



*A service provided to our
loyal customers.*

APRIL

Dinner Recipes

MINIMAL INGREDIENTS. MINIMAL TIME. MINIMAL STRESS

FARM TO TABLE



Meal Planning Tips

During this time of uncertainty and chaos in all of our lives, we wanted to provide meal options that gave you healthier options with minimal ingredients (or pantry ingredients) that take minimal time to prepare in order to maximize your resources with minimal stress.

Create your meal plan using recipes with items that you still have on hand or that you know your stores are currently carrying. Make this as stress free as possible. You will notice that many of these recipes can be doubles to make enough for all week versus cooking something new everyday.

Use this plan as a resource in the future and for the coming weeks and let meal planning and prep be a breeze.

FARM TO TABLE



Dinner Recipes

CHICKEN

GREEK CHICKEN

CHICKEN FAJITAS

ROASTED LEMON CHICKEN

PINEAPPLE TERIYAKI CHICKEN

PARMESAN CHICKEN & VEGGIES

SAUSAGE

SQUASH, APPLES & SAUSAGE

SAUSAGE PESTO & VEGGIES

SAUSAGE & VEGGIES

JAMBALAYA

BEEF

STEAK FAJITAS

STEAK & VEGGIES

BEEF & BROCCOLI

SEAFOOD

HONEY GARLIC SHRIMP

GARLIC BUTTER TILAPIA

TERIYAKI SALMON

SHRIMP BOIL

A person is holding a wooden charcuterie board. The board is filled with various food items including slices of cured meat (like prosciutto), a wedge of cheese, a green olive, a fig, a small round loaf of bread, and some dark berries. The person's hand is visible on the left side of the board. The background is dark and out of focus.

FARM TO TABLE

Chicken Recipes

GREEK CHICKEN

Recipe from What Molly Made

SERVINGS: 4 TOTAL TIME: 45 MINUTES

INGREDIENTS

1 pound boneless skinless chicken breasts
1.5 pounds red potatoes cut into 1-2 inch pieces
1 bell peppers any color chopped
1 pint grape tomatoes
1 small red onion chopped

FOR MARINADE:

1/3 cup light olive oil
3 tablespoons red wine vinegar
3 garlic cloves minced
Juice from one lemon
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon pepper

TO TOP:

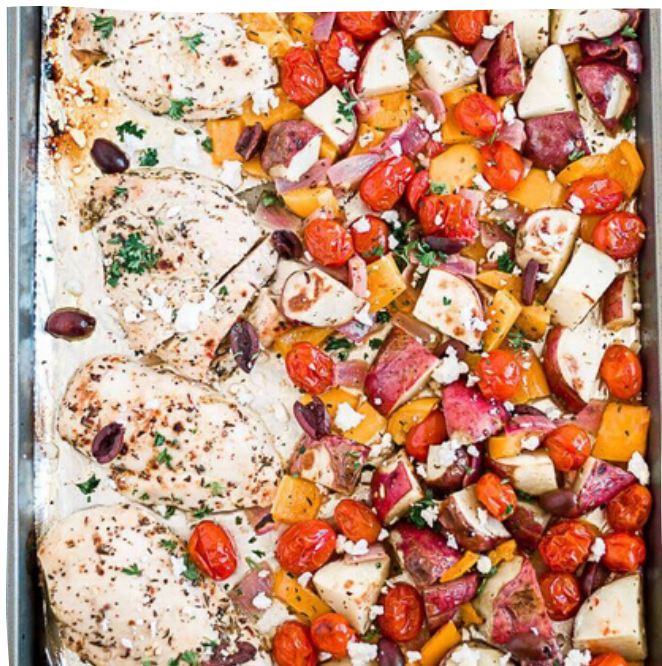
kalamata olives feta cheese and fresh parsley

NOTES:

You can swap any of the vegetables out for your favorite veggies including zucchini etc.

DIRECTIONS

1. Preheat oven to 400°F. Line a large baking sheet with foil and set aside.
2. In a medium bowl, combine all of the marinade ingredients and whisk well.
3. In a separate large bowl, add veggies. Pour half the marinade over the veggies and mix well to coat. Set the remaining marinade aside. Pour the vegetables with the marinade onto one half of the prepared baking sheet and roast in the oven for 15 minutes.
4. While the veggies are roasting, cut the chicken in half lengthwise so each chicken breast is about 1/2 inch thick. Add chicken to the reserved marinade and toss to coat. When the veggies are done roasting, remove from the oven. Add the chicken to the other side of the baking sheet then bake for another 15-18 minutes or until the center of the chicken reaches an internal temperature of 165°F.
5. Broil for 3-5 mins until potatoes are slightly browned and tomatoes shrivel. Top with kalamata olives, feta cheese and chopped parsley if desired.



CHICKEN FAJITAS

Recipe from What Molly Made

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tablespoon chili powder
1 teaspoon ground cumin
¼ teaspoon sea salt
freshly ground black pepper
1 1/2 lbs boneless skinless chicken breasts sliced into 1/2-inch thick strips
4 bell peppers any color, cored and sliced into strips
1 medium yellow onion sliced into strips
2 cloves garlic minced
4 tablespoon olive oil
2 tablespoons fresh lime juice
8 taco size flour tortillas warmed
Optional toppings: sliced avocado or guacamole diced tomatoes, Mexican cheese blend, cilantro, extra lime juice

DIRECTIONS

1. Preheat oven to 400°F. Spray a large baking pan with non-stick cooking spray or foil and set aside.
2. To make the seasoning, combine the chili powder, cumin, sea salt and black pepper. Set aside.
3. Spread the sliced bell peppers, onion and chicken on the prepared baking sheet. Add the minced garlic then drizzle the olive oil over everything. Toss to evenly coat.
4. Top with chicken strips then sprinkle garlic and seasoning evenly over chicken strips.
5. Roast in the preheated oven, stirring halfway through, until the veggies are tender and chicken is cooked, 20-25 minutes total. Once the chicken is cooked through, turn on the broiler and allow to cook for 2-3 minutes until peppers start to get crispy on the edges.
6. Wrap tortillas tightly in foil and warm in oven during last 5 minutes of fajita filling cooking.
7. Drizzle lime juice evenly over the top of the pan and sprinkle with chopped cilantro.
8. Serve warm with tortillas tortillas and optional toppings.



ROASTED LEMON CHICKEN

Recipe from The Girl on Bloor

SERVINGS: 6 TOTAL TIME: 45 MINUTES

INGREDIENTS

4 tbsp olive oil
2 tbsp wine
Juice of 1 lemon
2 cloves garlic
1 tsp chili garlic sauce
1 tbsp each of fresh
rosemary basil, parsley
1 tsp salt
1/2 tsp pepper
2 small red potatoes
8 in mushrooms sliced half
10 in brussel sprouts sliced half
10 chicken legs skin on
1 lemon thinly sliced

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Chop and prepare veggies, then mix with all ingredients besides chicken and place in oven safe dish. Add chicken in amongst the vegetables, turning to mix everything together.
3. Cook for 35-37 minutes until chicken is totally cooked and veggies are tender.
4. Plate and serve! It's that simple!

PINEAPPLE TERIYAKI CHICKEN

Recipe from Averie Cooks

SERVINGS 4 TOTAL TIME 20 MINUTES

INGREDIENTS

1 to 1.25 pounds boneless, skinless, chicken breasts, diced into bite-sized pieces
1/4 cup teriyaki sauce
2 tablespoons olive oil, plus 2 tablespoons for drizzling over the pineapple, sugar snap peas, red bell peppers
2 tablespoons honey
1 to 2 tablespoons Asian chili garlic sauce, or to taste
2 teaspoons ground ginger
1 teaspoon freshly ground black pepper
1 1/2 cups fresh pineapple, diced into bite-sized pieces
1 cup sugar snap peas
1 red bell pepper, trimmed and diced into bite-sized pieces
salt and pepper, for seasoning
about 2 green onions, sliced into thin rounds for garnishing

DIRECTIONS

1. To a large zip top bag add the chicken, teriyaki, 2 tablespoons olive oil, honey, chili garlic sauce, ginger, 1 teaspoon pepper, seal bag, squish contents around to distribute evenly, and place bag in the fridge to marinate for at least 30 minutes (overnight is best).
2. Preheat oven to 475F and line a baking sheet with foil for easier cleanup.
3. To the baking sheet, add the pineapple, sugar snap peas, bell pepper, evenly drizzle with 2 tablespoons olive oil, and season with salt and pepper to taste.
4. Using a slotted spoon or tongs, remove chicken from the bag and place it on the baking sheet (discard the bag with the marinade) and using a tongs or your hands, toss to combine it evenly with the other ingredients.
5. Bake for about 15 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking. Note – you are baking in a very hot oven, the chicken is cut into small pieces, and pineapple has a lot of natural sugars meaning things can go from under to overdone in 1 minute; keep a close eye on things starting at the 10 minute mark.
6. Evenly garnish with the green onions and optional sesame seeds before serving.

PARMESAN CHICKEN & VEGGIES

Recipe From Chelseas Messy Apron

SERVINGS: 4 TOTAL TIME: 40 MINUTES

INGREDIENTS

1 teaspoon paprika
1/2 teaspoon garlic powder
1 tablespoon dried oregano
1 tablespoon dried parsley
Seasoned salt and pepper
Veggies: 1 small (1 cup) red potato,
1/2 pound (8 ounces) green beans,
1 head (heaping 1 cup) broccoli, 1
sweet bell pepper (or 8-9
miniature bell peppers), 1
tablespoon minced garlic
3 tablespoons olive oil
1 and 1/2 pounds boneless skinless
chicken tenders or breasts
1/3 cup white flour
1 cup Panko*
1 cup freshly grated Parmesan
cheese separated
4 tablespoons butter
Optional Dipping Sauce
1/2 cup regular mayo
1/4 cup ketchup
1/2 teaspoon garlic powder
1/4 teaspoon Worcestershire
sauce

DIRECTIONS

1. Preheat the oven to 400 degrees F. Line a large pan with parchment paper (easier clean up) and set aside.
2. In a small bowl, combine the paprika, garlic powder, oregano, parsley, and 1/4 teaspoon (or to taste) each of seasoned salt and pepper. (You will separate this seasoning mixture into 2 equal parts.)
3. Prep the veggies: dice a red potato (small pieces so it cooks in time), trim green beans, chop broccoli (again small pieces), chop the peppers, mince garlic.
4. In a large bowl or just on the pan, toss all the veggies with one half of the seasoning mix and olive oil. Toss to coat and then spread on either one side of the pan or on both sides. (one side is easier when mixing the veggies after the first bake.)
5. If using chicken breasts, remove excess fat, pound them to even thickness and slice them to the size of tenders (about 1 and 1/4th inch strips) or use chicken tenders. If using tenders, cut off any fat/unwanted pieces.
6. Grab three bowls. Add the flour to one bowl.
7. Combine panko, 2/3rds cup freshly grated parmesan cheese, and the remaining half of the seasoning mixture. Mix.
8. In the final bowl, add in the butter and melt. (Just melt -- don't heat it).
9. Coat in flour, dredge in butter, and then heavily coat in the Parmesan panko mixture.
10. Place on prepared sheet pan (OR on a cooling rack -- see note on how to get extra crispy baked chicken). Use any remaining Parmesan panko mixture and sprinkle over and press into the chicken.
11. Bake the sheet pan for 10 minutes and then remove. Using tongs, flip the chicken tenders onto the other side. Stir around/flip the veggies.
12. Return to the oven for another 10-15 minutes or until internal temperature of the chicken is 165 degrees F and veggies are crisp tender.
13. Remove from the oven and toss the veggies with the remaining 1/3 cup parmesan cheese.
14. While the chicken is baking, whip up a sauce to go with it if desired. Mix the mayo, ketchup, garlic powder, Worcestershire sauce, and about 1/2 teaspoon pepper. Whisk. Serve with chicken. Recipe Notes

A person is holding a wooden charcuterie board filled with various meats, cheeses, and fruits. The board includes slices of cured meats, a wedge of cheese, a green olive, and some dark berries. The person is wearing a dark top. The background is dark and out of focus.

FARM TO TABLE

Sausage Recipes

SQUASH, APPLE & SAUSAGE

Recipe from What Molly Made

SERVINGS: 4-6 TOTAL TIME: 1 HOUR

INGREDIENTS

1 large butternut squash peeled and diced
2 medium apples diced
12 oz kielbasa all natural (no sugar added)
1 medium yellow onion
4-5 tablespoons olive oil
2 tablespoons fresh thyme
1 tablespoon rosemary
1 tsp salt
½ tsp pepper

DIRECTIONS

1. Preheat oven to 400°F and set out a large baking pan.
2. Peel and chop the butternut squash and add it to the baking pan. Next, chop the onions and dice the apples and add it to the pan. Slice the sausage and add it to the pan.
3. In a small bowl, combine the olive oil, thyme, rosemary, salt and pepper. Pour over squash, apples, onions and sausage. Bake in preheated oven for 40-50 minutes, stirring halfway through.

SAUSAGE PESTO & VEGGIES

Recipe from Chelseas Messy Apron

SERVINGS 4 TOTAL TIME 30 MINUTES

INGREDIENTS

1 package (13 ounces) smoked roasted garlic chicken sausage, sliced 1/4th inch thick on the diagonal
1 bag (12 ounces) frozen cauliflower gnocchi, Note 1
1/3 cup sun-dried tomatoes (soaked in oil and herbs), finely chopped + 2 tablespoons oil from container
1 pound asparagus, ends snapped off and cut into 2 inch pieces
1 teaspoon paprika
1/2 teaspoon roasted garlic powder
Fine sea salt and freshly cracked pepper
1 (5 ounce) container fresh-made store bought basil pesto Note 2
Freshly grated Parmesan cheese

DIRECTIONS

1. Preheat the oven to 425 degrees F. In a small bowl, stir together 1 teaspoon paprika, 1/2 teaspoon roasted garlic powder, and salt & pepper (add to taste; I use 1/2 teaspoon salt, 1/4 teaspoon pepper) Set aside.
2. On a LARGE (at least 15 x 21 inches) sheet pan, toss together the sliced chicken sausage, frozen (unthawed) gnocchi, 1 tablespoon oil from the sun dried tomatoes, and 1/2 of the seasoning mix. Toss until combined. Bake for 12 minutes at 425 degrees.
3. Remove and flip the sausage + gnocchi using a metal spatula. To the other side add cut (in 2 inch pieces) asparagus, remaining 1 tablespoon oil from the sun dried tomatoes, and remaining seasonings. Toss to combine (I do this on the hot tray with tongs; you can toss everything in a bowl separately, but that uses more dishes). Return to the oven for another 7-10 minutes or until asparagus is crisp tender. Gnocchi and sausage should be crisp on the outside, soft and tender inside. Toss everything together. On the hot sheet pan, add the chopped sundried tomatoes. Taste for salt/pepper seasoning remembering that the Parmesan cheese and pesto will add some saltiness.
4. Serve on plates with freshly grated Parmesan cheese and a few spoonfuls of pesto per plate. Enjoy immediately.

SAUSAGE & VEGGIES

Recipe from What Molly Made

SERVINGS: 6 TOTAL TIME: 40 MINUTES

INGREDIENTS

1 yellow squash quartered
2 zucchini cut in half
1 red onion cut in chunks
1 pack mushroom roughly chopped
1 red bell pepper cut in chunks
4 cloves garlic chopped
1 pre-cooked kielbasa or Italian sausage
2 teaspoons dried basil
2 teaspoons garlic powder
2 tablespoons onion powder
2 tablespoons dried thyme
6 tablespoons olive oil
salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F. Line with foil for easy clean.
2. Chop all of the veggies, doing your best to make them all even in size for even cooking. Chop garlic and place all veggies and garlic on prepared baking sheet. Slice sausage diagonally and add to pan.
3. In a separate medium bowl, combine all of the herbs and olive oil together and whisk quickly. Pour mixture over veggies and stir to coat veggies.
4. Bake in the preheated oven for 30-40 minutes, stirring every 10 minutes until veggies and sausage are browned.
5. Serve in a bowl with or without brown rice.

SHEET PAN JAMBALYA

Recipe from Chelseas Messy Apron


SERVINGS 6 TOTAL TIME 30 MINUTES

INGREDIENTS

3 sweet bell peppers I used a red, yellow, and green
1 medium yellow onion
13 ounces skinless smoked sausage (I use turkey sausage)
4 tablespoons olive oil, separated
2 and 1/2 teaspoons Creole seasoning, separated
2 teaspoons Italian seasoning,
1/2 teaspoon paprika
1 and 1/2 cups cherry tomatoes halved
Salt and pepper
2/3 cup sliced green onions
Optional: fresh parsley, 1/2 teaspoon red pepper flakes
2 packages (8.8 ounces EACH) precooked jasmine rice (such as Uncle Ben's Ready Rice), or leftover cooked rice

DIRECTIONS

1. Preheat the oven to 425 degrees. Line a VERY large sheet pan with foil, parchment paper, or spray with cooking oil. Remove the stem and seeds and chop the bell peppers into 2-inch pieces. Halve and then thinly slice the onion. Slice the turkey sausage into coins.
2. Place the cut peppers, onion, and sausage on a large sheet pan. Toss with 2 tablespoons olive oil, 1/2 teaspoon Creole seasoning, and Italian seasoning. Toss and bake for 8 minutes.
3. Remove sheet pan from the oven and add the packaged rice, salt (I use about 1 teaspoon - do it to personal preference), pepper (I add 1/2 teaspoon), and remaining 1 to 1 and 1/2 teaspoons Creole seasoning (to taste). Toss and then to the oven for 2 more minutes.
4. Remove from the oven. Sprinkle with fresh green onions and fresh chopped parsley. Enjoy immediately.

A person is holding a wooden charcuterie board filled with various meats, cheeses, and fruits. The board includes slices of cured meats, a wedge of cheese, a green olive, and some dark bread. The background is dark and out of focus.

FARM TO TABLE

Beef Recipes

SAUSAGE & VEGGIES

Recipe from What Molly Made

SERVINGS: 6 TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon sea salt
½ teaspoon ground black pepper
2 lbs skirt steak or flank steak
sliced into ¼ inch strips across
the grain
2 tablespoons olive oil divided
Juice from 1 lime
4 bell peppers any color cored
and sliced into strips
1 medium yellow onion sliced
into strips
2 cloves garlic minced
2 tablespoons fresh lime juice
8 taco size flour or corn tortillas
warmed optional
Optional toppings: sliced
avocado or guacamole diced
tomatoes, Mexican cheese
blend, cilantro, extra lime juice

DIRECTIONS

1. Preheat oven to 400°F. Spray a large baking pan with non-stick cooking spray or foil and set aside. You may need to use two depending on how large your tray is.
2. To make the seasoning, combine the chili powder, cumin, garlic powder, sea salt and black pepper in a small bowl. Set aside.
3. Add the sliced steak to a large gallon zip lock bag. Drizzle with 1 tablespoons olive oil, juice from one lime and sprinkle with ⅔ of the fajita seasoning. Mix and shake the bag well until all the steak is coated. Let marinate in the fridge for 15 minutes or overnight.
4. Spread the sliced bell peppers and onion on the prepared baking sheet. Drizzle with 1 tablespoon of olive oil and then sprinkle with the remaining fajita seasoning. Toss to coat.
5. Roast the vegetables in the preheated oven for 15 minutes then remove from the oven and stir then push all the veggies to one side of the tray, trying to keep them in an even layer.
6. Add the marinated steak in an even layer to the tray and place back in the oven for 10-12 minutes or until steak has reached your desired doneness.
7. Wrap tortillas tightly in foil and warm in oven during the last 5 minutes of the fajitas cooking. I just stick them in the corner of the pan.
8. Drizzle lime juice evenly over the top of the pan and sprinkle with chopped cilantro.
9. Serve warm with tortillas tortillas and optional toppings.

STEAK & VEGGIES

Recipe from Damn Delicious

SERVINGS: 6 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 pounds baby red potatoes
16 ounces broccoli florets*
2 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon dried thyme
Kosher salt and freshly ground
black pepper, to taste
2 pounds (1-inch-thick) top
sirloin steak, patted dry

DIRECTIONS

1. Preheat oven to broil. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large pot of boiling salted water, cook potatoes until parboiled for 12-15 minutes; drain well.
3. Place potatoes and broccoli in a single layer onto the prepared baking sheet. Add olive oil, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
4. Season steaks with salt and pepper, to taste, and add to the baking sheet in a single layer.
5. Place into oven and broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness.
6. Serve immediately with garlic butter, if desired.

BEEF & BROCCOLI

Recipe from Averie Cooks

SERVINGS 4 TOTAL TIME 15 MINUTES


INGREDIENTS

1/2 cup low-sodium soy sauce
4 to 5 cloves garlic, finely minced or pressed
2 to 3 tablespoons honey
2 tablespoons brown sugar, packed
2 tablespoons sesame oil
2 tablespoons rice vinegar
2 to 3 teaspoons ground ginger
1 teaspoon kosher salt, optional and to taste (soy sauce already has salt)
1 teaspoon freshly ground black pepper, or to taste
pinch cayenne pepper or red pepper flakes, optional and to taste
1 to 1.25 pounds flank steak, sliced against the grain in bite size pieces
about 4 to 6 cups broccoli florets
1 tablespoon cornstarch, optional (see step 7.)
1 tablespoon cold water, optional (see step 7.)
2 to 3 green onions sliced in 1-inch segments on the bias, optional for garnishing
1 tablespoon sesame seeds, optional for garnishing

DIRECTIONS

1. Preheat oven to 425F and line a sheet pan with aluminum foil for easier cleanup; set aside.
2. To a large bowl add the soy sauce, garlic, honey, brown sugar, sesame oil, rice vinegar, ginger, optional salt, pepper, optional cayenne or red pepper flakes, and whisk to combine.
3. Add the steak, stir to combine, and let it marinate for 10 to 15 minutes (if you have time and can marinate for up to 1 hour, even better).
4. Using a tongs or a slotted spoon, transfer the steak to the sheet pan with space in between the pieces; set aside.
5. Add the broccoli (I use 6 cups because we like a lot of broccoli, use less if desired) to the marinade mixture and give it a quick dunk, you just want to moisten it a bit. Using a tongs or a slotted spoon, transfer the broccoli to the sheet pan, and scatter it in between the steak if possible so food isn't overlapping too much; reserve the marinade.
6. Bake for about 10 to 12 minutes, or until the steak is cooked through and the broccoli is fork-tender.
7. While the food bakes, optionally add the reserved marinade to a small saucepan and bring it to a boil over medium-high heat.
8. Add the cornstarch and cold water to a small bowl, stir to combine, and all the cornstarch slurry to the boiling saucepan, whisking nearly constantly for 30 seconds or until dissolved. The sauce will get very thick quickly because there's not much quantity. If desired, add about 1/4 to 1/2 cup water as desired for consistency, whisking until incorporated and smooth.
9. After the beef and broccoli are done, evenly drizzle with the sauce, to taste.
10. Evenly garnish with optional green onions, optional sesame seeds, and serve immediately.



A person is holding a wooden charcuterie board filled with various food items. The board includes slices of cured meats, a wedge of cheese, a green olive, a slice of sausage, and some dark berries. The person is wearing a dark top. The background is dark and out of focus.

FARM TO TABLE

Seafood Recipes

HONEY GARLIC SHRIMP

Recipe from What Molly Made

SERVINGS 4 TOTAL TIME 27 MINUTES

INGREDIENTS

FOR BROCCOLI:

12 ounces broccoli florets
1 tablespoon olive oil
1/4 teaspoon salt
1/8 teaspoon pepper

FOR SHRIMP:

1/4 cup honey
1/3 cup coconut aminos (or soy sauce if you prefer)
4 cloves minced garlic
1 teaspoon peeled and grated fresh ginger (optional but delicious)
2 teaspoons fresh lemon juice
1 lb medium uncooked shrimp (peeled & deveined)
2 teaspoons olive oil
1/2 teaspoon tapioca flour (or corn starch)
optional: chopped green onion and sesame seeds for garnish

DIRECTIONS

1. Preheat oven to 400 degrees F. Line a large baking sheet with foil or a silpat mat and spray with non stick spray. Set aside.
2. Whisk the honey, coconut aminos, garlic, and ginger together in a medium bowl. Place half of it in a separate bowl to make the sauce. With the remaining marinade in the bowl, add the shrimp and toss to coat. Marinate the shrimp in the refrigerator for 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step later.
3. While it's marinating, start roasting the broccoli. Add the broccoli to the prepared baking pan and drizzle with olive oil and sprinkle with salt and pepper. Bake for 10 minutes.
4. Remove pan from the oven and push the broccoli to one side of the pan (keeping it in a single layer). Add the marinated shrimp then bake for 10-12 more minutes until the shrimp are opaque and broccoli is tender.
5. While the shrimp are baking, make the sauce. Add the reserved sauce to a small sauce pan. Whisk together the tapioca flour with 1 tablespoon of water then add it to the saucepan. Heat on medium-high, stir constantly until the sauce begins to thicken. Set aside.
6. To save time, make instant brown or white rice while the shrimp and broccoli are baking as well.
7. Once baked serve over rice with extra sauce and sesame seeds and green onions if desired.



SAUSAGE & VEGGIES

Recipe from Damn Delicious

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

1/4 cup unsalted butter, melted
4 cloves garlic, minced
2 tablespoons freshly squeezed lemon juice, or more, to taste
1 teaspoon Italian seasoning
1 pound asparagus, trimmed
4 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper, to taste
4 (6-ounce) tilapia fillets
1 1/2 cups cherry tomatoes
2 tablespoons chopped fresh parsley leaves

DIRECTIONS

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together butter, garlic, lemon juice and Italian seasoning; reserve 2 tablespoons and set aside.
3. Place asparagus in a single layer onto one side of the prepared baking sheet. Stir in 2 tablespoons olive oil; season with salt and pepper, to taste.
4. Place tomatoes in a single layer in the middle of the prepared baking sheet. Stir in remaining 2 tablespoons olive oil; season with salt and pepper, to taste.
5. Place tilapia in a single layer onto the opposite side of the prepared baking sheet. Drizzle with butter mixture.
6. Place into oven and bake until fish flakes easily with a fork and the tomatoes begin to burst and have softened, about 11-13 minutes.
7. Serve with reserved butter mixture, garnished with parsley, if desired.

TERIYAKI SALMON

Recipe from Damn Delicious

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

4 (5-ounce) salmon fillets
16 ounces green beans, trimmed
2 carrots, peeled and cut diagonally in 1/4-inch slices
1/2 cup teriyaki sauce, homemade or store-bought
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste
2 green onions, thinly sliced
1/2 teaspoon sesame seeds

DIRECTIONS

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place salmon, green beans and carrots in a single layer onto the prepared baking sheet.
3. Spoon teriyaki sauce over the salmon.
4. Drizzle green beans and carrots with olive oil; season with salt and pepper, to taste.
5. Place into oven and cook until the fish flakes easily with a fork, about 16-18 minutes.
6. Serve immediately, garnished with green onions and sesame seeds, if desired.

SHRIMP BOIL

Recipe from Damn Delicious

SERVINGS 6 TOTAL TIME 40 MINUTES

INGREDIENTS

1 pound baby Dutch yellow potatoes
3 ears corn, each cut crosswise into 6 pieces
1/4 cup unsalted butter, melted
4 cloves garlic, minced
1 tablespoon Old Bay seasoning
1 pound medium shrimp, peeled and deveined
1 (12.8-ounce) package smoked andouille sausage, thinly sliced
1 lemon, cut into wedges
2 tablespoons chopped fresh parsley leaves

DIRECTIONS

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large pot of boiling salted water, cook potatoes until just tender and parboiled, about 10-13 minutes. Stir in corn during the last 5 minutes of cooking time; drain well.
3. In a small bowl, combine butter, garlic and Old Bay seasoning.
4. Place potatoes, corn, shrimp and sausage in a single layer onto the prepared baking sheet. Stir in butter mixture and gently toss to combine.
5. Place into oven and bake for 12-15 minutes, or until the shrimp are opaque and corn is tender.
6. Serve immediately with lemon wedges, garnished with parsley, if desired.

