



FEED the HOUSE

spring / summer

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ABOUT THE Partnership

In an effort to promote health, wellness and giving back, **Ronald McDonald House Charities® of Greater Washington, DC [RMHCDC]** and **Giant Food** have partnered to provide a digital cookbook of hearty, healthy, and delicious recipes. These recipes come from *Giant's Savory* Recipe Center. In times of stress and uncertainty, meal planning and adequate nutrition is often an afterthought. These recipes were chosen by Giant's team of in-store nutritionists. It is our hope that each dish will warm the hearts of families who are dealing with much heavier matters.

MEET THE NUTRITIONISTS

Did you know that Giant has a team of in-store nutritionists?

SERVICES INCLUDE:

Individual and family consultations
Nutrition store tours and classes
Community outreach
Corporate wellness presentations
Nutrition Made Easy!™ podcast

Please visit giantfood.com/nutrition for more information and to find a nutritionist near you.

YOUR LOCAL GIANT

Below is a list of Giant Food stores closest to Ronald McDonald House Charities of Greater Washington, DC.

VA

**For Ronald McDonald House of Northern Virginia
(3312 Gallows Road, Falls Church VA 22042):**

7235 Arlington Boulevard
Falls Church, VA 22042
(2.6 miles)

359 Maple Avenue E
Vienna, VA 22180
(4.6 miles)

7137 Columbia Pike
Annandale, VA 22003
(3.4 miles)

2932 Chain Bridge Road
Oakton, VA 22124
(4.8 miles)

DC

**For Ronald McDonald House of Washington, DC
(3727 14th Street NE, Washington DC 20018):**

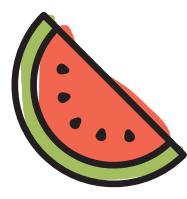
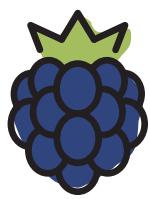
1050 Brentwood Road NE Washington, DC 20018
(1.4 miles)

300 H Street NE
Washington, DC 20002
(3.1 miles)

1345 Park Road NW
Washington, DC 20010
(2.9 miles)

3336 Wisconsin Avenue NW
Washington, DC 20010
(5.4 miles)

spring & summer



BREAKFAST
RECIPES

PEACH & WALNUT Muffins

SERVES

24

READY IN

40
min

PREP

20
min

COOKING

20
min



INGREDIENTS

- 4 ripe peaches
- 4 $\frac{1}{4}$ cups all-purpose flour
- 1 tsp salt
- 4 tsp baking powder
- 2 tsp pumpkin pie spice
- 2 cups light brown sugar
- $\frac{3}{4}$ cup vegetable oil
- 2 large eggs
- 1 $\frac{1}{3}$ cup whole milk
- 1 cup chopped walnuts

STEPS

1. Preheat oven to 400°F. Line two 12-cup muffin pans with paper liners. Pit and finely chop the peaches.
2. In a large bowl, whisk the flour, salt, baking powder, pumpkin pie spice, and brown sugar until well combined. In a medium bowl, beat the vegetable oil, eggs, and milk. Add wet ingredients to dry ingredients, stirring to combine. Gently fold in peaches and walnuts.
3. Divide batter among muffin cups. Bake 15-20 min., until toothpick inserted into centers comes out clean. Cool on wire rack 5 min. Remove muffins from pan and cool completely. Wrap individually in plastic and freeze up to 1 month.
4. Defrost in refrigerator overnight or microwave 2 min., until no longer cold in center.

BACON & SWISS Cheese Strata

SERVES

16

READY IN

1 hr
25 min

PREP

20
min

COOKING

1 hr
5 min

INGREDIENTS

- 12 slices bacon (cooked)
- 4 tbsp butter
- $\frac{1}{2}$ cup finely chopped shallots
- 12 slices white bread
- 4 cups shredded Swiss cheese
- 18 large eggs, lightly beaten
- 6 cups milk
- 4 tbsp Dijon mustard
- 2 tsp dried thyme
- Salt to taste
- Freshly ground black pepper to taste



Notes

- Makes two casseroles.

STEPS

1. Break the bacon into 1-inch pieces. Add bacon to a large bowl.
2. In a small skillet, melt the butter, add the shallots, and sauté. Set aside to cool slightly.
3. Trim the crusts from the bread slices and cut the slices into 1-inch pieces. Add to the bowl. Add the cooled shallots and the cheese to the bowl and stir to combine.
4. In a separate mixing bowl, whisk together the eggs, milk, mustard, thyme, and salt and pepper to taste.
5. Pour the egg mixture into the bread mixture and stir. **Important:** let sit for 30 min.-1 hour.
6. Preheat oven to 350°F. Lightly grease two 13x9x2-inch baking dishes. Before baking, pour half the mixture into each baking dish and spread evenly. Bake, covered with foil, for 30 min. Uncover and bake another 15-20 min. until eggs are cooked through.

BLACKBERRY JAM Yogurt Cups

SERVES

18

READY IN

23
min

PREP

10
min

COOKING

13
min

INGREDIENTS

- 6 pints blackberries
- $\frac{1}{2}$ cup sugar
- 3 lemons
- 9 cups plain or vanilla Greek yogurt
- 3 cups Nature's Promise Organic Vanilla Almond Granola



Tips

- Use your favorite mix of fresh berries.

STEPS

1. In a large saucepan, combine the blackberries, sugar, and 6 tbsp water. Grate 3 tsp zest from lemon into pan and squeeze in 6 tbsp juice. Season with pinch of salt. Cook on medium 8 min., until berries are very tender, stirring often.
2. With potato masher, gently mash berries. Cook another 5 min., until slightly thickened, stirring often. Remove from heat and refrigerate until cool.
3. Spoon $\frac{1}{2}$ cup yogurt into each of the small glass jars or containers with lids. Top with blackberry mixture. Divide granola among containers. Seal lids and refrigerate up to 1 day. [If refrigerating for longer than 1 day, do not add granola until ready to go.]

ZUCCHINI CHOCOLATE CHIP Mini Muffins

SERVES

24

READY IN

25
min

PREP

10
min

COOKING

15
min

INGREDIENTS

- 2 medium zucchinis
- 1½ cup flour
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1 cup sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1 stick butter, melted
- 1½ cup mini chocolate chips

Notes

- Makes 48 mini muffins.



STEPS

1. Preheat oven to 350°F. Use a box grater to grate the zucchini. In a bowl, combine flour, baking soda, cinnamon, and a pinch of salt.
2. In a separate bowl, whisk together sugar, egg, vanilla, butter, and zucchini. Add flour mixture to the zucchini mixture, gently stirring until fully combined. Fold in chocolate chips.
3. Using a tablespoon, divide batter between cups in greased mini muffin tin and bake for 15 min. or until a toothpick inserted into the center comes out clean.

HOME FRIES WITH EGGS & Bell Peppers

SERVES

20

READY IN

60
min

PREP

10
min

COOKING

50
min



INGREDIENTS

- 5 [1.4 lb] pkgs diced potatoes
- 2½ cups diced red onions
- 2½ cups red bell peppers, cut into strips
- 20 large eggs
- 10 tbsp butter

STEPS

1. Halve the onion and cut into thin half-rings. Cut the pepper into small strips.
2. Heat 2 tbsp butter in a large skillet over medium-heat. Add ½ cup onion and ½ cup red bell pepper and sauté for 5 min., or until soft. Add 1 pkg potato cubes and cook for 12 min. on medium-high heat, stirring frequently.
3. Using a spatula or spoon, make 4 indentations in the potato mixture. Break one egg into each indentation. Put the lid on the pan. Cook on low for about 8 min., until the egg white is firm and the yolk is semi-soft. Sprinkle with salt (in moderation) and pepper.
4. Repeat steps 1-3 with remaining ingredients.

BANANA NUT Mini Muffins

SERVES

24

READY IN

20
min

PREP

10
min

COOKING

10
min

INGREDIENTS

- 1½ cups pitted dates
- 4 bananas
- 1 stick butter, room temperature
- 2 large eggs
- ½ cup Greek yogurt
- 2 cups flour
- 1 tsp ground cinnamon
- 2 tsp baking powder
- ½ tsp baking soda
- 1 cup chopped pecans
- Baking spray



Notes

- Makes 48 mini muffins.

STEPS

1. Preheat the oven to 400°F. Liberally spray a 24-cavity mini muffin pan with baking spray. Reserve ½ cup dates for garnish; chop remaining 1 cup dates and set aside. Add the bananas, softened butter, egg, and yogurt to a food processor, and pulse until smooth.
2. Combine the flour, cinnamon, baking powder, baking soda, chopped dates, and pecans in a large bowl. Add to the food processor and pulse until mixed.
3. Divide the batter among the muffin cavities. Slice the reserved dates and top each muffin with a date slice. Bake for 10 min., or until a toothpick inserted into the center of a muffin comes out clean.

FRUIT & CHIA Breakfast Bowl

SERVES

20

READY IN

40
min

PREP

40
min

INGREDIENTS

- 2½ cups chia seeds
- 10 cups unsweetened almond milk (or 2½ qts)
- ⅔ cup maple syrup
- 10 bananas
- 5 cups strawberries
- 3 pints fresh raspberries
- 5 cups unsweetened coconut flakes
- 2½ cups sliced almonds



Notes

- If this recipe is going to be prepared ahead of time and eaten later, omit bananas or substitute blueberries for bananas.

STEPS

1. Place chia seeds in a bowl with almond milk and maple syrup and leave to soak for at least 15 min. or up to overnight. Meanwhile, slice the bananas and the strawberries.
2. Divide the chia-almond milk mixture among 20 bowls and top with sliced bananas, raspberries, and sliced strawberries. Garnish with coconut flakes and almond slices.

CARROT-BANANA Muffins

SERVES

24

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 bananas
- 4 medium carrots
- 1½ cup unsalted pecans
- 4 large eggs
- 2 cups sugar
- ¼ tsp salt
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 4 tsp baking powder
- 2 tbsp ground cinnamon



STEPS

1. Preheat the oven to 350°F. Peel and mash the bananas. Peel and grate the carrots. Chop the pecans coarsely. Beat the eggs, sugar, and salt with a mixer for 3 min., or until light and airy. Sift the flour, baking powder, and cinnamon over the egg mixture and fold to combine. Mix in the bananas, carrots, and pecans.
2. Line each cup in a muffin tin with paper baking cups. Pour the batter evenly among the 24 cups. Bake for about 20 min., or until muffins are cooked through and a toothpick inserted into the center comes out clean.

BANANA, COCONUT & Chocolate Chip Oatmeal

SERVES

20

READY IN

40
min

PREP

30
min

COOKING

10
min



INGREDIENTS

- 10 cups instant oatmeal
- 20 tsp light brown sugar
- 20 tbsp chocolate chips
- 2½ cups banana chips
- 2½ cups unsweetened shredded coconut
- 20 cups milk

STEPS

1. Put $\frac{1}{2}$ cup of oats in the bottom of 20 mason jars (or clear plastic cups) and top each with 1 tsp brown sugar and 1 tbsp chocolate chips. Add the banana chips and coconut. Cover and store on shelf for up to 10 days. When ready to serve, heat 1 cup of milk on the stove and pour over oats. Let sit 10 minutes, mix, and serve.

CRUSTLESS MINI Asparagus Quiches

SERVES

24

PREP

15
min

COOKING

25
min



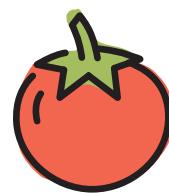
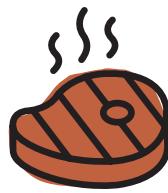
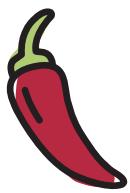
INGREDIENTS

- 4 cups asparagus, ends trimmed and chopped
- 2 cans (12 oz) evaporated skim milk
- 8 large eggs, beaten
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 4 cups reduced-fat shredded mild or sharp Cheddar cheese
- 1 cup red bell pepper, chopped

STEPS

1. Preheat oven to 350° F. Spray two 12-cup muffin tins with cooking spray.
2. Blanch asparagus by placing in a pot of boiling water for 1-2 min. Remove from water and set aside.
3. Whisk evaporated milk, eggs, flour, salt and black pepper in medium bowl until blended. Stir in asparagus, cheese and bell pepper.
4. Spoon $\frac{1}{3}$ cup of mixture into each muffin cup, filling almost to top. Stir mixture frequently to evenly distribute ingredients.
5. Bake for 25 min. or until knife inserted near centers comes out clean and tops are lightly browned. Cool in pans for 15 min. Run knife or small, flat spatula around inside edges of muffin cups to carefully remove quiches.

spring & summer



ENTREE
RECIPES

HERB CHICKEN SKILLET w/ Spinach & Tomatoes

SERVES

18

READY IN

30
min

PREP

5
min

COOKING

25
min



INGREDIENTS

- 2 tbsp canola oil
- 5 lbs chicken tenders, or boneless skinless chicken breasts, cut into strips
- 3 medium onions, chopped
- 3 [14.5 oz] cans Hunt's diced tomatoes, undrained
- $\frac{3}{4}$ cup water
- 3 tsp McCormick dried basil leaves
- $1\frac{1}{2}$ tsp McCormick ground black pepper
- 2 tsp McCormick garlic powder
- $1\frac{1}{2}$ tsp dried oregano leaves
- $1\frac{1}{2}$ tsp salt
- 3 [6 oz] pkgs baby spinach leaves

Pairs well with...

STUFFED
MUSHROOMS

STEPS

1. Heat oil in large skillets on medium-high heat. Season chicken with salt and pepper. Add chicken; cook and stir 8 min. or until browned. Add onion; cook and stir 6 min. or until softened.
2. Stir in tomatoes, water, and seasonings. Bring to boil, stirring occasionally. Reduce heat to low; cover and simmer 5 min.
3. Stir in spinach; cook 2 min. or until spinach begins to wilt.

RED CHICKEN Enchiladas

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 2 bunches green onions
- 4 deli rotisserie chickens
- 2 cans black beans, drained
- 1 pkg fajita seasoning mix or taco seasoning mix
- 4 (19 oz) cans red enchilada sauce
- 8 cups shredded Mexican-blend cheese, divided
- 40 (6-inch) flour tortillas



Pairs well with...

ROASTED
ZUCCHINI SLICES

STEPS

1. Preheat oven to 375°F. Thinly slice the green onions.
2. Remove the chicken from bones and shred. In a large bowl, toss chicken with beans, taco seasoning, half the enchilada sauce, half the cheese and half the green onions.
3. Grease 2-3 large baking dishes. Add a small amount of enchilada sauce to the bottom of each dish. Divide chicken mixture among the tortillas and roll up. Arrange seam-side down in dish.
4. Top with remaining enchilada sauce and cheese. Cover with foil and bake 20 min., until cheese is bubbling.
5. Sprinkle reserved green onions on top.

MAPLE BBQ CHICKEN THIGHS w/ Roasted Potatoes

SERVES

20

READY IN

40
min

PREP

10
min

COOKING

30
min

INGREDIENTS

- 5 [24 oz] bags baby potato medley
- $\frac{1}{2}$ cup olive oil
- $\frac{2}{3}$ cup pure maple syrup
- 2 $\frac{1}{2}$ cups Nature's Promise Original Barbecue Sauce
- 40 small bone-in, skin-on chicken thighs



Tips

- Garnish with fresh chopped parsley for a pop of color.

Pairs well with...

GRILLED BALSAMIC
EGGPLANT, PEPPERS & ZUCCHINI

STEPS

1. Preheat oven to 450°F. Cut the baby potatoes into $\frac{1}{4}$ -inch slices and place in a large bowl. Add the oil to potatoes and toss to coat. Season with salt and pepper. Arrange in single layer on two large, foil-lined baking sheets. Bake 25 min., until tender.
2. Meanwhile, to a large bowl, add the maple syrup. Whisk in the barbecue sauce. Add the chicken and toss to coat. Season with salt and pepper.
3. In large baking dishes, arrange chicken in a single layer, skin-sides up, and add to oven. Bake 25-30 min., until cooked through. Serve chicken with potatoes.

WEEKNIGHT Lasagna Toss

SERVES

16

READY IN

35
min

PREP

10
min

COOKING

15
min

INGREDIENTS

- 4 lbs lean ground beef
- 4 jars [24 oz] spaghetti sauce
- 6 $\frac{2}{3}$ cups water
- 1 cup Kraft Zesty Italian dressing
- 6 green peppers, chopped
- 12 cloves garlic, minced
- 48 [32 oz] oven-ready lasagna noodles, each noodle broken into 4 pieces
- 4 cups Kraft shredded low-moisture part-skim Mozzarella cheese



Pairs well with...

PIZZERIA-STYLE
GARLIC KNOTS

STEPS

1. Brown half the meat in a large saucepan; drain.
2. Add 2 jars of sauce, 3 $\frac{1}{3}$ cups water, $\frac{1}{2}$ cup Italian dressing, half of the green peppers, and half of the garlic. Mix well. Bring to boil.
3. Stir in half the noodles; cover. Cook on medium-low heat 10-15 min. or until noodles are tender, stirring occasionally.
4. Remove from heat. Sprinkle with cheese; cover. Let stand 5 min. or until cheese is melted.
5. Repeat steps 1-4 with remaining ingredients.

SPINACH STUFFED Tilapia

SERVES

16

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 cups fresh spinach, chopped
- 1 cup grated Parmesan cheese
- $\frac{1}{2}$ cup grated onion
- 1 tbsp Tabasco sauce
- 4 lbs tilapia fillets
- 4 tbsp butter
- 4 cloves garlic, minced
- Paprika
- Parsley flakes



Pairs well with...

THREE VEGETABLE
PENNE w/ TARRAGON BASIL

STEPS

1. Spray pan with cooking spray and saute onion for 4 min. on medium heat. Let cool to room temperature.
2. In a large bowl, combine spinach with Parmesan cheese, onion and Tabasco sauce. Mix well.
3. Wash fillets and pat dry. Sprinkle liberally with Kosher salt and pepper. Divide spinach mixture among fillets and spread evenly over the surface. Roll up and place, seam side down, in baking pans.
4. Melt butter, remove from heat and stir in garlic. Brush fish with garlic butter and sprinkle with paprika and parsley.
5. Bake at 350°F for 20 min. until fish is opaque or until internal temperature registers 145°F. Do not overcook.

NOODLES W/ SHRIMP & Bell Peppers

SERVES

16

READY IN

40
min

PREP

20
min

COOKING

20
min



INGREDIENTS

- 3 [8.8 oz] boxes thin rice noodles
- 2 cups sliced green onions
- 2 cups cilantro
- 3 tbsp reduced-sodium soy sauce
- 1^{1/4} cup rice vinegar
- 1^{1/3} cup olive oil, divided
- 6 bell peppers
- 1/2 cup sesame oil
- 4 lbs shrimp, cleaned and deveined
- 2 cups torn basil leaves
- 2 cups matchstick [shredded] carrots

Pairs well with...

ROASTED BROCCOLI
w/ SWEET SOY

STEPS

1. Cook rice noodles according to package directions.
2. To a blender, add green onions, cilantro, soy sauce, and rice vinegar. Pulse until mostly smooth. With the blender running, stream in 1 cup olive oil and blend until smooth. Season with salt and pepper.
3. Meanwhile, seed and quarter bell peppers. Toss with $\frac{1}{4}$ cup oil and season with salt and pepper. Heat a grill or grill pan to medium. Grill peppers 6 min. per side, until tender and browned in spots. Cool slightly and thinly slice.
4. In a large nonstick skillet, heat sesame oil on medium-high. Add shrimp and cook 2-3 min. per side until cooked. Into skillet, stir in basil leaves and carrots. Cook 2 min., until basil wilts. Add noodles, cilantro vinaigrette, and bell pepper slices. Toss until well combined.

30 MINUTE Chili

SERVES

20

READY IN

30
min

PREP

15
min

COOKING

15
min

INGREDIENTS

- 3 lbs 80% lean ground beef
- 1½ cup chopped yellow onion
- 3 (1.25 oz) pkgs McCormick chili seasoning mix
- 3 (16 oz) cans Bush's chili beans, undrained
- 3 (14.5 oz) cans diced tomatoes, undrained
- 3 (10 oz) cans Ro*tel diced tomatoes & green chilies, undrained
- 3 (8 oz) cans Hunt's tomato sauce
- 3 cups water
- Shredded Cheddar cheese, optional
- Sour cream, optional



Tips

- Chili may be topped with shredded cheese, sour cream or sliced green onions, if desired.
- Chili also may be made with ground turkey in place of the ground beef.

Pairs well with...

CHEESY
CORN MUFFINS

STEPS

1. Cook beef and onion in large saucepan over medium-high heat 5 min. or until beef is crumbled and no longer pink, stirring occasionally; drain.
2. Stir in seasoning mix. Add remaining ingredients; bring to a boil. Reduce heat to medium; simmer 10 min., stirring several times.

GRILLED TIKKA Masala Drumsticks

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 40 chicken drumsticks
- 2 cups tikka masala sauce



Pairs well with...

CURRIED POTATO SALAD
w/ GOLDEN RAISINS & CHICKPEAS

STEPS

1. Set grill to medium. Season the drumsticks with salt and pepper. Grill 12 min., turning occasionally.
2. Brush chicken all over with the tikka masala sauce. Grill another 8 min., until chicken is cooked through, turning and brushing with more sauce occasionally.

RAVIOLI W/ BROCCOLI & Sun-Dried Tomatoes

SERVES

20

READY IN

40
min

PREP

10
min

COOKING

30
min



INGREDIENTS

- 5 (17 oz) bags Nature's Promise Cheese Ravioli
- 5 (12 oz) bags fresh broccoli florets
- 2 cups sun-dried tomatoes in oil
- 1 cup butter
- $\frac{1}{4}$ cup minced garlic
- 1 tsp crushed red pepper
- 5 lemons
- $1\frac{1}{3}$ cup shredded Parmesan cheese

Pairs well with...

KALE SALAD W/
CRANBERRIES, PEPITAS
& PARMESAN

STEPS

1. Heat large pots of salted water to boiling on high. Cook ravioli according to package directions. Heat another large pot of salted water to boiling on high. Add the broccoli and cook 3-4 min., until tender and bright green.
2. Meanwhile, drain and chop the sun-dried tomatoes. In a deep skillet, melt the butter on medium. Add the garlic and crushed red pepper. Cook 30 seconds, stirring. Squeeze the juice from the lemons into the pan.
3. To same skillet, add the cooked ravioli, broccoli, sun-dried tomatoes, and reserved cooking liquid. Toss until well combined. Top with Parmesan.

MINI GREEK Meatloaves

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 5 tbsp fresh oregano leaves
- 5 small zucchinis
- 10 plum tomatoes
- 5 lbs 85% lean ground beef
- 1^{1/4} cup crumbled feta
- 2 cups seasoned bread crumbs
- 3 tbsp minced garlic
- 5 lemons



Tips

- To freeze, cool completely at room temperature, then wrap individually in plastic, then foil. To reheat, remove packaging and bake at 375°F for 10 min.

Pairs well with...

OVEN FRIES w/
ROMESCO SAUCE

STEPS

1. Preheat oven to 425°F. Line two rimmed baking sheets with foil. Finely chop the oregano and coarsely grate the zucchini. Thinly slice the tomatoes.
2. In a large bowl, combine the beef, oregano, feta, bread crumbs, grated zucchini, garlic, salt, and pepper. Grate the zest from the lemons into bowl. Mix until just combined and form into 20 mini loaves on prepared pan. Cover tops with tomato slices.
3. Bake 20 min., until thermometer inserted into centers reaches 160°F. Broil on high until tomatoes brown slightly.

CHICKEN & Artichoke Pizza

SERVES

18

READY IN

38
min

PREP

15
min

COOKING

23
min



INGREDIENTS

- 9 Frozen Fully Cooked Tyson® Grilled & Ready® Chicken Breast Fillets
- 3 (6 oz) jars artichoke hearts, marinated and undrained
- 3 cloves garlic minced
- 3 (10-12 inch) pre-baked pizza crusts
- 8 Roma tomatoes thinly sliced, seeds and liquid removed
- 1½ tsp dried basil
- 4½ cups mozzarella shredded

Notes

- Makes 3 pizzas.

Pairs well with...

SPINACH SALAD w/
GRILLED PLUMS & AVOCADO

STEPS

1. Preheat oven to 425°F. Cut Tyson® Grilled & Ready® chicken into ¾-inch pieces. Drain artichoke hearts, reserving liquid. Coarsely chop artichoke hearts.
2. Place artichoke liquid in large nonstick skillet and bring to boil over medium-high heat. Cook until most of liquid has evaporated, about 1 min. Add chicken and garlic to skillet. Cook chicken 3-5 min. or until heated through. Stir in artichoke hearts. Remove from heat.
3. Place pizza crusts on baking sheets; top evenly with tomato slices. Top with chicken mixture; sprinkle with basil. Top with cheese.
4. Bake 12-17 min. or until hot and cheese is melted.

GRILLED CHICKEN THIGHS w/ Peanut Noodle Salad

SERVES

20

READY IN

35
min

PREP

20
min

COOKING

15
min

INGREDIENTS

- 2 boxes angel hair pasta
- 4 [7oz] pkgs fresh bean sprouts
- 4 cups matchstick carrots
- 5 lbs boneless, skinless chicken thighs
- 1^{1/4} cup crunchy peanut butter
- 1 cup lime juice
- ^{1/4} cup Thai red curry paste
- ^{1/4} cup fish sauce
- 1 large head red cabbage



Pairs well with...

QUICK
BROILED VEGGIES

STEPS

1. Set grill to medium. Cook the pasta according to package directions. Thirty seconds before pasta is done, add the bean sprouts and carrots. Transfer pasta and veggies to a colander and rinse with cold water. Drain well.
2. Meanwhile, season the chicken with salt and pepper. Grill 5-7 min. per side, until cooked through.
3. In a large bowl, whisk together the peanut butter, lime juice, curry paste, fish sauce, and ^{1/2} cup water until smooth. On a box grater, coarsely grate the red cabbage and add to peanut dressing, along with cooked pasta and vegetables. Toss until well coated.
4. Divide noodle salad among 20 bowls. Thinly slice chicken and serve over noodles.

CREAMY CHICKEN Marsala

SERVES

20

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{2}$ cup olive oil
- 5 lbs thin-sliced chicken breasts
- 2 cups all-purpose flour
- $\frac{1}{4}$ cup minced garlic
- 4 cups Marsala wine
- 5 cups chicken broth
- 5 oz cream cheese
- $\frac{1}{2}$ cup finely chopped parsley



Pairs well with...

DIJON ROASTED
BRUSSELS SPROUTS

STEPS

1. In a nonstick skillet, heat the oil on medium-high. Season the chicken with salt and pepper. Place the flour in a wide dish and coat each piece of chicken.
2. Add chicken to skillet and cook 3 min. per side, until browned. Transfer to plate.
3. To same skillet, add the garlic. Cook 1 min., stirring. Stir in the Marsala wine and heat to a boil, scraping up any browned bits. Boil 1 min.
4. Add the broth and season with salt and pepper. Return chicken to skillet. Reduce heat to medium. Simmer 5 min., until chicken is cooked and wine has reduced.
5. Remove from heat. Stir in the cream cheese until melted. Garnish with the parsley.

GRILLED SALMON w/ Mango Salsa

SERVES

20

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{3}$ cup olive oil
- $\frac{1}{4}$ cup curry powder
- 20 skin-on salmon fillets
- 3 [8 oz] containers fresh Giant brand Mango Salsa



Pairs well with...

GRILLED CORN
w/ PEPPER & LIME

STEPS

1. Set grill to medium. In a large bowl, whisk together the oil, curry powder, salt, and pepper. Rub the curry mixture on the top and sides of salmon. Grill the fillets, skin side down and covered, 6-8 min., until cooked through. Remove salmon with stiff spatula, leaving skin behind if it sticks.
2. Spoon mango salsa over the salmon and serve.

ORANGE CHICKEN & CASHEWS Over Cauliflower Rice

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

20
min



INGREDIENTS

- 2 bunches green onions
- 6 lbs boneless, skinless chicken thighs
- $\frac{1}{2}$ cup orange marmalade
- $\frac{3}{4}$ cup reduced-sodium soy sauce
- $\frac{3}{4}$ cup sesame oil
- $\frac{1}{4}$ cup minced garlic
- 5 [12 oz] pkgs fresh cauliflower rice
- 3 cups roasted unsalted cashews

Pairs well with...

ROASTED ASPARAGUS
w/ BLISTERED TOMATOES

STEPS

1. Thinly slice the green onions. Chop the chicken into bite-size pieces. In a large bowl, whisk together the marmalade and soy sauce. Add the chicken and season with pepper, tossing to combine.
2. In a nonstick skillet, heat the oil on medium-high. Add the garlic and green onions, reserving some green parts for garnish. Cook 1 min., stirring. Add the chicken and sauce mixture. Cook 7 min., until chicken is cooked through, stirring often.
3. Meanwhile, to a large, microwave-safe bowl, add the cauliflower rice and cover with plastic. Microwave 3-5 min. Season the cauliflower rice with salt and pepper. Stir the cashews into chicken and serve over cauliflower rice. Garnish with reserved green onions.

FETTUCCINE W/ CHICKEN Sausage Ragu

SERVES

18

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- 3 [16 oz] boxes fettuccine
- 2 cups diced onions
- $\frac{1}{2}$ cup tomato paste
- 3 [1 lb] pkgs Nature's Promise Basil Pesto Chicken Sausage
- 3 [28 oz] cans fire-roasted diced tomatoes, drained



Pairs well with...

STEAMED ASPARAGUS
w/ LEMON & CRISPY CAPERS

STEPS

1. Cook pasta according to package directions.
2. Meanwhile, in a greased skillet on medium, cook the onions 8 min., until tender.
3. Stir in tomato paste and cook 2 min.
4. Thinly slice the chicken sausage. Add sausage to skillet and cook 7 min., until browned, stirring frequently.
5. Stir in the tomatoes and bring to a simmer. Cook 10 min., until sauce has thickened slightly. Season with salt and pepper. Drain pasta and add to skillet. Toss until well coated.

BRAZILIAN Fish Stew

SERVES

20

READY IN

42
min

PREP

24
min

COOKING

18
min

INGREDIENTS

- 4 lbs cod fillets
- 4 lbs thawed frozen raw shrimp, peeled and deveined
- 10 limes
- 6 red bell peppers
- 10 tomatoes
- 2 bunches cilantro
- $\frac{3}{4}$ cup olive oil
- 4 cups diced onion
- 3 cups chicken broth
- 5 cups coconut milk



Tips

- Serve with white rice.

Pairs well with...

ROASTED
GREEN BEANS

STEPS

1. Cut the cod into large chunks and place in a bowl with the shrimp. Quarter 3 limes and juice the remaining limes. Add lime juice and half the garlic to the bowl with the cod. Season with salt [in moderation] and pepper and toss to combine. Set aside.
2. Cut peppers into thin strips and quarter the tomatoes. Finely chop the stems of the cilantro and coarsely chop the leaves.
3. Heat the oil in a heavy bottom pan over medium-heat and sauté the onion for 3 min. Add the peppers and remaining garlic and cook for 5 min., or until peppers are tender. Add the tomatoes, chicken broth, and cilantro stems and bring to a boil. Cook for 5 min. or until tomatoes get soft. Add the coconut milk and bring to a boil, stirring occasionally. Season with salt [in moderation] and pepper. Reduce the heat to low and place the cod and shrimp in the sauce. Cover with a lid and cook for 5-10 min. or until cod and shrimp are cooked through.

MARINARA CHICKEN Meatball Sliders

SERVES

20

READY IN

42
min

PREP

24
min

COOKING

18
min



INGREDIENTS

- 5 (1 lb) pkgs Nature's Promise Mild Italian Chicken Sausage
- $\frac{1}{3}$ cup olive oil
- 8 cups marinara sauce
- 5 cups shredded mozzarella
- 40 mini slider buns

Pairs well with...

QUINOA & BLACK BEAN SALAD

STEPS

1. Remove casings from the sausage. Form sausage meat into 40 meatballs.
2. In a nonstick skillet, heat the oil on medium. Add the meatballs and cook 8 min., turning occasionally.
3. Pour the marinara over meatballs and cover skillet. Reduce heat to medium-low and simmer 10 min., until meatballs are cooked through.
4. Uncover and top each meatball with some mozzarella. Remove skillet from heat and let stand until cheese melts.
5. Divide meatballs among bottoms of buns. Place tops of buns on meatballs.

PALEO SHRIMP Pad Thai

SERVES

20

READY IN

20
min

PREP

5
min

COOKING

15
min

INGREDIENTS

- 6 [12 oz] pkgs butternut squash noodles or zucchini noodles
- 2 bunches green onions
- 4 lbs peeled, deveined raw shrimp
- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{4}$ cup minced garlic
- 8 large eggs
- 4 tbsp fish sauce
- 4 limes, cut into wedges



Pairs well with...

ROASTED BROCCOLI
w/ SWEET SOY

STEPS

1. Place the vegetable noodles in a large microwave-safe bowl. Cover with vented plastic and microwave 2-3 min. Uncover and set aside.
2. Meanwhile, cut the dark green parts of green onions into $1\frac{1}{2}$ -inch lengths. Thinly slice light green and white parts of green onions. Pat shrimp dry and season with salt and pepper.
3. In a large skillet, heat the coconut oil on medium-high. Add the shrimp and cook 3-5 min. until cooked through and browned on both sides. Transfer shrimp to a bowl.
4. To same skillet, add the garlic and thinly sliced green onions. Cook 30 sec., stirring constantly. In a small bowl, beat the eggs and add to skillet. Cook 2 min., stirring constantly. Add the partially cooked vegetable noodles, shrimp, and fish sauce. Cook 1 min., gently stirring. Remove from heat.
5. Squeeze lime juice all over. To serve, garnish with remaining green onions.

VEGETARIAN SKILLET Tortilla Casserole

SERVES

16

READY IN

45
min

PREP

30
min

COOKING

15
min



INGREDIENTS

- 2 bunches green onions
- 2 (15.5 oz) cans Nature's Promise Organic No-Salt-Added Black Beans
- 2 (16 oz) cans fat-free vegetarian refried beans
- 2 tbsp chili powder
- 2 cans white corn
- 4 large tomatoes
- 2 (16 oz) bags shredded Mexican-blend cheeses
- Cooking spray
- 8 burrito-size (about 9-10 inches) flour tortillas
- 2 small romaine hearts

Notes

- Makes 2 casseroles.

Pairs well with...

BBQ SPICED
ROASTED CAULIFLOWER

STEPS

1. Heat oven to 375°F. Spray two cast-iron skillets (or two 12-inch pizza pans) with non-stick cooking spray. Set aside.
2. Thinly slice green onions. Thinly slice the tomatoes. Reserve $\frac{1}{2}$ cup cheese.
3. In a large bowl, combine 1 can drained black beans, one can refried beans, 1 tbsp chili powder, and one can drained corn. Fold in half of the green onions and half of the sliced tomatoes.
4. Place one tortilla on bottom and top with $\frac{1}{3}$ bean mixture and sprinkle with cheese. Repeat two more layers of tortillas, adding bean mixture, and cheese. Finish with a fourth tortilla and $\frac{1}{4}$ cup of the reserved cheese.
5. To assemble second casserole, repeat steps 3-4.
6. Bake 20-40 min. until center is hot. Meanwhile, thinly slice the romaine. Garnish the casserole with romaine.

JAMAICAN JERK Grilled Chicken

SERVES 20 | READY IN 1 hr 25 min | PREP 10 min | COOKING 10 min



INGREDIENTS

- 5 lbs chicken breast
- 5 limes, cut in half
- 2 cups chopped red onion
- 2 tbsp dried thyme
- 4 tsp ground allspice
- 4 tsp ground cinnamon
- 4 tsp ground black pepper
- 1 tsp cayenne pepper (or more, to taste)
- $\frac{1}{4}$ cup minced garlic
- $\frac{1}{4}$ cup canola oil

Pairs well with...

STRAWBERRY & KALE
QUINOA SALAD

STEPS

1. Rub the chicken with lime, lightly squeezing the lime as you go over the chicken breast. In a small bowl, combine remaining ingredients. Rub the seasoning mixture over chicken. Place in a baking dish or plastic bag and allow to marinate in the refrigerator for 1 hour or overnight for the best flavor. Heat grill to medium heat and cook until internal temperature reaches 165°F, turning often.

PINEAPPLE Steak Kabobs

SERVES

20

PREP

20
min

COOKING

10
min



INGREDIENTS

- 2 bottles steak marinade [any flavor]
- 5 lbs lean beef flank steak, cut in 2-inch squares
- 5 red bell peppers, cut in 1-inch squares
- 2 fresh pineapples, cut into 1-inch chunks
- 2 [16-oz] pkgs fresh mushrooms

Pairs well with...

SOUTHWESTERN
BEAN SALAD

STEPS

1. In a large bowl, marinate flank steak in the refrigerator at least 1-2 hours, stirring every half hour.
2. Preheat grill or broiler.
3. Thread flank steak, bell pepper, pineapple chunks and mushrooms alternately on 14-inch skewers.
4. Grill about 10 min. or to desired doneness, turning and brushing with new jar of marinade.

PLANK GRILLED SALMON w/ Lemon & Herbs

SERVES 16 | READY IN 60 min | PREP 20 min | COOKING 40 min

INGREDIENTS

- 2 [2 lbs] salmon fillets
- 4 tbsp lemon pepper seasoning
- 2 lemons
- $\frac{1}{4}$ cup minced garlic
- 2 cups parsley
- $\frac{1}{2}$ cup olive oil
- 2 grilling planks



Pairs well with...

RED CABBAGE,
WALNUT & ORANGE SALAD

STEPS

1. Soak the planks in cold water for 2 hours.
2. Prepare the barbecue for indirect grilling: For a charcoal grill, slide the glowing coals to one side; for a gas grill, turn off one of the elements. Place the salmon on the soaked planks and sprinkle with salt [in moderation] and lemon pepper.
3. Place the planks with the salmon on the cooler side of the side of the grill and close the lid. Grill for 20 min., or until fish flakes easily and the temperature in the thickest part of the fillet reaches 135°F using an instant read thermometer.
4. While salmon is grilling, zest the lemon and chop the parsley. Combine zest, minced garlic, and parsley in a small bowl with the olive oil. Season with salt and pepper. To serve, drizzle salmon with the lemon-herb sauce.

TURKEY TENDERLOIN w/ Mushroom Sauce

SERVES

18

READY IN

45
min

PREP

20
min

COOKING

25
min



INGREDIENTS

- 3 [30 oz] pkgs Shady Brook Farms turkey breast tenderloins
- $\frac{1}{3}$ cup olive oil
- 2 large onions, thinly sliced
- 1 [16 oz] pkg fresh portabello mushrooms, thinly sliced
- 18 slices smoked turkey bacon
- 1 cup shredded mozzarella cheese

Notes

- Turkey tenderloins can also be grilled. Preheat charcoal or gas grill and grill turkey for 6 min. on each side until no longer pink and internal temperature reaches 165°F.

Pairs well with...

GRILLED PEPPERS
w/ FETA & MINT

STEPS

1. Preheat oven to 425°F.
2. Heat oil in a large skillet over medium-heat. Cook onion and mushrooms until softened, about 5-7 min.
3. Arrange turkey breast tenderloins on a parchment-lined baking sheets. Season with salt and pepper. Wrap each tenderloin with 6 slices of turkey bacon.
4. Roast turkey tenderloins 25-35 min. (depending on tenderloin size), until a meat thermometer registers 165°F in the thickest part. Let rest for 5 min. To serve, slice turkey and top with onion, mushrooms, and cheese.

PACIFIC RIM Turkey Burgers

SERVES

20

PREP

15
min

COOKING

15
min



INGREDIENTS

- 1^{1/4} cup teriyaki sauce
- 5 tbsp peach preserves
- 1^{1/2} cups minced onion
- 5 lbs ground turkey
- 20 hamburger buns, split and toasted
- 1 tsp salt
- 1 tsp ground black pepper

Pairs well with...

BROCCOLI CHEDDAR
MACARONI SALAD

STEPS

1. Preheat broiler or grill. In a large bowl, blend first three ingredients together. Remove $\frac{1}{2}$ cup and reserve.
2. Add ground turkey, salt and pepper. Gently mix to blend together.
3. Shape into twenty 4 oz patties. Lightly brush both sides with remaining teriyaki sauce.
4. Place burgers on grill rack and broil or grill burgers 4-5 inches from the heat, turning once, for 5-7 min. per side. Serve on toasted buns.

HAWAIIAN TURKEY Shish-ka-bobs

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

25
min



INGREDIENTS

- 5 lbs turkey breast tenderloins
- 2 green peppers
- 2 red peppers
- 3 medium red onions
- 3 (8 oz) pkgs fresh pineapple chunks
- 2 bottles teriyaki marinade

Pairs well with...

WATERMELON
FETA SALAD

STEPS

1. Preheat the oven to broil on high. Cut the turkey breast into 1-inch chunks. In a large bowl, marinate turkey in one bottle of teriyaki for 30-60 min.
2. Seed the peppers and cut into 1-inch pieces.
3. Cut the onion into 1-inch chunks.
4. Thread the turkey, pepper, onion, and pineapple onto skewers.
5. Arrange skewers on foil-lined baking sheet and brush all over with the marinade. Broil 20 min., until lightly charred and turkey is cooked, flipping skewers and basting with second jar of marinade halfway through.

PARMESAN Crusted Cod

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 2 cups panko bread crumbs
- 1 $\frac{1}{4}$ cup grated Parmesan cheese
- 2 tbsp Italian seasoning
- 2 tbsp garlic powder
- 20 [4-6 oz] cod fillets
- $\frac{2}{3}$ cup Dijon mustard
- Cooking spray



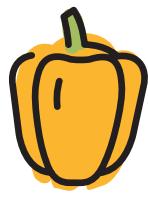
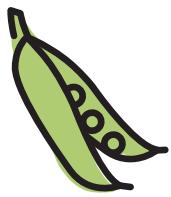
Pairs well with...

STRAWBERRY &
KALE QUINOA SALAD

STEPS

1. Set the oven to broil. Preheat a large nonstick skillet over medium-high heat.
2. Meanwhile, mix bread crumbs, Parmesan, Italian seasoning, and garlic powder together until well combined. Brush the cod fillets with the mustard and sprinkle the crumbs on top. Gently press into the fish to secure.
3. Spray two large casserole dishes with cooking spray. Place the coated fish into the dishes and spray the top of the fish with cooking spray. Set the casserole dishes onto the rack and broil 8-10 min. or until crust is golden brown.

spring & summer



SIDE DISH
RECIPES

QUICK BROILED Veggies

SERVES 20 | READY IN 30 min | PREP 20 min | COOKING 10 min

INGREDIENTS

- 10 lbs campari tomatoes on the vine
- 5 red onions, skin removed
- 10 zucchinis
- Olive oil
- Italian seasoning



STEPS

1. Set the oven to broil. Line a baking sheet with parchment or foil. Quarter the tomatoes and onion, breaking the onion layers apart. Slice the zucchini. Set prepped veggies in a large bowl and toss with olive oil.
2. Spread veggies across the baking sheet and season with salt, pepper, and Italian seasoning. Broil for 10 min. until tender, tossing halfway.

GRILLED ASPARAGUS QUINOA Salad w/ Basil Vinaigrette

SERVES

20

READY IN

45
min

PREP

30
min

COOKING

15
min

INGREDIENTS

- 2 cups quinoa
- 5 lemons
- 3 bunches asparagus
- 1 cup olive oil
- 3 pkgs basil leaves
- 3 cloves garlic
- 2 red bell peppers
- 1 (8oz) container fresh mozzarella pearls



Tips

- If you can't find mozzarella pearls, use small mozzarella balls, like bocconcini or ciliegine, and quarter them.
- Asparagus can be roasted instead of grilled. Preheat oven to 450°F. Bake for 5 min. until crispy-tender.

STEPS

1. Cook the quinoa according to package directions. Set grill to high. Grate lemon zest and squeeze juice from the lemons reserving zest and juice separately.
2. Meanwhile, trim the bottom inch off the asparagus spears. Toss with olive oil and lemon zest and season with salt and pepper. Grill 3-4 min., until fork-tender and charred, turning often. Let asparagus cool and cut into 2-inch pieces on an angle.
3. Meanwhile, in a food processor, pulse the basil, garlic, lemon juice, salt, and pepper until chopped. Pulse in $\frac{3}{4}$ cup olive oil until well mixed.
4. Halve and seed the bell pepper, then finely chop. Add cooked quinoa to a large bowl and fluff with a fork. Add sliced asparagus, bell pepper, and vinaigrette. Toss to combine. To serve, drain the mozzarella pearls and add to salad.

ROASTED Green Beans

SERVES

16

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 [12 oz] pkgs trimmed fresh green beans
- $\frac{1}{2}$ cup olive oil



STEPS

1. Preheat oven to 425°F. In large bowls, toss the green beans with olive oil. Season generously with pepper and Kosher salt. Spread evenly on parchment-lined baking sheets.
2. Roast 15-20 min., until golden brown, stirring once halfway through.

ROASTED Zucchini Slices

SERVES

18

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 18 medium zucchinis
- $\frac{1}{2}$ cup olive oil



STEPS

1. Preheat oven to 425°F.
2. Cut zucchini into $\frac{1}{2}$ -inch slices on an angle. Toss zucchini with olive oil. Season generously with pepper and Kosher salt. Spread evenly on parchment-lined baking sheets.
3. Roast 20-30 min. until tender and golden brown.

THREE VEGETABLE PENNE w/Tarragon Basil Pesto

SERVES

16

PREP

20
min

COOKING

10
min



INGREDIENTS

- 2 lbs penne rigate
- salt
- 1 lb asparagus, trimmed
- 2 small zucchinis
- $\frac{1}{2}$ lb green beans, trimmed
- $\frac{1}{2}$ cup pine nuts
- 40 basil leaves
- $\frac{1}{4}$ cup fresh tarragon
- $\frac{1}{4}$ cup fresh flat leaf parsley
- 2 lemons, zested
- 2 cloves garlic
- 1 cup Parmigiano-Reggiano
- coarsely ground black pepper
- $\frac{2}{3}$ cup extra virgin olive oil

STEPS

1. Heat two large pots of water to boil for pasta. Salt the water and add pasta. Cook to al dente, about 7 min.
2. Cut asparagus spears to 2-inch pieces. Cut zucchini into matchsticks. Cut beans into 2-inch pieces.
3. Boil the vegetables with the pasta for the last three minutes.
4. Toast the pine nuts in a dry pan until golden. Allow to cool.
5. Place nuts, basil, tarragon, parsley, lemon zest, garlic, cheese and pepper in a food processor. Turn on processor and slowly drizzle in oil until a thick sauce forms.
6. Transfer pesto to a bowl and toss with pasta and vegetables.

STEAMED ASPARAGUS W/ Lemon & Crispy Capers

SERVES

20

READY IN

20
min

PREP

10
min

COOKING

10
min



INGREDIENTS

- 5 bunches fresh green asparagus, ends trimmed
- 5 lemons
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup capers, drained
- $\frac{2}{3}$ cup grated Parmesan cheese

Tips

- Make sure capers are as dry as possible before frying.

STEPS

1. Steam the asparagus until tender, 5-7 min. and drain. Meanwhile, zest and juice the lemons. Whisk lemon juice with $\frac{1}{2}$ cup olive oil and season with salt and pepper to taste.
2. In a small frying pan over medium heat, add 2 tbsp olive oil. Dry the capers well on a paper towel and fry in the pan until crisp and golden brown, 4 min.
3. Arrange the asparagus on a plate and drizzle with lemon-oil mixture. Top with fried capers, lemon zest, and Parmesan cheese.

RED CABBAGE, WALNUT & Orange Slaw

SERVES

20

READY IN

10
min

PREP

20
min

INGREDIENTS

- 1½ cup lemon juice
- ¼ cup honey
- ¼ cup olive oil
- 2 tbsp sugar
- 3 small heads red cabbage
- 1½ cup raisins
- 7 oranges
- 1½ cup toasted walnuts



STEPS

1. In a large bowl, whisk together the lemon juice, honey, oil, and sugar. Season with salt (in moderation) and pepper. Halve the red cabbage and remove the core. Thinly slice cabbage.
2. Add the cabbage and raisins to the lemon dressing and toss to coat. Place in the refrigerator for at least 20 min. to soften cabbage.
3. With a sharp paring knife, cut peel from the oranges. Cut segments out into a medium bowl. Squeeze any juice remaining in the leftover pulp into the bowl with the cabbage and toss. Chop the walnuts. Just before serving, add the segments and walnuts to the cabbage.

BBQ SPICED ROASTED Cauliflower

SERVES

16

READY IN

50
min

PREP

15
min

COOKING

35
min



INGREDIENTS

- 4 medium heads cauliflower
- $\frac{1}{2}$ cup olive oil
- 2 tsp salt
- 4 tsp chili powder
- 4 tsp garlic powder
- 4 tsp Italian seasoning
- 2 tsp dry mustard
- 4 tbsp brown sugar

STEPS

1. Preheat oven to 425°F. Mix together the salt, chili powder, garlic powder, Italian seasoning, dry mustard, and brown sugar together until well blended. In a large bowl, toss the cauliflower pieces in the oil and the spice blend until well coated. Add more oil if needed.
2. Lay cauliflower on parchment-lined baking trays. Roast in the oven for 25-35 min., or until cauliflower is tender and lightly browned.

ROASTED ASPARAGUS W/ Blistered Tomatoes

SERVES

20

READY IN

28
min

PREP

10
min

COOKING

18
min



INGREDIENTS

- 5 bunches asparagus
- 5 cloves garlic
- 4 pints grape tomatoes
- $\frac{1}{2}$ cup olive oil
- $\frac{3}{4}$ cup pine nuts
- 1 pkg fresh basil, chopped

STEPS

1. Preheat oven to 450°F. Trim the bottom inch from the asparagus and thinly slice the garlic. Halve the tomatoes.
2. On large, foil-lined baking sheets, toss the asparagus, tomatoes, and garlic with the oil. Season with salt and pepper. Roast 15-18 min., until asparagus is tender.
3. Transfer roasted asparagus and tomatoes to a serving platter. Garnish with pine nuts and chopped basil.

OVEN FRIES w/ Romesco Sauce

SERVES

20

READY IN

60
min

PREP

20
min

COOKING

40
min

INGREDIENTS

- 10 lbs baby Yukon Gold potatoes
- 1½ cup olive oil
- 3 tbsp ground turmeric
- 7 red bell peppers
- 5 slices day-old bread
- 10 cloves garlic
- 10 medium tomatoes
- 2½ cups sliced almonds
- ¼ cup red wine vinegar
- 1 cup fresh parsley
- 1 tsp cayenne



Tips

- Don't have any day-old bread? Lightly toast fresh bread before adding it to the food processor.

STEPS

1. Preheat the oven to 425°F. Quarter the potatoes. Place in a bowl and drizzle with 1 cup olive oil, turmeric, and salt (in moderation). Toss to coat evenly. Arrange on a foil-lined baking sheet and roast for 20 min, or until crisp and golden brown, turning once or twice to ensure fries brown on all sides.
2. While the potatoes roast, roughly chop the bell peppers. Cut the bread into pieces. Slice the garlic and quarter the tomatoes.
3. Add the bell pepper, garlic, tomatoes, almonds, red wine vinegar, bread, parsley, cayenne, and remaining 1 cup olive oil to a food processor, and pulse until you get a chunky purée. Serve the sauce with the potatoes.

CHEESY Corn Muffins

SERVES

24

READY IN

25
min

PREP

10
min

COOKING

15
min

INGREDIENTS

- Baking spray
- 2 [8.5 oz] boxes corn muffin mix
- Eggs (see muffin package directions)
- Whole milk (see muffin package directions)
- 1½ cup corn kernels (fresh or canned)
- 2 cups shredded sharp Cheddar



STEPS

1. Preheat oven to 400°F. Spray two 12-cup muffin pans with baking spray.
2. Prepare the corn muffin mix according to package directions, using the egg and milk. Gently fold in the corn kernels and Cheddar.
3. Divide batter among greased cups. Bake 15–20 min., until golden brown. Cool slightly on wire rack before removing from pan.

QUINOA & BLACK Bean Salad

SERVES

16

READY IN

27
min

PREP

15
min

COOKING

12
min

INGREDIENTS

- 4 cups quinoa
- 4 shallots
- 8 tomatoes
- 2 [12 oz] pkgs mini bell peppers
- 8 limes
- 1 bunch cilantro
- 1 cup olive oil
- 4 [15 oz] cans black beans, drained and rinsed
- 2 cups crumbled feta cheese
- 8 cups baby arugula
- 4 avocados, diced



STEPS

1. Prepare quinoa according to package directions. Meanwhile, dice the shallots and chop the tomatoes and mini bell peppers. Zest and juice the limes and chop the cilantro. Transfer shallot, tomatoes, bell peppers, lime zest and juice, and olive oil to a large bowl.
2. Carefully mix the beans and quinoa with the vegetables and season with salt (in moderation) and pepper. Scatter the crumbled feta and arugula over the top of the salad, and serve with diced avocado.

GRILLED CORN W/ Pepper & Lime

SERVES

20

READY IN

24
min

PREP

10
min

COOKING

14
min

INGREDIENTS

- 20 corn cobs
- 1 stick butter, softened
- 4 tsp chili powder
- $\frac{1}{3}$ cup lime juice
- 5 limes
- 2 cups crumbed queso fresco
- Paprika



Tips

- Can't find queso fresco? Try shaved Parmesan or shredded white Cheddar.

STEPS

1. Make the chipotle lime butter. In a large bowl, mix together the butter, chili powder, and lime juice.
2. Set a grill to medium-high heat. Grill corn until grill marks form, turning occasionally, about 7 min. Slather corn cobs with butter and drizzle with juice from the lime. Season with cheese and paprika.

ROASTED BROCCOLI w/ Sweet Soy

SERVES

20

READY IN

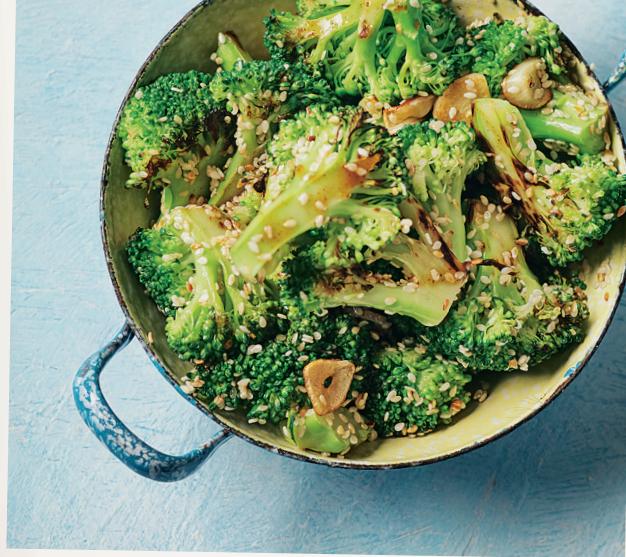
32
min

PREP

10
min

COOKING

22
min



INGREDIENTS

- 6 [10 oz] pkgs fresh broccoli florets
- 10 cloves garlic
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup reduced-sodium soy sauce
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup sesame seeds

STEPS

1. Preheat oven to 450°F. Cut the broccoli into smaller florets.
2. Thinly slice garlic. In a large bowl, toss the oil, broccoli, and garlic until well coated. Arrange broccoli in an even layer on baking sheets. Cover with foil and roast 12 min. Remove foil and continue roasting until tender, about 10 min.
3. Meanwhile, whisk together soy sauce, sugar, and sesame seeds. Remove broccoli from oven and toss with soy mixture.

STUFFED Mushrooms

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 3½ cups stuffing mix
- 3 [16 oz] pkgs whole white mushrooms
- ¼ cup olive oil
- ¾ cup grated Parmesan
- 2 [0.75 oz] pkgs chives



Tips

- This is also a great way to use up any leftover Thanksgiving stuffing!

STEPS

1. Preheat the oven to 400°F. Prepare the stuffing mix according to package directions. Gently clean mushrooms and pull the stem from each mushroom. Place mushrooms, cavity sides up, on a parchment-lined baking sheet.
2. Drizzle mushrooms with olive oil and season with salt [in moderation] and pepper. Spoon stuffing into mushroom cavities. Top with the Parmesan and bake 20 min., until filling is golden brown. Chop the chives and sprinkle over mushrooms.

LEMON-PARMESAN Roasted Potatoes

SERVES

20

READY IN

1 hr

PREP

15
min

COOKING

45
min

INGREDIENTS

- 5 [24 oz] bags baby medley potatoes
- 5 lemons
- 2½ cups finely grated Parmesan cheese
- 2 tbsp garlic powder
- 2 tbsp Italian seasoning
- ⅔ cup olive oil
- ¼ cup chopped chives



STEPS

1. Preheat oven to 350°F. Halve each of the baby potatoes. Zest and juice the lemons, reserving them separately.
2. In a small bowl, combine lemon zest, Parmesan, garlic powder, Italian seasoning, salt, and pepper. Coat large rimmed baking sheets with the oil. Sprinkle cheese mixture in an even layer over oil.
3. Arrange potatoes cut-sides down on Parmesan mixture in a single layer. Bake 45 min., until potatoes are tender. Chop the chives.
4. Use a spatula to transfer potatoes onto a serving platter cheese-sides up. To serve, garnish with chives and drizzle with reserved lemon juice.

STRAWBERRY & KALE Quinoa Salad

SERVES

20

READY IN

50
min

PREP

10
min

COOKING

40
min



INGREDIENTS

- 3 cups red quinoa
- 5 cups strawberries
- 5 (5 oz) pkgs baby kale
- 1 cup Taste of Inspirations Strawberry Champagne Vinaigrette (or similar fruity vinaigrette)
- 2 cups crumbled feta cheese

STEPS

1. Cook the quinoa according to package directions. Spread out onto a large platter or baking sheet to cool.
2. Trim and halve the strawberries.
3. In a large bowl, combine the baby kale, strawberries, and cooled quinoa.
4. Add the vinaigrette and toss until well-coated.
5. Sprinkle the cheese over quinoa mixture and toss.

PIZZERIA-STYLE Garlic Knots

SERVES

24

READY IN

28
min

PREP

12
min

COOKING

16
min



INGREDIENTS

- 1½ sticks butter, softened
- ¼ cup olive oil
- 2 tbsp minced garlic
- 2 tsp garlic powder
- 1 tbsp Italian seasoning
- ¼ cup fresh parsley, chopped
- 4 cans pizza crust dough
- ⅔ cup grated Parmesan cheese

STEPS

1. Preheat oven to 425°F. Line 4 baking sheets with parchment. In a medium bowl, microwave the butter, oil, minced garlic, garlic powder, and Italian seasoning 1 min., until butter melts. Finely chop the parsley and stir into butter. Season with salt and pepper.
2. Roll out 1 pizza crust dough and shape into 13x9-inch rectangle. Brush top with some of butter mixture. With pizza cutter, cut into 6 long, skinny strips, then cut strips in half to form 12 shorter strips. Stretch and tie each strip into a knot and place on lined sheet. Repeat with other pizza crust dough and some of remaining butter mixture.
3. Bake garlic knots 5 min. Brush tops with some more butter mixture and sprinkle with Parmesan. Bake another 6-8 min., until golden brown. Brush with remaining butter mixture before serving.

SOUTHWESTERN Bean Salad

SERVES

18

READY IN

10
min

PREP

10
min

INGREDIENTS

- 6 [15 oz] cans corn
- 6 [15 oz] cans black beans
- 6 cups cherry tomatoes
- 1 bunch cilantro
- 3 tbsp chili powder
- 3 limes, juiced



STEPS

1. Drain and rinse the corn and beans. Halve the cherry tomatoes and coarsely chop the cilantro.
2. Set all ingredients in a large bowl. Season with salt (in moderation) and pepper to taste. Stir ingredients until fully combined. Serve with corn chips.

GRILLED BALSAMIC EGGPLANT, Peppers & Zucchini

SERVES

18

READY IN

30
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 3 medium eggplants
- 6 small zucchinis
- 3 red bell peppers
- 3 pints mixed color cherry tomatoes
- $\frac{1}{2}$ cup olive oil
- 1 tbsp kosher salt
- 1 tsp black pepper
- $\frac{1}{3}$ cup chopped fresh basil
- $\frac{1}{3}$ cup balsamic glaze



STEPS

1. Cut the eggplant, zucchini, and pepper into bite-size chunks and set in a large bowl. Add the whole cherry tomatoes and toss together with the olive oil, salt, and pepper.
2. Set a grill to medium-high heat and place vegetables in a grill basket. Cook for 10-15 min., tossing occasionally, until vegetables are tender and lightly charred. Meanwhile, coarsely chop the basil. Remove cooked vegetables from the grill and transfer to large platter. Drizzle with balsamic glaze and sprinkle with fresh basil.

WATERMELON Feta Salad

SERVES

16

READY IN

10
min

PREP

20
min

INGREDIENTS

- 1 red onion
- 2 pkgs fresh mint
- 2 cups pitted black olives
- 3 [8 oz] pkgs feta cheese
- 1 large watermelon, cut into cubes



STEPS

1. Quarter and slice the onion, and finely chop the mint. Roughly chop the olives and feta.
2. Combine all ingredients in a bowl and toss gently, until combined.

BROCCOLI CHEDDAR Macaroni Salad

SERVES

16

READY IN

35
min

PREP

20
min

COOKING

15
min



INGREDIENTS

- 2 [10 oz] pkgs fresh broccoli florets
- 2 [16 oz] pkgs elbow macaroni
- 4 stalks celery
- 1/2 small red onion
- 1 1/2 cup light mayonnaise
- 1/3 cup apple cider vinegar
- 3 cups extra sharp shredded yellow Cheddar cheese

STEPS

1. Finely chop the broccoli florets. Bring two large pots of salted water to a boil on high and cook the macaroni according to package directions. Add broccoli for the last 3 min. Drain in colander and rinse with cold water until no longer hot. Shake to drain well.
2. Meanwhile, finely chop the celery and onion. In a large serving bowl, whisk together mayonnaise, vinegar, salt, and pepper. Stir in cooked macaroni, broccoli, celery, and onion. Fold in the cheese until combined. Serve cold.

GRILLED PEPPERS w/ Feta & Mint

SERVES

20

READY IN

25
min

PREP

15
min

COOKING

10
min

INGREDIENTS

- 10 red bell peppers
- 10 yellow bell peppers
- Olive oil
- 2 [0.75 oz] pkgs fresh mint
- 1 cup crumbled feta cheese



STEPS

1. Set grill to medium. Cut each pepper into quarters; remove seeds and stems. In a large bowl, toss peppers with oil, salt, and pepper.
2. Place peppers on grill skin sides up. Cover and cook 5-6 min., until almost tender and grill marks appear. Flip over and cook 3-4 min., until tender. Remove peppers from grill.
3. Meanwhile, roughly chop the mint and crumble the feta cheese. Slice peppers and toss with mint, salt, and pepper. To serve, garnish with feta.

SPINACH SALAD W/ Grilled Plums & Avocado

SERVES

18

READY IN

17
min

PREP

12
min

COOKING

5
min

INGREDIENTS

- 10 plums
- 1 cup Nature's Promise White Balsamic Vinaigrette
- 3 [5 oz] pkgs Nature's Promise Organic Baby Spinach
- $\frac{3}{4}$ cup parsley leaves
- $\frac{3}{4}$ cup roasted sunflower seeds
- $\frac{3}{4}$ cup roasted almonds
- 6 avocados
- 9 oz prosciutto
- 12 oz goat cheese



STEPS

1. Set grill to medium. Halve and pit each plum. Toss plums with 6 tbsp balsamic vinaigrette, salt, and pepper. Place plums cut sides up on grill and cook 2 min., until grill marks appear. Flip and cook 2-3 min., until soft. Transfer to cutting board and let cool.
2. In a large bowl, toss the spinach, parsley, sunflower seeds, and almonds. Transfer to a serving platter.
3. Peel, pit, and slice the avocado. Cut plums into wedges and add to platter, along with avocado. Tear the prosciutto into strips and add to salad. Crumble the goat cheese on top. Serve with remaining vinaigrette.

CURRIED POTATO SALAD

w/ Golden Raisins & Chickpeas

SERVES

20

READY IN

38
min

PREP

24
min

COOKING

14
min

INGREDIENTS

- 6 lbs red-skinned potatoes
- 3 [15.5 oz] cans chickpeas
- 1½ small red onion
- ¾ cup fresh mint
- 1½ cup Nature's Promise Organic Plain Greek Nonfat Yogurt
- ¾ cup low-fat mayonnaise
- ⅓ cup lemon juice
- 2 tbsp curry powder
- 1½ cup golden raisins



STEPS

1. Cut the potatoes into bite-size chunks. Place in a medium pot and cover with an inch of salted water.
2. Partially cover and heat to a boil on high. Reduce heat slightly and simmer potatoes 8-10 min., until fork-tender. Drain potatoes and let cool slightly.
3. Meanwhile, drain the chickpeas and finely chop the red onion. Finely chop the mint. In a large bowl, stir together the yogurt, mayonnaise, lemon juice, curry powder, salt, and pepper.
4. Add potatoes to bowl with dressing and toss until well coated. Fold in chickpeas, red onion, raisins, and most of mint until well combined. Garnish with remaining mint.

DIJON-ROASTED Brussels Sprouts

SERVES

18

READY IN

50
min

PREP

10
min

COOKING

40
min

INGREDIENTS

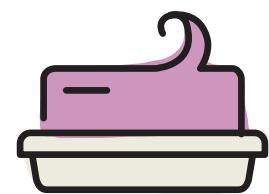
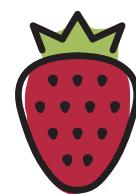
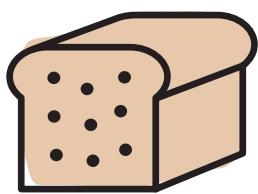
- $\frac{1}{2}$ cup Dijon mustard
- $\frac{1}{4}$ cup maple syrup
- 4 tsp garlic powder
- 1 cup olive oil
- 2 red onions
- 6 (12 oz) pkgs Brussels sprouts, halved



STEPS

1. Preheat oven to 400°F. In a large bowl, whisk the mustard, maple syrup, garlic powder, and oil to combine. Thinly slice the red onion and add to the mustard mixture, along with the Brussels sprouts. Toss to coat.
2. Spread vegetables in a single layer on parchment-lined baking sheets and roast 35-40 min., until sprouts are tender and caramelized, stirring halfway through.

spring & summer



**DESSERT
RECIPES**

TRIPLE LAYER PEANUT Butter Brownies

SERVES

32

READY IN

2 hr
15 min

PREP

15
min



INGREDIENTS

- 1 pkg (19-21 oz) brownie mix (13x9 inch pan size)
- 1 pkg (3.4 oz) Jell-O vanilla flavor instant pudding mix
- 1 cup cold milk
- 1 cup creamy peanut butter
- $\frac{1}{2}$ cup powdered sugar
- $1\frac{1}{2}$ cup Cool Whip whipped topping (do not thaw)
- 3 oz Bakers semi-sweet chocolate
- $\frac{1}{2}$ cup Planters dry roasted peanut, coarsely chopped

Tips

- Store brownies in tightly covered #3 container in refrigerator.

STEPS

1. Prepare and bake brownies in 13x9-inch pan as directed on package; cool. Meanwhile, beat pudding mix and milk with whisk 2 min. Add peanut butter and sugar; mix well. Refrigerate until brownies are completely cooled.
2. Spread pudding mixture over brownies.
3. Microwave Cool Whip and semi-sweet chocolate in microwaveable bowl on high 1 min. or until chocolate is completely melted and mixture is well blended, stirring every 30 sec. Spread over pudding mixture; sprinkle with nuts. Refrigerate 1 hour.

CHOCOLATE DIPPED Strawberries

SERVES

18

READY IN

40
min

PREP

20
min

COOKING

20
min



INGREDIENTS

- 6 [3.5 oz] bars dark chocolate
- 3 [4 oz] bars white baking chocolate
- 3 [16 oz] pkgs fresh strawberries

STEPS

1. Break the dark and white chocolate into pieces and place in separate, heatproof bowls that fit in a large sauce pan. Add 2 inches water to the pan and bring to a boil. Arrange the bowl of dark chocolate over the pan [so that it does not touch the water] and melt, stirring constantly. As soon as chocolate is melted, remove bowl from pan. Repeat with the white chocolate.
2. Gently stir the white chocolate into the dark chocolate until a swirl forms. Dip the strawberries into the chocolate while turning to form a swirl and place on a parchment-lined baking sheet. For best results allow the chocolate strawberries to cool fully in the fridge before serving.

DATE-WALNUT Truffles

SERVES

20

READY IN

15
min

PREP

15
min

INGREDIENTS

- 3 cups walnuts
- 4 cups pitted dates
- 1 cup sliced almonds
- $\frac{1}{3}$ cup almond butter
- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{4}$ cup sunflower seeds
- 2 cups unsweetened coconut



Notes

- Makes approximately 40 truffles.

STEPS

1. To a food processor, add the walnuts, dates, and almonds and pulse until the nuts are broken up and the dates form a sticky paste. Add the almond butter and coconut oil and pulse to combine.
2. Add the sunflower seeds and $\frac{1}{4}$ cup of the coconut and pulse until just combined. Using a small ice cream scoop or rounded tablespoon, scoop and roll mixture into 1-inch balls, squeezing to form a tight ball. Place remaining coconut on a plate and roll balls in coconut, pressing to adhere. Place in a sealed container in the refrigerator until ready to eat.

OLD FASHIONED CHOCOLATE Chip Cookies

SERVES

52

READY IN

30
min

PREP

20
min

COOKING

10
min



INGREDIENTS

- 2^{1/4} cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup dark brown sugar
- 3/4 cup sugar
- 1 1/2 tsp vanilla extract
- 2 large eggs
- 1 cup dark chocolate chips
- 1 cup milk chocolate chips

Tips

- Store these in an airtight container at room temperature for up to 1 week.

STEPS

1. Preheat oven to 375°F. In a medium bowl, whisk the flour, baking soda, and salt until combined.
2. In a large bowl, with a hand mixer or stand mixer, beat the butter, brown sugar, sugar, and vanilla until smooth and fluffy.
3. Beat in the eggs, one at a time, until well mixed. Beat in the flour mixture just until incorporated. Do not overmix. With wooden spoon, fold in the chips until well distributed.
4. Onto parchment-lined cookie sheets, drop the cookie dough by heaping tablespoon or small cookie scoop, spacing 2 inches apart. Bake 8-9 min., until center is done.
5. Cool cookies on wire racks.

PEACHES & Cream Trifles

SERVES

18

READY IN

30
min

PREP

30
min

INGREDIENTS

- 12 ripe peaches
- $\frac{1}{4}$ cup sugar
- 9 cups cubed angel food cake or pound cake
- 6 cups whipped cream
- 1 cup sliced almonds, toasted



Tips

- No peaches? This also works well with strawberries, raspberries, and blueberries.

STEPS

1. Pit and dice the peaches. In a large bowl, toss with the sugar.
2. Divide half of cake cubes, whipped cream, and peaches among 18 mason jars or clear plastic cups. Repeat layering with remaining cake, whipped cream, and peaches.
3. Chill 1 hour before serving. Top with the almonds.

SIMPLE RED Berry Tart

SERVES

24

READY IN

30
min

PREP

15
min

COOKING

15
min

INGREDIENTS

- 3 sheets puff pastry, thawed
- 3 large eggs
- 4 cups fresh strawberries
- 3 cups mascarpone cheese
- $\frac{1}{3}$ cup honey
- 1 cup lemon curd
- 6 pints raspberries
- 12 leaves fresh mint



Tips

- Makes 3 tarts.

STEPS

1. Preheat the oven to 425°F. Lay each puff pastry on a parchment-lined baking sheet. Use a fork to prick the dough. Beat the eggs with 3 tbsp water and brush over the dough. Bake for 15 min., or until golden brown. [For best results, allow cooked dough to cool 15 min., before assembling tart.] If dough puffs too much, use fingers to press it flat.
2. While pastry bakes, hull and slice the strawberries. In a large bowl, blend mascarpone and honey with a rubber spatula. If mixture is too thick, add a few drops of warm water.
3. Spread lemon curd over the cooked pastry and top with the mascarpone-honey mixture. Arrange the raspberries and strawberries alternately in wide stripes over the mascarpone. Finely chop the mint and sprinkle over the tart.

BLUEBERRY Melon Salad

SERVES

16

READY IN

30
min

PREP

30
min

INGREDIENTS

- 1 honeydew melon
- 1 cantaloupe melon
- 1 small watermelon
- 1 qt blueberries
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup fresh mint leaves, chopped



STEPS

1. Cut honeydew and cantaloupe into cubes or balls.
2. In a large bowl, combine cantaloupe, melons and blueberries.
3. In small dish, combine honey, lemon juice and chopped mint; stir until mixed. Pour over fruit; toss to mix. Cover and refrigerate until serving time.

NO BAKE ROCKY Road Clusters

SERVES

20

READY IN

50
min

PREP

10
min

COOKING

10
min



INGREDIENTS

- 12 oz dark chocolate
- 2 cups mini marshmallows
- 2 cups cranberry trail mix
- 4 oz white chocolate

STEPS

1. In a large pot, bring 1 inch of water to a simmer. Meanwhile, coarsely chop the dark chocolate and set in a heatproof bowl. Position the bowl over the pot in such a way that it does not touch the water. Stir chocolate continuously for about 5 min., or until melted.
2. In a large bowl, mix together the mini marshmallows and trail mix. Pour in the melted chocolate and toss evenly to coat. Spoon the mixture onto a parchment-lined baking sheet, making 40 mounds of about 2 tbsp each. Refrigerate for 30 min. or until clusters set.
3. Meanwhile, coarsely chop the white chocolate and melt it, the same way you did the dark chocolate. When the white chocolate is melted, remove clusters from the fridge, and use a fork to drizzle the white chocolate over them. Return to the fridge, and allow 10 min. to set.

CHOCOLATE-COFFEE Truffle Tart

SERVES

20

READY IN

1 hr
30 min

PREP

20
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{2}$ cup butter
- 2 (9 oz) boxes Nabisco Famous Chocolate Wafers
- 1 lb bittersweet chocolate
- 4 large eggs
- 1 cup heavy cream
- 2 tbsp espresso powder
- $\frac{1}{2}$ cup maple syrup
- 2 tsp vanilla extract
- 2 tbsp confectioners' sugar
- 1 cup raspberries



Notes

- Makes 2 tarts.

STEPS

1. Preheat oven to 350°F. Melt $\frac{1}{4}$ cup butter. In a food processor, pulse the chocolate wafers and melted butter until fine crumbs form. Transfer crumbs to two tart pans. Using the bottom of a large measuring cup, press crumb mixture firmly into an even layer. Bake 10–12 min., until crusts have set.
2. Meanwhile, chop the chocolate. In a heatproof bowl set over a large saucepan of simmering water, melt chocolate and remaining $\frac{1}{4}$ cup butter on medium, stirring often. Remove bowl from saucepan. In a separate bowl, whisk the eggs, cream, espresso powder, maple syrup, and vanilla with a pinch of salt. Slowly whisk the egg mixture into the melted chocolate until smooth.
3. Pour the chocolate mixture evenly into two crusts and smooth the top using a small offset spatula. Bake 15 min., until filling has mostly set but still jiggles slightly in the center. Let cool completely on a wire rack. Dust with the confectioners sugar and garnish with the raspberries.

WHOLE GRAIN CEREAL S'mores Treats

SERVES

24

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 12 cups Oats & O's Toasted Whole Grain Oat Cereal
- 6 tbsp butter
- 2 [10 oz] bags marshmallows
- 1 cup cashew butter
- 1 tsp ground cinnamon
- 2 cups mini chocolate chips
- 2 cups mini marshmallows



STEPS

1. Spray two large baking dishes. In a food processor, pulse the cereal a few times, until just broken up or, put cereal in a plastic bag and crush with a rolling pin. In a large saucepan, melt the butter on medium-low. Add the marshmallows and cook until melted, stirring constantly. Stir in the cashew butter and cinnamon. Remove from heat. Working quickly, stir in cereal and mix until combined.
2. Transfer cereal mixture to two prepared baking dishes, spreading in an even layer. Sprinkle with chocolate chips and mini marshmallows and press to flatten. Refrigerate until mixture sets.
3. Cut treats in squares or with a heart shaped cookie cutter.