



Hot and Spicy Tofu

Serves 6. Prep time: 30 minutes.

2 tablespoons vegetable oil
1 14-ounce block extra firm tofu,
drained and cut into 1- to 2-inch
cubes
1 red onion, thinly julienned
2 bell peppers, thinly julienned
3 tablespoons minced garlic

1 jalapeño pepper, seeded and
finely diced
3 tablespoons tamari
3 tablespoons rice vinegar
1 tablespoon brown sugar
Pinch of crushed red pepper flakes
(optional)

Preparation

In a large skillet or wok, heat the vegetable oil over medium-high heat. Add the cubed tofu and sauté for 5 to 6 minutes until it begins to brown, stirring occasionally to brown all sides. Add the onion and bell peppers and sauté for 4 to 5 minutes more. Add the garlic and jalapeño and cook another 1 to 2 minutes. Stir in the tamari, rice vinegar, brown sugar and red pepper flakes and let simmer for a few more minutes.

Hot and Spicy Tofu

Ingredient checklist

PRODUCE

- ☐ Red onion
- ☐ Garlic
- ☐ Bell peppers
- ☐ Jalapeño pepper

GROCERY

- ☐ Vegetable oil
- ☐ Rice vinegar
- ☐ Tamari
- ☐ Brown sugar

REFRIGERATED/DAIRY

- ☐ Extra firm tofu

SPICES/SEASONINGS

- ☐ Red pepper flakes (optional)

Serving suggestion

Serve on a bed of steaming hot jasmine or japonica rice or alongside sesame-seasoned udon or soba noodles. Add baby salad greens or shredded cabbage and roll in a warmed whole-wheat tortilla for an Asian wrap. Substitute sriracha or gochujang for the crushed red pepper flakes if desired.

Nutritional information per serving

189 calories	10 g. fat
0 mg. cholesterol	411 mg. sodium
14 g. carbohydrate	4 g. fiber
13 g. protein	

The nutritional values and information provided are approximations.



Chicken and Asparagus Roulade

Serves 6. Prep time: 45 minutes.

½ cup sun-dried tomatoes, diced

¾ cup shredded Italian cheese

(mozzarella, Asiago or
Parmesan or a blend)

4 ounces soft chevre

Salt and black pepper

10 to 12 asparagus spears

4 6-ounce boneless, skinless
chicken breasts

Preparation

Preheat the oven to 375 degrees F. Oil a rimmed sheet pan.

In a small bowl, mix together the sun-dried tomatoes, cheeses and a pinch each of salt and black pepper. Trim off the woody ends of the asparagus, then split each spear in half lengthwise. Set aside.

To butterfly the chicken breasts, lay them smooth side down on a cutting board and remove any tenderloin. Holding a knife parallel to the cutting board, start at the thickest side of each breast and carefully slice in half widthwise almost to the other edge. Keep the thin edge intact and open the breasts along the "fold," like a book. Starting with the thickest part, gently pound each breast between two pieces of plastic wrap until it is consistently thin (¼ to ½ inch thick) without any holes. Season each breast with salt and black pepper on both sides.

Place ¼ of the tomato and cheese mixture near the edge of each breast and top with a few asparagus spears, laying them lengthwise with the breast. Lift the edge of the breast up and slightly over the filling and firmly roll it up like a jelly roll (the asparagus tips may peek out the ends). Place the roll, seam side down, on the sheet pan. Repeat with each breast. Secure the rolls with toothpicks before baking if needed. Bake the chicken for 15 to 20 minutes or until it reaches an internal temperature of 165 degrees F. Remove from the oven and let sit for 5 to 10 minutes, then slice each roll crosswise into 6 pieces and put 4 pieces on each plate to serve.

Chicken and Asparagus Roulade

Ingredient checklist

PRODUCE

- ☐ Asparagus

GROCERY

- ☐ Sun-dried tomatoes

MEAT/SEAFOOD

- ☐ Boneless, skinless chicken breasts

REFRIGERATED/DAIRY

- ☐ Italian cheese (mozzarella, Asiago or Parmesan or a blend)
- ☐ Chevre

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

Delicious with a side of garlic mashed potatoes, rice pilaf, couscous, risotto or a baby greens salad. If serving the chicken breasts whole, brush lightly with oil and sprinkle them with shredded cheese and paprika (or other herbs and spices of your choice) before baking. Substitute ricotta cheese for the chevre if desired.

Nutritional information per serving

235 calories	6 g. fat
82 mg. cholesterol	282 mg. sodium
5 g. carbohydrate	6 g. fiber
31 g. protein	

The nutritional values and information provided are approximations.



Vegetable Korma

Serves 4. Prep time: 30 minutes.

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| 2 tablespoons vegetable oil | 1 cup tomato sauce |
| 1 cup diced yellow onion | 2 tablespoons curry powder |
| 1 teaspoon minced fresh ginger | 12 ounces Cascadian Farm frozen organic mixed vegetables |
| 3 tablespoons minced garlic | 1 cup light coconut milk |
| 2 small red or Yukon potatoes, diced | Salt and black pepper to taste |
| ½ cup water | |

Preparation

Heat the oil in a large pot over medium-high heat. Add the onion and sauté for 5 minutes, then add the ginger, garlic and potatoes and sauté for 2 minutes more. Add the water, tomato sauce and curry powder and bring to a simmer. Stir well, cover with a lid and cook 6 to 8 minutes. Add the frozen mixed vegetables and coconut milk and simmer for 5 to 10 minutes until the vegetables are tender. Season to taste with salt and black pepper.

Vegetable Korma

Ingredient checklist

PRODUCE

- ☐ Yellow onion
- ☐ Garlic
- ☐ Ginger
- ☐ Red or Yukon potatoes

GROCERY

- ☐ Vegetable oil
- ☐ Light coconut milk
- ☐ Tomato sauce

FROZEN

- ☐ Cascadian Farm frozen organic mixed vegetables

SPICES/SEASONINGS

- ☐ Curry powder
- ☐ Black pepper
- ☐ Sea salt

Serving suggestion

This Indian dish is delicious served hot over basmati rice with a side of naan; garnish with fresh cilantro or chopped peanuts for color and crunch. Add cubed tofu, paneer or cooked chicken at the same time as the frozen vegetables for a heartier version. Substitute cream for the coconut milk if desired.

Nutritional information per serving

280 calories	12 g. fat
0 mg. cholesterol	483 mg. sodium
39 g. carbohydrate	10 g. fiber
9 g. protein	

The nutritional values and information provided are approximations.



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Baby Greens and Beet Salad with Lemon Chia Dressing

Serves 4 to 6. Prep time: 20 minutes.

Dressing:

5 tablespoons lemon juice
2 tablespoons olive oil
1 tablespoon minced garlic
1 tablespoon minced shallots
1 tablespoon Dijon mustard
2 teaspoons chia seeds
1 to 2 teaspoons honey
Pinch each of salt and black pepper

Salad:

1 5-ounce package baby greens
1 small beet, peeled and shredded
1 ½ cups strawberries, sliced
1 cup goat cheese, crumbled

Preparation

Whisk together all of the dressing ingredients in a small bowl and set aside.

In a large bowl, gently toss the baby greens, beets and strawberries with a few tablespoons of dressing. Taste and add more dressing if desired. Top with the goat cheese crumbles before serving.

Tips and notes

Chia is an ancient "superfood" which contains omega-3 fats as well as protein, fiber, calcium, potassium, magnesium and phosphorus. Besides being sold in the bulk department, chia seeds may also be available packaged in Wellness or Grocery.

Baby Greens and Beet Salad with Lemon Chia Dressing

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Baby greens
- ☐ Strawberries
- ☐ Shallots
- ☐ Beet

BULK

- ☐ Chia seeds

GROCERY

- ☐ Lemon juice
- ☐ Dijon mustard
- ☐ Olive oil
- ☐ Honey

REFRIGERATED/DAIRY

- ☐ Goat cheese

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

The tart-sweet flavors of this salad and dressing complement rich and earthy main dishes and chewy hearth breads. Substitute baby spinach or mesclun mix for the baby greens or use feta in place of the goat cheese. Refrigerate any unused dressing for later use.

Nutritional information per serving

189 calories	7 g. fat
10 mg. cholesterol	239 mg. sodium
25 g. carbohydrate	8 g. fiber
6 g. protein	

The nutritional values and information provided are approximations.