

Annual Recipe Index

Volume XIV: January/February to November/December 2015

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① Strawberry Ice Cream Sandwiches.....	J/F: 18

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KEY ① = READY TO EAT IN 45 MINUTES OR LESS | J/F=JAN/FEB, M/A=MAR/APR, M/J=MAY/JUNE, J/A=JULY/AUG, S/O=SEPT/OCT, N/D=NOV/DEC

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MAIN DISHES: MEAT

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① Corned Beef Latkes.....	N/D: 30
① Peruvian Beef Kebabs with Grilled Corn	J/A: 32
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① Pimiento-Cheese Patty Melt for Two	J/F: web
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Soy-Marinated Flank Steak with Soba Noodles	J/F: 64
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① Spinach & Sausage Gnocchi.....	J/F: 46
Spinach & Tuna Noodle Casserole.....	S/O: 72
① Sweet Potato Carbonara with Kale.....	M/J: web
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MAIN DISHES: PIZZA

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① Chicken French Dip Sandwiches.....	M/J: 32
① Chicken Saltimbocca	M/A: 63
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① Chicken Yakitori with Broccoli.....	J/A: 28
① Chicken Yakitori with Broccoli for Two.....	J/A: web
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Dan Dan Noodles with Chicken & Baby Bok Choy	S/O: 77
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Chicken & Farro Herb Salad.....	J/A: 76
① Creamy Pesto Chicken Salad with Greens	M/A: 28
① Edamame & Chicken Greek Salad.....	J/A: 46
Escarole & Roasted Vegetable Salad with Anchovy-Garlic Vinaigrette.....	J/A: 74
Golden Beet, Green Bean & Fennel Salad with Scallops	J/A: 72
Grilled Chicken Salad with Freekeh, Preserved Lemon & Dried Cherries	M/A: 60
① Maine Blueberry & Lobster Salad	J/A: 66
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① Roasted Salmon & Butternut Squash Salad.....	S/O: 50
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① BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches) for Two	M/J: web
① Chicken French Dip Sandwiches.....	M/J: 32
① Denver Omelet Sandwiches	M/J: 35
① Edamame Hummus Wrap.....	J/A: 47
① Edamame Hummus Wrap for Two.....	J/A: web
① Indian Edamame Quinoa Burgers	J/A: 48
① Open-Face Turkey Reubens.....	M/J: 32
① Pimiento-Cheese Patty Melt	J/F: 30
① Pimiento-Cheese Patty Melt for Two	J/F: web
Turkey Taco Lettuce Wrap	J/F: 64
① Vegetarian Muffalettas	M/J: 30
① Vietnamese Shrimp & Mango Lettuce Wraps.....	M/J: 44

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① Blackened Tofu with Succotash.....	J/F: 32
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① Cauliflower & Kale Frittata	N/D: 37
① Creamy Asparagus-Potato Soup	M/A: 37
① Dan Dan Noodles with Seitan, Shiitake Mushrooms & Napa Cabbage.....	S/O: web
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① Edamame Hummus Wrap.....	J/A: 47
① Edamame Hummus Wrap for Two.....	J/A: web
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① Indian Edamame Quinoa Burgers	J/A: 48
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① Mac & Cheese with Collards.....	J/F: 28
① Millet-Stuffed Peppers with Ginger & Tofu	S/O: 32
① Spicy Vegetable Lo Mein.....	M/A: 82
Spinach Salad with Beets, Beans & Feta.....	J/A: 73
① Squash & Red Lentil Curry.....	S/O: 50
① Tex-Mex Black Bean & Quinoa Bowl	M/A: 24
① Thai Peanut Curry Noodles	M/A: 40
① Tofu Ratatouille Kebabs	J/A: 30
① Tomato & Artichoke Gnocchi	J/F: 50
① Vegetarian Muffalettas	M/J: 30

Wild Mushroom & Polenta Casserole M/J: 78
 Wild Mushroom Pizza with Arugula & Pecorino..... M/J: 74
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 Crazy Herb Vinaigrette..... N/D: 8
 ① Easy Red-Wine Vinaigrette J/A: web
 Garlic & Chive Vinaigrette..... N/D: 8
 ① Garlic-Oregano Vinaigrette..... J/A: web
 ① Mint Vinaigrette J/A: web
 ① Preserved Lemon Citrus Dressing..... J/A: web
 ① Sherry-Walnut Vinaigrette..... J/A: web
 Spicy Indian Vinaigrette..... N/D: 8
 ① Tomatillo Ranch Dressing..... J/A: 36
 Turkish Vinaigrette..... N/D: 8

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① Avocado Pesto J/F: 92
 Beet & Arugula Pesto J/A: 68
 ① Chai Peanut Butter..... M/A: 46
 ① Chocolate Peanut Butter..... M/A: 47
 ① Classic Basil Pesto J/A: 69
 ① Coconut-Sesame Cashew Butter..... M/A: 46
 ① Crazy Herb Spice Mix N/D: 8
 ① Curry Cashew Butter M/A: 47
 ① Garlic & Chive Spice Mix..... N/D: 8
 ① Grilled Pineapple Salsa with Cucumber & Habanero M/J: 55
 ① Grilled Radicchio Pesto..... J/A: 69
 Grilled Tomatillo-Chipotle Salsa..... M/J: 54
 ① Jalapeño-Cranberry Relish..... N/D: 82
 Matbucha (Slow-Cooked Tomato Sauce)..... M/A: 72
 ① No-Nut Butter..... M/A: 47
 ① Parsley-Caper Pesto..... J/A: 68
 ① Pecan-Almond Butter..... M/A: 46
 ① Pesto Trapanese..... J/A: 69
 Roasted Tomato Pesto..... J/A: 68
 Slow-Cooker Chai Apple Butter S/O: 59
 ① Spanish Red Pepper Romesco Sauce J/A: web
 ① Spicy Indian Spice Mix..... N/D: 8
 ① Turkish Spice Mix..... N/D: 8

SEAFOOD (see *Main Dishes: Fish & Seafood*)

SERVES 2 (online at eatingwell.com)

① Beef & Bulgur Burgers with Blue Cheese for Two..... S/O: web
 ① BLATs (Bacon-Lettuce-Avocado-Tomatillo Sandwiches) for Two M/J: web
 ① Chicken & Gnocchi Dumplings for Two J/F: 48
 ① Chicken Yakitori with Broccoli for Two..... J/A: web
 ① Edamame Hummus Wrap for Two..... J/A: web
 ① Fennel & Shrimp Fra Diavolo for Two..... M/J: web
 ① Green Chicken Curry for Two..... M/A: web
 ① Parmesan-Crusted Cod with Tartar Sauce for Two..... N/D: web
 ① Pimiento-Cheese Patty Melt for Two J/F: web
 ① Roasted Autumn Vegetables & Chicken Sausage for Two..... S/O: web
 ① Seared Salmon with Pesto Fettuccine for Two...M/A: web

SIDE DISHES: GRAINS & BEANS (see also *Side Dishes: Salads; Side Dishes: Vegetables*)

Apple & Ginger Lentil Salad..... M/J: 66
 Apple-Sauerkraut Stuffing..... N/D: 90
 ① Better Three-Bean Salad..... M/J: 64
 Brussels Sprouts & Bacon Stuffing..... N/D: 91
 ① Composed Bean Salad with Basil Vinaigrette..... M/J: 69
 Mexican Black Beans..... M/J: 58
 ① Moroccan Kidney Bean & Chickpea Salad..... M/J: 69
 ① Moroccan Lentil Salad J/A: web
 Mushroom-Cornbread Stuffing..... N/D: 91
 Sausage-Chestnut Stuffing..... N/D: 91
 ① Spicy Tomatillo Quinoa J/A: 38
 Squash & Oyster Stuffing..... N/D: 90
 ① Super-Green Edamame Salad..... M/J: 62
 White Bean Salad with Cheddar, Bacon & Walnuts M/J: 63

SIDE DISHES: SALADS (see also *Side Dishes: Grains & Beans; Side Dishes: Vegetables*)

① Asparagus & Baby Kale Caesar Salad M/A: 34
 ① Blue Cheese & Bacon Potato Salad J/A: 90
 ① Burnt Orange & Escarole Salad..... N/D: 58
 ① Classic Potato Salad J/A: 90
 ① Curried Potato Salad J/A: 90
 ① Frisée & Fingerling Potato Salad..... N/D: 86
 ① Greek Potato Salad J/A: 90
 ① Green Salad with Peaches, Feta & Mint Vinaigrette..... J/A: 75
 ① Green Salad with Tropical Fruit..... J/F: 74
 ① Middle Eastern Potato Salad J/A: 90
 ① Mixed Green Salad with Tarragon Vinaigrette..J/A: web
 Roasted Beet Salad..... M/A: 70
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 ① Three-Herb Potato Salad J/A: 90
 ① Warm Pear & Spinach Salad with Maple-Bacon Vinaigrette..... N/D: 42
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 ① Baby Bok Choy with Sherry Vinaigrette..... M/A: 80
 ① Balsamic-Glazed Beets with Pecans S/O: 44
 ① Beer-Battered Onion Rings with Roasted Pepper Aioli..... J/F: 40
 Beer-Braised Cipollini Onions..... N/D: 59
 Chinese Chive Pancakes M/A: 97
 ① Creamed Kale..... S/O: 72
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 ① Oven-Fried Green Tomatillos..... J/A: 36
 ① Pear & Chioggia Beet Slaw S/O: 42
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 Quick Pickled Rhubarb..... M/A: 53
 ① Red Flannel Hash S/O: 44
 ① Roasted Asparagus, Mushrooms & Prosciutto...M/A: 34
 ① Roasted Kalettes..... J/F: web
 Roasted Poblano Chiles with Onion Rajas..... M/J: 57
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① Sicilian Pepper Salad J/A: 56
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 ① Stir-Fried Snow Pea Shoots with Pancetta..... M/A: 78
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 ① Ham Pinwheels J/F: 19
 ① Hummus-Stuffed Mini Bells..... S/O: web
 ① Mango-Date Energy Bites..... S/O: web
 ① Nutty Rice Cake J/F: 18
 ① Nutty Rice Cake with Honey J/F: 18
 ① Protein Power Snack J/F: 18
 ① Quick Quesadilla J/F: 19
 ① Smoked Salmon Cracker J/F: 18
 ① Smoked Salmon Maki Rolls S/O: web
 ① Strawberry Ice Cream Grahamwich J/F: 18
 ① Strawberry Ice Cream Sandwiches J/F: 18
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 ① Chicken & Gnocchi Dumplings J/F: 48
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 Classic Chicken Soup..... S/O: 90
 ① Creamy Asparagus-Potato Soup M/A: 37
 ① Green Chicken Curry..... M/A: 40
 ① Green Chicken Curry for Two..... M/A: web
 Japanese Chicken Noodle Soup..... S/O: 90
 ① Manhattan Cod Chowder N/D: 46
 ① Middle Eastern Chicken & Chickpea Stew N/D: 34
 Moroccan Chicken & Sweet Potato Soup..... S/O: 90
 Mushroom & Herb Matzo Ball Soup M/A: 48
 Pesto Chicken & Cannellini Bean Soup S/O: 90
 ① Pork & Turnip Miso Ramen M/J: web
 Portuguese Kale & Red Bean Soup..... J/F: 79
 Serbian Chicken & Eggplant Soup..... J/F: 82
 Shrimp & Chinese Chive Wonton Soup..... M/A: 79
 Singapore-Style Chicken & Noodle Soup J/F: 80
 Slow-Cooker Chicken Stock J/F: web
 Slow-Cooker Spanish Chickpea Soup J/F: 78
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SPECIAL INDEX: Budget Recipes

Cost per serving: less than \$3 for entrees, less than \$1.50 for sides & desserts

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- ① Curried Onion Dip J/F: 40
- Grilled Eggplant & Baba Ghanoush J/A: 58
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- ① Chocolate-Cherry Scones M/A: 94
- Coconut-Rum Banana Bread J/F: 75
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- ① Coconut Chai-Spiced Oatmeal J/F: 52
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- Creamy Blueberry-Pecan Overnight Oatmeal J/F: web
- ① Creamy Cherry-Walnut Oatmeal J/F: web
- ① Date & Pine Nut Oatmeal J/F: web
- ① Fig & Ricotta Oatmeal J/F: 52
- ① Jason Mraz's Avocado Green Smoothie J/F: 94
- ① Oatmeal-Almond Protein Pancakes S/O: 20
- ① Savory Curry Cashew Oatmeal J/F: 52
- Savory Pancakes with Sausage, Cheddar & Wild Rice N/D: 71
- ① Tomatillo Breakfast Tacos J/A: 38

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- Apple & Cherry Strudel with Cider Whipped Cream S/O: 63
- Bacon & Date Whole-Grain Blondies M/J: 92
- Bourbon-Peach Cobbler J/A: 58
- Chocolate-Beet Cupcakes with Cream Cheese Frosting S/O: 42
- Clementine & Cocoa Nib Meringues N/D: 77
- Coconut-Almond Whole-Grain Blondies M/J: 92
- Eggnog Pie with Cranberry Sauce N/D: 80
- Gingerbread Marshmallows N/D: 78
- Hazelnut-Espresso Whole-Grain Blondies M/J: 92
- Maple Wild Blueberry Pie J/A: 66
- Mini Blueberry-Lemon Cheesecakes J/A: 67
- Muffin-Tin Strawberry Shortcakes M/J: 40
- Panna Cotta with Rhubarb Sauce M/A: 56
- PB & J Whole-Grain Blondies M/J: 92
- Pecan-Chocolate Chip Whole-Grain Blondies M/J: 92
- Pretzel & White Chocolate Whole-Grain Blondies M/J: 92
- Pumpkin Tart with Pecan-Shortbread Crust N/D: 62
- Rhubarb-Raspberry Crumble M/A: 53
- Sage Marshmallows N/D: web
- Vanilla Marshmallows N/D: 78
- Whole-Grain Blondies M/J: 92
- Wild Blueberry Buckle J/A: 65

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- ① Dan Dan Noodles with Shrimp S/O: 79
- ① Fish with Coconut-Shallot Sauce J/F: 71
- Spinach & Tuna Noodle Casserole S/O: 72

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- Asian Beef Meatballs J/F: 98
- ① Beef & Bulgur Burgers with Blue Cheese S/O: 34
- ① Beef & Bulgur Burgers with Blue Cheese for Two S/O: web
- ① BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches) M/J: 30

- ① BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches) for Two M/J: web
- ① Bourbon-Glazed Pork Chops with Hoppin' John J/F: 28
- Chile-Marinated Skirt Steak M/J: 57
- Chinese Seared Pork with Five-Spice Rhubarb Sauce M/A: 54
- ① Cornbread-Topped Chili Casserole N/D: 32
- Dan Dan Noodles with Pork & Snow Peas S/O: 78
- ① Denver Omelet Sandwiches M/J: 35
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- ① Greek Lamb Meatballs J/F: 98
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- Juniper-Marinated Bison Flank Steak J/A: 55
- ① Mushroom & Pepperoni Pizza Pops J/A: 30
- Orange-&-Pistachio Crusted Pork Tenderloin J/F: 64
- ① Pesto-Pork Pinwheels with Grilled Peaches J/A: 26
- ① Pimiento-Cheese Patty Melt J/F: 30
- ① Pimiento-Cheese Patty Melt for Two J/F: web
- Prosciutto-Wrapped Pork with Roasted Apples & Fennel S/O: 60
- Spicy Meatloaf with Collards S/O: 72
- Tuscan Pork Meatballs J/F: 98

MAIN DISHES: POULTRY

- Baked Chicken with Tarragon & Dijon Mustard M/A: 61
- ① BBQ Pulled Chicken Sandwich with Coleslaw J/F: 26
- Broiled Ginger-Lime Chicken J/F: 75
- Buffalo Chicken Meatballs J/F: 98
- ① Chicken & Gnocchi Dumplings J/F: 48
- ① Chicken & Gnocchi Dumplings for Two J/F: 48
- Chicken Banh Mi Pizza M/A: 42
- ① Chicken Saltimbocca M/A: 63
- Chicken with Creamy Dill & Leek Sauce M/A: 63
- ① Chicken Yakitori with Broccoli J/A: 28
- ① Chicken Yakitori with Broccoli for Two J/A: web
- ① Corned Beef Latkes N/D: 30
- Dan Dan Noodles with Chicken & Baby Bok Choy S/O: 77
- ① Green Chicken Curry M/A: 40
- ① Green Chicken Curry for Two M/A: web
- Grilled Chicken with Blueberry-Lime Salsa J/A: 67
- Herb-Roasted Turkey with Calvados Gravy N/D: 57
- Italian Turkey Meatballs J/F: 98
- ① Middle Eastern Chicken & Chickpea Stew N/D: 34
- ① Open-Face Turkey Reubens M/J: 32
- ① Roasted Pepper-&-Cheese Stuffed Chicken J/F: 64
- ① Spinach & Sausage Gnocchi J/F: 46

MAIN DISHES: VEGETARIAN

- ① Blackened Tofu with Succotash J/F: 32
- ① Butternut Squash & Black Bean Tostadas S/O: 55
- ① Cauliflower & Kale Frittata N/D: 37
- Dan Dan Noodles with Spinach & Walnuts S/O: 76
- ① Edamame Hummus Wrap J/A: 47
- ① Edamame Hummus Wrap for Two J/A: web
- Fennel & Asiago Pie with a Wild Rice Crust N/D: 70
- ① Gnocchi with Mushrooms & Pumpkin Cream Sauce J/F: 48
- ① Indian Edamame Quinoa Burgers J/A: 48
- Indian Saag with Chickpeas J/F: web
- Kale & White Bean Potpie with Chive Biscuits S/O: 70
- ① Mac & Cheese with Collards J/F: 28
- ① Millet-Stuffed Peppers with Ginger & Tofu S/O: 32
- Spinach Salad with Beets, Beans & Feta J/A: 73
- ① Squash & Red Lentil Curry S/O: 50
- ① Tex-Mex Black Bean & Quinoa Bowl M/A: 24
- ① Thai Peanut Curry Noodles M/A: 40
- ① Tofu Ratatouille Kebabs J/A: 30

- ① Tomato & Artichoke Gnocchi J/F: 50
- ① Vegetarian Muffalettas M/J: 30
- Wild Mushroom & Polenta Casserole M/J: 78

SIDE DISHES: GRAINS & BEANS

- Apple & Ginger Lentil Salad M/J: 66
- Apple-Sauerkraut Stuffing N/D: 90
- ① Better Three-Bean Salad M/J: 64
- Brussels Sprouts & Bacon Stuffing N/D: 91
- ① Moroccan Kidney Bean & Chickpea Salad M/J: 69
- Mushroom-Cornbread Stuffing N/D: 91
- Sausage-Chestnut Stuffing N/D: 91
- ① Spicy Tomatillo Quinoa J/A: 38
- Squash & Oyster Stuffing N/D: 90
- White Bean Salad with Cheddar, Bacon & Walnuts M/J: 63

SIDE DISHES: SALADS

- ① Blue Cheese & Bacon Potato Salad J/A: 90
- ① Burnt Orange & Escarole Salad N/D: 58
- ① Classic Potato Salad J/A: 90
- ① Curried Potato Salad J/A: 90
- ① Frisée & Fingerling Potato Salad N/D: 86
- ① Greek Potato Salad J/A: 90
- ① Green Salad with Tropical Fruit J/F: 74
- ① Middle Eastern Potato Salad J/A: 90
- Sweet Corn Salad J/A: 55
- ① Three-Herb Potato Salad J/A: 90
- ① Watercress Salad with Sesame-Garlic Dressing M/A: 76

SIDE DISHES: VEGETABLES

- ① Baby Bok Choy with Sherry Vinaigrette M/A: 80
- ① Balsamic-Glazed Beets with Pecans S/O: 44
- ① Beer-Battered Onion Rings with Roasted Pepper Aioli J/F: 40
- Beer-Braised Cipollini Onions N/D: 59
- Chinese Chive Pancakes M/A: 97
- ① Creamed Kale S/O: 72
- ① Garlic-Parmesan Roasted Brussels Sprouts N/D: 84
- Glazed Roasted Delicata Squash N/D: 61
- ① Jalapeño-Cranberry Relish N/D: 82
- ① Mini Onion Gratin J/F: 38
- ① Oven-Fried Green Tomatillos J/A: 36
- ① Pear & Chioggia Beet Slaw S/O: 42
- Quick Pickled Rhubarb M/A: 53
- ① Red Flannel Hash S/O: 44
- ① Roasted Kalettes J/F: web
- ① Roasted Rainbow Carrots with Sage Brown Butter N/D: 86
- ① Rutabaga Puree with Goat Cheese & Rosemary N/D: 86
- ① Sautéed Broccoli & Kale with Toasted Garlic Butter N/D: 60
- Spanakopita Loaded Potatoes S/O: 69
- ① Stir-Fried Chinese Broccoli M/A: 77

SOUPS

- Bavarian Leek & Cabbage Soup J/F: 84
- Chipotle Chicken & Vegetable Soup S/O: 90
- Classic Chicken Soup S/O: 90
- Japanese Chicken Noodle Soup S/O: 90
- Moroccan Chicken & Sweet Potato Soup S/O: 90
- Mushroom & Herb Matzo Ball Soup M/A: 48
- Portuguese Kale & Red Bean Soup J/F: 79
- Serbian Chicken & Eggplant Soup J/F: 82
- Shrimp & Chinese Chive Wonton Soup M/A: 79
- Singapore-Style Chicken & Noodle Soup J/F: 80
- Slow-Cooker Chicken Stock J/F: web
- Slow-Cooker Spanish Chickpea Soup J/F: 78
- Wild Rice & Mushroom Soup N/D: 70

SPECIAL INDEX: Gluten-Free Recipes

Note: The recipes listed here do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

APPETIZERS & SNACKS

1 Buffalo Deviled Eggs.....	M/J: 50
1 Classic Deviled Eggs.....	M/J: 50
1 Crazy Herb Creamy Dip.....	N/D: 8
1 Crispy Curried Chickpeas.....	S/O: web
1 Curried Onion Dip.....	J/F: 40
1 Double-Tahini Hummus.....	M/A: 68
1 Easy Deviled Eggs.....	M/J: 50
1 Fruit & Nut Popcorn Trail Mix.....	S/O: web
1 Garlic & Chive Creamy Dip.....	N/D: 8
1 Grilled Eggplant & Baba Ghanoush.....	J/A: 58
1 Grilled Halloumi Cheese with Blueberry-Balsamic Jam.....	J/A: 67
1 Ham Pinwheels.....	J/F: 19
1 Hummus-Stuffed Mini Bells.....	S/O: web
1 Jason Mraz's Guacamole.....	J/F: 91
1 Lamb with Mint, Orange & Pistachios.....	M/A: 70
1 Mango-Date Energy Bites.....	S/O: web
1 Nutty Rice Cake.....	J/F: 18
1 Nutty Rice Cake with Honey.....	J/F: 18
1 Parmesan-Caper Deviled Eggs.....	M/J: 50
1 Pear-Pecan Cheese Ball.....	N/D: 42
1 Protein Power Snack.....	J/F: 18
1 Quick Quesadilla.....	J/F: 19
1 Smoked Salmon Maki Rolls.....	S/O: web
1 Spicy Southwestern Deviled Eggs.....	M/J: 50
1 Strawberry & Brie Bites.....	M/J: 40
1 Turkish Creamy Dip.....	N/D: 8
1 Veggie Juice & Cheese Stick.....	J/F: 18

BEVERAGES

1 Almond Butter & Banana Protein Smoothie.....	S/O: 18
1 Coconut-Blueberry Green Smoothie.....	J/A: web
1 The Good Farmer Cocktail.....	J/A: 56
1 Honeydew Melon Agua Fresca.....	M/J: 55
1 Jason Mraz's Avocado Green Smoothie.....	J/F: 94
1 Pear-Rum Punch.....	N/D: 40
1 Strawberry-Banana Protein Smoothie.....	M/J: 38
1 'Ti Punch.....	J/F: 71

BREAKFAST & BRUNCH

1 Jason Mraz's Avocado Green Smoothie.....	J/F: 94
1 Spinach & Cheese Breakfast Skillet Breakfast.....	M/J: web
1 Strawberry Fruit Salad.....	M/J: 38
1 Tomatillo Breakfast Tacos.....	J/A: 38

DESSERTS & TREATS

1 Banana Cream Pudding Parfait.....	N/D: 80
1 Bananas Foster.....	J/F: 72
1 Cherry Marshmallows.....	N/D: 78
1 "Chocomole" Pudding.....	J/F: 94
1 Clementine & Cocoa Nib Meringues.....	N/D: 77
1 Gingerbread Marshmallows.....	N/D: 78
1 Panna Cotta with Rhubarb Sauce.....	M/A: 56
1 Sage Marshmallows.....	N/D: web
1 Vanilla Marshmallows.....	N/D: 78

MAIN DISHES: FISH & SEAFOOD

<i>Fish</i>	
1 Edamame & Salmon Stir-Fry with Miso Butter.....	J/A: 44
1 Fish with Coconut-Shallot Sauce.....	J/F: 71
1 Roasted Salmon & Butternut Squash Salad.....	S/O: 50
1 Salmon with Roasted Vegetables & Quinoa.....	J/F: 64
1 Seared Cod with Spinach-Lemon Sauce.....	N/D: 48
1 Summer Squash Pad Thai.....	M/J: web
<i>Seafood</i>	
1 Garlic-Oregano Grilled Shrimp.....	M/J: 59
1 Golden Beet, Green Bean & Fennel Salad with Scallops.....	J/A: 72
1 Maine Blueberry & Lobster Salad.....	J/A: 66
1 Shrimp Kebabs with Curry-Coconut Glaze.....	M/A: 44
1 Shrimp Piccata with Zucchini Noodles.....	M/J: 46
1 Vietnamese Shrimp & Mango Lettuce Wraps.....	M/J: 44

MAIN DISHES: MEAT

<i>Beef</i>	
1 Chile-Marinated Skirt Steak.....	M/J: 57
1 Peruvian Beef Kebabs with Grilled Corn.....	J/A: 32
1 Soy-Marinated Flank Steak with Soba Noodles.....	J/F: 64
1 Steak with Cheddar Roasted Cabbage.....	M/A: 26
1 Steak with Glazed Carrots & Turnips.....	N/D: 30
<i>Bison</i>	
1 Juniper-Marinated Bison Flank Steak.....	J/A: 55
<i>Goat</i>	
1 Goat Curry.....	S/O: web
<i>Lamb</i>	
1 Rhubarb & Lamb Tagine.....	M/A: 54
<i>Pork</i>	
1 Bourbon-Glazed Pork Chops with Hoppin' John.....	J/F: 28
1 Chinese Seared Pork with Five-Spice Rhubarb Sauce.....	M/A: 54
1 Cornbread-Topped Chili Casserole.....	N/D: 32
1 Fresh Ham with Red Pepper Glaze.....	S/O: 58
1 Pork & Turnip Miso Ramen.....	M/J: web
1 Prosciutto-Wrapped Pork with Roasted Apples & Fennel.....	S/O: 60
1 Sausage-Stuffed Apples.....	S/O: web
1 Sweet Potato Carbonara with Kale.....	M/J: web

MAIN DISHES: POULTRY

<i>Chicken</i>	
1 Broiled Ginger-Lime Chicken.....	J/F: 75
1 Chicken with Creamy Dill & Leek Sauce.....	M/A: 63
1 Chicken Yakitori with Broccoli.....	J/A: 28
1 Chicken Yakitori with Broccoli for Two.....	J/A: web
1 Creamy Pesto Chicken Salad with Greens.....	M/A: 28
1 Edamame & Chicken Greek Salad.....	J/A: 46
1 Green Chicken Curry.....	M/A: 40
1 Green Chicken Curry for Two.....	M/A: web
1 Grilled Chicken with Blueberry-Lime Salsa.....	J/A: 67
1 Middle Eastern Chicken & Chickpea Stew.....	N/D: 34
1 Rhubarb, Ginger & Saffron Baked Chicken.....	M/A: 55
1 Roasted Autumn Vegetables & Chicken Sausage.....	S/O: 52
1 Roasted Autumn Vegetables & Chicken Sausage for Two.....	S/O: web
<i>Turkey</i>	
1 Turkey Taco Lettuce Wrap.....	J/F: 64

MAIN DISHES: VEGETARIAN (including vegetarian variations)

1 Blackened Tofu with Succotash.....	J/F: 32
1 Butternut Squash & Black Bean Tostadas.....	S/O: 55
1 Cauliflower & Kale Frittata.....	N/D: 37
1 Fennel & Asiago Pie with a Wild Rice Crust.....	N/D: 70
1 Indian Edamame Quinoa Burgers.....	J/A: 48
1 Indian Saag with Chickpeas.....	J/F: web
1 Millet-Stuffed Peppers with Ginger & Tofu.....	S/O: 32
1 Spinach Salad with Beets, Beans & Feta.....	J/A: 73
1 Squash & Red Lentil Curry.....	S/O: 50
1 Tex-Mex Black Bean & Quinoa Bowl.....	M/A: 24
1 Tofu Ratatouille Kebabs.....	J/A: 30
1 Wild Mushroom & Polenta Casserole.....	M/J: 78

SALAD DRESSINGS

1 Anchovy-Garlic Vinaigrette.....	J/A: web
1 Easy Red-Wine Vinaigrette.....	J/A: web
1 Garlic & Chive Vinaigrette.....	N/D: 8
1 Garlic-Oregano Vinaigrette.....	J/A: web
1 Mint Vinaigrette.....	J/A: web
1 Preserved Lemon Citrus Dressing.....	J/A: web
1 Sherry-Walnut Vinaigrette.....	J/A: web
1 Tomatillo Ranch Dressing.....	J/A: 36

SAUCES & CONDIMENTS

1 Avocado Pesto.....	J/F: 92
1 Beet & Arugula Pesto.....	J/A: 68
1 Chai Peanut Butter.....	M/A: 46
1 Chocolate Peanut Butter.....	M/A: 47
1 Classic Basil Pesto.....	J/A: 69
1 Coconut-Sesame Cashew Butter.....	M/A: 46
1 Crazy Herb Spice Mix.....	N/D: 8
1 Curry Cashew Butter.....	M/A: 47
1 Garlic & Chive Spice Mix.....	N/D: 8
1 Grilled Pineapple Salsa with Cucumber & Habanero.....	M/J: 55
1 Grilled Radicchio Pesto.....	J/A: 69
1 Grilled Tomatillo-Chipotle Salsa.....	M/J: 54
1 Jalapeño-Cranberry Relish.....	N/D: 82
1 Lemon Glaze.....	M/A: 94
1 Matbucha (Slow-Cooked Tomato Sauce).....	M/A: 72
1 No-Nut Butter.....	M/A: 47
1 Parsley-Caper Pesto.....	J/A: 68
1 Pecan-Almond Butter.....	M/A: 46
1 Pesto Trapanese.....	J/A: 69
1 Roasted Tomato Pesto.....	J/A: 68
1 Slow-Cooker Chai Apple Butter.....	S/O: 59
1 Spicy Indian Spice Mix.....	N/D: 8
1 Turkish Spice Mix.....	N/D: 8

SIDE DISHES: GRAINS & BEANS

1 Apple & Ginger Lentil Salad.....	M/J: 66
1 Better Three-Bean Salad.....	M/J: 64
1 Composed Bean Salad with Basil Vinaigrette.....	M/J: 69
1 Mexican Black Beans.....	M/J: 58
1 Moroccan Kidney Bean & Chickpea Salad.....	M/J: 69
1 Moroccan Lentil Salad.....	J/A: web
1 Spicy Tomatillo Quinoa.....	J/A: 38
1 Super-Green Edamame Salad.....	M/J: 62
1 White Bean Salad with Cheddar, Bacon & Walnuts.....	M/J: 63

SIDE DISHES: SALADS (see also Side Dishes:

Grains & Beans; Side Dishes: Vegetables)

- 🕒 Asparagus & Baby Kale Caesar SaladM/A: 34
- 🕒 Asparagus with Easy Hollandaise SauceM/A: 36
- 🕒 Blue Cheese & Bacon Potato SaladJ/A: 90
- 🕒 Classic Potato SaladJ/A: 90
- 🕒 Curried Potato SaladJ/A: 90
- 🕒 Frisée & Fingerling Potato Salad.....N/D: 86
- 🕒 Greek Potato SaladJ/A: 90
- 🕒 Green Salad with Peaches, Feta & Mint
Vinaigrette.....J/A: 75
- 🕒 Green Salad with Tropical FruitJ/F: 74
- 🕒 Middle Eastern Potato SaladJ/A: 90
- 🕒 Mixed Green Salad with Tarragon Vinaigrette..J/A: web
- Roasted Beet Salad.....M/A: 70
- Roasted Cauliflower Salad with Walnuts.....M/A: 72
- 🕒 Three-Herb Potato SaladJ/A: 90
- 🕒 Watercress Salad with Sesame-Garlic Dressing..M/A: 76

SIDE DISHES: VEGETABLES (see also Side

Dishes: Salads)

- 🕒 Balsamic-Glazed Beets with PecansS/O: 44
- 🕒 Garlic-Parmesan Roasted Brussels SproutsN/D: 84
- Glazed Roasted Delicata Squash.....N/D: 61
- 🕒 Green Beans & Pancetta with Whole-Grain
Mustard Dressing.....N/D: 86
- Marinated Eggplant with Green Chermoula.....M/A: 71
- 🕒 Pear & Chioggia Beet SlawS/O: 42
- Polenta-Stuffed Kabocha SquashN/D: 56
- Potatoes with Green Tahini SauceM/A: 69
- Quick Pickled Rhubarb.....M/A: 53
- 🕒 Red Flannel HashS/O: 44
- 🕒 Roasted Asparagus, Mushrooms & Prosciutto...M/A: 34
- 🕒 Roasted Kalettes.....J/F: web
- Roasted Poblano Chiles with Onion Rajas.....M/J: 57
- 🕒 Roasted Rainbow Carrots with
Sage Brown ButterN/D: 86
- 🕒 Rutabaga Puree with Goat Cheese &
Rosemary.....N/D: 86
- 🕒 Sautéed Broccoli & Kale with Toasted
Garlic Butter.....N/D: 60
- 🕒 Sicilian Pepper SaladJ/A: 56
- Spanakopita Loaded PotatoesS/O: 69
- 🕒 Stir-Fried Chinese BroccoliM/A: 77
- 🕒 Stir-Fried Snow Pea Shoots with PancettaM/A: 78
- Sweet Corn SaladJ/A: 55

SOUPS & STEWS

- Chipotle Chicken & Vegetable Soup.....S/O: 90
- 🕒 Manhattan Cod ChowderN/D: 46
- Moroccan Chicken & Sweet Potato Soup.....S/O: 90
- Pesto Chicken & Cannellini Bean SoupS/O: 90
- Portuguese Kale & Red Bean Soup.....J/F: 79
- Slow-Cooker Chicken StockJ/F: web
- Slow-Cooker Spanish Chickpea SoupJ/F: 78
- Wild Mushroom Soup.....M/J: 72
- Wild Rice & Mushroom Soup.....N/D: 70