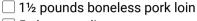
Recommendations from an

Garlic Ginger
Glazed Sticky
Pork





☐ 5 cloves garlic

2- inch knob fresh ginger

☐ ½ cup mild honey

4 tablespoons sriracha (substitute: chili garlic sauce)

1 tablespoon rice wine vinegar or white wine vinegar

Other stir-fry vegetables such as 1 head broccoli, 1 red bell pepper, 1

medium yellow onion

Creamy Cajun Chicken Pasta



2 boneless skinless chicken breasts ■ 1 package linguine (we recommend)

8 oz. instead of 4 oz. like recipe says)

■ 1 bunch green onions

☐ ½ cup heavy whipping cream

2 tablespoons sun-dried tomatoes

dried basil

garlic powder

cajun seasoning (garlic powder + onion powder + white pepper + cayenne pepper + paprika + black pepper)

¼ cup parmesan

Spiced Chickpea Glow Bowls



1 medium yellow onion

1 clove garlic

spices: chili powder, cumin, turmeric, garam masala, cinnamon, and cayenne

2 (14-ounce) cans chickpeas

☐ 2 (14-ounce) cans fire roasted diced ☐ 1 lemon tomatoes

1 cucumber

☐ 1 cup couscous

mint, parsley, and/or cilantro

☐ 1 cup plain yogurt

1 cup hummus

pita bread or pita chips

☐ ½ teaspoon ground cumin

Cheesy Chicken Enchilada Soup



1 cup diced white onion

☐ 3 cloves garlic

☐ ½ cup flour

3 cups chicken stock

2 cups chicken breast

■ 8 ounces sharp cheddar cheese optional toppings: tortilla chips/strips,

☐ 1 (14-ounce) can diced tomatoes

diced avocado, sour cream, fresh cilantro,

1 thai chile or

serrano pepper

(optional)

☐ 1 (10-ounce) can red enchilada sauce and/or pico de gallo

☐ 1 (14-ounce) can black beans

Chicken Satay With Spicy Peanut Sauce & Cucumber Relish



1 can coconut milk

■ 1 tablespoon fish sauce

☐ 3 tablespoons red curry paste

■ 1 tablespoon fresh cilantro

ground turmeric

☐ 1 pound chicken breast

(substitute: pork tenderloin)

- ☐ ½ cup peanut butter
- ☐ ½ cup chicken stock ☐ ⅓ cup brown sugar
- 2-3 limes
- □ 1 large cucumber
- ☐ 1 shallot
- ☐ ⅓ cup white vinegar

New York-Style Homemade Pizza (Dough and Sauce)



4½ cups bread flour

☐ .35 ounces instant yeast, such as SAF ☐ 2 medium cloves garlic

Instant Yeast (about 2 teaspoons)

4 tablespoons extra virgin olive oil

2 tablespoons sugar

1 (28-ounce) can whole peeled tomatoes

1 tablespoon unsalted butter

dried oregano and red pepper flakes

☐ 1 medium yellow onion

fresh basil

mozzarella cheese

your favorite toppings!