



**CHEF B. MEALS**  
**WEEKLY MEAL**  
**PREP**  
Week of 4/03

## ENTREES

### Chicken

#### ***Pesto Chicken Caprese (F) (GF,NF,SF) \*PC\****

I love a Caprese salad of tomatoes, basil and cheese, so why not try a chicken caprese? That combination of bright tomatoes, juicy chicken, and herby pesto will have even the pickiest of eaters asking for seconds.

**Recommended pairing: Beet Salad with Goat Cheese and Candied Pecans**

### Beef

#### ***Wagyu Beef Salisbury Steaks (F) (NF,SF) \*PC\****

I love this classic steak preparation made with seasoned Wagyu ground beef patties and a gravy that you will want to sop up with extra bread because it's so tasty! This is the dish that everyone in your family will love - guaranteed!

**Recommended pairing: Italian Style Rice**

### Pork

#### ***German Pork Chops and Sauerkraut (F) (GF,DF,NF,SF) \*PC\****

Amazing flavors of Sicily and a hint of spice. What's not to love about this one-pot meal?

**Recommended pairing: Slow Cooked White Beans with Herbs and Roasted Tomatoes**

### Seafood

#### ***Marmitako Basque Tuna with Peppers and Potatoes (GF,DF,NF,SF) \*PC\****

Marmitako is the Basque name for this fish stew, which is a traditional and popular dish in the northern region of Spain, called Basque Country. Chunks of fresh tuna fish and potatoes, garlic, tomato and onions are the main ingredients in marmitako.

**Recommended pairing: Basque Piperade**

### Wild Card

#### ***Chicken Verde Enchilada Casserole (F) (GF,NF,SF)***

You won't find smoky, spicy perfection better than this Tex-Mex dinner casserole. Layers of corn tortillas, salsa verde cheese, and make sure it's an easy favorite of kids and adults alike.

**Recommended pairing: Elote Style Corn**

### Something Simple

#### ***Zucchini Noodles with Shrimp OR Salmon and Ginger Dressing \*PC\**** ***(GF,DF,NF,SF)***

Turning vegetables into noodles is a somewhat new technique and it's a fun one! Zucchini is one of those vegetables that translates well into noodles and not only says crisp-tender but accepts flavor easily. In this dish we are tossing with herb marinated shrimp or salmon, crisp baby spinach, and a delightful ginger dressing.

**Recommended pairing: Split Pea & Ham Soup**



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## SIDES

### Sweet Tooth

#### ***Carrot Cake (F) (SF)***

With its outstanding spice flavor, super moist crumb, and velvety cream cheese frosting, this is truly the best carrot cake.

### **Beet Salad with Goat Cheese and Candied Walnuts (GF,SF)**

I hesitated before offering this dish since so many people have had bad childhood memories about beets. Well, give me a chance to change your perception about beets. Mine are first roasted, then diced, tossed in citrus-balsamic vinegar dressing and served with goat cheese, candied walnuts and baby greens. Nothing like you tasted before.

### **Italian Style Rice (F) (GF,DF,NF,SF)**

This recipe for Italian Style Rice uses roasted eggplant, zucchini, onions and red peppers creating a delicious side dish or vegetarian supper anyone would enjoy.

### **Slow Cooked White Beans with Herbs and Roasted Tomatoes (F) (GF,DF,NF,SF)**

This savory side dish is prepared with cannellini beans, fresh herbs like rosemary and basil and of course oven roasted tomatoes.

### **Basque Piperade (F) (GF,DF,NF,SF)**

Piperade is basically a stew of sweet tri-color peppers and onions and is the quintessential dish of the Basque Country. We season it with Piment d'Espelette - a mild Basque chili pepper cultivated in the village of Espelette in the Basque country, France.

### **Elote Style Corn (F) (GF,NF,SF)**

I grew up outside of a Mexican border town, and at least once a month my grandmother would take us across the border to do some shopping. I remember the food stands at every corner and almost all of them sold elotes. This dish brings back happy memories from my childhood. This dish is not spicy but it wildly delicious!

### **Split Pea & Ham Soup (F) (GF,NF,SF)**

Not too late to enjoy this wonderful soup before it gets too hot!

(F) = You can freeze if needed. Meals will last 5-6 days and they do not need to be frozen

Symbol Guide:  
GF: GlutenFree  
DF= Dairy Free  
NF= Nut Free  
SF= Soy Free

PC= Par Cooked. In order to preserve the integrity of the dish, some items may come par cooked