



Greek Chicken and Quinoa Salad

Serves 4 to 6. Prep time: 20 minutes active; 50 minutes total.

Marinade:

2 tablespoons olive oil
1 tablespoon honey
1 tablespoon lemon juice
3 cloves garlic, chopped
1 ½ pounds boneless, skinless chicken thighs

Salad:

1 cup uncooked quinoa
2 cups water
1 ½ cups diced orange bell pepper

½ cup minced red onion
1 tablespoon chopped fresh thyme
⅔ cup roughly chopped parsley
1 tablespoon honey
½ cup raisins
⅔ cup grated ricotta salata cheese
2 tablespoons crumbled feta cheese
½ cup chopped pitted Kalamata olives
Salt and black pepper to taste

Preparation

Mix marinade ingredients in a large bowl. Add chicken thighs and marinate for at least 15 minutes. Heat a skillet over medium heat. Remove chicken from the marinade and place in the skillet; reduce heat to medium-low and turn thighs every 3 to 4 minutes, browning evenly until thoroughly cooked (about 15 minutes). While the chicken is cooking, heat water in a covered saucepan. Thoroughly rinse the quinoa in a fine mesh strainer. Once the water starts to boil, add the rinsed quinoa, lower heat and continue to cook, covered, for 15 to 20 minutes.

Remove cooked chicken thighs from the skillet and set aside. Add the peppers and onion to the remaining fat in the skillet and sauté 7 to 8 minutes, until soft, and add to the cooked quinoa. Stir in thyme, parsley, honey and raisins. Place warm quinoa salad on a large serving plate, and top with the chicken. Sprinkle with cheeses and olives.

Greek Chicken and Quinoa Salad

Ingredient checklist

PRODUCE

- Lemon
- Orange bell pepper
- Thyme
- Garlic
- Red onion
- Parsley

BULK

- Quinoa
- Raisins

GROCERY

- Olive oil
- Kalamata olives
- Honey

MEAT/SEAFOOD

- Boneless, skinless chicken thighs

REFRIGERATED/DAIRY

- Ricotta salata cheese
- Feta cheese

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

Make the marinade and add the chicken thighs the night before to speed the preparation time on this main-dish salad. And consider doubling the recipe for the quinoa salad, since leftovers tucked into whole-wheat pita halves are a tasty lunch option.

Nutritional information per serving

370 calories	16 g. fat
150 mg. cholesterol	250 mg. sodium
27 g. carbohydrate	3 g. fiber
30 g. protein	

The nutritional values and information provided are approximations.



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Mango Shrikhand

**Serves: 8. Prep time: 15 minutes active;
45 minutes total.**

8 to 10 saffron threads
¼ cup hot water
4 cups diced mango
1 cup farmer cheese
1 cup Greek yogurt
¼ cup honey

½ teaspoon cardamom
½ teaspoon ground ginger
½ teaspoon nutmeg
½ cup toasted almonds or pine
nuts

Preparation

Gently place saffron threads in the hot water and let steep for at least 30 minutes (or up to 2 hours). Place the saffron and water, mango, cheese, yogurt, honey and spices in a food processor and blend until smooth. Chill for 1 hour before serving topped with the toasted nuts.

Mango Shrikhand

Ingredient checklist

PRODUCE

- Mango (if using fresh)

BULK

- Almonds or pine nuts

GROCERY

- Honey

REFRIGERATED/DAIRY

- Farmer cheese
- Greek yogurt

FROZEN

- Mango (if using frozen)

SPICES/SEASONINGS

- Saffron threads
- Cardamom
- Ground ginger
- Nutmeg

Serving suggestion

This traditional Indian-style fruit pudding is a cooling finish to any spicy meal. Serve with wafer cookies, or garnish with chopped fresh mint.

Nutritional information per serving

200 calories	6 g. fat
10 mg. cholesterol	140 mg. sodium
27 g. carbohydrate	3 g. fiber
9 g. protein	

The nutritional values and information provided are approximations.



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Baked Crab and Asparagus Spread

Serves 6 to 8. Prep time: 20 minutes active; 45 minutes total.

1 tablespoon olive oil	½ teaspoon sea salt
1 bunch asparagus, trimmed and cut into ½-inch pieces	⅛ teaspoon black pepper
1 cup chopped canned artichoke hearts	2 eggs
1 cup chopped fresh tomatoes	1 8-ounce package Neufchâtel or cream cheese, softened
3 cloves garlic, chopped	½ cup milk
1 6-ounce can lump crab meat, drained	⅓ cup grated Parmesan
	2 large pinches smoked paprika
	¼ cup slivered almonds

Preparation

Heat oven to 375 degrees F. Heat the olive oil in a sauté pan, then add the asparagus, artichokes, tomatoes and garlic. Sauté for about 5 minutes until asparagus is just tender. Remove from the skillet and place in a small, oiled baking dish. Stir in the crabmeat, and add salt and pepper.

In a food processor, blend together the eggs, Neufchâtel and milk until fully incorporated. Pour the egg and cheese mixture over the crab and veggies, then top with Parmesan, smoked paprika and almonds. Bake uncovered on the middle rack in the oven for 25 minutes. Remove from the oven and serve hot with toasted baguette slices or crackers.

Baked Crab and Asparagus Spread

Ingredient checklist

PRODUCE

- Asparagus
- Garlic
- Tomatoes

BULK

- Slivered almonds

GROCERY

- Olive oil
- Canned lump crab meat
- Canned artichoke hearts

REFRIGERATED/DAIRY

- Eggs
- Milk
- Neufchâtel or cream cheese
- Grated Parmesan

SPICES/SEASONINGS

- Sea salt
- Smoked paprika
- Black pepper

Serving suggestion

This crowd-pleasing appetizer pairs well with white wines like Sauvignon Blanc or lighter reds like a Pinot Noir. Serve with crisp slices of cucumber, jicama or zucchini as an alternative to bread or crackers.

Nutritional information per serving

210 calories	14 g. fat
100 mg. cholesterol	440 mg. sodium
10 g. carbohydrate	4 g. fiber
14 g. protein	

The nutritional values and information provided are approximations.



Hearty Tofu Scramble

Serves 4. Prep time: 10 minutes active; 30 minutes total.

2 tablespoons olive oil	1 tablespoon Dijon mustard
1 cup diced red onion	3 tablespoons nutritional yeast
1 cup sliced mushrooms	$\frac{1}{4}$ teaspoon ground turmeric
$\frac{1}{2}$ bunch kale, shredded	$\frac{3}{4}$ teaspoon smoked sea salt
1 cup diced red peppers	$\frac{1}{8}$ teaspoon black pepper
2 to 3 cloves garlic, chopped	4 fresh basil leaves, chiffonade
1 pound extra-firm tofu	

Preparation

In a large skillet, heat olive oil over medium-high heat and sauté the red onion, mushrooms, kale, peppers and garlic for about 10 minutes, until soft. While the vegetables are cooking, drain and crumble the tofu. Mix the tofu with the Dijon, nutritional yeast, turmeric, salt and pepper. Add the tofu mixture to the skillet and cook until heated, about 10 minutes. Sprinkle with the basil and serve immediately.

Hearty Tofu Scramble

Ingredient checklist

PRODUCE

- Red onion
- Kale
- Garlic
- Mushrooms
- Red peppers
- Basil

BULK

- Nutritional yeast

GROCERY

- Olive oil
- Dijon mustard

REFRIGERATED/DAIRY

- Extra-firm tofu

SPICES/SEASONINGS

- Turmeric
- Black pepper
- Smoked sea salt

Serving suggestion

Whether you serve this scramble for breakfast, or breakfast-as-dinner, a jar of hot sauce or salsa on the side will spice things up nicely! The nutritional yeast adds the umami of grated Parmesan, but keeps the dish vegan-friendly.

Nutritional information per serving

320 calories	17 g. fat
0 mg. cholesterol	510 mg. sodium
24 g. carbohydrate	7 g. fiber
24 g. protein	

The nutritional values and information provided are approximations.



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Balsamic-Glazed Strawberries

Serves 6. Prep time: 15 minutes.

¼ cup balsamic vinegar
2 tablespoons honey
1 teaspoon vanilla extract
1 pound fresh strawberries,
halved

¼ cup chopped fresh mint
2 cups vanilla yogurt or vanilla ice
cream

Preparation

In a small saucepan, mix together the balsamic vinegar and honey. Cook over medium heat, stirring constantly, for 5 minutes, until the mixture has slightly thickened. Remove from heat and add the vanilla. Toss the strawberries with the balsamic glaze and stir in the mint. Once the sauce has cooled, drizzle over scoops of yogurt or ice cream in individual serving dishes.

Balsamic-Glazed Strawberries

Ingredient checklist

PRODUCE

- Strawberries
- Mint

GROCERY

- Balsamic vinegar
- Vanilla extract
- Honey

REFRIGERATED/DAIRY

- Vanilla yogurt (if using yogurt)

FROZEN

- Vanilla ice cream (if using ice cream)

Serving suggestion

The tangy sweet sauce showcases fresh-picked strawberries at the height of the season. Spoon some over sliced pound cake or angel food cake for a special dessert.

Nutritional information per serving

45 calories	0 g. fat
0 mg. cholesterol	0 mg. sodium
10 g. carbohydrate	1 g. fiber
0 g. protein	

The nutritional values and information provided are approximations.