



# Pesto Di Noci

**Serves 6. Prep time: 10 minutes active; 30 minutes total.**

1/3 cup walnuts	3 tablespoons olive oil
1 12-ounce package whole wheat linguine	2 cups fresh basil leaves
2 cloves garlic, peeled	1/3 cup ricotta cheese
	Salt and black pepper to taste

## Preparation

Heat oven to 350 degrees F. Spread walnuts in a single layer on an ungreased baking sheet and toast in the oven for 5 to 10 minutes until golden brown. Cook the pasta, according to package directions, until al dente. Drain and set aside.

While the pasta cooks, blend the toasted walnuts, garlic, olive oil and basil in a food processor until a smooth paste is formed. Toss the warm linguine with the pesto, then fold in the ricotta cheese. Add salt and pepper to taste and serve warm.

# Pesto Di Noci

## Ingredient checklist

### PRODUCE

- ☐ Garlic
- ☐ Basil

### BULK

- ☐ Walnuts

### GROCERY

- ☐ Whole wheat linguine
- ☐ Olive oil

### REFRIGERATED/DAIRY

- ☐ Ricotta cheese

### SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

---

## Serving suggestion

A quick antipasto platter of pickled vegetables, olives and strips of red bell pepper are a great accompaniment to this northern Italian-inspired pasta. Substitute mascarpone for the ricotta, or, for a dairy-free version, add another tablespoon of olive oil when you toss the pesto and pasta.

## Nutritional information per serving

310 calories	14 g. fat
5 mg. cholesterol	15 mg. sodium
37 g. carbohydrate	7 g. fiber
11 g. protein	

*The nutritional values and information provided are approximations.*



# Kale and Potato Hash

**Serves 4. Prep time: 30 minutes.**

1 16-ounce package frozen hash browns, slightly thawed

1 bunch kale, trimmed and thinly sliced (chiffonade)

½ yellow onion, minced

1 clove garlic, peeled and minced

4 ounces vegetarian sausage, crumbled

Salt and black pepper to taste

2 tablespoons vegetable oil or butter

---

## Preparation

In a mixing bowl, stir together the hash browns, kale, onion, garlic, veggie sausage crumbles and a pinch each of salt and pepper.

In a large skillet, heat the oil or butter over medium-high heat. When the skillet is very hot, add the hash brown mixture and press firmly into the pan. Cook for a few minutes until browned on the bottom, stir, press down again and cook another few minutes until browned on the bottom. Continue to cook and brown the hash browns until desired doneness. Serve warm.

# Kale and Potato Hash

## Ingredient checklist

### PRODUCE

- ☐ Kale
- ☐ Garlic
- ☐ Yellow onion

### GROCERY

- ☐ Vegetable oil (if using)

### REFRIGERATED/DAIRY

- ☐ Vegetarian sausage
- ☐ Butter (if using)

### FROZEN

- ☐ Hash browns

### SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

---

## Serving suggestion

This simple, filling one-skillet dish is as great a choice for winter weekend breakfasts as it is for quick weeknight suppers. Use pork or chicken sausage crumbles, chopped bacon or leftover pulled chicken or pork instead of vegetarian sausage if you prefer, and top with a fried egg for a super-hearty dish.

## Nutritional information per serving

270 calories	11 g. fat
0 mg. cholesterol	230 mg. sodium
29 g. carbohydrate	6 g. fiber
14 g. protein	

*The nutritional values and information provided are approximations.*



# Salmon Chermoula

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

- |  |  |
|--|--|
| 1/3 cup plain yogurt                       | 1 1/2 teaspoons ground cumin                         |
| 2 tablespoons olive oil                    | Pinch each of salt and black pepper                  |
| 1 lemon, zest and juice                    |  |
| 1/2 cup chopped fresh parsley              | 1 pound skin-on salmon filet, cut into 4 even pieces |
| 1/2 cup chopped fresh cilantro             |  |
| 1 clove garlic, peeled and minced          |  |
| 1 jalapeño, stem and seeds removed, minced |  |

---

## Preparation

In a mixing bowl, stir together all of the ingredients except the salmon. Cover and refrigerate 1/2 cup of the chermoula sauce to serve with the finished salmon.

Place the salmon in a baking dish and pour the remaining chermoula sauce over the filets to marinate, cover and refrigerate for 30 minutes.

Heat an oiled grill or a skillet over medium-high heat. Remove the salmon from the marinade and place on the grill, skin side down. Cook the salmon for 4 to 5 minutes, flip gently and cook another few minutes until the fish reaches desired doneness. Remove from heat and serve with the remaining chermoula sauce.

# Salmon Chermoula

## Ingredient checklist

### PRODUCE

- ☐ Lemon
- ☐ Cilantro
- ☐ Jalapeño
- ☐ Parsley
- ☐ Garlic

### GROCERY

- ☐ Olive oil

### MEAT/SEAFOOD

- ☐ Skin-on salmon filet

### REFRIGERATED/DAIRY

- ☐ Plain yogurt

### SPICES/SEASONINGS

- ☐ Cumin
- ☐ Black pepper
- ☐ Sea salt

---

## Serving suggestion

Accompanied by a wild rice blend studded with slivered almonds, this North African-inspired salmon dish is a bright and colorful main dish. Just add a wedge or two of lemon on the side.

## Nutritional information per serving

300 calories	16 g. fat
70 mg. cholesterol	75 mg. sodium
5 g. carbohydrate	1 g. fiber
33 g. protein	

*The nutritional values and information provided are approximations.*



## Spiced Broccoli “Couscous” Salad

**Serves 6. Prep time: 30 minutes.**

1 pound cauliflower florets  
2 tablespoons olive oil or butter  
½ yellow onion, thinly sliced  
2 cloves garlic, peeled and minced  
2 cups broccoli florets  
⅓ cup raisins

1 15-ounce can chickpeas,  
drained and rinsed  
1 tablespoon curry powder  
⅓ cup water  
Juice of 1 lemon  
Salt and black pepper to taste

---

### Preparation

In a food processor, pulse the cauliflower florets until they resemble coarse grains that look like couscous. Set aside.

Heat the oil or butter over medium-high heat in a large pot. Add the onion and sauté for 2 minutes. Add the garlic and broccoli and sauté another 3 to 5 minutes. Add the raisins, chickpeas, curry powder and water and stir well. Add the cauliflower “couscous” and cook 3 to 5 minutes more. Remove from heat and stir in the lemon juice. Taste for salt and pepper and serve warm.

# Spiced Broccoli “Couscous” Salad

## Ingredient checklist

### PRODUCE

- ☐ Cauliflower
- ☐ Garlic
- ☐ Lemon
- ☐ Yellow onion
- ☐ Broccoli

### BULK

- ☐ Raisins

### GROCERY

- ☐ Olive oil (if using)
- ☐ Canned chickpeas

### REFRIGERATED/DAIRY

- ☐ Butter (if using)

### SPICES/SEASONINGS

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

---

## Serving suggestion

The cauliflower “couscous” is a fun way to add a fresh crunch to this warm winter salad. Sweet raisins and zesty curry powder make it a flavorful companion to braised chicken. Garnish with crumbled feta cheese if desired. Add cubed marinated and baked tofu to any leftovers and stuff into a pita for tomorrow’s lunch.

## Nutritional information per serving

210 calories	6 g. fat
0 mg. cholesterol	380 mg. sodium
36 g. carbohydrate	9 g. fiber
9 g. protein	

*The nutritional values and information provided are approximations.*