

## 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



## BBQ Pork Loin Ribs

Citrus green beans, deviled egg potato salad

**Serves 2**

**Allergens:** egg

### Ingredients:

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



### 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

**Serves 2**

**Allergens:** wheat, egg, dairy

### Ingredients:

Ground beef	Potatoes, peeled, diced
Egg	Milk
Onion, minced	Butter
1 Carrot, minced	2 Carrots, peeled, sliced
Celery, minced	Parsley, chopped
Meatloaf dry mix	Vegetable oil
Meatloaf sauce mix	Brown sugar
Panko	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. Place 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.

## 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!**





## Chandler Gardein Taco Bar

Spanish Rice & Beans + Mexican Caesar Salad

**Serves 2**

**Allergens:** dairy, wheat (bunuelos), soy (gardein)

### Ingredients:

Seasoned, cooked taco bar gardein

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)



### 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.
6. Garnish with chopped parsley. Plate and enjoy.

