



Chocolate Matcha Energy Balls

Makes 16. Prep time: 15 minutes.

½ cup raw cashews

¼ cup raw walnuts

1 cup pitted dates

1 tablespoon maple syrup or
honey

2 tablespoons unsweetened
cocoa

1 tablespoon plus 1 teaspoon
matcha, divided

Pinch of salt

Preparation

Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.

Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.

Chocolate Matcha Energy Balls

Ingredient checklist

BULK

- ☐ Cashews
- ☐ Walnuts
- ☐ Maple syrup or honey
- ☐ Cocoa
- ☐ Matcha

SPICES/SEASONINGS

- ☐ Salt

Serving suggestion

Looking for a little pick-me-up? These tiny treats don't take up much room in your bag, but pack enough energy to fortify you for a vigorous hike or long day at work. Dates provide a natural, fiber-rich energy boost, while cocoa and matcha contribute antioxidants (and a little caffeine). Can't find matcha powder in the bulk aisle? Check the tea section or wellness department.

Nutritional information per serving

45 calories	7 g. carbohydrate
2 g. fat	1 g. fiber
0 mg. cholesterol	1 g. protein
0 mg. sodium	

The nutritional values and information provided are approximations.



Charred Asparagus with Tarragon Aioli

Serves 4. Prep time: 15 minutes.

1 bunch asparagus, tough ends trimmed

2 ½ teaspoons olive oil, divided

Freshly ground black pepper

Salt to taste

¼ cup mayonnaise

½ or 1 small clove garlic, minced

½ teaspoon lemon zest

½ teaspoon lemon juice

½ teaspoon dried tarragon

Preparation

Heat broiler on high and set a rack 6 inches away from it. On a sheet pan, toss asparagus with 2 teaspoons of olive oil, a few grinds of pepper and a pinch of salt. Broil for 2-5 minutes and check for browning; shake the sheet pan to roll the asparagus spears around to brown evenly.

For the aioli, put the mayo in a small bowl, add the garlic, lemon zest, lemon juice, ½ tablespoon olive oil and tarragon and mix well.

Charred Asparagus with Tarragon Aioli

Ingredient checklist

PRODUCE

- ☐ Asparagus
- ☐ Garlic
- ☐ Lemon

BULK

- ☐ Olive oil

GROCERY

- ☐ Mayonnaise

SPICES/SEASONINGS

- ☐ Pepper
- ☐ Salt
- ☐ Dried tarragon

Serving suggestion

This dish is a delicious side for poached or baked tilapia or salmon or with a hearty grain-based pilaf or salad. Serve asparagus warm or at room temperature, with aioli for dipping, or place the asparagus on a platter and drizzle the aioli down the center.

Nutritional information per serving

100 calories	8 g. carbohydrate
8 g. fat	2 g. fiber
5 mg. cholesterol	3 g. protein
280 mg. sodium	

The nutritional values and information provided are approximations.



Mushroom Chicken and Rice

**Serves 4 to 5. Prep time: 25 minutes active;
60 minutes total.**

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|---|-------------------------------------|
| 2 tablespoons canola oil, divided | 8 ounces button mushrooms, sliced |
| 1 teaspoon paprika | 3 cups chicken broth |
| ½ teaspoon garlic powder | 1 ½ cups uncooked brown rice |
| ½ teaspoon salt | 2 cups frozen green peas, thawed |
| ½ teaspoon pepper | 1 teaspoon dried rosemary |
| 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces | 1 teaspoon dried thyme |
| 1 medium yellow onion, chopped | 2 cloves garlic, diced |
| | Additional salt and pepper to taste |

Preparation

Heat a large skillet over medium-high heat. Add 1 tablespoon of canola oil to pan. Mix paprika, garlic powder, salt and pepper together by shaking in a zip-lock plastic bag. Add chicken pieces and shake to coat evenly with dry spice mixture. Add chicken to pan and sauté for 5 minutes or until chicken is browned, stirring occasionally. Remove chicken from pan and set aside.

Return pan to medium-high heat. Add remaining canola oil to pan. Add onion and mushrooms; sprinkle with salt and pepper, sauté 5 minutes or until onion is lightly browned, stirring occasionally. Stir in chicken broth and rice and bring to a boil. Cover, reduce heat to low, and simmer for 35 minutes. Stir in the chicken, peas, thyme, rosemary and garlic. Cover and cook 10 minutes or until rice is tender and chicken is done. Season with additional salt and pepper to taste.

Mushroom Chicken and Rice

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Button mushrooms
- ☐ Garlic

BULK

- ☐ Brown rice

GROCERY

- ☐ Canola oil
- ☐ Chicken broth

MEAT/SEAFOOD

- ☐ Skinless, boneless, chicken thighs

FROZEN

- ☐ Peas

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Garlic powder
- ☐ Rosemary
- ☐ Thyme
- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This one-pot meal is a savory delight. Mushrooms and chicken make a natural pair, and peas add texture and provide a good source of vitamins A, C and fiber.

Nutritional information per serving

440 calories	45 g. carbohydrate
15 g. fat	7 g. fiber
125 mg. cholesterol	30 g. protein
470 mg. sodium	

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



Mushroom Miso Ramen

Serves 4. Prep time: 45 minutes.

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|--|--------------------------------|
| 4 cups low sodium vegetable broth | 1 tablespoon tamari |
| 4 small dried shiitake mushrooms | 1 ½ cups thinly sliced cabbage |
| 1 inch piece fresh ginger, sliced | 10 ounces dry ramen noodles |
| 4 large eggs | 2 tablespoons red miso |
| 1 cup shredded daikon radish | 1 cup warm water |
| 1 large carrot, chopped | 2 small scallions, sliced |
| 5 ounces fresh shiitake mushrooms, stems removed, sliced | Sriracha sauce (optional) |
| | Kimchi (optional) |

Preparation

In a large pot, combine the stock, dried mushrooms and ginger and bring to a boil over high heat. Reduce to low and simmer, covered, for at least 10 minutes.

Use a slotted spoon or wire basket strainer to remove the mushrooms and ginger, and discard. While the stock simmers, place the eggs in a pot of cold water, and bring to a boil. Remove from the heat and let stand for 10 minutes for a soft yolk, or 14 minutes for a hard yolk. Drain and rinse with cold water, and peel as soon as they are cool enough to handle.

Add the daikon, carrot and shiitakes to the simmering stock. Cook for about 2 minutes, just to soften the veggies. Add tamari, salt, sliced cabbage and ramen, return to a boil, and cook for 4 minutes or until the noodles are done. Whisk the miso into a cup of warm water, then whisk into the simmering soup.

Serve in in four large, wide bowls. Halve the boiled eggs lengthwise and float two halves in each bowl of ramen. Season with Sriracha and kimchi, if you prefer.

Mushroom Miso Ramen

Ingredient checklist

PRODUCE

- ☐ Shiitake mushrooms
- ☐ Carrot
- ☐ Ginger
- ☐ Cabbage
- ☐ Radish
- ☐ Scallions

GROCERY

- ☐ Vegetable broth
- ☐ Ramen noodles
- ☐ Dried shiitake mushrooms
- ☐ Sriracha (optional)
- ☐ Tamari

REFRIGERATED/DAIRY

- ☐ Eggs
- ☐ Kimchi (optional)
- ☐ Red miso

Serving suggestion

A ramen bowl is a warming and hearty meal in itself, and so easy to customize to your own taste. Use leftover baked marinated tofu or extra-firm tofu cubes instead of the eggs; add spring peas (with or without the pod); or substitute fresh spinach for the cabbage.

Nutritional information per serving

- 8 g. fat
- 7 g. fiber
- 210 mg. cholesterol
- 19 g. protein
- 1680 mg. sodium
- 64 g. carbohydrate

The nutritional values and information provided are approximations.