

MAY 12th 2022
Reheat. Prep. Freeze.

***Please allow items to come to room temperature
30 minutes prior to reheating.***

***** May be served at room temperature**

Breakfast

Individual Healthy Frittata Bites GF DF VEG NF (Freezer Safe)

Individual Frittata Bites GF VEG NF (Freezer Safe)

Preheat the oven to 350°.

Heat for 8-10 minutes and serve.

***Can also be served at room temperature

Freezer/Thawing Instructions-

Tightly wrap each frittata bite with saran wrap and aluminum foil and place in a freezer safe Ziploc bag. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Thick-Cut Pork Breakfast Sausage GF DF NF (Freezer Safe)

Preheat the oven to 350°.

Heat for 10-15 minutes.

Freezer/Thawing Instructions-

Tightly wrap sausage with saran wrap and aluminum foil and place in a Ziploc freezer bag. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Turkey Breakfast Sausage GF DF NF Freezer Safe

Preheat the oven to 350°.

Heat for 8-10 minutes.

Freezer/Thawing Instructions

Tightly wrap sausage with saran wrap and aluminum foil and place in a Ziploc freezer bag. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Crispy Shredded Potato Breakfast Hash VEG Freezer Safe

Preheat oven to 350°

Line a baking tray with parchment paper.

Heat for 10-15 minutes or until crisp.

Healthy Breakfast Grain Bowl -GF,DF,VEG

Heat oats for 3-5 minutes in a small saucepan on low heat.

Spoon 1 cup of oats into a small bowl and top with ½ cup of quinoa.

Layer with chopped walnuts and granola.

Drizzle with one tablespoon of honey.

Top with flax seeds.

***Steel oats can also be served cold or at room temperature.

Soups

Sweet Corn and Spring Onion Soup NF GF VEG Freezer Safe

Transfer soup to a small pot
Heat on low for 10-12 min.
Stir occasionally.

Lemony Chicken Soup w/ Spring Vegetables NF DF GF Freezer Safe

Transfer soup to a small pot.
Heat on low for 10-12 min.
Stir occasionally.

Freezer/Thawing Instructions

Before freezing wrap containers in plastic wrap.

If the soups contain rice or pasta that are packaged separately add these to the broth while cold *before* freezing.

When ready to use, remove from the freezer and thaw in the refrigerator overnight.

Follow reheating instructions.

Appetizers

Grilled Fontina Bites - NF VEG Freezer Safe

Preheat the oven to 350°
Line a baking tray with parchment paper.
Arrange bites in a single layer and heat for 5 minutes.

Freezer/Thawing Instructions

Tightly wrap container with saran wrap and aluminum foil and freeze. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Chilled Jumbo Grilled Shrimp Cocktail NF GF DF

***Serve Chilled w/ Mango Cocktail Sauce

Bacon Wrapped Dates Stuffed with Gorgonzola GF NF(Freezer Safe)

Preheat the oven to 350°.
Line a baking tray with parchment paper.
Arrange dates in a single layer and bake for 6 minutes.
Rotate the tray and cook for an additional 6 minutes, or until bacon is crispy.
Allow dates to cool slightly..

Drizzle with balsamic glaze and serve.

Freezer/Thawing Instructions-

Tightly wrap container of dates with saran wrap and aluminum foil and freeze. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Classic Mains

Grilled Bavette Steak-NF GF

Preheat the oven to 350°

Heat covered for 5 minutes.

Remove cover and heat for an additional 5 minutes.

Heat the sauce in a small pot over low heat until warm.

Drizzle sauce over steak.

Tightly wrap container with saran wrap and aluminum foil and freeze. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Mustard Marinated Grilled Lamb Chops NF GF

Preheat the oven to 350°

Heat covered for 10-12 minutes.

Serve with rhubarb chutney.

Oven Roasted Lemon Frenched Cut Chicken Breast - GF NF DF

Preheat the oven to 350°.

Heat covered for 12-14 minutes.

Serve with parsley salsa verde.

Tricolor Quinoa Bowl VEG NF VEGAN

Add quinoa evenly into 4 small bowls.

Assemble each item side by side as follows:

Turmeric roasted cauliflower, blistered grapes, grilled halloumi and arugula.

Drizzle each bowl with the preserved lemon vinaigrette to your liking.

Finish each bowl with a sprinkle of the crispy chickpeas.

Classic Sides

Charred Asparagus NF GF VEG

Preheat the oven to 350°

Heat covered for 5-8 minutes.

Spring Wild Rice Pilaf DF GF VEGAN

Preheat the oven to 350°

Heat covered 12 minutes.

Stir well and serve.

Roasted Tri Color Carrots NF GF VEG

Preheat the oven to 350°

Heat covered for 5-8 minutes.

Charred Asparagus NF GF VEG

Preheat the oven to 350°

Heat covered for 5-8 minutes.

Dill Crushed Baby Potato NF GF VEG

Preheat the oven to 350°

Heat covered 8-10 minutes.

Lentil Salad VEG NF GF

***Can be served chilled or at room temperature.

Roasted Green Bean Salad VEG NF DF

***Can be served chilled or at room temperature.

Baby Spinach Salad GF VEG

Place spinach and arugula in a large bowl..

Add rhubarb, tomato, and red onions.

Add strawberry vinaigrette to your liking.

Toss well.

Garnish each salad with crumbled goat cheese.

Weekly Staples

Cheese Quesadillas – GF VEG NF

Preheat the oven to 350°.

Place on a parchment lined sheet tray half inch apart.

Heat for 4-5 minutes or until slightly crispy.

Cut into triangles and serve with mild salsa.

Chicken Tenders – NF (Freezer Safe)

Preheat the oven to 350°.

Heat uncovered for 15 minutes.

Serve with blue cheese ranch and blueberry mustard.

Freezer/Thawing Instructions

Tightly wrap container with saran wrap and aluminum foil. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Kids' Korner

Parmesan Crusted CHicken Breast NF

Preheat the oven to 350°

Heat uncovered for 8 minutes.

Remove cover and heat for an additional 5 minutes.

Serve with tomato bruschetta.

Broccoli Cheddar Bites - NF VEG Freezer Safe

Preheat the oven to 350°

Line a baking tray with parchment paper.

Arrange bites in a single layer and bake for 5-8 minutes.

Serve with tomato aioli.

Cheesy Mashed Potatoes NF GF VEG

Preheat oven to 350°

Heat covered for 8-10 minutes.

Stir well.

Heat uncovered for an additional 5 minutes.

Stir well and serve.

Caesar Salad- VEG NF

Transfer crisp romaine to a large bowl.

Add croutons and shaved parmesan.

Add caesar dressing to your liking.

Toss until evenly distributed and serve on small salad plates.

Sweet Treats

***Items may be served chilled or at room temperature.

**Flourless Chocolate Cake Bites GF VEG NF (Freezer Safe) / Apricot Crumb Bars
VEG NF FREEZER SAFE**

***May also be served chilled or at room temperature.

Freezer/Thawing Instructions

Tightly wrap container of sweet treats with saran wrap and aluminum foil. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Serve cold or at room temperature.

Assorted Macarons GF VEG

***May also be served chilled or at room temperature.