Avocado Grain Bowl with Salmon

Serves 2
Allergens: seafood, gluten

Ingredients:
4 oz carrot
4 oz zucchini
4 oz baby kale
4 oz corn kernel
6 oz ancient grain blend
2 ea 6 oz salmon
Asian sesame dressing
Half avocado

Assembly
1. Add all ingredients into two separate bowls except salmon, avocado, dressing.
2. Cut the avocado in half, slice.
3. Plate salmon and avocado on top of grain & vegetable mix. Drizzle dressing to taste.
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.
Chicken Tikka Masala
Oven Roasted Flat Bread

Serves 2
Allergens: dairy, gluten, (Tofu Tikka contains soy)

Ingredients:
Basmati rice
Star anise & cardamom
Chaat masala okra
Grilled spiced chicken breast (or tofu)
Tikka masala sauce
Oven roasted flat bread

Assembly
1. In a small pot, add 1 cup of water to rice, star anise & cardamom, cover and simmer on low heat for 10 to 12 minutes until rice is fully cooked and can be fluffed with a fork.
2. Combine chicken (or tofu) and tikka sauce and heat in a microwavable dish and place in a microwave. Stir occasionally. Otherwise, combine in a pot and heat over a stove top.
3. Heat chaat masala okra in microwave or over stove top.
4. Heat flat bread in a toaster until warmed through.
5. Plate according to the picture and enjoy!
**Chandler Chicken Taco Bar**

Spanish Rice & Beans + Mexican Caesar Salad

<table>
<thead>
<tr>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Seasoned, cooked taco bar chicken</td>
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<tr>
<td>Spanish rice</td>
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<tr>
<td>Black beans</td>
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<tr>
<td>Corn tortillas</td>
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<tr>
<td>Shredded cheddar cheese</td>
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<tr>
<td>Sour cream</td>
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<tr>
<td>Guacamole</td>
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<tr>
<td>Roasted red chili salsa</td>
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<tr>
<td>Cilantro &amp; onion mix</td>
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<tr>
<td>Mexican Caesar Salad with Pepitas &amp; Cilantro Lime Dressing</td>
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<tr>
<td>Cinnamon &amp; sugar bunuelos (dessert)</td>
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</tbody>
</table>

**Serves 2**

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

**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!
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.
Pasta Primavera with Chicken or Gardein

Pasta
1. Bring a medium pot of salted water to a boil, add pasta and cook until al dente. Drain and reserve.

Chicken or Gardein
1. Season both sides of chicken or Gardein with salt and pepper.
2. Preheat a sauté pan over medium heat, and add oil. When oil is hot, add chicken breast, and cook for 3-4 minutes per side. If preparing Gardein, heat until heated through.
3. When done, remove from pan and reserve.

Vegetables
1. Over medium heat, pre-heat pan. Add oil, when hot, add mushroom, tomato and asparagus. Sauté for 3-4 minutes until vegetables are al dente. Season with salt and pepper to taste.
2. Add pasta, carrots, peas and pesto. Combine well.
3. Slice chicken, plate with pasta and vegetables. Garnish with basil and parmesan cheese.

Ingredients:
- 2 chicken breast
- 1 Tbsp oil
- Asparagus, trimmed 2” pieces
- Mushrooms, sliced
- Salt & pepper
- Cherry tomato
- Fresh basil, julienned
- Carrot, peeled, cut with peeler to ribbons
- Fettuccini
- Parmesan cheese
- Peas
- Pesto sauce

Serves 2
Allergens: gluten, dairy (Gardein contains soy)
Shrimp Diablo Pasta

Serves 2
Allergens: gluten, fish, dairy

Ingredients:
- 2 cups penne pasta
- 8 oz shrimp
- Fresh garlic, minced
- Salt & pepper
- Chandler Diablo Spice Mix
- 3 garlic cloves, minced
- 1 tsp jalapeno, minced
- 1/2 cup onion, small dice
- Tomato, small dice
- Parmesan cheese
- Parsley, chopped
- Olive 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, season to taste.
Chicken

1. Over medium heat, heat oil in a medium size skillet. Reserve a tablespoon of oil for garlic green bean and potato recipe.
2. Season chicken with salt and pepper to taste, dredge in seasoned flour.
3. Pan fry chicken pieces in oil, and turn occasionally to ensure even browning. Cook until juices run clear, or until cooked through.

Garlic Green Bean & Potato

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add onions and garlic and cook until translucent.
2. Add green beans, potato, 1/2 cup water, and salt and pepper to taste. Bring to a simmer and cook until potato is fork tender.
3. Adjust seasoning to taste. Serve with macaroni & cheese & fried chicken.

Baked Macaroni & Cheese

1. Preheat oven to 350 degrees.
3. In a bowl, combine cheese sauce, cooked pasta, milk, butter, and spice mix, and place in an oven safe casserole dish.
4. Sprinkle cheese on top of pasta mixture and bake uncovered for 30 minutes. Remove from oven when golden brown.

Garlic Green Bean & Potato

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add onions and garlic and cook until translucent.
2. Add green beans, potato, 1/2 cup water, and salt and pepper to taste. Bring to a simmer and cook until potato is fork tender.
3. Adjust seasoning to taste. Serve with macaroni & cheese & fried chicken.

Ingredients:

1/2 chicken
salt & pepper
1 cup seasoned flour
3 oz milk
1/2 pound macaroni pasta
2 cups vegetable oil
5 oz cheese sauce
5 oz mozzarella, cheddar shredded
Portioned Chandler Macaroni Spice Mix

1 tablespoon butter
1/4 yellow onion, julienne
3 garlic cloves, minced
2 red potato, wedges
10 oz fresh green beans
1 quart + 1/2 cup water

Serves 2
Allergens: wheat, dairy