



RUSH HOUR RECIPES

Simple Vegetable Curry

Serves 4. Prep time: 25 minutes.

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| 1 cup canned coconut milk | 2 cups green beans, trimmed and cut into one-inch pieces |
| 4 teaspoons curry powder | |
| $\frac{3}{4}$ teaspoon salt | 1 pound cauliflower, chopped into florets |
| 1 large red or green jalapeño, slivered | 1 tablespoon fresh lemon juice |
| 1 small yellow onion, finely chopped | |

Preparation

Combine the coconut milk with the curry powder and salt in a large sauté pan, and stir to mix. Over medium-high heat, bring mixture to a boil and add the jalapeño, onion, green beans and cauliflower. Stir, then cover the pan and return to a boil, then reduce the heat to medium and cook for 10 minutes. Uncover and test the vegetables for doneness; they should be very tender when pierced with a paring knife. Stir in the lemon juice and taste for salt. If desired, simmer longer to thicken the sauce.

Simple Vegetable Curry

Ingredient checklist

PRODUCE

- ☐ Jalapeño
- ☐ Yellow onion
- ☐ Green beans
- ☐ Cauliflower
- ☐ Lemon

GROCERY

- ☐ Canned coconut milk

SPICES/SEASONINGS

- ☐ Curry powder
- ☐ Salt

Serving suggestion

Coconut milk is a fantastic simmer sauce — sturdy enough to boil and full of sweet, coconut flavor. Keep a few cans in the pantry and you can always make a delicious, creamy curry dinner in just a few minutes. Add cooked brown or jasmine rice from the co-ops' deli and you're done!

Nutritional information per serving

150 calories	24 g. carbohydrate
5 g. fat	9 g. fiber
0 mg. cholesterol	6 g. protein
490 mg. sodium	

The nutritional values and information provided are approximations.



BUDGET FRIENDLY RECIPES

Ribollita

Serves 5. Prep time: 45 minutes; 25 minutes active.

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| 1 tablespoon olive oil | 3 cups vegetable stock |
| 1 medium onion, chopped | 2 teaspoons dried rosemary |
| 3 large garlic cloves, chopped | 1 cup tomato sauce |
| 1 small zucchini, chopped | 1 teaspoon salt |
| 2 ribs celery, chopped | 1 can cannellini beans, drained |
| 2 large carrots | 7 slices whole wheat bread |
| 1 bunch kale, stems chopped,
leaves chopped | Parmesan cheese |

Preparation

In a large pot, heat the olive oil over medium high heat. Add the onion and garlic and stir for five minutes or so, until the onion is clear. Add the zucchini, celery, carrot, kale stems, and stir for a minute, then add the stock and rosemary and bring to a boil. Reduce to a simmer and cook until the vegetables are tender, about 10 minutes. Stir in the tomato puree, kale leaves, cannellini beans and two slices of crumbled bread and simmer until the kale is softened. Serve soup over a slice of toasted bread and top with freshly shredded Parmesan.

Ribollita

Ingredient checklist

PRODUCE

- ☐ Onion
- ☐ Garlic
- ☐ Zucchini
- ☐ Celery
- ☐ Carrots
- ☐ Kale

BULK

- ☐ Olive oil

GROCERY

- ☐ Vegetable stock
- ☐ Tomato sauce
- ☐ Cannellini beans
- ☐ Whole wheat bread

REFRIGERATED/DAIRY

- ☐ Parmesan

SPICES/SEASONINGS

- ☐ Salt
- ☐ Dried rosemary

Serving suggestion

The name of this iconic Tuscan stew comes from its history: “ribollita” means “reboiled,” and some say that the original version was made from the leftovers of yesterday’s minestrone, with bread added. Add just about any seasonal vegetable to the dish: cubed potato, parsnip, rutabaga or a handful of spinach.

Nutritional information per serving

535 calories	97 g. carbohydrate
7 g. fat	28 g. fiber
2 mg. cholesterol	28 g. protein
933 mg. sodium	

Estimated cost

Total:	\$12.75
Cost per serving:	\$2.55

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



RUSH HOUR RECIPES

Goddess Bowl

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

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| 1 cup dry quinoa or bulgur | 1 tablespoon honey |
| 1 ½ cups plus 1 tablespoon water, divided | ½ cup raw unsalted pumpkin seeds |
| ¼ cup tahini | 1 bunch Tuscan kale, thinly sliced |
| 1 tablespoon cider vinegar | 2 large carrots, shredded |
| 1 tablespoon Sriracha sauce | 2 medium avocados, halved and pitted |
| 1 tablespoon tamari sauce plus 1 teaspoon, divided | |

Preparation

Cook the quinoa or bulgur. In a small pot, bring 1 ½ cups water to a boil, then add the grain. Return to a boil, and if using quinoa, reduce the heat to low and cook for 14 minutes, covered. For bulgur, bring to a boil for 1 minute, then cover and let stand for 15 minutes. Fluff the finished grain with a fork.

While the grain cooks, place the tahini, cider vinegar, one tablespoon each tamari, honey, Sriracha sauce and water in a small bowl and stir with a fork until smooth. Add a bit more water if the dressing is too thick.

Place the pumpkin seeds in a small sauté pan and swirl over medium-high heat. When they begin to pop and become fragrant, stir in the tamari. The tamari will coat the seeds and the pan will be dry. Transfer to a bowl to cool.

Place a quarter of the cooked grains in each of four low, wide bowls. Arrange the raw kale and carrots on top of the grains, then slice the avocado halves in the skin and carefully scoop them out with a spoon. Fan half an avocado over each bowl. Top with sauce and pumpkin seeds.

Goddess Bowl

Ingredient checklist

PRODUCE

- ☐ Kale
- ☐ Carrots
- ☐ Avocados

BULK

- ☐ Quinoa or bulgur
- ☐ Honey
- ☐ Pumpkin seeds

GROCERY

- ☐ Tahini
- ☐ Cider vinegar
- ☐ Sriracha
- ☐ Tamari

Serving suggestion

Grain and noodle bowls are the way to go for simple, flexible meals. The easy tahini dressing has enough Sriracha sauce to make it exciting, but if you don't like it hot you can always cut the amount in half. Customize with your favorite cooked or shredded veggies, proteins or sauces.

Nutritional information per serving

430 calories	38 g. carbohydrate
28 g. fat	12 g. fiber
0 mg. cholesterol	15 g. protein
430 mg. sodium	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Nectarine Steak Salad

Serves 4. Prep time: 20 minutes.

12 ounces ribeye steak	1 teaspoon honey
2 ½ tablespoons olive oil, divided	4 cups mixed greens
¾ teaspoon coarse salt, divided	2 medium nectarines, pitted and sliced
½ teaspoon coarsely-ground black pepper	2 large scallions, slivered
1 tablespoon freshly squeezed lemon juice	2 ounces blue cheese, crumbled

Preparation

Preheat a grill or grill pan over medium-high heat.

Coat the steak with ½ tablespoon of the olive oil, then sprinkle with ½ teaspoon salt and pepper. Place the steak on the grill or hot pan and don't move it for at least 2 minutes. Grill steak 3 minutes total on each side or until desired degree of doneness. Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices.

While steak rests, combine lemon juice, honey, remaining ¼ teaspoon salt and remaining 2 tablespoons oil in a large bowl, stirring with a whisk. Add mixed greens and toss to coat. Add nectarines and scallions. Arrange the sliced steak on top of the dressed greens and sprinkle with blue cheese. Serve immediately.

Nectarine Steak Salad

Ingredient checklist

PRODUCE

- ☐ Lemon
- ☐ Mixed greens
- ☐ Nectarines
- ☐ Scallions

BULK

- ☐ Olive oil
- ☐ Honey

REFRIGERATED/DAIRY

- ☐ Blue cheese

MEAT/SEAFOOD

- ☐ Ribeye steaks

SPICES/SEASONINGS

- ☐ Salt
- ☐ Pepper

Serving suggestion

This is a great dish to make with a leftover grilled steak; just take it out of the refrigerator and let it come to room temperature while you prepare the salad. Slice the meat just before serving. Pair with a light red wine like a Pinot Noir or a Beaujolais for a festive late-summer supper.

Nutritional information per serving

290 calories	12 g. carbohydrate
17 g. fat	2 g. fiber
65 mg. cholesterol	24 g. protein
440 mg. sodium	

The nutritional values and information provided are approximations.