



Peanut Butter Berry Smoothie Bowl

Serves 2. Prep time: 15 minutes.

| | |
|----------------------------------|---------------------------------------|
| 1 cup plain non-fat Greek yogurt | 2 cups fresh strawberries, sliced |
| ¼ cup peanut butter | 1 cup granola |
| 1 large frozen banana | 2 tablespoons chopped roasted peanuts |
| 1 cup frozen strawberries | 2 tablespoon chia seeds |
| 2 tablespoons strawberry jam | |

Preparation

Place the yogurt, peanut butter, banana, strawberries and jam in a blender, and secure the lid. Puree until smooth. Divide the smoothie between two low, wide bowls and spread mixture evenly. Arrange the sliced strawberries on each bowl, then garnish with the granola, peanuts and chia seeds. Serve immediately.

Peanut Butter Berry Smoothie Bowl

Ingredient checklist

PRODUCE

- Banana
- Strawberries

BULK

- Granola
- Chia seeds
- Roasted peanuts

GROCERY

- Peanut butter
- Strawberry jam

REFRIGERATED/DAIRY

- Non-fat Greek yogurt

FROZEN

- Strawberries

Serving suggestion

This delicious bowl is as close as you can get to eating ice cream for breakfast, while still feeling virtuous about the protein and nutritious fruits you are spooning up. For the best smoothies, freeze bananas that have gotten a little too ripe; just peel them and pop them in a freezer bag. The frozen ingredients make a thick smoothie, perfect for topping with granola, fruit and seeds.

Nutritional information per serving

| | |
|--------------------|---------------------|
| 790 calories | 100 g. carbohydrate |
| 30 g. fat | 19 g. fiber |
| 15 mg. cholesterol | 30 g. protein |
| 280 mg. sodium | |

The nutritional values and information provided are approximations.



Kiwi Chicken Salad

Serves 4-6. Prep time: 20 minutes.

1 pound cooked chicken breast,
chopped

½ cup full-fat Greek yogurt

2 tablespoons olive oil

1 tablespoon lemon juice

½ teaspoon salt

¼ teaspoon pepper

2 large scallions, chopped

2 kiwi fruit, peeled and chopped

1 large orange, peeled and
chopped

1 avocado, diced

¼ cup slivered almonds, toasted

Preparation

Place the chopped chicken in a large bowl. In a cup, stir the yogurt, olive oil, lemon juice, salt and pepper, and pour over the chicken. Add the scallions, kiwi, orange and avocado and toss to mix. Mix in almonds just before serving.

Kiwi Chicken Salad

Ingredient checklist

PRODUCE

- Lemon
- Scallions
- Kiwi
- Orange
- Avocado

BULK

- Olive oil
- Toasted slivered almonds

REFRIGERATED/DAIRY

- Full-fat Greek yogurt

MEAT/SEAFOOD

- Chicken breast

SPICES/SEASONINGS

- Salt
- Pepper

Serving suggestion

If you are planning on making chicken this week, cook an extra pound and save it to make this salad later. It's an easy and colorful salad that can be eaten on its own, in a lettuce leaf or in a sandwich.

Nutritional information per serving

| | |
|---------------------|--------------------|
| 430 calories | 18 g. carbohydrate |
| 22 g. fat | 6 g. fiber |
| 100 mg. cholesterol | 42 g. protein |
| 410 mg. sodium | |

The nutritional values and information provided are approximations.



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Honey-Bourbon Glazed Ham Steaks

Serves 4. Prep time: 15 minutes.

13 tablespoons bourbon

¼ cup honey

1 teaspoon ground ginger

⅛ teaspoon ground cloves

1 teaspoon vegetable oil or
butter

4 4-ounce ham steaks

Preparation

Combine the bourbon, honey, ginger and cloves in a cup and stir to mix.

Place a large skillet over medium-high heat. When hot, add oil or butter and tilt the pan to coat. Place the ham steaks in the hot pan and sear on both sides for about 1 minute per side. When the ham is browned and heated through, take the pan off the heat, move the ham to a plate and cover loosely with a pan lid or foil to keep warm.

Put the pan back on the burner over medium heat and add the honey mixture, stirring as soon as it hits the hot pan. It will boil and thicken quickly, within 30 seconds or so. Put the ham steaks back in the pan and turn frequently until they are glazed and coated.

Serve immediately and drizzle with any sauce left in the pan.

Honey-Bourbon Glazed Ham Steaks

Ingredient checklist

PRODUCE

Ginger

BULK

Honey

Vegetable oil

GROCERY

Bourbon

MEAT/SEAFOOD

Ham steaks

SPICES/SEASONINGS

Cloves

Serving suggestion

This recipe is so flexible, it's easy to make it with one 8-ounce ham steak and half of the sauce, if you just want two servings, or double it for 8 people. Accompany with baked sweet potatoes, steamed broccoli and homemade whole-wheat dinner rolls!

Nutritional information per serving

240 calories

18 g. carbohydrate

6 g. fat

0 g. fiber

50 mg. cholesterol

22 g. protein

1440 mg. sodium

The nutritional values and information provided are approximations.



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Asiago Garlic Baked Penne

Serves 6. Prep time: 20 minutes active; 1 hour total.

| | |
|--|------------------------------------|
| 6 bone-in, skin-on chicken thighs | 2 tablespoons unbleached flour |
| 2 pinches coarse salt and pepper | 1 cup chicken broth |
| 1 tablespoon olive oil | 1 teaspoon dried basil |
| 8 cloves garlic, cut in half | ½ cup half and half |
| 2 cups broccoli florets | ½ teaspoon salt |
| 1 ½ cups whole wheat penne pasta, uncooked | 1 cup freshly grated Asiago cheese |

Preparation

Heat oven to 400 degrees F. Cook pasta according to package directions. Drain in a colander and set aside.

Heat the olive oil in a large skillet over medium heat. Season the chicken thighs with salt and pepper. Scatter halved garlic cloves in pan and stir, then add the chicken thighs, skin side down. Sear chicken on both sides until golden brown, about 2 to 3 minutes per side. Transfer the chicken to a 9x13 pan, and pour the fat and garlic from the skillet into a cup to cool slightly, then pour the cooled fat through a wire strainer into another cup to remove the garlic; reserve 1 tablespoon of the fat. Sprinkle the garlic, broccoli and cooked penne over the chicken in the baking pan.

Remove the skillet from the heat, and add the strained fat. Off the heat, sprinkle the flour over the fat in the pan and whisk to mix well. Place over low heat and stir until the flour bubbles. Take off the heat again, and gradually whisk in the broth, making sure the mixture is smooth before adding the next ingredient. Add the basil and whisk in the half and half and salt. Over medium heat, whisk constantly until the mixture starts to bubble and thicken. Cook briefly, turn off the heat and whisk in the cheese, stirring just until cheese melts and the sauce is smooth. Pour over the chicken and pasta, covering it completely.

Bake for 30-35 minutes, until the thickest part of the thighs registers 160 degrees F. on an instant read thermometer. Serve hot.

Asiago Garlic Baked Penne

Ingredient checklist

PRODUCE

- Garlic
- Broccoli

BULK

- Olive oil
- Flour

GROCERY

- Whole-wheat penne
- Chicken broth

REFRIGERATED/DAIRY

- Half and half
- Parmesan

MEAT/SEAFOOD

- Chicken thighs

SPICES/SEASONINGS

- Salt
- Dried basil
- Pepper

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.