

Annual Recipe Index

Volume XV: January/February to November/December 2016

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① Sun-Dried Tomato-Tuna Panini.....	J/F: 41
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① Beet & Shrimp Winter Salad.....	J/F: 32
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MAIN DISHES: MEAT

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① Broccoli, Mushroom & Beef Stir-Fry.....	J/F: 42
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① Farmers' Market Sliders.....	J/A: 32
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Mom's Chili.....	J/F: 72
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① Sweet & Spicy Sliders.....	J/A: 32
① Taco Lettuce Wraps.....	M/A: 48

⌚ = 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

① Tangerine Bok Choy & Beef Stir-Fry.....	M/A: 70
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① Barbecued Pork Chops with Roasted Potatoes & Kale.....	J/F: 83
① Bell Pepper, Bok Choy & Pork Stir-Fry.....	J/F: 42
① Cauliflower, Pancetta & Olive Spaghetti	J/F: 50
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① Spicy Cauliflower & Pancetta Spaghetti	J/F: 50
① Sweet Potato Carbonara with Spinach & Mushrooms	M/A: 50
① Thai Curry & Pork Sesame Noodles.....	J/A: 44

MAIN DISHES: PASTA

① Cauliflower, Pancetta & Olive Spaghetti	J/F: 50
① Chipotle-Sesame Noodles with Steak.....	J/A: 45
① Classic Sesame Noodles with Chicken.....	J/A: 44
Greek Spaghetti (<i>Makaronia me Kima</i>)	J/F: 68
Gruyère, Asparagus & Pea Baked Pasta	M/A: 44
Lemon-Herb Pasta with Chicken & Vegetables.....	M/J: 60
① Linguine with Creamy White Clam Sauce.....	M/J: 46
Rice Noodles with Butternut Squash & Five-Spice Shrimp.....	N/D: 116
① Sesame Noodles with Baked Tofu.....	J/A: 44
① Spaghetti with Broccoli Pesto	S/O: 38
① Spicy Cauliflower & Pancetta Spaghetti	J/F: 50
① Spicy Vegetarian Cauliflower & Mushroom Spaghetti	J/F: 50
① Sweet Potato Carbonara with Spinach & Mushrooms	M/A: 50
① Thai Curry & Pork Sesame Noodles.....	J/A: 44
① Vietnamese Spiralized Sesame Noodles with Scallops.....	J/A: 45

MAIN DISHES: PIZZA

Beet & Feta Socca.....	N/D: 49
Caramelized Onion, Olive & Anchovy Socca	N/D: 49
Fig & Ricotta Socca	N/D: 49
① Garlic, Sausage & Kale Naan Pizzas.....	M/A: 46
Kohlrabi, Leek & Gruyère Pizza	J/A: 94
Tomato-Pesto Socca.....	N/D: 49

MAIN DISHES: POULTRY

<i>Chicken & Chicken Sausage</i>	
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① Broccoli-Bacon Chicken Salad	M/J: 58
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① Chicken & Celery Root Tikka Masala	J/F: 36
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① Chicken, Arugula & Butternut Squash Salad with Brussels Sprouts	S/O: 95
Chicken, Barley & Mushroom Soup	N/D: 52
① Chicken Chili with Sweet Potatoes.....	S/O: 91
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① Classic Sesame Noodles with Chicken.....	J/A: 44
① Creamy Buffalo Chicken Salad.....	M/J: 59
① Garlic, Sausage & Kale Naan Pizzas.....	M/A: 46
① Grilled Chicken Legs with Fennel & Olive Relish.....	J/A: 42
① Grilled Chicken Taco Salad	J/A: 34
① Italian Pesto Chicken Salad.....	M/J: 58
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Lemon-Herb Pasta with Chicken & Vegetables.....	M/J: 60
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Roasted Chicken with Pan Gravy.....	S/O: web
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① Seared Chicken with Mango Salsa & Spaghetti Squash.....	J/F: 82
Tandoori Chicken Kebabs	M/J: 60
① Thai Chicken Salad.....	M/J: 58
① Za'atar-Roasted Chicken Tenders & Vegetables with Couscous	J/F: 34

Turkey & Turkey Sausage

① Kale Turkey Wraps	N/D: 68
Lemon-&-Fennel-Rubbed Turkey.....	N/D: 82
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Turkey & Vegetable Meatloaf	S/O: 50

MAIN DISHES: SALADS

① Beet & Shrimp Winter Salad.....	J/F: 32
① Black Bean & Mango Salad	J/A: 36
① Escarole & White Bean Salad with Swordfish.....	J/F: 84
Falafel Salad with Lemon-Tahini Dressing.....	J/F: 46
① Grilled Chicken Taco Salad	J/A: 34

MAIN DISHES: SANDWICHES & WRAPS

① Barbecue Chicken Kale Wraps.....	M/A: 49
① Beet & Goat Cheese Tartines	S/O: 36
① Broccoli-Bacon Chicken Salad	M/J: 58
① Creamy Buffalo Chicken Salad	M/J: 59
① Jalapeño Popper-Chicken Panini	M/J: 70
① Kale Turkey Wraps	N/D: 68
① Korean Crab Rolls	S/O: 60
① Open-Face Egg Salad Sandwich	M/A: 98
① Peanut-Tofu Cabbage Wraps.....	M/A: 48
① Roasted Broccoli & Goat Cheese Tartines	S/O: 36
① Roasted Cherry Tomato & Goat Cheese Tartines	S/O: 36
① Salmon Pita Sandwich.....	S/O: 56
① Sun-Dried Tomato-Tuna Panini.....	J/F: 41
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① Beet & Goat Cheese Tartines	S/O: 36
① Black Bean & Mango Salad	J/A: 36
① Chickpea Curry (Chhole).....	S/O: 121
① Chive & Goat Cheese Soufflés.....	M/A: 92
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Hoppin' John with Orange Bell Peppers.....	N/D: 108
Kohlrabi, Leek & Gruyère Pizza	J/A: 94
Lemon & Herb Tofu Kebabs	M/J: 60
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① Peanut-Tofu Cabbage Wraps.....	M/A: 48
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① Roasted Cherry Tomato & Goat Cheese Tartines	S/O: 36
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① Spaghetti with Broccoli Pesto	S/O: 38
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① Spicy Vegetarian Cauliflower & Mushroom Spaghetti	J/F: 50
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① White Bean Spread with Fennel & Carrot Slaw	M/J: 66
① Winter Salad with Halloumi "Croutons"	N/D: 44

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① Sriracha Ketchup	J/A: 32

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① Apple, Fig & Brussels Sprouts Salad	N/D: 56
① Brassica Salad	N/D: 90
① Broccoli Slaw with Turnips & Fennel	J/A: 87
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① Chopped Jicama Salad.....	M/J: 50
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① Green Bean Salad with Feta Dressing.....	J/A: 40
① Grilled Romaine with Avocado-Lime Dressing	M/J: 52
Heirloom Tomato & Summer Vegetable Salad	J/A: 73
Peach & Roasted Beet Salad with Hazelnut-Yogurt Dressing.....	J/A: 69

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① Pineapple & Avocado Salad.....	M/A: 86
① Quick Beet Salad.....	M/A: 58
① Rainbow Slaw with Beet Greens.....	J/A: 85
① Spring Pea Salad with Strawberries.....	M/J: 52
① Sugar Snap Pea Salad.....	M/J: 100
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① Tomato, Watermelon & Avocado Salad.....	J/A: 76
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Asparagus Tabbouleh.....	M/J: 101
① Blistered Peppers with Lime.....	J/A: 39
Braised Turnips with Crème Fraîche & Arugula Pesto.....	N/D: 76
① Broccoli Rabe with Cannellini Beans.....	N/D: 54
① Broccoli Rabe with Olives & Garlic (<i>Broccoli di Rape Stufati</i>).....	J/F: 79
① Brown Butter Pea Amandine.....	J/F: 45
① Buttermilk-Sage Mashed Potatoes.....	N/D: 54
① Chile-Roasted Broccoli.....	J/F: 44
① Dukkah-Spiced Carrots.....	N/D: 117
① Garlic-Parmesan Hasselback Zucchini.....	J/A: 39
① Garlic-Rosemary Smashed Potatoes.....	J/F: 45
① Green Beans with Parmesan-Garlic Breadcrumbs.....	N/D: 56
① Japanese-Style Spinach (<i>Gomae</i>).....	M/A: 37
Mashed Squash with Caramelized Onions.....	J/F: 62
Mashed Yuca with Mojo.....	M/A: 86
① Middle Eastern Braised Cauliflower.....	S/O: 34
① Okra Fry (<i>Bhindi Masala</i>).....	S/O: 112
Orange-Caraway Glazed Carrots.....	N/D: 90
① Oven-Roasted Corn with Smoked Paprika Butter.....	J/A: 39
① Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans.....	N/D: 91
① Peruvian Corn Gratin.....	M/J: 101
① Roasted Asparagus with Parmesan Breadcrumbs.....	M/A: 37
① Roasted Brussels Sprouts.....	N/D: 90
① Roasted Carrots with Garlic Confit & Thyme.....	M/J: 100
① Roasted Kalettes with Pine Nuts & Currants.....	S/O: 34

① Roasted Squash with Garlic, Lime & Chile.....	J/F: 59
Roasted Turnips with Citrus-Miso Butter.....	N/D: 91
Southern Beets & Greens with Chèvre Spoonbread.....	M/J: 100
① Spaghetti Squash with Ginger-Miso Dressing.....	J/F: 60
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Tomato Salad with Charred Red Onions & Okra Fries.....	J/A: 76
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① Almond-Stuffed Dates.....	J/A: 36
① Apple & Cheddar with Jalapeño Slices.....	N/D: 68
① Apple with Cinnamon Almond Butter.....	M/A: 42
① Cottage Cheese & Pear Parfait.....	S/O: 56
Crispy Curried Chickpeas.....	S/O: 52
① Cucumber Bites.....	M/A: 42
① Fruit & Nut Popcorn Trail Mix.....	S/O: 52
① Guacamole with Bell Pepper Dippers.....	J/A: 36
① Lime & Parmesan Popcorn.....	M/J: 66
① Hummus-Stuffed Mini Bells.....	S/O: 52
① Mango-Date Energy Bites.....	S/O: 52
① Pretzels with Dark Chocolate & Peanut Butter.....	M/J: 66
① Raspberry Yogurt with Dark Chocolate.....	M/J: 66
① Smoked Salmon Maki Rolls.....	S/O: 52

SOUPS & STEWS

① Cajun Bean Soup.....	S/O: 48
① Caribbean Bean Soup.....	S/O: 48
Cauliflower Soup with Smoked Gouda.....	J/F: 85
Chicken, Barley & Mushroom Soup.....	N/D: 52
① Classic White Bean & Ham Soup.....	S/O: 48
① Double Celery Soup.....	J/F: 44
Homemade Roasted Chicken Stock.....	S/O: 96
Hoppin' John with Orange Bell Peppers.....	N/D: 108
Lamb Ropa Vieja.....	M/A: 84

① Middle Eastern Bean Soup.....	S/O: 49
① Quick Beef & Napa Cabbage Pho.....	N/D: 40
① Russian Tortellini Soup.....	M/A: 58
Santa Fe Chile Colorado.....	J/F: 70
Slow-Cooker Cassoulet.....	N/D: 62
Slow-Cooker French Onion Soup.....	J/F: 48
① Southwest Bean Soup.....	S/O: 49
① Spicy Tamarind Stewed Fish & Okra.....	M/A: 40

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VEGETARIAN (see *Main Dishes: Vegetarian*)

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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 Avocado Toast with Egg, Cheddar & Kimchi.....	J/F: 52
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① Baby Kale Breakfast Salad with Bacon & Egg.....	M/J: 68
① Bacon, Cheddar & Chive Omelet.....	M/A: 94
① Maple Granola with Banana & Almond Milk.....	J/A: 36
① Oatmeal with Fruit & Nuts.....	J/F: 41
① Quinoa & Chia Oatmeal Mix.....	N/D: 58
① Salsa Scrambled Eggs.....	M/J: 66
① Smoked Salmon & Cream Cheese Omelet.....	M/A: 94
St. Louis Slinger.....	J/F: 69
① Strawberry-Banana Green Smoothie.....	M/A: 42
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Apricot-Strawberry Tart.....	M/J: 90
Blueberry-Lemon Ricotta Pound Cake.....	M/J: 86
Blueberry-Shrub Lemonade Pops.....	J/A: 100
Chai Fudge Pops.....	J/A: 100
Chile-Lime-Honeydew Pops.....	J/A: 100
Chocolate Zucchini Brownies.....	M/J: 90
Coffee Granita.....	M/A: 86
Fried Apple Pie Rolls.....	S/O: 70
Lemon Poppy Seed Chiffon Cake.....	N/D: 126
① Mango & Kiwi with Fresh Lime Zest.....	M/A: 42
Oatmeal-Peanut Butter Cookies with Dates.....	M/J: 90
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① Curried Shrimp Lettuce Wraps.....	M/A: 49
① Fish Tacos with Avocado-Lime Crema.....	S/O: 108
① Korean Crab Rolls.....	S/O: 60
① Lentil Salmon Salad.....	M/A: 56
① Linguine with Creamy White Clam Sauce.....	M/J: 46
Rice Noodles with Butternut Squash & Five-Spice Shrimp.....	N/D: 116
① Shrimp & Vegetable Red Rice Salad.....	M/J: 56
① Tomato Sandwiches with Basil-Anchovy Mayo.....	J/A: 77
① Vietnamese Spiralized Sesame Noodles with Scallops.....	J/A: 45

MAIN DISHES: MEAT

① Bacon & Mango Tango Sliders.....	J/A: 32
① Barbecued Pork Chops with Roasted Potatoes & Kale.....	J/F: 83
① Beef Chimichangas.....	M/J: 55
① Cauliflower, Pancetta & Olive Spaghetti.....	J/F: 50
① Chipotle-Sesame Noodles with Steak.....	J/A: 45
① Farmers' Market Sliders.....	J/A: 32
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Grilled Pork Loin with White Bean Puree & Lemon Herb Vinaigrette.....	M/J: web
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Mom's Chili.....	J/F: 72
① Open-Face Egg Salad Sandwich.....	M/A: 98
Pork Picadillo.....	M/A: 84
① Quick "Corned" Beef & Cabbage.....	M/A: 38
Santa Fe Chile Colorado.....	J/F: 70
Slow-Cooker Cassoulet.....	N/D: 62
Slow-Cooker Char Siu Pork.....	S/O: 42
① Spicy Cauliflower & Pancetta Spaghetti.....	J/F: 50
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① Sweet Potato Carbonara with Spinach & Mushrooms.....	M/A: 50
① Taco Lettuce Wraps.....	M/A: 48
① Thai Curry & Pork Sesame Noodles.....	J/A: 44
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MAIN DISHES: POULTRY

① Barbecue Chicken Kale Wraps.....	M/A: 49
Best Poached Chicken.....	M/J: 58
① Broccoli-Bacon Chicken Salad.....	M/J: 58
① Carrot, Snow Pea & Chicken Stir-Fry.....	J/F: 42
Cashew Butter Chicken Masala.....	S/O: 118
Chicken & Mushroom Shepherd's Pie.....	S/O: 90
① Chicken, Arugula & Butternut Squash Salad with Brussels Sprouts.....	S/O: 95
① Chicken Chili with Sweet Potatoes.....	S/O: 91
Chicken Enchilada-Stuffed Spaghetti Squash.....	S/O: 54
① Chicken Katsu with Creamy Slaw.....	N/D: 66
Chicken Mole Tacos.....	M/J: 48
Chicken Ramen with Bok Choy & Soy Eggs.....	M/A: web
Chicken Tacos with Tangerine-Lime Crema.....	M/A: 67
① Classic Dill Chicken Salad.....	M/J: 59
① Classic Sesame Noodles with Chicken.....	J/A: 44
① Creamy Buffalo Chicken Salad.....	M/J: 59
① Garlic, Sausage & Kale Naan Pizzas.....	M/A: 46
① Grilled Chicken Legs with Fennel & Olive Relish.....	J/A: 42
① Italian Pesto Chicken Salad.....	M/J: 58
① Jalapeño Popper-Chicken Panini.....	M/J: 70
Lemon-&Fennel-Rubbed Turkey.....	N/D: 82
Lemon & Herb Chicken Kebabs.....	M/J: 60
Lemon-Herb Pasta with Chicken & Vegetables.....	M/J: 60
Nashville Hot Chicken.....	S/O: 46
① Potsticker & Vegetable Stir-Fry.....	S/O: 104
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Roasted Chicken with Pan Gravy.....	S/O: web
① Russian Tortellini Soup & Quick Beet Salad.....	M/A: 58
Tandoori Chicken Kebabs.....	M/J: 60
① Thai Chicken Salad.....	M/J: 58
Turkey & Vegetable Meatloaf.....	S/O: 50

MAIN DISHES: VEGETARIAN

Beet & Feta Socca.....	N/D: 49
① Beet & Goat Cheese Quesadillas with Chile- Lime Crema.....	J/A: 93
① Beet & Goat Cheese Tartines.....	S/O: 36
① Chickpea Curry (Chhole).....	S/O: 121
① Chive & Goat Cheese Soufflés.....	M/A: 92
① Crispy Tofu with Black Rice & Edamame- Mushroom Stir-Fry.....	J/A: 36
① Eggplant & Mozzarella Stick Roll-Ups.....	S/O: 101
Falafel Salad with Lemon-Tahini Dressing.....	J/F: 46
Fig & Ricotta Socca.....	N/D: 49
Gruyère, Asparagus & Pea Baked Pasta.....	M/A: 44
Hoppin' John with Orange Bell Peppers.....	N/D: 108
Lemon & Herb Tofu Kebabs.....	M/J: 60
Moroccan Chickpea-Stuffed Acorn Squash.....	N/D: 116
① Peanut-Tofu Cabbage Wraps.....	M/A: 48
Quinoa-Stuffed Delicata Squash.....	J/F: 63
① Roasted Broccolini & Goat Cheese Tartines.....	S/O: 36
① Roasted Cherry Tomato & Goat Cheese Tartines.....	S/O: 36
① Roasted Gnocchi & Brussels Sprouts with Meyer Lemon Vinaigrette.....	N/D: 42
① Scrambled Egg Curry.....	S/O: 116
① Sesame Noodles with Baked Tofu.....	J/A: 44
Slow-Cooker Dal Makhani.....	S/O: 115
① Spicy Cauliflower-Stuffed Baked Potatoes.....	J/F: 50
① Spicy Vegetarian Cauliflower & Mushroom Spaghetti.....	J/F: 50
Tomato-Pesto Socca.....	N/D: 49
① Veggie Burger Hash.....	S/O: 100

SIDE DISHES: GRAINS & BEANS

① Lemon Rice (Chitrannam).....	S/O: 121
① Tamal en Cazuela.....	M/A: 84

SIDE DISHES: SALADS

① Brassica Salad.....	N/D: 90
① Broccoli Slaw with Turnips & Fennel.....	J/A: 87
Carrot & Radish Slaw with Pickled Onions.....	J/A: 85
① Chopped Jicama Salad.....	M/J: 50
Classic Coleslaw with Attitude.....	J/A: 85
① Green Bean Salad with Feta Dressing.....	J/A: 40
① Grilled Romaine with Avocado-Lime Dressing.....	M/J: 52
Heirloom Tomato & Summer Vegetable Salad.....	J/A: 73
① Peruvian Corn Gratin.....	M/J: 101
① Pineapple & Avocado Salad.....	M/A: 86
① Rainbow Slaw with Beet Greens.....	J/A: 85
① Roasted Carrots with Garlic Confit & Thyme.....	M/J: 100
Tangerine & Roasted Beet Salad with Feta & Pistachios.....	M/A: 68
① Tomato, Watermelon & Avocado Salad.....	J/A: 76

SIDE DISHES: VEGETABLES

① Blistered Peppers with Lime.....	J/A: 39
① Broccoli Rabe with Cannellini Beans.....	N/D: 54
① Broccoli Rabe with Olives & Garlic (<i>Broccoli di Rape Stufati</i>).....	J/F: 79
① Buttermilk-Sage Mashed Potatoes.....	N/D: 54
Caramelized Onion & Apple Stuffing.....	N/D: 77
① Chile-Roasted Broccoli.....	J/F: 44
① Dukkah-Spiced Carrots.....	N/D: 117
① Garlic-Parmesan Hasselback Zucchini.....	J/A: 39
① Green Beans with Parmesan-Garlic Breadcrumbs.....	N/D: 56
Mashed Squash with Caramelized Onions.....	J/F: 62
Mashed Yuca with Mojo.....	M/A: 86

- ① Middle Eastern Braised Cauliflower **S/O**: 34
- Orange-Caraway Glazed Carrots **N/D**: 90
- ① Oven-Roasted Corn with Smoked Paprika Butter **J/A**: 39
- ① Pan-Roasted Sweet Potatoes with Dried Cherries
& Pecans **N/D**: 91
- ① Roasted Brussels Sprouts **N/D**: 90
- ① Roasted Kalettes with Pine Nuts & Currants **S/O**: 34
- ① Roasted Squash with Garlic, Lime & Chile **J/F**: 59
- Roasted Turnips with Citrus-Miso Butter **N/D**: 91
- ① Spaghetti Squash with Ginger-Miso Dressing **J/F**: 60
- ① Stir-Fried Mustard Greens with Eggs & Garlic **J/F**: 81
- Tomato Salad with Charred Red Onions & Okra
Fries **J/A**: 76
- Vanilla-Rosemary Double-Potato Dauphinoise **N/D**: 78
- ① Wilted Kale with Warm Shallot Dressing **N/D**: 82

SNACKS

- ① Almond-Stuffed Dates **J/A**: 36
- ① Apple & Cheddar with Jalapeño Slices **N/D**: 68
- ① Apple with Cinnamon Almond Butter **M/A**: 42
- ① Cottage Cheese & Pear Parfait **S/O**: 56
- Crispy Curried Chickpeas **S/O**: 52
- ① Cucumber Bites **M/A**: 42
- ① Fruit & Nut Popcorn Trail Mix **S/O**: 52
- ① Hummus-Stuffed Mini Bells **S/O**: 52
- ① Lime & Parmesan Popcorn **M/J**: 66
- ① Mango-Date Energy Bites **S/O**: 52
- ① Pretzels with Dark Chocolate & Peanut Butter ... **M/J**: 66
- ① Raspberry Yogurt with Dark Chocolate **M/J**: 66

SOUPS

- Cauliflower Soup with Smoked Gouda **J/F**: 85
- ① Double Celery Soup **J/F**: 44
- Homemade Roasted Chicken Stock **S/O**: 96
- Slow-Cooker French Onion Soup **J/F**: 48

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

Agedashi Salmon with Snow Peas, Shiitakes & Salmon Roe.....	M/J: 77
Chicken Parmesan Dip.....	S/O: 92
① Cucumber Cups with Deviled Ham Salad.....	M/J: 50
① Orange-Oregano Marinated Vegetables.....	N/D: 50
① Quick Dilly Carrots.....	J/A: 66
Rosemary-Garlic Marinated Vegetables.....	N/D: 50
① Salmon Tartare.....	M/J: 83
① Soy Eggs.....	M/A: 94

BEVERAGES

① Berry & Flax Smoothie.....	S/O: 56
① First Crush.....	J/A: 18
① Jalapeño-Watermelon Margaritas.....	J/A: 96
① Matcha Green Tea Latte.....	M/A: 16
① Strawberry-Banana Green Smoothie.....	M/A: 42
① Watermelon-Turmeric Smoothie.....	J/A: 69

BREAKFAST & BRUNCH

① Baby Kale Breakfast Salad with Bacon & Egg.....	M/J: 68
① Baby Kale Breakfast Salad with Quinoa & Strawberries.....	M/J: 68
① Baby Kale Breakfast Salad with Smoked Trout & Avocado.....	M/J: 68
① Bacon, Cheddar & Chive Omelet.....	M/A: 94
① Raspberry-Peach-Mango Smoothie Bowl.....	J/A: 49
① Ricotta & Yogurt Parfait.....	N/D: 68
① Salsa Scrambled Eggs.....	M/J: 66
① Smoked Salmon & Cream Cheese Omelet.....	M/A: 94
St. Louis Slinger.....	J/F: 69

DESSERTS & TREATS

Best Vanilla Custard, The.....	M/A: 96
Blueberry-Shrub Lemonade Pops.....	J/A: 100
Chai Fudge Pops.....	J/A: 100
Chile-Lime-Honeydew Pops.....	J/A: 100
Chocolate-Sweet Potato Parfait.....	N/D: 80
Coffee Granita.....	M/A: 86
① Frozen Chocolate-Coconut Milk with Strawberries.....	J/A: 36
Lemon Poppy Seed Chiffon Cake.....	N/D: 126
① Mango & Kiwi with Fresh Lime Zest.....	M/A: 42
① Peach Ice Cream Sandwiches.....	J/A: 58
① Peach-Yogurt Pops.....	J/A: 100
① Raspberry-Prosecco Pops.....	J/A: 100

MAIN DISHES: FISH & SEAFOOD

<i>Fish</i>	
Black Sea Bass with Summer Squash Polenta.....	J/A: 64
Caramelized Onion, Olive & Anchovy Socca.....	N/D: 49
① Coriander-&Lemon-Crusted Salmon with Asparagus Salad & Poached Egg.....	M/J: web
① Dijon Salmon with Green Bean Pilaf.....	S/O: 40
① Escarole & White Bean Salad with Swordfish.....	J/F: 84
① Lemon-Caper Black Cod with Broccoli & Potatoes.....	S/O: 56
① Lentil Salmon Salad.....	M/A: 56
① Mediterranean Tuna-Spinach Salad.....	M/A: 42
① Roasted Halibut with Tangerine & Olive Tapenade.....	M/A: 68

① Roast Salmon with Chimichurri Sauce.....	J/F: 38
Seared Arctic Char with Bacon-Leek Chard.....	N/D: 60
① Seared Salmon, Morels & Fava Beans with Green Goddess Sauce.....	M/J: 82
① Slow-Roasted Salmon with Soy-Caramel Sauce, Carrot Puree & Crispy Leeks.....	M/J: 83
① Spicy Tamarind Stewed Fish & Okra.....	M/A: 40

Seafood

① Curried Shrimp Lettuce Wraps.....	M/A: 49
① Green Bean, Eggplant & Shrimp Stir-Fry.....	J/F: 43
Rice Noodles with Butternut Squash & Five-Spice Shrimp.....	N/D: 116
① Shrimp & Vegetable Red Rice Salad.....	M/J: 56
① Shrimp Hand Rolls with Coconut-Curry Dipping Sauce.....	J/A: 54
① Vietnamese Spiralized Sesame Noodles with Scallops.....	J/A: 45

MAIN DISHES: MEAT

Beef

① Broccoli, Mushroom & Beef Stir-Fry.....	J/F: 42
Flank Steak with Grilled Tomatoes & Cucumber Herb Relish.....	J/A: 78
① Grilled Flank Steak Salad with Ginger-Wasabi Dressing.....	M/J: 66
① Hawaiian Steak Fajitas with Grilled Pineapple Salsa.....	J/A: 50
Mixed Grill with Balsamic-Mustard Vegetables.....	J/A: 52
Mom's Chili.....	J/F: 72
① Quick "Corned" Beef & Cabbage.....	M/A: 38
Santa Fe Chile Colorado.....	J/F: 70
Strip Steaks with Smoky Cilantro Sauce & Roasted Vegetables.....	S/O: 58
① Taco Lettuce Wraps.....	M/A: 48
① Tangerine Bok Choy & Beef Stir-Fry.....	M/A: 70

Lamb

Lamb Ropa Vieja.....	M/A: 84
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Pork

① Barbecued Pork Chops with Roasted Potatoes & Kale.....	J/F: 83
① Bell Pepper, Bok Choy & Pork Stir-Fry.....	J/F: 42
Grilled Pork Loin with White Bean Puree & Lemon Herb Vinaigrette.....	M/J: web
① Ham & Gruyère Hash Brown Waffles.....	S/O: 106
Pork Picadillo.....	M/A: 84
① Roasted Eggplant, Zucchini & Pork Bowls.....	J/A: 93
Roast Pork, Asparagus & Cherry Tomato Bowl.....	M/A: 42
① Sweet Potato Carbonara with Spinach & Mushrooms.....	M/A: 50
① Thai Curry & Pork Sesame Noodles.....	J/A: 44

MAIN DISHES: POULTRY

Chicken

① Apricot-Rosemary Chicken with Roasted Carrot Salad.....	N/D: 68
① Barbecue Chicken Kale Wraps.....	M/A: 49
Best Poached Chicken.....	M/J: 58
① Broccoli-Bacon Chicken Salad.....	M/J: 58
① Carrot, Snow Pea & Chicken Stir-Fry.....	J/F: 42
Cashew Butter Chicken Masala.....	S/O: 118
① Chicken & Celery Root Tikka Masala.....	J/F: 36
① Chicken, Arugula & Butternut Squash Salad with Brussels Sprouts.....	S/O: 95
① Chicken Chili with Sweet Potatoes.....	S/O: 91
Chicken Enchilada-Stuffed Spaghetti Squash.....	S/O: 54
Chicken Mole Tacos.....	M/J: 48
① Classic Dill Chicken Salad.....	M/J: 59
① Creamy Buffalo Chicken Salad.....	M/J: 59

① Grilled Chicken Legs with Fennel & Olive Relish.....	J/A: 42
① Italian Pesto Chicken Salad.....	M/J: 58
Lemon & Herb Chicken Kebabs.....	M/J: 60
Nashville Hot Chicken.....	S/O: 46
Roasted Chickens.....	S/O: 96
Roasted Chicken with Pan Gravy.....	S/O: web
① Seared Chicken with Mango Salsa & Spaghetti Squash.....	J/F: 82
Tandoori Chicken Kebabs.....	M/J: 60
① Thai Chicken Salad.....	M/J: 58

Turkey

① Kale Turkey Wraps.....	N/D: 68
Lemon-&-Fennel-Rubbed Turkey.....	N/D: 82

MAIN DISHES: VEGETARIAN (including vegetarian variations)

Baked Eggs, Tomatoes & Chiles (Shakshuka).....	M/A: 90
Beet & Feta Socca.....	N/D: 49
① Black Bean & Mango Salad.....	J/A: 36
① Chickpea Curry (Chhole).....	S/O: 121
① Crispy Tofu with Black Rice & Edamame-Mushroom Stir-Fry.....	J/A: 36
Falafel Salad with Lemon-Tahini Dressing.....	J/F: 46
Fig & Ricotta Socca.....	N/D: 49
① Grilled Polenta & Vegetables with Lemon-Caper Vinaigrette.....	M/J: 44
Hoppin' John with Orange Bell Peppers.....	N/D: 108
Lemon & Herb Tofu Kebabs.....	M/J: 60
Moroccan Chickpea-Stuffed Acorn Squash.....	N/D: 116
① Peanut-Tofu Cabbage Wraps.....	M/A: 48
Quinoa-Stuffed Delicata Squash.....	J/F: 63
① Ratatouille with White Beans & Polenta.....	N/D: 28
① Sesame Noodles with Baked Tofu.....	J/A: 44
Slow-Cooker Dal Makhani.....	S/O: 115
① Spicy Cauliflower-Stuffed Baked Potatoes.....	J/F: 50
Tomato-Pesto Socca.....	N/D: 49
① Veggie Burger Hash.....	S/O: 100
① White Bean Spread with Fennel & Carrot Slaw.....	M/J: 66
① Winter Salad with Halloumi "CROUTONS".....	N/D: 44

SAUCES & CONDIMENTS

① Avocado Mayo.....	J/A: 32
① Cajun Mayo.....	J/A: 32
① Cilantro Chutney (Kothmiri Chatni).....	S/O: 115
Homemade Giblet Gravy.....	N/D: 82
① Mojo Stir-Fry Sauce.....	J/F: 42
Roast Chicken Pan Gravy.....	S/O: 93
① Sriracha Ketchup.....	J/A: 32

SIDE DISHES: GRAINS & BEANS

① Lemon Rice (Chitrannam).....	S/O: 121
① Tamal en Cazuela.....	M/A: 84

SIDE DISHES: SALADS (see also Side Dishes:

<i>Grains & Beans; Side Dishes: Vegetables)</i>	
① Apple, Fig & Brussels Sprouts Salad.....	N/D: 56
① Blistered Peppers with Lime.....	J/A: 39
① Brassica Salad.....	N/D: 90
① Broccoli Slaw with Turnips & Fennel.....	J/A: 87
Carrot & Radish Slaw with Pickled Onions.....	J/A: 85
Classic Coleslaw with Attitude.....	J/A: 85
① Chopped Jicama Salad.....	M/J: 50
① Garlic-Parmesan Hasselback Zucchini.....	J/A: 39
① Green Bean Salad with Feta Dressing.....	J/A: 40
① Grilled Romaine with Avocado-Lime Dressing.....	M/J: 52
Heirloom Tomato & Summer Vegetable Salad.....	J/A: 73
① Oven-Roasted Corn with Smoked Paprika Butter.....	J/A: 39

Peach & Roasted Beet Salad with Hazelnut-Yogurt Dressing.....	J/A: 69
🕒 Pea Shoot & Snap Pea Salad with Sunflower Seeds.....	M/A: 34
🕒 Pineapple & Avocado Salad.....	M/A: 86
🕒 Rainbow Slaw with Beet Greens.....	J/A: 85
🕒 Spring Pea Salad with Strawberries.....	M/J: 52
🕒 Sugar Snap Pea Salad.....	M/J: 100
Tangerine & Roasted Beet Salad with Feta & Pistachios.....	M/A: 68
🕒 Tomato, Watermelon & Avocado Salad.....	J/A: 76
🕒 Warm Fava Bean & Escarole Salad (Scafata).....	M/A: 34

SIDE DISHES: VEGETABLES (see also *Side Dishes: Salads*)

🕒 Asparagus & New Potatoes with Creamy Za'atar Dressing.....	M/J: 101
Braised Turnips with Crème Fraîche & Arugula Pesto.....	N/D: 76
🕒 Broccoli Rabe with Cannellini Beans.....	N/D: 54
🕒 Broccoli Rabe with Olives & Garlic (Broccoli di Rape Stufati).....	J/F: 79
🕒 Brown Butter Pea Amandine.....	J/F: 45
🕒 Buttermilk-Sage Mashed Potatoes.....	N/D: 54
🕒 Chile-Roasted Broccoli.....	J/F: 44
🕒 Dukkah-Spiced Carrots.....	N/D: 117

🕒 Garlic-Rosemary Smashed Potatoes.....	J/F: 45
🕒 Japanese-Style Spinach (Gomae).....	M/A: 37
Mashed Squash with Caramelized Onions.....	J/F: 62
Mashed Yuca with Mojo.....	M/A: 86
🕒 Middle Eastern Braised Cauliflower.....	S/O: 34
🕒 Okra Fry (Bhindi Masala).....	S/O: 112
Orange-Caraway Glazed Carrots.....	N/D: 90
🕒 Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans.....	N/D: 91
🕒 Roasted Brussels Sprouts.....	N/D: 90
🕒 Roasted Carrots with Garlic Confit & Thyme.....	M/J: 100
🕒 Roasted Kalettes with Pine Nuts & Currants.....	S/O: 34
🕒 Roasted Squash with Garlic, Lime & Chile.....	J/F: 59
Roasted Turnips with Citrus-Miso Butter.....	N/D: 91
Southern Beets & Greens with Chèvre Spoonbread.....	M/J: 100
🕒 Spaghetti Squash with Ginger-Miso Dressing.....	J/F: 60
🕒 Stir-Fried Mustard Greens with Eggs & Garlic.....	J/F: 81
Tomato Salad with Charred Red Onions & Okra Fries.....	J/A: 76
Vanilla-Rosemary Double-Potato Dauphinoise.....	N/D: 78
🕒 Wilted Kale with Warm Shallot Dressing.....	N/D: 82

SNACKS

🕒 Almond-Stuffed Dates.....	J/A: 36
🕒 Apple & Cheddar with Jalapeño Slices.....	N/D: 68
🕒 Apple with Cinnamon Almond Butter.....	M/A: 42
🕒 Cottage Cheese & Pear Parfait.....	S/O: 56
Crispy Curried Chickpeas.....	S/O: 52
🕒 Cucumber Bites.....	M/A: 42
🕒 Fruit & Nut Popcorn Trail Mix.....	S/O: 52
🕒 Guacamole with Bell Pepper Dippers.....	J/A: 36
🕒 Hummus-Stuffed Mini Bells.....	S/O: 52
🕒 Lime & Parmesan Popcorn.....	M/J: 66
🕒 Mango-Date Energy Bites.....	S/O: 52
🕒 Pretzels with Dark Chocolate & Peanut Butter.....	M/J: 66
🕒 Raspberry Yogurt with Dark Chocolate.....	M/J: 66
🕒 Smoked Salmon Maki Rolls.....	S/O: 52

SOUPS & STEWS

🕒 Cajun Bean Soup.....	S/O: 48
🕒 Caribbean Bean Soup.....	S/O: 48
🕒 Classic White Bean & Ham Soup.....	S/O: 48
🕒 Double Celery Soup.....	J/F: 44
Homemade Roasted Chicken Stock.....	S/O: 96
🕒 Middle Eastern Bean Soup.....	S/O: 49
🕒 Quick Beef & Napa Cabbage Pho.....	N/D: 40
🕒 Southwest Bean Soup.....	S/O: 49