

Savory Bread Pudding

Serves 8. Prep time: 15 minutes active; 1 hour total.

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| 4 eggs, beaten | 4 ounces sliced button mushrooms |
| 2 cups milk | 2 teaspoons dried thyme |
| 4 to 5 cups cubed whole grain bread | 1 bunch kale, washed, stems removed and chopped |
| 1 tablespoon olive oil | 1 cup shredded Gruyere cheese |
| ½ cup diced yellow onion | Pinch each of salt and black pepper |
| 2 cloves garlic, minced | |
| 4 ounces sliced shiitake, oyster or cremini mushrooms | |

Preparation

Heat the oven to 350 degrees F. Butter or oil an 8 x 8 inch casserole dish.

In a large mixing bowl, whisk together the eggs and milk. Gently fold the cubed bread into the mixture and set aside. In a large skillet, heat the olive oil over medium-high heat. Add the onion and sauté for 5 to 7 minutes until it is beginning to soften. Add the garlic, mushrooms and thyme and sauté another few minutes. Add the kale and stir until it softens. Remove from heat.

Stir the cooked vegetables into the bread mixture, then add the shredded Gruyere, salt and pepper. Pour into the prepared casserole dish and bake for about 45 minutes until firm and browning on top. Remove from oven and serve warm.

Savory Bread Pudding

Ingredient checklist

PRODUCE

- Yellow onion
- Garlic
- Shiitake, oyster or cremini mushrooms
- Button mushrooms
- Kale

GROCERY

- Whole grain bread
- Olive oil

REFRIGERATED/DAIRY

- Eggs
- Milk
- Gruyere cheese

SPICES/SEASONINGS

- Dried thyme
- Salt
- Black pepper

Serving suggestion

This is a great make-ahead dish for busy days; just assemble and refrigerate until you're ready to bake. Accompany with spicy carrot slaw for flavor contrast and eye appeal.

Nutritional information per serving

420 calories	54 g. carbohydrate
15 g. fat	4 g. fiber
125 mg. cholesterol	20 g. protein
600 mg. sodium	

The nutritional values and information provided are approximations.



Coconut Tangerine Salad

Serves 4 to 6. Prep time: 15 minutes.

3 tangerines
2 tablespoons red wine vinegar
2 tablespoons olive oil
Salt and black pepper to taste
4 cups green leaf or romaine
lettuce, torn into bite-sized
pieces

1 small cucumber, halved and
thinly sliced
½ cup toasted, shredded coconut
½ cup toasted, sliced almonds

Preparation

Halve and juice one of the tangerines, and peel and segment the other two. For the dressing, stir together tangerine juice, vinegar, olive oil, salt and pepper. Toss dressing with lettuce, tangerine segments and cucumber in a large bowl. Top with shredded coconut and toasted almonds and serve immediately.

Coconut Tangerine Salad

Ingredient checklist

PRODUCE

- Tangerines
- Green leaf or romaine lettuce
- Cucumber

BULK

- Shredded coconut
- Sliced almonds

GROCERY

- Red wine vinegar
- Olive oil

SPICES/SEASONINGS

- Salt
- Black pepper

Serving suggestion

A delicious side salad becomes a main meal with the addition of cooked shrimp or salmon. Substitute toasted peanuts for the almonds if you like, and garnish with pomegranate seeds for even more color and zip.

Nutritional information per serving

210 calories	14 g. carbohydrate
16 g. fat	4 g. fiber
0 mg. cholesterol	5 g. protein
10 mg. sodium	

The nutritional values and information provided are approximations.



Goat Cheese Pesto Torta

Serves 12. Prep time: 30 minutes active; 12 hours total.

1 pound chevre, softened
4 ounces cream cheese, softened
1/3 cup prepared basil pesto

1/4 cup prepared sun-dried
tomato pesto or roasted red
pepper purée
1/4 cup olive tapenade

Preparation

Drain the basil pesto in a fine mesh colander to remove any excess oil. Oil a small loaf pan and then line the pan with parchment paper or plastic wrap, making sure that there is enough wrap hanging over all four sides of the pan to be able to wrap the torta after it's been assembled.

Using a hand-held electric mixer on low speed, blend together the goat cheese and cream cheese. Divide the cheese mixture into four portions; spread one portion evenly in the bottom of the pan. Carefully spread additional layers as follows: the basil pesto, another layer of cheese, the sun-dried tomato pesto (or red pepper purée), another layer of cheese, the olive tapenade, ending with a final layer of cheese. Wrap the ends of the parchment paper or plastic wrap over the top of the torta, ensuring the entire torta is wrapped well, and refrigerate for about 12 hours. When firm, gently remove the torta from the pan, unwrap and place on a serving platter.

Goat Cheese Pesto Torta

Ingredient checklist

PRODUCE

- Basil pesto
- Sun-dried tomato pesto or roasted red pepper puree
- Olive tapenade

REFRIGERATED/DAIRY

- Chevre
- Cream cheese

Serving suggestion

This impressive appetizer is quick to assemble using pre-made pesto and tapenade. Allow the torta to soften a bit before serving with fine crackers or toasted thin slices of baguette. The torta will keep in the refrigerator for up to 5 days; it even freezes well for up to 2 months.

Nutritional information per serving

160 calories	3 g. carbohydrate
6 g. fat	8 g. fiber
25 mg. cholesterol	6 g. protein
290 mg. sodium	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Stuffed Collard Greens

Makes 8 rolls. Prep time: 30 minutes active; 1 hour total.

8 collard leaves, large stems removed
1 tablespoon olive oil
1 cup diced yellow onion
1 celery stalk, diced
½ red or green bell pepper, seeds removed, diced
2 cloves garlic, minced
½ pound ground turkey

1 teaspoon chili powder
½ teaspoon dried thyme
Pinch of cayenne (optional)
¾ cup chicken broth
1 ½ cups cooked rice
Pinch each of salt and black pepper
¾ cup Carolina-style barbecue sauce

Preparation

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch casserole dish.

Bring a large pot of water to a boil. Gently place the collard leaves in the water and cook for about 3 to 5 minutes until just tender. Remove the leaves, drain and cool.

In a large skillet, heat the olive oil over medium-high heat and sauté the onion, celery, bell pepper and garlic for 5 minutes. Add the turkey and spices and cook another few minutes until the turkey is almost cooked through. Add the broth and rice and cook another few minutes until the broth is absorbed. Season the meat with salt and pepper to taste and remove from heat.

Gently lay out a collard leaf on a dry cutting board, stem end facing away from you. Divide the turkey mixture into eight portions. Place one portion of turkey near the stem end of the leaf. Fold in the side edges of the leaf and roll up the collard around the filling, like a burrito. Place the collard roll in the casserole dish, seam side down. Repeat with the rest of the collards and filling. Drizzle barbecue sauce over the top of the rolls, cover with aluminum foil and place in the oven. Bake for about 30 to 40 minutes until the collard rolls are tender. Serve warm.

Stuffed Collard Greens

Ingredient checklist

PRODUCE

- Collard greens
- Yellow onion
- Celery
- Bell pepper
- Garlic

BULK

- Rice

GROCERY

- Olive oil
- Chicken broth
- Barbecue sauce

MEAT/SEAFOOD

- Ground turkey

SPICES/SEASONINGS

- Chili powder
- Dried thyme
- Cayenne
- Salt
- Pepper

Serving suggestion

Serve with Louisiana-style dirty rice, topped with a dollop of sour cream or Greek yogurt and additional hot sauce on the side. Use turkey sausage if you prefer a spicier dish.

Nutritional information per serving

180 calories	26 g. carbohydrate
3 g. fat	3 g. fiber
30 mg. cholesterol	7 g. protein
260 mg. sodium	

The nutritional values and information provided are approximations.