



Baby Back Ribs with Maple-Mustard Glaze

Serves 6. Prep time: 30 minutes active; 3 hours total.

2 tablespoons brown sugar
1 tablespoon paprika
1 teaspoon dry mustard
1 teaspoon dried oregano
1 teaspoon coarse salt
1 teaspoon freshly cracked
pepper

4 pounds baby back ribs
½ cup Dijon mustard
¼ cup balsamic vinegar
¼ cup maple syrup

Preparation

Heat oven to 275° degrees F. In a small bowl, combine the sugar, paprika, dry mustard, oregano, salt and pepper.

Place the ribs on a large rimmed baking sheet. Rub the ribs with the spice mixture and tightly cover the baking sheet with foil. Bake for 2 ½ hours. The meat will be tender and easily pull away from the bone. Let cool.

While the ribs bake, make the sauce: In a small bowl, combine the Dijon mustard, vinegar and maple syrup. Transfer ½ cup of the sauce into a small bowl for serving.

Heat grill to medium-high. Grill the ribs, basting with the remaining sauce and turning occasionally, until just turning brown, 4 to 5 minutes. Serve with the reserved sauce.

Baby Back Ribs with Maple-Mustard Glaze

Ingredient checklist

BULK

- ☐ Brown sugar
- ☐ Maple syrup
- ☐ Balsamic vinegar

GROCERY

- ☐ Dijon mustard

MEAT/SEAFOOD

- ☐ Baby back ribs

SPICES/SEASONINGS

- ☐ Paprika
- ☐ Salt
- ☐ Dry mustard
- ☐ Pepper
- ☐ Dried oregano

Serving suggestion

The simplest way to get perfectly cooked fall-off-the-bone ribs is to bake them in a low oven, then pop them on the grill for a final kiss of smoke and fire. If you want to skip the grill, just drizzle baked ribs with sauce, place under a hot broiler for a few seconds and serve with corn on the cob, potato salad or any other 'cue favorite side.

Nutritional information per serving

740 calories	20 g. carbohydrate
50 g. fat	1 g. fiber
210 mg. cholesterol	58 g. protein
810 mg. sodium	

The nutritional values and information provided are approximations.



Red, White and Blue Potato Salad

Serves 4. Prep time: 30 minutes active; 40 minutes total.

1 pound mixed red, white and blue new potatoes
1 medium jarred roasted red pepper, drained and patted dry
½ cup fresh mint, chiffonade
2 tablespoons white wine vinegar

1 teaspoon honey
½ teaspoon salt
½ teaspoon freshly ground black pepper
3 tablespoons olive oil

Preparation

Put the potatoes in a large pot and add cold water to cover by an inch. Place over high heat and bring to a boil, and cook for about 10 minutes before checking for doneness. Using a paring knife, pierce the smallest potatoes first, and when the knife enters easily transfer the potato to a colander to drain. Continue checking the potatoes every few minutes. When all the potatoes are done, drain and let cool. Slice the potatoes in half, or quarters if large, and place in a large bowl.

Chop the pepper and add to the bowl, then add the mint. In a cup, whisk the vinegar, honey, salt and pepper, then add the olive oil and whisk to combine. Pour over the potatoes and toss to mix. Serve at room temperature, or refrigerate for up to three days before serving.

Red, White and Blue Potato Salad

Ingredient checklist

PRODUCE

☐ Mixed new potatoes

☐ Mint

BULK

☐ White wine vinegar

☐ Olive oil

☐ Honey

GROCERY

☐ Roasted red peppers

SPICES/SEASONINGS

☐ Salt

☐ Pepper

Serving suggestion

Add eye appeal to your salad with a colorful mix of red, blue and white new potatoes, drizzled with a light vinaigrette. Meat, fish or tofu done with a white or red balsamic marinade or glaze will bring a sweeter contrast to your meal.

Nutritional information per serving

220 calories

30 g. carbohydrate

10 g. fat

5 g. fiber

0 mg. cholesterol

4 g. protein

310 mg. sodium

The nutritional values and information provided are approximations.



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Roasted Sweet Corn Bread

Makes 9 servings. Prep time: 20 minutes active; 40 minutes total.

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|-------------------------------|---------------------------|
| 1 ear sweet corn (2 if small) | ½ teaspoon salt |
| 1 cup unbleached flour | ¼ cup melted butter |
| 1 cup cornmeal | 1 cup plain nonfat yogurt |
| ¼ cup sugar | 2 large eggs |
| 1 teaspoon baking powder | |

Preparation

To roast the corn, heat the oven to 400 degrees F., and place the husked corn on an oiled sheet pan. Roast, turning every 5 minutes until the corn is browned and soft. Let cool and then cut the kernels from the cob. You should get about 1 cup.

For the cornbread, heat the oven to 400 degrees F. Butter or grease an 8-inch square metal pan. In a medium bowl, combine the flour, cornmeal, sugar, baking powder and salt, and whisk to combine. Place the yogurt, melted butter and eggs in a medium bowl and whisk to combine. Pour the yogurt mixture over the cornmeal mixture and stir until almost mixed, then add the roasted corn and stir just until the ingredients are combined. Scrape the batter into the prepared pan and smooth the top. Bake for 15 to 20 minutes, until a toothpick inserted in the center of the pan comes out with no wet batter attached. Let cool in the pan for 5 minutes before serving. Cut 3 by 3 to make 9 squares.

Roasted Sweet Corn Bread

Ingredient checklist

PRODUCE

- ☐ Sweet corn

BULK

- ☐ Flour
- ☐ Cornmeal
- ☐ Sugar
- ☐ Baking powder

REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Nonfat yogurt
- ☐ Eggs

SPICES/SEASONINGS

- ☐ Salt

Serving suggestion

Cornbread is always a treat, but when you have some leftover grilled corn, you have a fantastic addition to a pan of golden goodness. The one makes a great side for beans, soups and greens.

Nutritional information per serving

220 calories	34 g. carbohydrate
7 g. fat	1 g. fiber
60 mg. cholesterol	6 g. protein
250 mg. sodium	

The nutritional values and information provided are approximations.



Caprese Pasta Salad

Serves 6. Prep time: 20 minutes.

12 ounces fusilli pasta
2 tablespoons freshly squeezed
lemon juice
2 teaspoons lemon zest
¼ cup olive oil
½ teaspoon salt
½ teaspoon freshly ground black
pepper

8 ounces fresh mozzarella balls,
small (or a large ball, sliced into
bite-sized pieces)
2 cups cherry tomatoes, halved
1 cup arugula leaves, torn

Preparation

In a large bowl, whisk the lemon juice, zest, olive oil, salt and pepper. Add the mozzarella, tomatoes and arugula and toss. Cook the rotini according to package directions until al dente; drain and rinse with cool water, then drain again. Add the pasta to the bowl and toss to mix. Serve immediately, or refrigerate for up to three days.

Caprese Pasta Salad

Ingredient checklist

PRODUCE

- ☐ Lemon
- ☐ Cherry tomatoes
- ☐ Arugula

GROCERY

- ☐ Fusilli pasta

BULK

- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Fresh mozzarella balls

SPICES/SEASONINGS

- ☐ Salt
- ☐ Pepper

Serving suggestion

In this easy pasta version of the Italian classic, the Caprese becomes a meal, gets a little sparkle from lemon, and can be made anytime of the year by using arugula instead of basil. Great for potlucks, since it travels well.

Nutritional information per serving

370 calories	36 g. carbohydrate
17 g. fat	1 g. fiber
60 mg. cholesterol	18 g. protein
230 mg. sodium	

The nutritional values and information provided are approximations.