



RUSH HOUR RECIPES

Ravioli with Peas and Ham

Serves 4. Prep time: 15 minutes active; 25 minutes total.

1 pound frozen ravioli
(any variety)
½ cup frozen peas
2 tablespoons olive oil
2 teaspoons lemon zest

1 clove garlic, chopped
4 ounces sliced ham, chopped
½ cup grape tomatoes, halved
½ cup fresh parsley, chopped
½ cup shredded Parmesan cheese

Preparation

Start heating a large pot of salted water for cooking the ravioli. Measure the peas and set aside to thaw while you prepare the remaining ingredients. In a large skillet, heat the olive oil over medium-high heat, and add the lemon zest and garlic. Stir just until the lemon and garlic sizzle, then turn off the heat, and let stand while you cook the ravioli according to package directions, about 8 minutes. Add the peas for the last 2 minutes of cooking time. Drain well.

Reheat the olive oil mixture on medium-high heat and add the ham. Sauté for 1 to 2 minutes until the ham begins to crisp. Add the drained ravioli, tomatoes and parsley to the pan, toss to coat with oil and mix well. When the tomatoes are starting to soften, about 1 minute, sprinkle with Parmesan and serve.

Ravioli with Peas and Ham

Ingredient checklist

PRODUCE

- Lemon
- Garlic
- Grape tomatoes
- Parsley

GROCERY

- Olive oil

MEAT/SEAFOOD

- Sliced ham

REFRIGERATED/DAIRY

- Parmesan

FROZEN

- Ravioli
- Peas

Serving suggestion

Keep a bag of frozen ravioli handy and you can have a delicious dinner on the table in minutes. Made with meat- or cheese-filled ravioli and sliced deli ham from the co-op, this dish will be fast and flavorful either way. Serve with a green salad or steamed veggies for a complete meal.

Nutritional information per serving

430 calories	50 g. carbohydrate
16 g. fat	4 g. fiber
45 mg. cholesterol	20 g. protein
710 mg. sodium	

The nutritional values and information provided are approximations.



Pineapple Green Smoothie

Serves 2. Prep time: 10 minutes.

½ cup milk

½ cup plain Greek yogurt

4 cups spinach leaves, washed

1 cup pineapple chunks, drained

1 medium frozen banana, sliced

Preparation

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve immediately.

Pineapple Green Smoothie

Ingredient checklist

PRODUCE

- Spinach
- Banana

GROCERY

- Canned pineapple

REFRIGERATED/DAIRY

- Milk
- Greek yogurt

Serving suggestion

For a thicker smoothie, use frozen pineapple chunks as well as the sliced, frozen banana. Make your own frozen fruit for smoothies by cutting up fresh pineapple and bananas and freezing the pieces on a baking sheet; then transfer to a zip-close bag for storage. Drained canned pineapple freezes just as well as fresh.

Nutritional information per serving

260 calories

4 g. fat

10 mg. cholesterol

135 mg. sodium

49 g. carbohydrate

5 g. fiber

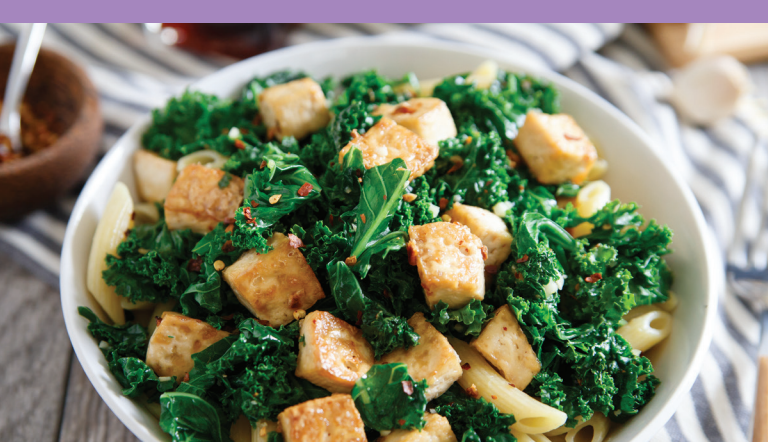
12 g. protein

The nutritional values and information provided are approximations.



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BUDGET FRIENDLY RECIPES

Garlic Tofu and Greens

Serves 4. Prep time: 20 minutes active; 35 minutes total.

¾ pound firm tofu, sliced in
1-inch cubes
3 tablespoons canola oil, divided
2 tablespoon toasted sesame oil,
divided
6 cloves garlic, minced, divided

4 cups water
2 cups uncooked penne pasta
1 bunch kale, tough ribs removed,
chopped
1 teaspoon red pepper flakes
Salt and pepper to taste

Preparation

Heat the oven to 400°F. Line a baking sheet with parchment or foil. Toss tofu cubes with 2 tablespoons of canola oil, 1 tablespoon of sesame oil, and half of the minced garlic, making sure the cubes are well coated. Spread in a single layer on the baking sheet and bake for 15 to 20 minutes or until lightly golden.

While tofu is baking, bring 4 cups of water to a boil. Add penne pasta and boil for 10 minutes or until pasta is tender.

Heat the remaining oils in a large skillet over medium-high heat. Add the rest of the garlic and red pepper flakes and let them sizzle for just a moment. Add the kale a handful at a time, turning frequently with tongs. Once kale turns bright green and begins to wilt, about 2 to 3 minutes, turn off the heat. Mix the kale with the baked tofu, tossing well. Season with salt and pepper. Serve over pasta.

Garlic Tofu and Greens

Ingredient checklist

PRODUCE

- Garlic
- Kale

GROCERY

- Canola oil
- Penne pasta
- Toasted sesame oil

REFRIGERATED/DAIRY

- Firm tofu

SPICES/SEASONINGS

- Red pepper flakes
- Black pepper
- Sea salt

Serving suggestion

The toasted sesame oil and garlic add depth to this simple vegetarian dish. This meal makes it easy to get greens in your diet. Try using broccoli for the kale when broccoli's on sale. Or leave out the pasta and top the kale with poached or fried eggs for a high protein breakfast option.

Nutritional information per serving

380 calories	41 g. carbohydrate
18 g. fat	2 g. fiber
35 mg. cholesterol	17 g. protein
70 mg. sodium	

Estimated cost

Total:	\$6.67
Per serving:	\$1.67

The nutritional values and information are approximations, and ingredient costs are estimated.



Sweet Onion Jam

Makes 2 cups. Prep time: 10 minutes active; 4 ½ to 6 hours total.

8 cups thinly sliced sweet yellow onions (approximately 4 large onions)

2 tablespoons olive oil

2 tablespoons fresh thyme

2 tablespoons maple syrup

2 tablespoons balsamic vinegar

½ teaspoon salt

Preparation

Place the sliced onions in a large (4-quart) crockpot and add the remaining ingredients. Toss to coat. Cover and set the cooker on high. Cook for 4 hours, opening halfway to stir and re-cover. At 4 hours, uncover and continue cooking on high for 2 more hours. Stir occasionally, until the mixture is thick and the liquids are syrupy.

For a faster method that requires frequent stirring, you can also move the onions to a 2-quart saucepan after 4 hours in the crockpot. Place the pan on the stove over medium-high heat and stir frequently as the mixture comes to a boil. Cook, stirring often, until the mixture is thick and the liquids are syrupy, about 10 minutes. Transfer onion jam to a jar; it will keep refrigerated for up to two weeks.

Sweet Onion Jam

Ingredient checklist

PRODUCE

- Yellow sweet onions
- Thyme

GROCERY

- Olive oil
- Balsamic vinegar
- Maple syrup

SPICES/SEASONINGS

- Salt

Serving suggestion

Life is just better with condiments — especially exciting, homemade condiments that can be eaten by the spoonful alongside meats, vegetables and grains, or added to sandwiches and pizza. Vary the flavor of this onion jam by adding rosemary or sage instead of (or in addition to) the thyme.

Nutritional information per serving

45 calories	9 g. carbohydrate
1 g. fat	2 g. fiber
0 mg. cholesterol	1 g. protein
40 mg. sodium	

The nutritional values and information provided are approximations.