

LIFE OF RILEY



Personal Chef Service



Spring and Summer Menu

2006

Chef Stephanie Riley

Poultry

Brie and Caramelized Onion-Stuffed Chicken Breasts

Boneless, skinless chicken breasts stuffed with beautiful caramelized onions and small pieces of brie cheese and sautéed in a pan then drizzled with a light white wine and chicken stock sauce with sage.

Chicken “Osso Buco” with Penne

Chicken drumsticks browned and cooked into a tomato and white wine sauce with onions, celery, carrots and citrus zests and served topped with gremolata over penne pasta.

Chicken Breasts Stuffed with Spinach, Gruyere, Parmesan and Pine Nuts

Boneless chicken breasts stuffed with a mixture of spinach, scallions, gruyere cheese, parmesan, bread crumbs and pine nuts and topped with a white wine and chicken stock pan sauce.

Chicken Enchiladas with Red Chile Sauce

Chicken strips flavored with onions, garlic and spices and mixed with cilantro, jalapenos, and cheese and tucked into corn tortillas, topped with red chile tomato sauce and cheese and baked until golden. Serve with a dollop of sour cream. Can be made with ground turkey or beef, too.

Asian Citrus Chicken with Chinese Noodles

Strips of boneless chicken breasts stir fried in an Asian citrus sauce with sugar snap peas, bell peppers, green onions, sesame seeds and Chinese noodles.

Chicken Bundles with Dijon-Wine Sauce

Thinly-sliced pieces of chicken breast rolled up with Swiss cheese and prosciutto and cooked with a white wine and Dijon mustard sauce.

Chicken Parmesan

Chicken breast cutlets brushed with rosemary, thyme and parsley olive oil and seared until brown then topped with a delicious homemade tomato sauce, mozzarella and Parmesan cheese and baked until the cheese is melted.

Cantina Chicken Salad

A refreshing summer salad of crunchy romaine lettuce topped with Mexican-seasoned pieces of sautéed chicken breasts, black beans, avocados, Monterrey Jack cheese, crunchy fresh-baked seasoned tortilla strips, and zesty citrus vinaigrette.

Crispy Roast Chicken and Shallots with Miso Gravy

Bone-in, skin-on chicken breasts and whole legs roasted in the oven with miso butter with herbs and ginger and served with a pan-juice miso gravy.

Chicken Breasts Stuffed with Figs and Goat Cheese

Chicken breasts filled with figs, goat cheese, thyme and garlic, wrapped with a slice of bacon (optional) and roasted in the oven until done, then drizzled with a white wine pan-juice sauce.

Kung Pao Chicken

Chunks of white-meat chicken stir fried with ginger, peppers, celery, and a delicious sauce and topped with scallions and chopped peanuts.

Tequila Lime Chicken

Boneless chicken breasts marinated in a tequila and citrus marinade with spices, until full of flavor and grilled on a grill pan.

Lemon-Ginger Grilled Chicken

Boneless, skinless chicken thighs marinated in a lemon, brown sugar and ginger marinade then grilled on a grill pan.

Moroccan Chicken and Olive Tagine

Bite-sized pieces of boneless chicken breasts cooked into a stew of red onion and red pepper slices, tomatoes, green olives, Moroccan spices, finished with lemon juice and parsley, and served over whole wheat couscous.

Chicken Curry with Cashews

Braised pieces of chicken in a heavenly yogurt curry sauce with tomatoes and ground cashews, and served over delicate basmati rice. This is one of the chef's favorites!

Khao Pad Sapparot (Pineapple Fried Rice with Chicken)

One of the chef's favorite Thai dishes made of lightly curried basmati rice fried in a little oil with pieces of pineapple, raisins, cashews, onions, garlic, bits of pork, curried chicken breast pieces and lightly garnished with cilantro.

Chicken Piccata

Thin cuts of very lightly-breaded boneless chicken breasts in a refreshing lemon caper sauce with mushrooms, and served over angel-hair pasta. You'll find out why this classic dish has never lost its popularity and addictive quality.

Home Style Chicken Pot Pie

The ideal savory comfort food with tender chunks of chicken, mushrooms, peas, and carrots, and topped with a flaky herb dill biscuit.

Chicken Saltimbocca

Saltimbocca means "leap in the mouth" in Italian, and that's exactly what this traditional Roman dish of chicken rolled up with prosciutto, spinach, and fresh Parmesan cheese and cooked in a light lemon chicken broth sauce does!

Lemon Chicken Scaloppini in Pine Nut Parmesan Crust

Thinly cut halves of chicken breast breaded in panko bread crumbs, lemon zest, Parmesan cheese and pine nuts and sautéed until golden.

Turkey

Turkey Tenderloins with Pesto and Provolone Cheese

Turkey tenderloins stuffed with pesto and strips of provolone cheese, brushed with more pesto and baked until tender and the cheese is melted.

Turkey and Tomatillo Chimichangas

A healthier version of the deep-fried classic, this chimichanga is a whole wheat tortilla filled with ground turkey in a tomatillo, onion and cilantro sauce, a light layer of smoked provolone cheese, wrapped up and lightly sprayed with olive oil and pan-seared until crispy, then served with Black Bean and Corn Salsa and Low-Fat Sour Cream.

Turkey Sloppy Joes

A very savory yet tangy version of a traditional Sloppy Joe served on a whole wheat bun.

Turkey Italian Sausage, Peppers, and Onions

Delectable mild turkey Italian sausages, red bell peppers and onions sautéed up with herbs, tomatoes and Marsala wine for a great flavor combination to be either served on a hoagie or eaten from a bowl.

Turkey Enchilada Casserole

An satisfying and healthy enchilada lasagne with layers of corn tortilla, low-fat yogurt, and a delicious meat sauce with ground turkey, spinach, onion, garlic, picante sauce, tomatoes and tomato sauce, topped with skim Jack and Cheddar cheeses and slices of black olives and baked until melted.

Lemon and Basil Turkey Scaloppine

Small flattened pieces of turkey tenderloin sautéed in a pan and served with a sauce of white wine, chicken broth, lemon, basil, onions and diced tomatoes.

Turkey Meatballs in Marinara Sauce

These turkey meatballs are so hearty and fulfilling you would think they were traditional beef meatballs. Try these immersed in a rich marinara sauce with pasta and you will be asking for more.

Turkey Meat Loaf

Ground turkey mixed gently with breadcrumbs, egg, onions, herbs and seasonings and topped with ketchup.

Turkey Meatball Stroganoff

Turkey meatballs cooked into a thick mushroom sauce with a hint of dill and served over buttered egg noodles, topped with a dollop of sour cream.

Chile Rellenos Casserole

A fluffy baked casserole with layers of mild green chile peppers, ground turkey, refried beans, corn, seasonings and a sprinkling of cheese and held together with an egg white mixture. This is served with fresh salsa and sour cream to top off the flavor.

Beef

Filet Mignon with Balsamic Syrup

Pan-seared beef tenderloin steaks sprinkled with goat cheese and broiled to melt then laid atop a sweet balsamic reduction sauce for a beautiful marriage of flavors.

Brasato al Barolo (Short Ribs in Red Wine Tomato Sauce)

Chef Mario Batali's recipe for tender, delicious beef short ribs braised in a red wine tomato sauce flavored with pancetta.

Grilled Steak Sandwiches

Rib-eye steaks marinated in a soy-balsamic marinade, grilled and sliced thinly then piled onto crusty bread buns with Gorgonzola sour cream and fresh arugula.

Beef Tenderloin with Pizzaiola Sauce

Juicy pan-seared filet mignon steaks topped with an intensely flavored tomato sauce seasoned with herbs, pepperoncini peppers and wild mushrooms.

New York Strip with Mustard Horseradish Sauce

Pan-seared New York strip steak topped with a creamy sauce of horseradish, Dijon mustard, whole-grain mustard, mayonnaise and sour cream.

Dry-Rubbed London Broil

London broil rubbed with a crust of chili powder, paprika, oregano, and other seasonings and grilled to medium-rare.

Peppercorn Beef with Gorgonzola Cheese

Pan-seared beef tenderloin steaks seasoned with crushed black peppercorns and finished off in the oven with melted gorgonzola cheese and drizzled with a balsamic reduction sauce.

Braised Hoisin Beer Short Ribs

Beef short ribs braised in a Dutch oven with garlic, ginger, beer and rice wine vinegar and glazed with hoisin sauce.

Skirt Steak Fajitas with Lime and Black Pepper

Skirt Steak marinated in lime juice, black pepper and salt, grilled on a grill pan and sliced into thin slices, then piled onto a tortilla with onions and red bell peppers that have been grilled and brushed with balsamic vinegar, tomato salsa, and cilantro leaves.

Marinated London Broil with Reduction Sauce

London broil marinated in a soy sauce, balsamic vinegar, brown sugar, thyme and shallot sauce and broiled until tender, then drizzled with the delicious marinade reduction sauce.

Stracoto with Porcini Mushrooms

Pieces of boneless beef chuck eye roast braised in a thick porcini mushroom and onion red wine sauce, served with the delicious gravy poured over top.

Korean-style Sirloin

Super tender sirloin steak marinated in a ginger, garlic, sweet soy marinade and grilled to desired doneness. Sliced into thin strips and served over sticky white rice with the marinade reduction sauce.

Mom Riley's Baked Steak with Gravy

This specialty dish of the chef's mother is a lightly breaded cube steak which is browned in a pan and then baked in the oven until tender. The mandatory accompaniment for baked steak is a thick, pan-drippings white gravy and mashed potatoes. Down home comfort food!

Pan-Seared Rib-Eye Steaks with Cowboy Coffee Pan Blend

This steak is awesome! Rib-eye steaks rubbed with a freshly ground coffee and brown sugar blend and seared in a hot pan. Don't let this scare you, the coffee caramelizes with the sugar for a delicious sweet coating.

Chipotle Lime Flank Steak

Flank steak marinated in a chipotle, lime, honey marinade with spices, grilled to desired degree of doneness, sliced into thin strips and topped with the marinade reduction sauce.

Braised Burgundy Short Ribs

Beef short ribs braised slowly in the oven with red wine, beef stock, tomatoes, onions, carrots and herbs until tender.

Steak with Chimichurri Sauce

Beef tenderloin steaks topped with Argentina's famous spicy steak sauce, Chimichurri. This freshly made sauce of parsley, garlic, and hot red pepper flakes packs a powerful punch and is the perfect compliment for the mildly juicy tenderloin steak.

Seared Rib-Eye Steak with Arugula-Roasted Pepper Salad

Slices of tender seared rib-eye steak laying on a bed of fresh arugula and roasted red peppers with balsamic vinaigrette and shavings of Parmesan cheese.

Pan-Fried Rib-Eye Steaks with Spicy Herb Butter

Rib-eye steaks fried in a pan and topped with a pat of spicy chili-garlic, herb butter.

Thai Beef with Basil

Strips of top round steak marinated in a Thai marinade and stir-fried in a pan with lots of sweet onions and basil with a hint of chiles, garlic, and ginger.

Beef and Bell Pepper Stew

Cubes of beef cooked into a colorful stew with the subtle sweetness of bell peppers in a red wine, beef stock, and tomato sauce.

Moroccan Braised Beef

Chunks of beef chuck roast braised with Moroccan spices, onions, carrots, tomatoes, dried apricots and raisins in a red wine and beef broth sauce and served over couscous.

Pork

Pork Tenderloin with Thyme-Infused Honey and Balsamic Pan Sauce

Pork tenderloin pieces cooked in a honey, thyme, balsamic vinegar, and chicken stock sauce.

Dirty Risotto

A traditional Italian risotto with Arborio rice cooked slowly in wine and broth with delicious flavors coming from crumbled Italian sausage and pancetta, as well as red bell peppers, onions and mushrooms and topped off with some Pecorino-Romano cheese.

Asian-Style Meat Loaves

Individual meatloaf patties of ground pork and ground turkey mixed with red bell pepper, water chestnuts, green onions, crushed rice crackers, ginger and Asian seasonings, glazed with hoisin sauce and baked in the oven.

Pork Tenderloin with Orange Chipotle Sauce

Pork tenderloin, sliced and served with a too-die-for smoky orange, maple and chipotle chile sauce. Also great with duck breasts and chicken.

Grilled Pork Chops with Classic Barbeque Sauce

Pork loin chops basted constantly with a homemade traditional barbeque sauce while grilling to ensure lots of moisture and flavor.

Pancetta-Wrapped Pork Roast

Boneless pork loin roast rubbed with garlic, thyme and rosemary, wrapped with thin strips of pancetta and roasted, then drizzled with a white wine pan-drippings sauce.

Char Siu Pork Roast

This popular Chinese barbeque of Boston butt roast in a hoisin-soy sauce is cooked long and slow until tender and pulled apart into pieces and served over rice.

Pork Chops alla Pizzaiola

Sautéed bone-in pork chops topped with a healthy and tasty herbed tomato sauce.

Knob Creek Glazed Ribs

Pork spare ribs cooked long and slow in the oven in a sauce of Knob Creek bourbon, honey, garlic and other seasonings for a delicious sweet glaze.

Pork Medallions in Mushroom Gravy

A USPCA winning recipe consisting of thinly cut pieces of pork tenderloin cooked in a mushroom sauce and served over buttered egg noodles.

Roquefort-stuffed Pork Chops

Pork chops stuffed with a mixture of breadcrumbs, mushrooms, herbs and Roquefort cheese, sautéed in a pan then baked until done.

Tender Pork Tenderloin with Dijon Mashed Potatoes

Braised pork tenderloin medallions in a light white wine sauce and served with zesty mashed potatoes mixed with Dijon mustard. This is a complete meal with no additional sides.

Grilled Asian Pork Chops and Baby Bok Choy

Pork chops marinated in a mixture of black bean garlic sauce, soy sauce, sesame oil, lime, ginger, and garlic then grilled with baby bok choy brushed in the same marinade and served together sprinkled with cilantro and extra lime wedges for squeezing. This is a complete meal with no additional sides.

Stuffed Thick-cut Pork Chops with Spinach and Fontina

Bone-in pork rib chops stuffed with spinach, Fontina, ricotta, and Parmesan cheese, bread crumbs, and pine nuts, seared in a pan and then baked in the oven.

Blueberry-Rum Marinated Pork Tenderloin

Pork Tenderloin marinated in a blueberry and rum-based puree, grilled and served with a blueberry salsa.

Baked Ribs (or Pork Tenderloin) with Spicy Blackberry Sauce

Baby back pork ribs basted in a blackberry, honey, ginger, and hot pepper sauce until thickly glazed. The sauce is also great with duck.

Grilled Pork Tenderloin Cutlets with Chili Maple Glaze

Thinly cut slices of pork tenderloin basted with chili maple glaze and grilled lightly.

Beer-Brined Grilled Pork Chops

Bone-in pork chops marinated in a dark lager beer, molasses and brown sugar marinade, rubbed dry and coated with a garlic and sage rub, then grilled until done.

Grilled Spice-Rubbed Pork with Tomato Garlic Sauce

Pork tenderloin rubbed with spices and cooked on a grill pan, and served with a spicy tomato garlic sauce.

Creole Jambalaya

This is the chef's adaptation of the recipe from the famous Brennan's restaurant in the French Quarter of New Orleans - rice, bell peppers, Andouille sausage, and lots of spicy seasoning.

Slow-Cooked Ribs

Pork spare ribs cooked slowly in a sticky sweet and spicy sauce until the meat nearly falls from the bone.

Firecracker Barbeque Pork Loin

Tender pork loin roasted in a spicy hot barbeque horseradish sauce with the tangy sweetness of orange marmalade. A flavor explosion!

Tomato Barbeque Baby Back Ribs

A slightly sweet tomato sauce blankets these tender baby back ribs which are baked in the oven.

Chocolate-Glazed Pork Tenderloin over Couscous

Pork tenderloin roasted in a chocolate, orange, and cumin sauce until thickly glazed, and served over couscous.

Panko-Crusted Mustard Pork Cutlets

Pork cutlets dredged first in a mustard coating and then a panko bread crumb and sage mixture and sautéed to a golden brown.

Other Meats

Grilled Lamb Chops

Loin lamb chops rubbed with garlic, rosemary, and thyme and seared to perfection on the grill.

Lamb Chops with Pomegranate Red Wine Sauce

Lamb loin chops broiled to desired doneness and topped with a pomegranate, red wine, chicken stock sauce.

Lamb Spiral Loafs Stuffed with Mint and Feta

Ground lamb mixed with sautéed onions, garlic, seasonings, flattened, filled with mint and feta or your desired fillings, rolled up, baked until done, and topped with a tomato and red wine sauce.

Lamb Chops with Yogurt-Mint Sauce

Pan-seared lamb chops topped with a cool yogurt, mint, lemon, and garlic sauce.

Spicy Indian Orzo

An orzo pilaf of ground lamb mixed together with orzo pasta cooked in a seasoned broth with flavor-packed Indian spices, garlic, ginger, chili peppers and garnished with fresh diced tomatoes and cilantro.

Grilled Marinated Lamb Chops with Balsamic Cherry Tomatoes

Lamb chops marinated in a honey-vinegar marinade and grilled along with cherry tomatoes, which are drizzled with balsamic vinegar.

Lamb Shanks with Tomatoes and Fresh Herbs

Braised lamb shanks cooked Osso Bucco-style in the oven in a tomato, white wine, chicken broth sauce with loads of herbs, lemon peel, onions, carrots, celery and pancetta., and topped with a fresh gremolata of lemon and parsley.

Grilled Chili-Rubbed Lamb Chops

Lamb rib chops rubbed with a mixture of chili powder, cumin, thyme and other seasonings and grilled to desired doneness, then served with hot pepper jelly.

Rosemary Lamb Chops with Swiss Chard and Balsamic Syrup

Broiled lamb chops seasoned with rosemary and garlic and served with tender Swiss chard and drizzled with a balsamic vinegar reduction sauce.

Keema Matar

This popular Indian dish is ground lamb with tomatoes and peas, loaded with spices and creamy yogurt for counterbalance.

Osso Bucco (Braised Veal Shanks)

Sinful veal shanks braised in the oven in a flavorful tomato and wine-based sauce and topped with a beautiful gremolata for an extra shot of flavor.

Veal Scallops with Mint and Capers

Thinly sliced veal scallops seared in a hot pan and then cooked into a white wine chicken stock sauce with capers and fresh mint.

Veal Patties with Mushrooms and Chives

Ground veal mixed with breadcrumbs, egg and chives, coated in more breadcrumbs and pan-fried, then topped with sautéed mushrooms and chives.

Veal Chops with Creole Mustard Crust

Veal chops seasoned and covered in a Creole mustard and mayonnaise coating and topped with fresh breadcrumbs and baked until golden.

Saltimbocca alla Romana

Traditional Italian veal saltimbocca with cutlets of veal layered with sage leaves and thinly-sliced prosciutto, dredged in flour and sautéed in a light white wine sauce.

Simmered Veal Shanks with Wine and Lemon

Veal shanks braised slowly in the oven with white wine, stock, lemon, herbs, and fennel until tender and juicy.

Weiner Schnitzel

Veal cutlets lightly breaded and sautéed, and served with a wedge of lemon in the traditional way.

Calf's Liver with Bacon, Onions, and Delmonico Potatoes

Lightly breaded calf's liver topped with deep golden brown onion slices, thick-cut bacon, and red wine sauce.

Broiled Duck Breasts with Orange Chipotle Sauce

Muscovy duck breasts broiled until golden, sliced and served with a too-die-for smoky orange, maple and chipotle chile sauce. You'll want to sip this sauce through a straw, it's so good!

Duck Breasts with Tamarind Sauce

Pan-seared Muscovy duck breasts sliced thinly and drizzled with a tangy sauce of tamarind, lemongrass, lime, ginger and honey.

Duck with Port-Cherry Sauce

Muscovy duck breasts seared to desired doneness, sliced thinly and served with a rich port wine and cherry sauce.

Seafood

Grilled Shrimp and Vegetables with Pearl Couscous

A complete meal of grilled shrimp, red onion wedges, and zucchini tossed with a fresh herb vinaigrette and served over a bed of wonderful pearl couscous flavored with saffron and the herb vinaigrette and all of it topped with a sprinkling of feta cheese.

Nobu's Den Miso Fish

This is a fantastic recipe from the great Japanese chef, Nobu Matsuhisa. Your choice of either sea bass, cod or salmon filets in a sweet white miso marinade, left in your refrigerator to marinate for 2-3 days and for you to broil quickly in your oven.

Fish Tacos

Strips of halibut marinated in a lime buttermilk until super tender, lightly breaded and fried, then piled into a soft corn tortilla with shredded cabbage, Roasted Tomatillo Salsa Verde, Baja sour cream, and served with fresh salsa and guacamole with tortilla chips for a great summer all-in-one meal.

Seared Tuna with Oriental Citrus Sauce

Tuna steaks coated in sesame seeds and seared to your preferred doneness, then served with a sauce of citrus juices, soy sauce and other Asian flavors.

Chili Shrimp and Coconut Risotto

Jasmine rice cooked into a spicy chili, lime and coconut milk risotto with shrimp, bean sprouts, scallions and basil.

Swordfish Spiedini

Cubes of swordfish thread onto wooden skewers with slices of pancetta, marinated briefly in an herb oil and grilled until done.

Steamed Sea Bass with Ginger and Shiitakes

Fillets of sea bass steamed together with strips of ginger and shiitake mushrooms, sprinkled with cilantro and green onions and drizzled with hot sesame oil and soy sauce for a fantastic melding of fresh Asian flavors.

Maple-Glazed Roasted Salmon

Salmon fillets marinated in a maple-ginger marinade and then roasted with shallots until caramelized and flaky.

Grilled Tuna Burgers with Tapenade

Tuna steaks seared until medium-rare or medium, then thinly sliced and laid on a crusty bread roll coated with Dijon mayonnaise and topped with green and black olive tapenade, roasted red peppers, lettuce and red onion slices.

Pan-Seared Scallops with Beurre Blanc Sauce

A decadent dish of pan-seared sea scallops smothered in a butter and cream sauce and sprinkled with a garnish of fresh chives.

Grilled Swordfish with Lemon, Mint and Basil

Swordfish steaks brushed with lemon, mint and basil oil and grilled until just done and drizzled with more of the flavored oil.

Grilled Tuna Steaks with Roasted Cipollini Onions

Tuna steaks marinated briefly in a lemon-thyme oil, grilled to medium-rare, sliced thinly and served with cipollini or pearl onions that have been roasted until caramelized in a balsamic sauce.

Snapper on Angel Hair with Citrus Cream

Lightly-breaded red snapper filets seared in a pan and served on a bed of angel hair pasta with a sauce of citrus juices, cream, clam juice, white wine, sun-dried tomatoes and seasonings.

Shrimp Pad Thai

Rice noodles and shrimp sautéed in a tamarind-lime sauce and tossed with egg, chopped peanuts, bean sprouts, green onions, fresh cilantro and ribbons of carrots.

Wasabi Salmon with Miso-Sesame Sauce

Salmon filets marinated in ginger, sake, tamari and wasabi and baked in the oven, then drizzled with a red miso, sesame seed and soy milk sauce.

Oven Fried Coconut Shrimp

Large shrimp coated in egg whites and dipped in a seasoned Japanese breadcrumb and coconut mixture, then baked in the oven until golden and served with Orange Sauce.

Languedoc-style Tuna

Pan-seared tuna steaks drizzled with a simple but delicious sauce of olive oil, lemon juice, garlic, thyme and chives.

Grilled Salmon with Teriyaki Shiitake

A recipe by Dr. Andrew Weil, the expert for healthy aging. Salmon that is lightly coated in an Asian sauce and broiled until golden, then topped with teriyaki shiitake mushrooms and sprinkled with snipped chives.

Crunchy Shrimp with Toasted Couscous and Ginger-Orange Sauce

A complete meal of large shrimp lightly coated in Japanese breadcrumbs with ginger and cilantro, served with fresh watercress and toasted couscous flavored with orange juice and sprinkled with slivered almonds and green onions. Topped with a fantastic ginger-orange sauce, this is an amazingly flavorful, healthy dish.

Salmon with Israeli Couscous and Slow-roasted Tomatoes

Roasted salmon served over Israeli pearl couscous, covered with intensely-flavored, slow-roasted tomatoes with lemon oregano oil, and topped with Kalamata olives. This is a complete meal with no additional sides.

Halibut Baked with Tomatoes, Capers and Herbs with a Feta-Crumb Crust

A medley of Mediterranean flavors burst in your mouth with this dish of chunky halibut, capers, fennel, onion, tomatoes and red wine, and topped with a crust of bread crumbs, toasted pine nuts and feta cheese.

Pan-Seared Salmon with Lemon-Dill Yogurt Sauce

A healthy refreshing entrée of salmon, lightly seared and topped with a lemon and dill yogurt sauce.

Grilled Halibut with Lima Bean and Roasted Tomato Sauce

A great mesh of summer flavors with halibut filets grilled and topped with a sauce of roasted garlic, tomatoes, lima beans, and basil.

Roasted Cod and Tomatoes with Basil and White Wine

A healthy and delicious roasted cod dish topped with tomatoes, basil, garlic, and white wine.

Healthy Shrimp Étouffée

A low-fat, healthier version of the traditional Cajun dish with shrimp cooked into a thick gravy of onions, scallions, celery, red bell peppers, cayenne pepper and served over long-grain rice.

Pan-Seared Tilapia with Chile Lime Butter

Pan-seared tilapia fish fillets served with a dollop of complex butter of Serrano chiles, shallots, and lime juice.

Spicy Thai Shrimp with Mint Raita

Large shrimp cooked in spicy Thai red chile paste, ginger, garlic, and lemon and served with a cool yogurt, cucumber and mint sauce.

Shrimp Fra Diavolo

“Fra Diavolo” means “Brother Devil” in Italian, which is explained when you bite into this dish of shrimp in a spicy tomato and white wine sauce. Fiery, but refreshing!

Mahi Mahi in Scallion and Ginger Sauce

Filets of Mahi Mahi scallion, ginger, and garlic baked in an Asian sauce.

Spicy Shrimp and Tomato Curry

Large shrimp simmered in an Indian tomato and coconut milk curry sauce.

Pasta

Orzo with Shrimp, Feta Cheese, and Tomato

A pasta dish baked with layers, orzo tossed with feta and Parmesan cheeses, pine nuts and basil, topped with a layer of pan-seared shrimp, again topped with a white wine tomato sauce, and the final topping of a sprinkling of feta cheese.

Baked Ziti with Spinach and Tomatoes

Ziti pasta tossed with turkey Italian sausage, onions and baby spinach in a tomato and pesto sauce with a little mozzarella cheese, poured into a pan, topped with Parmesan cheese and baked until golden.

Penne Bolognese

A hearty milk and tomato-based meat sauce with ground beef, onions, carrots, and celery tossed with penne and Parmesan and topped with additional Parmesan.

Jambalaya Pasta

Shrimp, chicken and Andouille sausage sautéed together with onions, bell peppers, baby zucchini and tomatoes and served over pasta with a spicy Cajun cream sauce. This is a complete meal with no additional sides.

Mediterranean Shrimp and Pasta

Angel hair pasta and shrimp cooked into a Mediterranean-flavored sauce with tomato, basil, Kalamata olives, capers and feta cheese.

Nutty Pasta Toss with Shrimp, Chicken or Tofu

Shrimp, tofu, or chicken breast pieces sautéed with onion, bell pepper and sugar snap peas in a light and wonderful Asian-flavored peanut sauce and poured over Chinese noodles. This is a complete meal with no additional sides.

Rigatoni with Sirloin Steak Sauce

Pan-seared sirloin steak cut into bite-sized pieces and tossed with rigatoni pasta and a red wine marinara sauce and topped with Parmesan cheese.

Penne with Shrimp, Asparagus and Sun-Dried Tomatoes

A healthy and delicious combination of sautéed asparagus, sun-dried tomatoes, shrimp and basil in a light chicken broth and wine sauce, tossed with penne pasta and Parmesan cheese.

Fusilli with Wild Mushroom Cream Sauce

Pretty fusilli pasta topped with a brown cream sauce filled with assorted wild mushrooms and flavored with Parmesan cheese.

Fettuccine with Red Pepper and Basil Sauce with Shrimp

Fettuccine tossed in a pureed red pepper sauce with basil and topped with pan-seared shrimp.

Farfalle with Creamy Mushroom Gorgonzola Sauce

Bow-tie pasta tossed in a milk-based Gorgonzola sauce with assorted wild mushrooms and peas.

Pasticcio di Maccheroni (Baked Pasta with Ricotta and Ham)

Ziti pasta and Italian cooked ham cubes layered with ricotta and cubes of hard Provolone cheese and a red wine tomato sauce, sprinkled with Parmesan cheese and baked until bubbling.

Pasta with Veal, Sausage, and Porcini Ragu

Ribbons of pappardelle pasta coated with a thick tomato sauce with layers of flavor and with chunks of mild turkey Italian sausage, veal stew meat and mushrooms.

Proscuitto Penne with Rose Sauce

A sinfully delicious tomato and cream sauce that smothers diced proscuitto, peas, and penne pasta, and is sprinkled with Parmesan cheese and fresh basil. A favorite of many, including the chef!

Classic Italian Lasagna

A traditional combination of lasagna noodles, ground beef chuck, ricotta, mozzarella, and Parmesan cheeses, and classic Marinara sauce.

Kalamata Pasta

A super refreshing and chunky tomato sauce with slivers of Kalamata olives, capers, Albacore tuna, lemon, basil and baby spinach over pasta and sprinkled with feta cheese and toasted pine nuts.

Pasta e Fagioli Casserole

Mostaccioli pasta mixed with kidney beans, sausage, ground beef, tomatoes, and seasonings, and topped with Fontina cheese.

Wild Mushroom and Veal Cannelloni

Pasta shells stuffed with wild mushrooms, leeks, Parmesan cheese, and ground veal or chicken, covered in a béchamel sauce and baked until lightly golden.

Roasted Portobello and Proscuitto Lasagna

Layers of Portobello mushrooms, proscuitto, herbs, lasagna noodles, and béchamel sauce topped with a golden Parmesan cheese crust.

Pasta Giovanni

Penne pasta mixed with turkey Italian sausage in a tomato, white wine, and cream sauce with sun-dried tomatoes, herbs, and Parmesan cheese.

Soups

Tomato Soup with Pancetta

A different take on tomato soup, this Italian version has chunks of tomato in a chicken stock and tomato base flavored with pieces of wonderful pancetta, Italian seasonings and the ultimate flavor comes from the dollop of mascarpone cheese, low-fat sour cream, and rye bread croutons added at the end.

Jean-Georges Vongerichten's Chicken Soup with Coconut Milk and Lemongrass

This quintessential Thai soup, Tom Ka Gai, has chunks of chicken breast meat cooked into a coconut milk and chicken broth with lemongrass, galangal, shiitake mushrooms, lime, scallions, cilantro and other Thai seasonings.

Gazpacho

This is a traditional version of the refreshing soup with fresh summer tomatoes, cucumber, bell peppers, sweet onions and seasonings pureed into a smooth cold soup that should be eaten within a few days. This soup can not be frozen.

Finnish Salmon-Potato Chowder

A delicious and healthy, milk and clam juice-based chowder with chunks of potato, carrot and Maple-Glazed Roasted Salmon with a hint of dill.

Chef Riley's Potato and Corn Chowder

The chef's own healthier version of the cream-based corn soup, this one has a milk and chicken stock base with potatoes, corn, celery, onion, seasonings and little chunks of crispy bacon for a great smoky flavor.

Barley and Lentil Soup with Swiss Chard

A super, healthy soup of lentil and barley, onions, carrots, tomatoes and Swiss chard cooked into a broth with a hint of cumin and dill.

Black Bean, Yellow Pepper and Cumin Chili

A great thick vegetarian chili with black beans, yellow pepper, tomatoes, onions and seasoned with cumin and chipotle chili peppers.

Cod Chowder with Saffron and Fingerling Potatoes

Cod chowder with a white wine, cream and clam juice broth, flavored with bacon, saffron, thyme and leeks with delicate, buttery fingerling potato rounds.

Dtom Yam Gung (Hot and Sour Prawn Soup)

This Thai soup is deliciously refreshing with shrimp cooked into a broth of lemongrass, kaffir lime leaves, bird's eye chili peppers, fish sauce and cilantro.

Poblano Corn Chowder with Shrimp

A delicious corn chowder with tender pieces of mild poblano chile peppers, onion, celery, and loads of corn in a chicken stock with shrimp and seasonings.

Mom Riley's Pinto Beans with Cornbread and Potato Hash

Simple down home cooking with the chef's mother's pinto beans lightly flavored with onions, and served with the traditional cornbread and fried potato, carrot, and onion hash.

Alaskan Halibut Chowder

This tomato-based seafood chowder is an award-winning recipe from a personal chef in Alaska. It's filled with veggies and topped off with lightly stewed pieces of halibut.

Wild Mushroom and Barley Soup

A variety of wild mushrooms cooked into a stew with barley, onions, celery, carrots, herbs and baby spinach.