



RUSH HOUR RECIPES

Springtime Pesto

Serves 4-6. Prep time: 25 minutes.

4 cups lightly packed arugula	1 teaspoon fresh lemon juice
$\frac{1}{2}$ cup lightly packed fresh parsley leaves	$\frac{1}{2}$ teaspoon salt
1 clove garlic	3 tablespoons olive oil
$\frac{1}{3}$ cup shredded Parmesan cheese	$\frac{1}{2}$ teaspoon lemon zest
$\frac{1}{4}$ cup frozen peas, thawed	1 pound whole wheat penne pasta

Preparation

Process the arugula, parsley, garlic, Parmesan and peas in a food processor until they form a smooth paste, stopping to scrape down the sides of the bowl twice. Add the lemon juice, salt and olive oil and process, scraping down as needed, to make a smooth, creamy pesto. Place the pesto in a bowl, and stir in the lemon zest.

Cook the pasta according to package directions; drain and toss with the pesto. Serve with additional Parmesan cheese, and freshly-ground black pepper to taste.

Springtime Pesto

Ingredient checklist

PRODUCE

- Arugula
- Parsley
- Garlic
- Lemon

GROCERY

- Olive oil
- Whole wheat penne pasta

REFRIGERATED/DAIRY

- Parmesan

FROZEN

- Peas

SPICES/SEASONINGS

- Salt

Serving suggestion

Spread this light, fresh pesto on a prepared pizza crust and top with goat cheese before baking or broiling, and cut in small triangles for a seasonal appetizer. Add halved cherry tomatoes and snips of fresh herbs or garlic scapes if you like.

Nutritional information per serving

340 calories	290 g. carbohydrate
10 g. fat	9 g. fiber
5 mg. cholesterol	13 g. protein
290 mg. sodium	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Smoked Salmon and Arugula Salad

Serves 4. Prep time: 10 minutes.

1 small clove garlic	2 tablespoons olive oil
¼ cup plain Greek yogurt	4 cups arugula, washed and dried
2 tablespoons mayonnaise	1 large carrot, shredded
1 tablespoon fresh lemon juice	2 cups cherry tomatoes, halved
1 teaspoon sugar	8 ounces smoked salmon, thinly
½ teaspoon salt	sliced, cut in bite-sized pieces

Preparation

In a blender or food processor, mince the garlic, then add the yogurt, mayonnaise, lemon juice, sugar and salt, and puree. Scrape down and repeat if necessary, then drizzle in the olive oil with the machine running. Reserve.

Arrange the arugula on each of four salad plates, then top it with carrot shreds and tomatoes. Pile the salmon in the center. Drizzle with dressing and serve immediately.

Smoked Salmon and Arugula Salad

Ingredient checklist

PRODUCE

- Garlic
- Carrot
- Lemon
- Cherry tomatoes
- Arugula

BULK

- Sugar

GROCERY

- Mayonnaise
- Olive oil

MEAT/SEAFOOD

- Smoked salmon

REFRIGERATED/DAIRY

- Greek yogurt

SPICES/SEASONINGS

- Salt

Serving suggestion

This simple salad is a great lunch, and the soft, salty salmon pairs perfectly with crisp greens and creamy dressing. You can use fat-free yogurt and low-fat mayo if you want to keep the fat content low, or full-fat, for a richer dressing. If you want to snip some fresh dill over the salmon, that would be lovely, too.

Nutritional information per serving

210 calories	13 g. carbohydrate
12 g. fat	3 g. fiber
15 mg. cholesterol	15 g. protein
1530 mg. sodium	

The nutritional values and information provided are approximations.





RUSH HOUR RECIPES

Pho with Shrimp

Serves 6. Prep time: 30 minutes.

2 teaspoons vegetable oil
3 slices fresh ginger
4 cloves garlic, thinly sliced
8 cups chicken broth
2 whole star anise
1 stick cinnamon
1 teaspoon whole black peppercorns
3 tablespoons fish sauce, to taste
4 small heads baby bok choy, cut into 2-inch pieces

16 large shrimp, shelled and deveined
4 ounces flat rice noodles
1 large carrot, julienned
1 8-ounce package baked tofu, sliced
2 cups bean sprouts, rinsed
4 large scallions, sliced on a diagonal
2 large limes, halved and sliced

Preparation

In a 2-quart pot, heat the oil over medium-high heat, then sauté the ginger and garlic just until fragrant, about a minute. Add the stock, anise, cinnamon, peppercorns and fish sauce. Bring to a simmer and lower heat to keep it at a gentle bubble. Cook for 20 minutes. The stock will reduce to about 7 cups.

While the stock simmers, chop the bok choy, prep the shrimp, and have all the vegetables in separate piles on a plate. Cook the noodles, and divide them between six wide soup bowls. Arrange the tofu and bean sprouts on top of the noodles.

When the stock is ready, strain it, taste for salt, adding more fish sauce if you think it needs it, and bring it to a boil. When you're ready to serve, simmer shrimp, bok choy and carrot in the stock until cooked, about 3 minutes, then ladle the hot soup over the noodles, tofu and sprouts. Sprinkle with scallions, and serve with lime slices.

Pho with Shrimp

Ingredient checklist

PRODUCE

- Ginger
- Garlic
- Baby bok choy
- Carrot
- Bean sprouts
- Scallions
- Limes

GROCERY

- Vegetable oil
- Chicken broth
- Fish sauce
- Rice noodles

REFRIGERATED/DAIRY

- Baked tofu

MEAT/SEAFOOD

- Shrimp

SPICES/SEASONINGS

- Star anise
- Cinnamon
- Black peppercorns

Serving suggestion

Few things are more satisfying than a big bowl of pho, served hot. This quick-to-make version takes the broth out of the realm of “weekend project” into “weeknight meal.” Set out bowls of chopped peanuts, shredded or quick-pickled daikon and Sriracha or hoisin sauce so your guests can customize their pho.

Nutritional information per serving

380 calories	46 g. carbohydrate
9 g. fat	4 g. fiber
95 mg. cholesterol	29 g. protein
1500 mg. sodium	

The nutritional values and information provided are approximations.





Mango Jicama Guacamole

Serves 4. Prep time: 15 minutes.

½ cup chopped mango	½ teaspoon salt
½ cup cubed jicama	1 clove garlic, smashed
1 tablespoon plus 1 teaspoon fresh lime juice	2 small scallions, chopped
2 large ripe avocados	1 pinch chili powder

Preparation

Peel and chop the mango and jicama in small, even pieces; sprinkle with a teaspoon of lime juice and reserve.

Halve the avocados and remove the pits; scoop the flesh into a medium bowl. Mash coarsely with a fork, then add the remaining tablespoon of lime juice, salt and garlic and mix. Stir in the scallions.

Spread the guacamole in a small serving bowl. Sprinkle mango and jicama on top of the guacamole, then dust with chili powder. Serve immediately with chips or quesadillas.

Mango Jicama Guacamole

Ingredient checklist

PRODUCE

- Mango
- Jicama
- Lime
- Avocados
- Garlic
- Scallions

SPICES/SEASONINGS

- Salt
- Chili powder

Serving suggestion

This is a fantastic dish to serve at a party; just double (or triple) the recipe and use a wider bowl or small casserole dish. The crunchy jicama, sweet mango and creamy avocado are a delicious topping for tostadas and quesadillas, too.

Nutritional information per serving

150 calories	15 g. carbohydrate
10 g. fat	7 g. fiber
0 mg. cholesterol	3 g. protein
300 mg. sodium	

The nutritional values and information provided are approximations.