



Bok Choy Salad with Ramen

Serves 6. Prep time: 20 minutes.

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| 1 package ramen noodle soup
(discard spice packet) | 1 tablespoon sesame oil |
| ¼ cup sliced almonds | 1 tablespoon olive oil |
| ¼ cup raw unsalted sunflower
seeds | 3 tablespoons apple cider vinegar |
| 1 head bok choy | 1 tablespoon honey |
| 2 scallions, trimmed and diced
(green tops and white parts) | 1 tablespoon tamari |
| | 2 tablespoons orange juice |

Preparation

Heat the oven to 350 degrees F. Break up the dry ramen noodles into bite-sized pieces, place on an ungreased sheet pan and toss with the almonds and sunflower seeds. Toast in the oven for 8 to 10 minutes, just until lightly browned. Set aside to cool.

Cut the bok choy in half lengthwise, rinse and pat dry. Slice the bok choy halves crosswise into 1-inch wide ribbons; remove the core and slice crosswise into ¼-inch pieces. Transfer the bok choy to a large bowl. Toss the bok choy and scallions with the oils, vinegar, honey, tamari and orange juice. Add the toasted ramen, almonds and sunflower seeds and toss again just before serving.

Bok Choy Salad with Ramen

Ingredient checklist

PRODUCE

- Bok choy
- Scallions

BULK

- Sliced almonds
- Raw sunflower seeds

GROCERY

- Ramen noodle soup packet
- Sesame oil
- Olive oil
- Apple cider vinegar
- Honey
- Tamari

REFRIGERATED/DAIRY

- Orange juice

Serving suggestion

Ready in just 20 minutes, this easy-to-transport salad is great for potlucks. Just double the recipe for a crowd. The crispy noodles and bok choy complement pork tenderloin, baked tofu steaks and stir-fried chicken tenders as well.

Nutritional information per serving

190 calories	11 g. fat
0 mg. cholesterol	390 mg. sodium
19 g. carbohydrate	3 g. fiber
6 g. protein	

The nutritional values and information provided are approximations.



Unstuffed Cabbage

Serves 6. Prep time: 10 minutes active; 55 minutes total.

1 pound ground turkey	1 head green cabbage, cored and roughly chopped
½ cup breadcrumbs	1 yellow onion, diced
1 egg, beaten	1 28-ounce can crushed tomatoes
2 teaspoons paprika	1 teaspoon garlic powder
1 teaspoon dried dill	
Pinch each of salt and black pepper	

Preparation

In a large mixing bowl, stir together the ground turkey, breadcrumbs, egg, paprika, dill, salt and pepper. Form the turkey mixture into 12 large meatballs and set aside.

In another bowl, mix together the cabbage, onion, crushed tomatoes and garlic powder.

In a large pot or Dutch oven, place half of the cabbage mixture in the bottom of the pan. Gently place the meatballs on top of the cabbage layer and pour the remaining cabbage mixture over the meatballs. Cover the pot and bring to a boil. Reduce the heat to medium and cook for 15 minutes until the meatballs are set and firm. Gently stir the pot, taking care to not break the meatballs, lower heat and continue to simmer another 20 to 30 minutes until the cabbage is very tender and the meatballs are thoroughly cooked. Serve warm.

Unstuffed Cabbage

Ingredient checklist

PRODUCE

- Green cabbage
- Yellow onion

GROCERY

- Breadcrumbs
- Canned crushed tomatoes

MEAT/SEAFOOD

- Ground turkey

REFRIGERATED/DAIRY

- Egg

SPICES/SEASONINGS

- Paprika
- Sea salt
- Garlic powder
- Dried dill
- Black pepper

Serving suggestion

A family favorite, this hearty (and economical) dish goes well with steamed broccoli and carrots. Serve over cooked brown rice if you like; any leftover meatballs can be stuffed in a hoagie roll for the next day's lunch.

Nutritional information per serving

230 calories	8 g. fat
85 mg. cholesterol	280 mg. sodium
23 g. carbohydrate	6 g. fiber
20 g. protein	

The nutritional values and information provided are approximations.



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Chinese Scallion Pancakes

Serves 4. Prep time: 45 minutes active; 1 hour, 15 minutes total.

Dipping sauce:

- 1 tablespoon Sriracha sauce
- ¼ cup tamari
- ¼ cup rice vinegar
- 1 teaspoon peeled and minced fresh ginger
- 1 tablespoon honey

Pancakes:

- 2 cups all-purpose flour
- 1 cup boiling water
- ½ cup diced scallions (green tops and white parts)
- 2 tablespoons sesame oil
- Salt
- 2 tablespoons vegetable oil

Preparation

Stir dipping sauce ingredients together in a small bowl. Set aside.

In a mixing bowl, stir together the flour and boiling water until a ball of dough can be formed. Cover the dough with a damp towel and let it rest for 30 minutes.

Cut the dough ball into about 8 equal pieces. On a floured surface, roll out one of the pieces of dough into a circle. Brush with ¾ teaspoon sesame oil and sprinkle with ⅛ of the scallions and a pinch of salt. Roll the circle, jelly-roll style, into a rope, pinch the ends to seal in the scallions and coil the rope into a spiral shape. Flatten the coiled pancake slightly with the palm of your hand. Repeat with the remaining dough and scallions.

In a large skillet, heat the vegetable oil over medium heat. Add one of the pancakes to the hot oil in the pan and cook for 2 to 4 minutes on each side, swirling it in the oil from time to time to promote even browning. When the pancake is lightly browned, remove from the pan and hold on a plate in a warm oven until all pancakes are cooked. Cut pancakes into triangles and serve with dipping sauce.

Chinese Scallion Pancakes

Ingredient checklist

PRODUCE

- Ginger
- Scallions

BULK

- All-purpose flour

GROCERY

- Sriracha sauce
- Rice vinegar
- Sesame oil
- Tamari
- Honey
- Vegetable oil

SPICES/SEASONINGS

- Sea salt

Serving suggestion

The Chinese “street food” version of these pancakes are often served for breakfast, but are more often served as an appetizer in North America. For a softer pancake, add a bit more water to the dough; you can substitute fresh garlic scapes for the scallions for a different flavor.

Nutritional information per serving

340 calories	14 g. fat
0 mg. cholesterol	620 mg. sodium
47 g. carbohydrate	2 g. fiber
7 g. protein	

The nutritional values and information provided are approximations.



Roasted Carrots, Potatoes and Shallots

Serves 6. Prep time: 10 minutes active; 55 minutes total.

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| 1 pound carrots | Pinch each of salt and black pepper |
| 1 pound red potatoes, halved or quartered | 1 tablespoon chopped fresh thyme |
| 5 to 6 shallots, peeled | 2 tablespoons balsamic vinegar |
| 2 tablespoons olive oil | |

Preparation

Heat the oven to 450 degrees F. If carrots are large, slice them into halves or thirds. Toss the carrots, potatoes and shallots with the oil, salt and pepper, then spread on a large sheet pan. Roast for 25 to 30 minutes, stirring once or twice. Remove from oven, stir in the thyme and balsamic vinegar and return the pan to the oven to roast for another 10 to 15 minutes until the veggies are tender and browned. Add additional salt and pepper to taste. Serve warm.

Roasted Carrots, Potatoes and Shallots

Ingredient checklist

PRODUCE

- Carrots
- Shallots
- Red potatoes
- Thyme

GROCERY

- Olive oil
- Balsamic vinegar

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

These savory vegetables are a delicious accompaniment to nutty tempeh, turkey burgers or roast chicken. Or top a spinach salad with the warm veggies and a sprinkle of blue cheese.

Nutritional information per serving

140 calories	5 g. fat
0 mg. cholesterol	180 mg. sodium
24 g. carbohydrate	4 g. fiber
3 g. protein	

The nutritional values and information provided are approximations.