

Recipe Ideas

Use these recipes as a starting point for planning your own menu this week.

<i>Breakfast</i>	Potato Hash with Bell Peppers and Onions
<i>Sauce</i>	Fresh Sage Sauce This sauce is ideal with pork chops or tenderloin, chicken, or turkey.
<i>Main Dish</i>	Tomato Basil Spaghetti Squash
<i>Sandwich</i>	Pork Tenderloin Sandwiches
<i>Side Dish</i>	Acorn Wedges with Mozzarella and Tomatoes
<i>Side Dish</i>	Bacon Garlic Green Beans
<i>Side Dish</i>	Buttery Garlic Green Beans
<i>Side Dish</i>	Crispy Green Beans with Canadian Bacon
<i>Side Dish</i>	Roasted Sage New Potatoes
<i>Side Dish</i>	Stuffed Acorn Squash with Sausage and Mushrooms

Breakfast

Potato Hash with Bell Peppers and Onions

INGREDIENTS

2 Tbsp. extra-virgin olive oil
1 Tbsp. unsalted butter
4 large or 6 medium potatoes, peeled and cut into ½-inch cubes
1 onion, diced
1 bell pepper, diced
2 tsp. fresh parsley, chopped
3 garlic cloves, minced
Salt and pepper, to taste
¼ cup freshly grated Parmesan cheese

DIRECTIONS

Preheat the oil and butter in a large nonstick skillet over medium heat. Add potatoes, toss to coat with oil, and place a lid on the pan. Allow the potatoes to cook covered for 10 minutes.

Remove the lid and increase the heat to medium high. Add onion and bell pepper. Cook for 15 minutes, stirring occasionally, until the potatoes and vegetables turn golden brown.

Add the parsley and garlic; cook for 2 minutes. Season with salt and pepper. Sprinkle with Parmesan and serve immediately.

YIELD

5 to 6 servings

Sauce

Fresh Sage Sauce

This sauce is ideal with pork chops or tenderloin, chicken, or turkey.

INGREDIENTS

2 bay leaves
4 oz. chicken or vegetable stock
4 oz. dry white wine
1 small sprig thyme
1 Tbsp. all-purpose flour
¾ oz. slightly softened butter, plus ½ oz. chilled butter, diced, to finish
1 Tbsp. chopped fresh sage leaves, plus 3 to 5 small leaves to finish
Sea salt and freshly ground black pepper

DIRECTIONS

Place the bay leaves in a saucepan over medium heat with the stock, wine, and thyme and bring to a simmer. Mix together the flour and softened butter in a cup or on a saucer using a fork until well mixed. Whisk the butter and flour into the simmering liquid. Continue whisking for 3 minutes over a fast simmer, until the liquid has slightly thickened. Reduce the heat. Remove the bay leaves and thyme. Add the sage and stir for 2 minutes. Remove from the heat, cool for 2 minutes, and then season with salt and pepper. Whisk in the diced chilled butter, stir in the whole sage leaves, and serve.

YIELD

8 oz. sauce

Main Dish

Tomato Basil Spaghetti Squash

INGREDIENTS

1 medium spaghetti squash, plus the seeds
1 Tbsp. + 2 tsp. extra-virgin olive oil, divided
4 medium tomatoes, chopped
2 large garlic cloves, minced
¼ cup fresh basil, chopped
Salt and pepper to taste

DIRECTIONS

To roast the squash: Heat the oven to 400 F. Line a baking sheet with parchment paper. Carefully slice the squash in half using a sharp knife. Scoop out the seeds and set aside. Brush the inside of the squash with a teaspoon of olive oil. Set onto the baking sheet cut side down. Bake the squash for 40 minutes. Flip over, and bake another 10 to 15 minutes or until you can easily pierce a fork through the flesh all the way to the peel and the noodles are al dente. Let the squash cool until easy to handle. Use a fork to gently pull the squash flesh from the peel and separate the flesh into "spaghetti-like" strands. To roast the seeds: turn the oven down to 300 F. Pinch away the large chunks of squash flesh from the seeds, place a colander under cool running water, and remove any additional squash flesh. Dump the cleaned seeds onto a towel and pat dry. Place seeds on a baking tray and drizzle with a teaspoon olive oil and a pinch of salt. Bake the seeds for 20 to 25 minutes, stirring midway through baking. Let cool.

To prepare the "spaghetti," heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat. Add the chopped tomatoes and saute for 3 to 5 minutes, until just starting to soften. Add the garlic and saute for another minute, until fragrant. Add the cooked spaghetti squash to the pan and stir until heated through. Serve the spaghetti squash and tomatoes with fresh basil, roasted squash seeds and salt and pepper to taste.

YIELD

4 servings

Sandwich

Pork Tenderloin Sandwiches

INGREDIENTS

1 Tbsp. extra-virgin olive oil
1 clove garlic, minced
1/4 cup yellow mustard
1/4 cup Dijon mustard
1/4 cup cider vinegar
2 Tbsp. packed brown sugar
2 Tbsp. honey
1 tsp. hot sauce
1 tsp. Worcestershire sauce
1 lb. pork tenderloin, trimmed
Salt and black pepper
4 ciabatta rolls, split and grilled
1 head lettuce, thinly sliced
4 mini colored peppers, thinly sliced

DIRECTIONS

Heat grill to medium-high. Heat oil and garlic in a small saucepan on medium until fragrant, 30 seconds. Add mustards, vinegar, brown sugar, honey, hot sauce, and Worcestershire sauce and whisk to combine. Simmer, stirring occasionally, until thickened, about 3 minutes; remove from heat.

Season pork with salt and pepper and grill, covered, turning occasionally, 12 minutes. Continue grilling, basting with 1/4 cup sauce, until instant-read thermometer registers 145 F, 3 to 6 minutes more. Transfer pork to a cutting board and let rest at least 5 minutes before thinly slicing.

Drizzle bottom pieces of rolls with 1/2 tablespoon sauce each, then make sandwiches with lettuce, peppers, and pork. Drizzle with remaining sauce and add tops to make sandwiches.

YIELD

4 servings

Side Dish

Acorn Wedges with Mozzarella and Tomatoes

INGREDIENTS

2 1½- to 2-lb. acorn squash
¼ cup olive oil, divided
Salt and black pepper
3 cups cherry tomatoes
2 Tbsp. pure maple syrup
2 fresh thyme sprigs (optional)
8 oz. fresh mozzarella
¼ cup sour cream
1 lemon, zested and juiced
1 small shallot, minced (½ cup)
1 cup coarsely chopped parsley

DIRECTIONS

Preheat oven to 375°F. Cut squash in half lengthwise and scoop out seeds. Cut each half into 1½- to 2-inch wedges.

In a large bowl, toss the squash wedges with 2 tablespoons oil, ½ teaspoon salt and ¼ teaspoon black pepper. Transfer to a parchment or foil lined sheet pan.

In a 2- to 3-quart rectangular baking dish toss the tomatoes with the maple syrup, thyme (if using), 2 tablespoons olive oil, and a pinch of salt. Bake both the tomatoes and the squash in the preheated oven. Bake the tomatoes, uncovered, until they're soft and start to brown and the liquid starts to thicken, 25 to 30 minutes. Bake the squash until tender and easily pierced with a fork, about 30 minutes.

Meanwhile, in a small bowl tear mozzarella into irregular chunks. Add sour cream, a pinch of salt, and a grind of black pepper; stir to coat.

In another small bowl combine lemon zest and juice, shallot, and a pinch of salt. Let stand 10 minutes to macerate. Stir in remaining ¼ cup olive oil and chopped parsley to make a chunky relish. Arrange the squash wedges on a serving platter, dot with the creamed mozzarella, and follow with the tomatoes and their liquid. Spoon parsley relish over all.

YIELD

8 servings

Side Dish

Bacon Garlic Green Beans

INGREDIENTS

6 strips bacon strips
1 lb. fresh green beans, rinsed, ends trimmed
½ tsp. salt
1 Tbsp. butter
6 garlic cloves, minced

DIRECTIONS

Cook bacon until crispy, reserve 1 tablespoon bacon grease and drain the rest. Crumble bacon and set aside.

Bring a large pot of water to boil, add green beans (water should be just above the beans) and ½ teaspoon salt. Cook on medium-low heat for 5 minutes, drain the beans.

Heat reserved bacon grease and butter in a large skillet over medium heat. Add minced garlic. Cook it while stirring constantly, for about 30 seconds. Add crumbled bacon and green beans. Sauté on medium heat for about 1 minute to combine all ingredients. Remove from heat. Taste and add more salt, if needed.

Side Dish

Buttery Garlic Green Beans

INGREDIENTS

1 lb. fresh green beans, trimmed and snapped in half
3 Tbsp. butter
3 cloves garlic, minced
? tsp. lemon-pepper seasoning, or more to taste
Salt to taste

DIRECTIONS

Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans just start to soften, 3 to 5 minutes. Drain and return to the skillet. Add butter and stir until melted, 1 to 2 minutes. Add garlic; cook until tender and fragrant, 1 to 2 minutes. Season with lemon-pepper seasoning and salt before serving.

YIELD

4 servings

Side Dish

Crispy Green Beans with Canadian Bacon

INGREDIENTS

1 lb. green beans
1 Tbsp. unsalted butter
4 pieces Canadian bacon, chopped
1 bunch scallions, sliced
Salt and black pepper

DIRECTIONS

Trim ends from green beans. Bring 2 1/2 quarts of water to a rolling boil. Add the green beans. Reduce heat a little, cover, and cook until the beans are crisp-tender, about 5 minutes. Drain and set aside.

Place the butter, bacon, and scallions in a large skillet over medium heat and saute for 5 to 7 minutes, or until the bacon is crispy. Add the green beans to the skillet and toss to heat through. Season with salt and pepper and serve immediately.

YIELD

4 to 6 servings

Side Dish

Roasted Sage New Potatoes

INGREDIENTS

15 small new potatoes, halved
2 Tbsp. extra-virgin olive oil
1/4 tsp. seasoned salt
30 small fresh sage leaves

DIRECTIONS

Preheat oven to 450 F. Coat a 15x10-inch baking pan with nonstick cooking spray. In a medium bowl combine potatoes, oil, and salt; toss to coat. Press a sage leaf against cut side of each potato half. Arrange potatoes, cut side down, on prepared baking sheet.

Roast 15 to 20 minutes or until potatoes are tender. Serve warm or at room temperature.

YIELD

6 servings (5 potato halves each)

Side Dish

Stuffed Acorn Squash with Sausage and Mushrooms

INGREDIENTS

For The Squash:

2 acorn squash halved through from the stem to the base and seeds removed
4 tsp. extra-virgin olive oil
Salt and black pepper

For The Filling:

½ Tbsp. extra-virgin olive oil
1 lb. Italian chicken or turkey sausage about 2 links, casings removed, sweet or spicy
8 oz. cremini baby bella mushrooms finely chopped
1 small yellow onion chopped
1 medium sweet-crisp apple cored and finely diced
½ tsp. kosher salt
¼ tsp. ground black pepper
¼ tsp. ground nutmeg
? tsp. ground allspice
2 cloves minced garlic
1 Tbsp. chopped fresh sage, thyme, or a mix (plus additional for serving)
½ cup shredded Parmesan cheese, divided

DIRECTIONS

Place a rack in the center of the oven and preheat the oven to 400°F. With a sharp, sturdy chef's knife, carefully cut the squash in half from stem to base. Scoop out and discard the stringy core and seeds. Arrange the halves cut-sides up on a rimmed baking sheet. Brush each half with 1 teaspoon olive oil and sprinkle with salt and pepper. Place in the oven and bake for 40 minutes, until the edges begin to wrinkle and the flesh is fork-tender. Set aside. Reduce the oven temperature to 375°F.

While the squash bakes, prepare the filling: Heat the olive oil in a large skillet over medium-high heat. Add the sausage. Brown the meat, breaking it apart into small pieces for 3 minutes.

Add the mushrooms, onion, apple, salt, pepper, nutmeg, allspice, and minced garlic. Cook, stirring frequently, until the sausage is cooked through, the vegetables and apple are softened, have given up liquid, and the liquid has cooked off, about 8 additional minutes.

When the squash is cool enough to handle, scoop out its flesh, leaving a wall all the way around that is about 1/4-inch thick. Add the scooped squash to the pan with the sausage. Add the herbs and ¼ cup Parmesan. Stir to combine. Taste and adjust salt and pepper as desired.

Mound the filling inside of the hollowed squash halves. Sprinkle the remaining Parmesan over the top. Place the pan in the oven and bake until the cheese is melted and the filling is nice and hot, about 15 minutes. Sprinkle with additional fresh herbs as desired. Serve hot.

YIELD

4 servings