



## ***2015 Menu***

***Chef Stephanie Riley***

## **Chicken**

### ***Cuban Chicken with Black Bean Quinoa Bowl***

Chunks of chicken marinated in a Cuban mojo sauce of orange and lime juices, honey, soy sauce, garlic and spices, seared in a hot pan and served with quinoa cooked with black beans, red bell pepper, and onion, and served with mojo sauce and mango salsa. This is a complete meal with no additional side dish.

### ***Prosciutto and Fontina-Stuffed Chicken Breasts***

Chicken breasts stuffed with crispy prosciutto, rosemary, garlic, and Fontina cheese, coated in breadcrumbs and pan-fried.

### ***Lacinato Kale Salad with Chicken, Torn Croutons, and Smoky Caesar Dressing***

Thinly-sliced Tuscan kale with rustic herb and garlic torn croutons, Parmesan and shredded white cheddar cheeses, herb and garlic grilled chicken, and a smoky Caesar dressing of smoked paprika, chili powder, olive oil, red wine vinegar, lemon juice, anchovies, egg yolk, and garlic.

### ***Chicken Quesadillas***

Flour tortillas (or whole wheat) filled with a mixture of cheddar and jack cheeses, sautéed diced chicken, onions, red bell pepper, baby spinach, garlic, and spices, fried in a pan until crispy. Served with three homemade sauces - Fire-Roasted Salsa, Guacamole, and Cilantro-Lime Yogurt. This is a complete meal with no additional side dish.

### ***Sicilian Chicken***

Pan-seared herb-coated chicken breasts topped with goat cheese and sun-dried tomatoes and baked.

### ***Baked Honey-Mustard Chicken***

Chicken thighs rubbed with whole grain mustard and olive oil, browned in the pan, then baked in the oven in a sauce of Dijon, whole grain mustard, honey, chicken stock, and rosemary.

### ***Grilled Amarillo Chicken with Avocado Yogurt Sauce***

Chicken thighs coated in Southwestern seasonings, grilled, and served with a smooth, refreshing sauce of avocado, Greek yogurt, lime, mint, and garlic.

### ***Baked Quinoa and Chicken Parmesan***

Chunks of sautéed chicken folded together with quinoa and marinara sauce, layered and topped with mozzarella and Parmesan cheeses and baked until golden.

### ***Chicken Fajitas***

Thin slices of chicken breast marinated in a spice and lime marinade, browned in a skillet along with onions and red bell peppers, and served on flour or corn tortillas with sliced avocado, shredded cheese, Fire-Roasted Salsa, and sour cream.

### ***Chicken Marsala***

Thinly-sliced chicken breasts simmered in a sauce of mushrooms, Marsala wine, chicken stock, shallots, garlic, and parsley.

### ***Grilled Chicken Poblano with Tomatoes and Jack Cheese***

Chicken thighs or breasts coated with Southwestern seasonings, grilled, then topped with a charred salsa of chopped grilled red onions, mild poblano peppers, tomatoes, cilantro, lime, red wine vinegar, and spices, and slices of Monterey Jack cheese and baked in the oven until bubbly and delicious.

### ***Pancetta-Wrapped Stuffed Chicken Breasts***

Chicken breasts stuffed with spinach and Pecorino-Romano cheese, rolled up and covered with pancetta (Italian bacon), then pan-seared and served with a white wine sage sauce.

### ***Southwestern Romaine Salad with Chicken and Creamy Cilantro-Lime Dressing***

Romaine salad with grilled chicken, black beans, tomatoes, corn, avocado, tortilla strips, cheddar cheese and a dressing of pureed Greek yogurt, cilantro, garlic, lime, olive oil, and cider vinegar. This is a complete meal with no additional side dish.

### ***Basque-Style Braised Chicken with Peppers***

Bone-in chicken pieces seasoned with paprika and braised with onions, red and green bell peppers, garlic, white wine, diced tomatoes, chicken stock, prosciutto, and herbs.

## ***Turkey***

### ***Turkey Meatballs in Tomatillo Sauce***

Turkey meatballs seasoned with cumin and simmered in a fresh sauce of tomatillos, mild green chile peppers, onions, garlic, cilantro, lime, and spices.

### ***Beer-Braised Turkey Tacos***

Turkey drumsticks braised with dark beer, tomatoes, onions, garlic, ancho chiles, cinnamon, oregano, and jalapeno, served shredded with the braising sauce in corn tortillas, topped with green onions, sesame seeds, and cilantro

## ***Beef***

### ***Carne Asada with Tomatillo Avocado Salsa***

Skirt steak marinated in lime juice, vinegar, olive oil, garlic, and Southwestern spices, grilled, sliced thinly, and served with a salsa of tomatillos, avocado, lime, jalapenos, cilantro, onion, and garlic.

### ***Philly Cheesesteak Sandwiches***

Thinly-sliced ribeye steaks sautéed with caramelized onions and green peppers, topped with Provolone cheese and served on hoagie rolls.

### ***Thai Beef with Basil***

Ground beef stir-fried with lots of basil, garlic, red chile peppers, julienned carrots, scallions, lime juice, fish sauce, soy sauce, and sugar, and served over jasmine rice.

### ***Tagliata with Arugula***

A Tuscan dish of rib eye steaks rubbed with garlic, rosemary, and sage, grilled, sliced and served over fresh arugula with shaved Parmesan cheese and lemon vinaigrette.

### ***Green Chili Cheeseburgers with Grilled Scallion Mayo***

Grilled ground beef burgers topped with a salsa of roasted poblano and jalapeno peppers, red wine vinegar, honey, olive oil, and cilantro, with a slice of Monterrey Jack cheese, and mayo coarsely pureed with grilled scallions and cumin and served on burger buns.

### ***Maple-Glazed Meatloaf***

Ground beef and pork mixed with sautéed bacon and onions, crushed crackers, sour cream, milk, mustard, egg, thyme, and parsley, shaped into a freeform loaf, covered in more bacon and glazed with maple syrup and Dijon mustard.

### ***Steak with Herb Sauce (Bistecca Con Salsa delle Erbe)***

Grilled flat iron steak drizzled with a fresh herb sauce of pureed basil, parsley, oregano, rosemary, thyme, tarragon, garlic, and olive oil.

## **Pork**

### ***BBQ Pulled Pork and Quinoa Bowl***

The perfect lower-carb combination of slow-roasted pulled pork with homemade barbecue sauce, over quinoa with creamy cabbage cole slaw. This is a complete meal with no additional side dish.

### ***Pork Tenderloin with Chipotle-Orange Sweet Potato Gravy***

Pan-seared pork tenderloins rubbed with southwestern seasonings, sliced and served in a gravy of pureed sweet potatoes, onions, chipotle peppers, rosemary, orange juice, chicken stock, and spices.

### ***Gouda and Spinach-Stuffed Pork Chops***

Pork chops stuffed with smoked Gouda cheese and chopped spinach, coated in Dijon mustard and Cajun-seasoned Panko bread crumbs.

### ***Pork Chops with Mushroom Gravy***

Pan-seared pork chops with a sauce of mushrooms, onion, sherry, beef stock, Worcestershire, herbs, and cream.

### ***Skinny Pork Chops with Dijon-Bacon Cabbage***

Pan-seared, thin-cut pork loin chops served on a bed of green cabbage caramelized with red onions, chopped bacon, and Dijon mustard.

### ***Char Siu Baby Back Ribs***

Chinese barbecued baby back ribs marinated, roasted, and glazed in hoisin sauce, honey, soy sauce, sesame oil, Sriracha, ginger, onion, garlic, and Chinese five-spice powder.

### ***Shanghai Stir-Fried Pork with Cabbage***

Thinly-sliced pork loin marinated in sherry, soy sauce, and white pepper and stir-fried with Napa cabbage and shiitake mushrooms, and served with Asian chile sauce over white or brown rice. This is a complete meal with no additional side dish.

### ***Asparagus and Ham Quiche***

Flaky pie crust filled with asparagus, ham, Gruyere cheese, egg, milk, and herbs, and baked until golden.

## ***Other Meats***

### ***Lamb Barbacoa in Adobo***

Lamb shoulder braised slowly in a puree of guajillo chiles, fire-roasted tomatoes, cider vinegar, onion, garlic, thyme, Mexican oregano, cumin, cloves, and allspice, pulled into shredded pieces and served with sautéed cabbage and Fire-Roasted Salsa in flour or corn tortillas. This is a complete meal with no additional side dishes.

### ***Lemon-Rosemary Lamb Chops Milanese***

Lamb rib chops pounded thin and coated in breadcrumbs seasoned with rosemary and lemon zest and pan-fried until crispy.

## ***Seafood***

### ***Grilled Tuna Kebabs with Salsa Verde***

Skewers lined with chunks of tuna, zucchini, and baby potatoes, grilled, and served with an Italian salsa verde sauce of pureed parsley, mint, basil, capers, breadcrumbs, anchovies, red wine vinegar, Dijon, and garlic.

### ***Grilled Shrimp with Orange and Tequila***

Grilled shrimp coated in a pan-reduction sauce of tequila, orange juice, chipotle pepper, shallots, garlic, cilantro, and butter.

### ***Slow-Roasted Salmon with Chickpeas and Greens***

Salmon filets roasted slowly in the oven over a bed of mashed chickpeas and braised baby kale, served drizzled with a lemon vinaigrette with crispy fried capers.

### ***Sicilian-Style Swordfish***

Grilled swordfish rubbed with herbs and spices and served over linguine with a salsa of chopped tomatoes, chopped black olives, basil, garlic, lemon, and olive oil.

### ***Fish Tacos with Cabbage Slaw and Avocado Crema***

Grilled mahimahi served in corn tortillas with a slaw of shredded cabbage, cucumbers, red bell peppers, serrano chili, green onions, cilantro, lime, and olive oil and served with a sauce of pureed avocado, Greek yogurt, lime, garlic, and cumin.

### ***Shrimp and Spinach-Stuffed Salmon***

Salmon filets stuffed with sautéed shrimp, mushrooms, spinach, chopped macadamia nuts, green onions, and a little mayo to bind, pan-seared and broiled to finish.

### ***Spice-Rubbed Halibut with Ratatouille***

Pan-seared halibut filets seasoned with paprika, herbs, and garlic, and served over a bed of braised summer vegetables – onions, zucchini, eggplant, red bell pepper, tomatoes, garlic, and herbs.

### ***Spiced Mahimahi with Grilled Pineapple Salsa***

Mahimahi filets seasoned with cumin, coriander, and sugar, grilled, and served with a salsa of grilled pineapples and red onions, avocado, jalapeno, mint, and lime.

## ***Pasta***

### ***Orzo with Feta, Basil, and Shrimp***

Shrimp marinated in olive oil and paprika, then pan-seared and tossed with orzo pasta, fresh basil, lemon, and feta cheese.

### ***Spaghetti with Collard Greens, Hazelnuts, and Caramelized Onions***

Spaghetti noodles tossed with balsamic-caramelized onions, braised collard greens, garlic, chopped, toasted hazelnuts, and Parmesan cheese.

### ***Baked Penne with Corn, Zucchini, and Basil***

Penne pasta baked in a casserole with corn, zucchini, tomatoes and white wine, garlic, oregano, basil, mozzarella, and Parmesan cheese.

### ***Rotini with Lamb and Zucchini***

Rotini pasta topped with a ragu of ground lamb, zucchini, tomatoes, white wine, rosemary, onion, and a sprinkle of pecorino-romano cheese.

### ***Farfalle with Spring Vegetables***

Bow-tie pasta cooked into a light cream and white wine sauce with asparagus, baby spinach, peas, and shallots with basil, toasted pine nuts, and Parmesan cheese.

### ***Spaghetti Aglio e Olio (Garlic and Oil) with Broccoli***

Spaghetti in a simple olive oil and slivered garlic sauce with lots of Parmesan cheese, crushed red pepper, parsley, and tender broccoli florets.

## ***Vegetarian***

### ***Roasted Cauliflower Steaks Parmesan***

Thick slices of roasted cauliflower steaks seasoned with herbs and garlic, topped with marinara sauce, and Parmesan, Asiago, and mozzarella cheeses, and roasted in the oven until golden and bubbly.

### ***Torta Salata di Zucchine (Zucchini and Ricotta Pie)***

Sauteed zucchini, shallots, and garlic mixed with ricotta cheese, eggs, grated Pecorino-Romano cheese, and herbs, and poured into a breadcrumb crusted pie plate and baked.

### ***Chickpea Cashew Curry***

An Indian curry with chickpeas, baby spinach, onion, garlic, ginger, in a tomato, yogurt, and ground cashew curry with cilantro and served over basmati rice.

### ***Eggplant Meatballs in Marinara***

Sautéed eggplant, onions, and garlic pureed together with white cannellini beans, breadcrumbs, and parsley, formed into balls and baked until browned, then served in marinara sauce over your favorite pasta, grain, or in hoagie rolls. Can also be done with mushrooms instead of eggplant.

### ***Chickpeas Romesco with Brown Rice***

Chickpeas braised with pureed tomatoes and roasted red peppers, ground almonds, shallots, serrano peppers, garlic, white wine, red wine vinegar, and herbs, and served over brown rice.

### ***Quinoa and Arugula Salad with Grilled Asparagus, Portobellos, Feta, and Herbs***

Grilled asparagus and Portobello mushrooms sliced and tossed with quinoa, arugula, feta cheese, grated carrot, sunflower seeds, chives, parsley, and lemon-honey vinaigrette.

### ***Udon Noodles with Tofu, Spinach, and Black Pepper Sauce***

Tofu, spinach, and thick udon noodles stir fried in a sauce with lots of ground pepper, soy sauce, mirin, sesame oil, honey, ginger, and garlic.