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

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

Serves 2

Allergens: Dairy

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.
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!
Chickpea Paneer Masala
Oven Roasted Flat Bread

Serves 2
Allergens: dairy, gluten – flat bread

Ingredients:
Paneer, cubed
Basmati rice
Chickpea masala sauce
Fresh Spinach
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 cubed paneer, and chickpea masala sauce and heat over a stove top.
3. Stir in fresh spinach, and continue to cook for an additional 2 to 3 minutes.
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

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!
Oven Roasted BBQ Chicken
Garlic green beans + corn on the cob

Ingredients:
Chicken, 4 cut
Ear of corn, cut in half
Green beans
3 cloves Garlic
BBQ Sauce
BBQ spice mix
Kosher salt
Olive oil

Serves 2
Allergens: none

Chicken:
1. Preheat oven to 400F
2. Rinse chicken, then coat and massage thoroughly with the BBQ spice mix
3. Roast in the oven 40-50 minutes, until chicken is cooked through, 165°F
4. Add BBQ sauce +1tbs water to a bowl, and toss with chicken toss until evenly coated, and cook for an additional 5 minutes to glaze chicken.

Garlic Green Beans:
1. Remove the pedicels from the green beans
2. Slice garlic into thin slivers
3. In a small sauce add 8 oz water, olive oil, green beans and garlic. Stir uncovered frequently to insure even cooking. Add salt and pepper to taste. When water boils out, sauté lightly to desired texture

Corn on the Cob:
1. Bring small sauce pan with water to a boil.
2. Add corn and cook 12-15 minutes, until kernels are plump and hot
3. Drain and reserve.
**Pasta Primavera with Chicken or Gardein**

**Parmesan Cheese**

**Serves 2**

**Allergens:** gluten, dairy (Gardein contains soy)

### 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

### Assembly

**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.
Shrimp Diablo Pasta

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.

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

Serves 2
Allergens: gluten, fish, dairy