 3-4 minutes.
4. Deglaze with wine, and 1/4 cup of water. Simmer for 5-6 minutes
5. Add pasta to pan, and stir until mixed well.