

Martin's
Count On Us!

Wholesome Family-Focused Meals

RECIPES BY CHEF APRIL HOWELL CC



eat smart.
— be well. —





FAMILY MEALS

Avocado Caprese Skillet Chicken

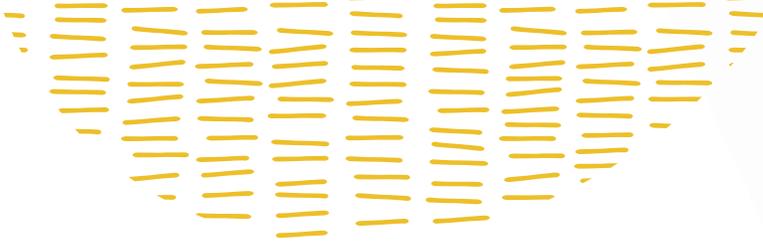
| Servings 4 |

INGREDIENTS

- 2 (10 - 11 oz each) boneless skinless chicken breasts, butterflied and halved
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp Italian seasoning
- Salt and freshly ground black pepper
- 2 Tbsp extra virgin olive oil
- 6 oz fresh mozzarella, cut into 8 slices
- 4 avocado slices (from a firm but ripe large avocado)
- 2 medium vine ripened tomatoes, sliced 1/4 in
- 3 Tbsp balsamic glaze
- 1/3 cup basil, chiffonade

DIRECTIONS

1. In a bowl mix together garlic powder, onion powder, Italian seasoning, 1/2 tsp salt and 1/4 tsp pepper. Sprinkle mixture evenly over both sides of each chicken cutlet. Heat olive oil in a skillet over medium-high heat.
2. Place two slices of mozzarella to the top each cutlet, followed by one avocado slice, and 1 - 2 tomato slices. Cover pan with lid, return to low-medium heat and allow to cook 2-3 minutes longer until cheese has melted and chicken registers 165 in center.
3. Sprinkle chicken with pepper, drizzle with balsamic glaze and sprinkle with fresh basil. Serve warm.
4. Balance out your meal with a portion of basmati coconut rice on the side.



FAMILY MEALS

Chipotle Shrimp Tacos with Guacamole

Servings 2-4



INGREDIENTS

4-8 Corn Tortillas
Cilantro, chopped for garnish
Lime wedges, for garnish
1 lb. large RAW shrimp, peel and deveined (thawed if frozen)
1 tablespoon olive oil

CHIPOTLE SEASONING: *(Use recipe below for seasoning or grab some pre made Mexican Seasoning from your Martins!)*

½ teaspoon smoked paprika
1 jalapeno, small diced
½ teaspoon ground cumin
½ teaspoon sea salt
¼ teaspoon chipotle chili powder

GUACAMOLE: *(Use recipe below or grab a container of pre-made from your Martins Produce department!)*

4 small avocados
½ cup cilantro
¼ of a red onion, diced
juice of 1 lime (about 2-3 tablespoons)
1½ tablespoons red wine vinegar
½ teaspoon red pepper flakes
salt to taste

DIRECTIONS

1. To prepare the Guacamole: Add avocado, cilantro, red onion, lime juice, red wine vinegar, red pepper flakes, and salt to a food processor or blender. Lightly pulse until the mixture is to your desired texture. Set aside.
2. In a small bowl, add jalapeño, smoked paprika, ground cumin, sea salt, and chipotle chili powder. Set aside.
3. Heat a small dry sauté pan to medium-high and add tortillas one at a time for about 1 min until they get a bit of color on them. Flip over for another min and continue with all tortillas. Set aside.
4. To prepare the Chipotle Shrimp: Heat a sauté pan to medium and add a tbsp of oil. Carefully add in the raw shrimp and toss around for about 3-4 minutes until they turn pink and fully cooked through. Turn to low heat and add the seasoning blend. Toss to coat.
5. Assemble tacos. Top each cooked corn tortillas with a dollop of guacamole, a few shrimps, and garnish with fresh chopped cilantro and a squeeze of lime. Serve warm!
6. Grab some fresh pineapple, kiwi and mango and make a simple, delicious fruit salad for a side.

FAMILY MEALS

Garlicky Shrimp Scampi with Grilled Ciabatta

| Servings 4 |

INGREDIENTS

(8 ounce) package angel hair pasta (GF or Whole Grain opt)

1 stick of butter (some used for ciabatta)

6 cloves minced garlic

1 lemon, zested and juiced, reserve separately

1 pound RAW shrimp, peeled and deveined

1 cup dry white wine

¼ teaspoon ground black pepper

1 cup Parmesan cheese, shaved or grated

1 tablespoon chopped fresh parsley

Ciabatta Bread, small loaf, cut in half (found in your Martins Bake Shoppe!)

DIRECTIONS

1. Preheat oven to Broil.
2. Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.
3. Melt butter in a large saucepan over medium heat. Add garlic, then dip a basting brush in the butter garlic mixture and lightly brush on the loaf of Ciabatta bread. Place in oven to broil for a few minutes. Watch carefully so it does not burn.
4. In the butter-garlic pan add in the shrimp and cook, stirring constantly, for 3 to 5 minutes. Stir in wine, lemon juice and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.
5. Mix shrimp with drained pasta in a serving bowl. Sprinkle with cheese and parsley and lemon zest. Serve immediately with your toasted Ciabatta bread!
6. You can add some chopped zucchini and yellow squash to complete this meal simply by mixing the chopped vegetables in a bowl with olive oil. Lay out on a sheet tray and roast in 350 F oven for about 10-12 min to get a tasty little char on them. Season lightly with salt and pepper and serve!



Cheesy Parmesan and Garlic Spinach Spaghetti Squash

Servings 4

INGREDIENTS

- 1 medium spaghetti squash (approx. 2-3lbs)
- 2 ½ Tbsp garlic, minced
- 1 tsp extra virgin olive oil
- 5 oz fresh spinach, chopped
- 1/2 cup heavy cream
- 1 Tbsp cream cheese
- 1/2 cup parmesan cheese, freshly grated (save some for topping)
- salt and pepper to taste
- 1 cup grated or a few slices mozzarella for topping
- Opt: Grilled Chicken, sliced

DIRECTIONS

1. Pre heat oven to 400F.
 2. Slice your spaghetti squash in half lengthwise and scoop out the seeds. (For easy cutting, feel free to stick your squash in the microwave to soften it up just a tad. Pierce it a few times with a knife (to help vent so it doesn't burst) and cook for 3-5 minutes. The knife slides through way easier this way! Smaller squash will need about 3 minutes while larger ones will be good to go at 4-5 min.)
 3. On a baking sheet or baking dish, rub the cut side of the squash with a bit of olive oil and place cut side down on your baking dish/sheet. Roast for about 40 minutes, or until tender and easily pierced with a fork. (Cooking time will vary a bit depending on the size of your squash, and larger squash will need to roast a bit longer to tenderize. Once ready, the once rock-hard exterior of the squash will be visibly softened with a tender interior.)
 4. While the squash roasts, start on the sauce. In a medium skillet, bring a drizzle of olive oil to medium-high heat and sauté garlic until fragrant. Next add the spinach and stir until wilted. Add your cream, cream cheese and parmesan and stir well. Season with salt/pepper to taste and remove from heat.
 5. Once squash is done roasting, allow to cool until easily handled or pop on an oven mitt and use a fork to separate and fluff the strands of spaghetti squash. Ladle your sauce over each squash boat, stir to mix, and top with a little mozzarella cheese and additional parmesan cheese, if desired.
 6. Bake at 350F for around 20 minutes or until hot and bubbly. For a golden cheesy topping, flip your oven to broil on high for just a minute or two until lightly browned. Enjoy while it is hot!
- Optional: You can always add some cooked chicken breast or sautéed shrimp as well!



FAMILY MEALS

Bourbon and Brown Sugar Glazed Salmon

| Servings 4 |

INGREDIENTS

4 Tbsp butter
1/2 cup brown sugar
4 salmon steaks, with the skins on, about 4-5 oz ea
1/3 cup Bourbon whiskey
1-2 bunches Broccolini Florets

DIRECTIONS

1. In a small frying pan, over medium heat, melt the butter. Stir in the brown sugar. Place the salmon steaks on top of the butter/sugar mixture, meat side down. Cook for 5-7 minutes.
2. Flip the salmon skin side down. Remove the pan from the heat (to reduce the splatter) and add the bourbon around the salmon.
3. Return to heat and continue cooking for 4-5 minutes, or until the fish flakes easily with a fork, while spooning the glaze over the salmon. Serve immediately.
4. Make the meal wholesome by adding in some fresh broccolini the last few minutes of the cooking process. Cover and steam to keep the beautiful green and give a al dente texture.

Note: The alcohol will cook out as the cooking process continues. If you do not want to use Bourbon you can use wine or even vegetable stock.



FAMILY MEALS

Satisfying Seafood Lasagna with Crusty Bread

| Servings 6 |

INGREDIENTS

1 lb lasagna noodles
4 Tbsp butter
¼ cup plus 1 Tbsp flour
4 cups milk
1 cup grated parmesan cheese, divided
1 Tbsp salt
¼ Tbsp ground white pepper
1 15 oz container ricotta cheese
1 egg
2 tsp minced garlic
2 ½ cup grated mozzarella cheese, divided
½ cup chopped parsley
1 lb cooked shrimp, chopped if large
1 lb crabmeat

DIRECTIONS

1. Cook pasta according to package directions, drain and separate.
2. In a saucepan over medium heat, melt butter, add flour and whisk until smooth for about 3 minutes to cook the starch out. Gradually add milk, whisking continuously until thick. Off the heat add parmesan cheese, salt and pepper.
3. In a bowl combine ricotta cheese, egg, garlic, 2 cups mozzarella, and parsley. Stir to combine. Mix shrimp and crab in a bowl.
4. In a greased 9 x 13 inch pan, layer 1 cup sauce in pan, place 3 noodles side by side, top with ⅓ of the ricotta mixture, top with 1/3 of seafood mixture. Repeat 2 more times topping with remaining sauce, mozzarella and parmesan cheese.
5. Cover and cook in a 350°F oven for 30 minutes, uncover and cook for additional 10 minutes or until bubbly and golden on top. Allow to rest for 20 minutes to set and enjoy!
6. Don't forget your crusty bread! Grab a baguette from your Martins Bake Shoppe, cut in slices and slather with some butter. Toss in oven when you do your lasagna and it will all be done in time!

FAMILY MEALS

Delish Black Bean Burgers with Avocado

served with Alexa Sweet Potato Fries!

| Servings 6 |

INGREDIENTS

2 (14 oz) cans black beans, drained, rinsed, and patted dry
1 Tbsp extra virgin olive oil
1/2 of bell pepper, finely chopped
1/2 of a large sweet onion, finely chopped
3 garlic cloves, minced
1 and 1/2 tsp ground cumin
1 tsp chili powder
1/2 tsp garlic powder
1/4 tsp smoked paprika
1/2 cup bread crumbs or oat flour (opt GF Flour)
1/2 cup feta cheese
1 jalapeño, rough chop
2 large eggs
1 Tbsp Worcestershire sauce
2 Tbsp BBQ sauce
pinch salt + pepper
Don't forget your BUNS!!!

DIRECTIONS

1. Preheat your grill. Preheat oven for your sweet potato fries.
2. Spread beans evenly onto a lined baking sheet and cook on grill for about 15 minutes until slightly dried out. Or you can bake for about 15 minutes in oven.
3. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, breadcrumbs, cheese, eggs, jalapeño, Worcestershire, BBQ, salt, and pepper). Stir or pulse everything together, next the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans. Form into patties— about 1/3 cup of mixture in each.
4. To grill: Place patties on greased aluminum foil and grill 8 minutes on each side (16-18 min total). Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F – 400°F .
5. To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F for 10 minutes on each side, 20 minutes total. Serve with your favorite toppings.
6. Sweet Potato Fries! I use Alexa Brand... found in your Martins Frozen dept! Just follow the directions on the package



FAMILY MEALS

Flank Steak and Lemony Basil Orzo Pasta

| Servings 4-6 |

INGREDIENTS

1 ½-2lbs pounds flank steak
3 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste
zest of 1-2 lemons
4 cloves of garlic, chopped fine
1-lb. orzo pasta
1/4 cup salt
zest of 2 large lemons
juice of 2 large lemons (about 1/2 cup)
1/2 cup olive oil
1/2 cup roasted red peppers, chopped
2 cups red and yellow grape tomatoes, halved
1/2 cup green onions, greens only sliced
1/2 cup fresh flat leaf parsley, chopped
1 pkg or handful of fresh basil, chiffonade

DIRECTIONS

1. Preheat grill to medium high.
2. In a gallon size Ziploc bag or large bowl, combine steak, oil, lemon zest and garlic; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade and discard. Line a baking sheet with parchment paper.
3. Bring 5 quarts of water to a rolling boil and add 1/4 cup salt. Add the orzo pasta to the water and stir. Bring the water back up to a boil. Stirring occasionally, cook for 9 minutes. While the orzo is cooking, zest and juice the lemons into a large mixing bowl, and whisk in the olive oil.
4. When the orzo is done cooking, drain it (do not rinse), and toss it with the lemon mixture while still hot. Now, allow the pasta and sauce mixture to cool while you chop the rest of the ingredients.
5. Fold in the red peppers, grape tomatoes, green onions, parsley and basil. Serve immediately. You can refrigerate to use later as well.
6. Using paper towels, pat both sides of the steak dry; season with salt and pepper, to taste. Add steak to grill, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes.
7. Thinly slice steak against the grain and serve with Lemon Orzo Pasta and garnish with fresh basil ribbons.



FAMILY MEALS

Fish Piccata with Garlic Haricot Verts

| Servings 4 |

INGREDIENTS

1/4 cup capers, rinsed
8 5-ounce sole fillets (Walleye or
Lake Perch can be used as well)
Kosher salt
Pepper
1 cup corn starch
1/4 cup clarified butter
1/3 cup dry white wine
2 tablespoons fresh lemon juice
zest from one lemon
6 tablespoons cold unsalted
butter, thinly sliced
2 tablespoons minced parsley
1 lb- 2lb Haricot Verts
(green beans), stems picked off
2 cloves Garlic, fine chop

DIRECTIONS

1. Season the fish with salt and pepper. In a shallow bowl, mix cornstarch with 1 teaspoon each of salt and pepper. Dredge the fillets in cornstarch and shake off any excess; transfer to a platter.
2. In a large skillet, melt 2 Tbsp of the clarified butter over moderately high heat. Add 2-3 fillets to the skillet and cook, turning once, until golden brown on both sides, about 4 minutes total. Transfer to a platter. Repeat with the remaining clarified butter and fillets.
3. Add the capers to the skillet and cook over moderately high heat until lightly browned and fragrant, about 30 seconds. Add the white wine and lemon juice and cook over moderately high heat until reduced to 2 tablespoons, about 1 minute. Remove the skillet from the heat and add the butter, a few pieces at a time, whisking until the butter is melted before adding more. Add half of the parsley, lemon zest and season the sauce with salt and pepper. Pour the warm sauce over the fish fillets and garnish with the remaining parsley. Serve immediately.
4. Round out this meal by heating up some oil to Med High in a sauté pan and carefully adding the Haricot Verts. Toss around lightly for about 6-7 minutes then add the fresh garlic. Toss around again for another 2 minutes. Add to your plate then top with fillets and garnish with the sauce and parsley.

Minnesota Wild Rice Soup

Servings 8



INGREDIENTS

- 6 cups vegetable stock (or chicken stock)
- 1 cup (box) uncooked Minnesota Wild Rice
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large (about 1 pound) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 1/2 Tbsp Old Bay seasoning
- 3 Tbsp butter
- 1/4 cup all-purpose flour
- 1 1/2 cups milk
- 2 large handfuls of kale, roughly chopped with thick stems removed
- Kosher salt and freshly-cracked black pepper

DIRECTIONS

Crock-Pot (Slow Cooker) Method:

1. Combine vegetable stock, wild rice, mushrooms, garlic, carrots, celery, sweet potato, onion, bay leaf and Old Bay seasoning in the bowl of a large slow cooker. Stir briefly to combine, then place the lid on the slow cooker. Cook on high for 2-3 hours, until the rice is cooked and tender.
2. Meanwhile, during those final 10 minutes of slow cooking, prepare your cream sauce on the stove. In a medium saucepan, cook the butter over medium-high heat until melted. Whisk in the flour until combined and cook for 1 minute. Gradually add in the milk, and whisk until combined. Continue cooking, stirring frequently, until the mixture nearly comes to a simmer and has thickened.
3. Add the cream sauce and kale to the soup and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed. Serve warm.

Stovetop Method:

1. Heat (an extra) 1 tablespoon butter in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 45 minutes, or until the rice is tender, stirring occasionally.
3. 3. Meanwhile, during those final 10 minutes, prepare your cream sauce in a separate saucepan on the stove. In it, cook the butter over medium-high heat until melted. Whisk in the flour until combined and cook for 1 minute. Gradually add in the milk, and whisk until combined. Continue cooking, stirring frequently, until the mixture nearly comes to a simmer and has thickened.
4. Add the cream sauce and kale to the soup and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed. Serve warm.



FAMILY MEALS

Blackened Chicken and Avocado Salad

Servings 2-4

INGREDIENTS

Blackened Chicken

- 1/2 lb (225g) chicken breast boneless, skinless
- 1 Tbsp olive oil extra virgin
- Salt and fresh cracked black pepper, to taste
- 1/4 tsp smoked paprika
- 1/8 tsp onion powder
- 1/4 tsp garlic powder
- 1/8 tsp ground cumin
- 1/8 tsp chili powder
- 1/8 tsp oregano

Lime Juice Dressing:

- Juice of 1/2 lime
- 3 Tbsp lime juice
- 2 Tbsp lespoons olive oil extra virgin
- 1/4 tsp salt and fresh cracked black pepper, to taste
- Crushed red pepper flakes, optional

Salad:

- 1 English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 medium red onion, thinly sliced
- Cilantro or parsley
- 1 medium avocado pitted, peeled, diced

DIRECTIONS

1. Combine all chicken seasonings and 1 Tbsp of olive oil into a mixing bowl (or Ziploc bag). Add the chicken breast and toss to coat.
2. In the meantime, heat a nonstick griddle pan over medium heat brushed with 1 tablespoon of olive oil. Once the grill pan is heated, add chicken breast and cook on each side approximately 3-4 minutes. Cooking time will depend on the thickness of chicken breast. Remove from the pan to a plate and allow to cool.

Lime Juice Dressing:

3. While chicken is cooking, combine all ingredients for the lime dressing into a small mixing bowl. Whisk well to combine.

Salad:

4. 3. Once the chicken breast has cooled, cut into small cubes. Combine in a large bowl with the ingredients for the salad (cucumber, tomatoes, red onion, corn, and avocado).
5. 4. Drizzle the lime juice dressing over the top and toss well to combine. Serve immediately or keep a few hours in the refrigerator, enjoy!

Chef April's Sweet Potato Burritos

Servings 1-2

INGREDIENTS

- 1-2 large burrito size flour tortillas (gf optional)
- ½ c sweet potato puree
- 1 cup basmati rice, cooked
- ½ cup grilled chicken, seasoned, cooked through and chopped
- 2 tbsp queso fresco
- 2 tbsp bacon, cooked and chopped up fine
- ¼ c pickled red onion: (make ahead)
 - 1 red onion, sliced very thin
 - ½ cup apple cider vinegar
 - 1 Tbsp sugar
 - 1 ½ tsp salt
 - 1 cup hot water
- Salsa, your favorite brand and heat level

DIRECTIONS

1. Heat up your tortilla for about 30 seconds in microwave. Spread on the sweet potato puree on bottom half of tortilla. Next layer evenly the rice, chicken, queso fresco, bacon and pickled red onion.
2. Take the bottom of tortilla and pull up over the ingredients and “grab” them tight. Turn in both sides and tuck under then continue to roll tortilla up while still gently squeezing it together. With the seam down you can cut diagonally in half and serve up with a side of your salsa!
3. Complete the meal with a fresh green salad simply adding pico de gallo as the garnish.

Orange Shrimp Stir Fry

Servings 4-6

INGREDIENTS

- 3 garlic cloves, chopped
- 1 bag broccoli slaw
- 2 bag frozen cauliflower rice, thawed
- 1 small container of sliced mushrooms
- 1 -2 lbs. uncooked shrimp, peeled and deveined, thawed
- 1/2 cup San J Orange sauce
- 3 Tbsp coconut oil
- salt and pepper, to taste
- sesame seeds, for garnish

DIRECTIONS

1. Heat 2 Tbsp coconut oil over medium heat. Sauté cauliflower rice, broccoli slaw and mushrooms for 8-10 minutes or until tender. Set aside in a bowl.
 2. Add 1 Tbsp coconut oil to pan, garlic then shrimp and cook 3-4 minutes on each side or until pink and cooked through.
 3. Add cauliflower mixture back to pan. Add orange sauce and gently stir over low heat until well-combined and warmed. Garnish with sesame seeds.
- Note: You can substitute chicken, steak or tofu for the shrimp - just be sure to adjust cook times for proteins to be cooked through.



FAMILY MEALS

Mississippi Pot Roast with Boursin Sweet Mash

Servings 4-6

INGREDIENTS

Pot Roast:

- 1 3 lb chuck roast
- 2 Tbsp olive oil or vegetable oil
- salt & pepper to taste
- 1 packet dry ranch dressing mix
- 1/2 cup salted butter (1 stick)
- 8-12 pepperoncini peppers and 1 cup juice

Boursin Sweet Mash:

- 1# Yukon Potatoes, quartered
- 1# Sweet Potatoes, quartered
- 1 package Herb Boursin Cheese
- 1/2 cup Butter
- Salt and Pepper to taste

DIRECTIONS

Pot Roast:

1. Heat up a large skillet on high. Add oil. You want it hot to brown or “sear” the beef quickly. Take a paper towel and make sure you dry both sides of the pot roast. Season all sides with salt and pepper.
2. Add the roast and allow it to sear for about 3-5 minutes, using tongs, flip the meat over and sear other sides until it is golden brown.
3. Transfer meat to slow cooker. Sprinkle packets of ranch dressing over pot roast. Top with a stick of butter and peppers and juice.
4. Cover and cook on low for 8 hours. When done, use 2 forks to shred meat.
5. Serve with Boursin Sweet Mash or on a roll with some Provolone Cheese!

Boursin Sweet Mash:

1. Heat up a large pot with water and add potatoes. Bring to boil. Cook until potatoes are soft. Drain.
2. Mix or smash or whip up with Boursin cheese and butter until smooth. Season with Salt and Pepper.
3. Serve immediately with Pot Roast and peppers on the side!



FAMILY MEALS

Turkey Stuffed Red Bell Peppers

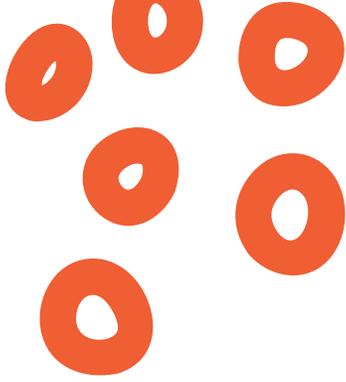
| Servings 4 |

INGREDIENTS

3 red bell peppers
1 Tbsp extra virgin olive oil
1 sweet onion, chopped
2 garlic cloves, chopped
1 lb ground turkey breast
2 tsp chili powder
1 tsp cumin
Salt and freshly ground black pepper
1 cup precooked rice (cauliflower rice, quinoa, couscous can be used also)
2 Tbsp fresh cilantro plus more for garnish
1 Tbsp fresh lime juice
¾ - 1 cup shredded cheddar cheese
Sour cream for serving
Pico de gallo for serving

DIRECTIONS

1. Preheat oven to 375°F
2. Prepare the peppers by cutting them in half lengthwise and removing the seeds and membrane; set aside in a baking dish cut side up.
3. Heat olive oil in a large skillet over medium heat. Add onions and sauté until they start to soften, about 2-3 minutes. Add garlic, turkey, chili powder, cumin and season with salt and pepper. Cook, stirring occasionally, until the turkey is cooked through, about 5-7 minutes.
4. Add rice, cilantro, lime juice, and stir together until heated through, about 2 minutes.
5. Spoon the cooked chicken and rice mixture into the cut pepper halves, filling them to the top. Pour water into the baking dish to fill the bottom, being careful not to pour any water on the peppers.
6. Cover baking dish with foil and bake until peppers are softened, about 20 minutes. Remove from oven, sprinkle with shredded cheese and return to oven to bake until cheese is melted, about 5 more minutes leaving foil off. Serve immediately, topped with pico de gallo and sour cream.



FAMILY MEALS

Chef April's MN Juicy Lucy Burger

| Servings 6 |

INGREDIENTS

Burgers:

- 6 strips uncooked bacon
- 2 lb lean ground beef
- 1 Tbsp kosher salt (or to taste)
- 2 tsp black pepper
- 2 tsp Worcestershire sauce
- 1/2 cup grated onion
- 6 slices American cheese
- 6 slices mozzarella cheese
- 6 slices sharp cheddar cheese

Burger Sauce:

- 1/4 cup thousand island dressing
- 1/4 cup mayonnaise
- 2 tsp hot sauce (or to taste)

Garnishes:

- Dill pickle chips, optional, to top
- 6 brioche slider buns
- leaves of green lettuce
- tomatoes, sliced thin

DIRECTIONS

1. In a large bowl, combine the ground beef, salt, pepper, Worcestershire sauce, and grated onion. Mix well until all ingredients are evenly distributed.
2. Then, press into 12 burgers of same size. Cook until doneness you prefer. On 6 burgers place 1 slice of each cheese. Cover the cheese with the remaining beef patty. Then top with pickles.
3. Bend a piece of bacon in half and place on top.
4. Mix together the mayonnaise, hot sauce, and Thousand Island dressing to create the burger sauce. Drizzle over top of pickles.
5. Layer the bottom slider buns with the lettuce and tomato and drizzle with the burger sauce too. Place burger on then add top of slider bun. Serve immediately with your favorite chips!

FAMILY MEALS

Rubbed Pork Chops with Blueberry-Peach Salsa

| Servings 4 |

INGREDIENTS

4 bone-in rib pork chops, about 3/- inch thick
1 tbs kosher salt
1 tbs fresh thyme, chopped
1 tbs light brown sugar
 $\frac{3}{4}$ tsp coarsely ground black pepper
2 garlic cloves, minced
 $\frac{1}{2}$ tsp lemon zest

For salsa

1 $\frac{1}{2}$ cups fresh blueberries
Zest and juice of 1 lime
1 large peach, peeled and finely diced
1 small shallot, finely chopped
3 Tbsp chopped fresh basil

DIRECTIONS

1. Light one side of grill, if possible, to medium-high.
2. Mix kosher salt, thyme, brown sugar, pepper, garlic, and lemon zest in a small bowl. Divide and rub onto each pork chop.
3. Place pork over lit side, and grill covered for 4 minutes on each side. Transfer pork to un-lit side, and grill covered for 8 minutes on each side or until a meat thermometer inserted into thickest portion registers 150°. Let stand 5 minutes.
4. Arrange pork on a serving platter, and top with Blueberry-Peach Salsa.
5. For salsa: Coarsely chop half of blueberries. Toss chopped blueberries with whole blueberries and remaining ingredients into a bowl. Add salt and pepper to taste. Serve immediately or cover and chill up to 24 hours.



Thai Beef Panang

Servings 4-6

INGREDIENTS

3-4 cups beef steak, such as sirloin, cut into strips
 1-2 cups large diced red and or green bell pepper
 2+ cups coconut milk
 2 Tbsp Panang curry paste
 1-2 Tbsp fish sauce
 2 Tbsp palm sugar
 2 Tbsp roasted peanuts
 3-4 fresh kaffir lime leaves, slivered (or you can use rind of a lime)
 3-4 fresh Thai chili peppers (or sliced jalapeño peppers work)
 Jasmine Rice

DIRECTIONS

1. Prepare Jasmine rice as instructed on package.
2. Crush the peanuts in a mortar and pestle. Set aside about 4 tablespoons of the coconut milk.
3. Heat the coconut milk, except for the 3 tablespoons, in a wok or skillet until the oil comes to the surface. Add panang curry paste and cook until it becomes aromatic. Add meat and cook until the meat is nearly done, then add bell peppers. Add fish sauce and palm sugar. Let it simmer for a few minutes.
4. Remove from heat. Top with 3 tablespoons coconut milk, slivered lime leaves, peanuts, and fresh Thai chili peppers. Mix this up, serve with freshly steamed jasmine rice.

Slow Cooker Philly Cheesesteaks

Servings 4-6

INGREDIENTS

2 lbs. Ribeye or round steak, THINLY sliced
 ½ tsp pepper
 ½ tsp garlic powder
 1 onion, sliced
 1 bell pepper, sliced
 32 oz low sodium beef broth
 6 French or Hoagie rolls
 12 slices of Provolone or Mozzarella

DIRECTIONS

1. Rub the steak with pepper and garlic powder. Place in the slow cooker. Add onion, bell pepper and beef broth. Stir to mix. Cook on low for 5-7 hours or until meat is tender.
2. When the 5-7 hours is done. Preheat oven to 350F.
3. Toast open rolls for several minutes until slightly crusty. Lay a piece of cheese on both sides of the roll.
4. 5. Use tongs to remove meat, onions and bell pepper from slow cooker (letting juices drip off) and pile on top of rolls. Return to the oven to melt cheese. Serve hot!

Beer Braised Guajillo Short Ribs (Tacos) with a Jicama Citrus Salad

Servings 4-6

INGREDIENTS

Short Rib Tacos:

8 beef short ribs
 Salt and pepper, to taste
 1 tbsp oil
 4 guajillo chiles-seeded and sliced into thick strips (or jalapeños)
 1-12oz can beer (pref Modelo Negro)
 2 cloves garlic
 Masa flour

For Dressing:

½ pint strawberries, hulled and halved
 2 tbsp honey
 1 cup orange juice
 ¼ cup fruit infused vinegar (pear or raspberry)
 ½ cup extra virgin olive oil
 ½ tsp red pepper flakes

Jicama Citrus Salad:

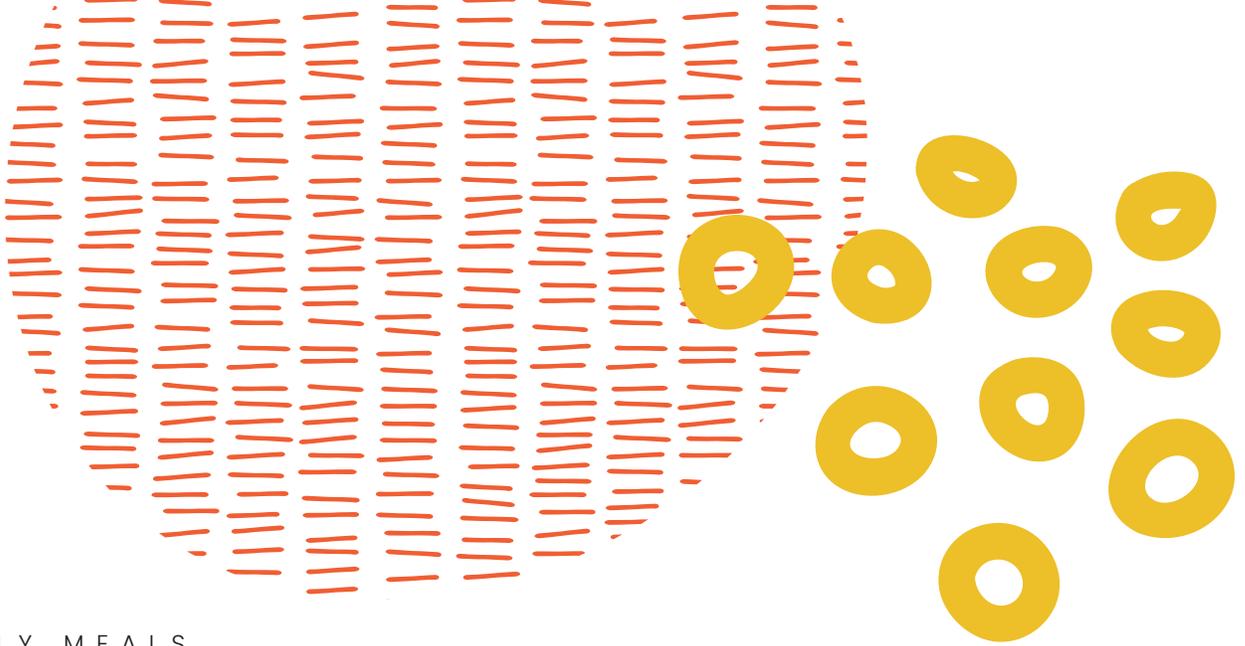
1 small jicama, peeled, sliced and julienned
 Chopped romaine or fresh spinach
 2 oranges, peeled and segmented; cut large
 1 pint strawberries, hulled and sliced.
 1 mild pepper (banana or poblano), seeded and minced

DIRECTIONS

1. Season ribs with salt and pepper. In a large Dutch oven heat oil and brown ribs on all sides. Add garlic and chiles, sauté about 1 minute. Next, deglaze the pan with beer and simmer a few more minutes. Scrape pan to release flavor bits. Reduce heat and cover, simmering on low up to 6 hours or until meat falls off the bone.
2. When done, remove meat and bones from pan. Pick meat from bones and hold meat. Strain sauce from pot into a bowl, discarding garlic, peppers and bones.
3. Add sauce back into pot, and whisk in masa flour to thicken. Season to taste. To serve, put meat into warm corn tortillas and add sauces and garnishes to your taste!

For Dressing: Add all ingredients except olive oil to blender. Blend to smooth. While blender runs, drizzle olive oil in until desired consistency is acquired

For Salad: Toss all salad ingredients in a large bowl and ladle vinaigrette on to mix.



FAMILY MEALS

Slow Cooked Pork Loin with Chimichurri Sauce on Toasted Baguette

Servings 6

INGREDIENTS

2-3 pound Pork Loins
1 Tbsp Honey
4 tablespoons Extra Virgin Olive Oil, divided
Kosher Salt and Coarse Ground Pepper, to taste

Chimichurri Sauce:

1/2 cup coarsely chopped parsley
6 Tbsp red wine vinegar
8 large garlic cloves, minced (5 Tbsp)
4 Tbsp oregano leaves
4 tsp crushed red pepper
Kosher salt and freshly ground pepper
1 cup extra-virgin olive oil

DIRECTIONS

1. Place the pork loins in a crock pot. Drizzle olive oil and honey over the roast and sprinkle it with salt and pepper. Cover with the lid and cook it on high for 6 hours until the loins just fall apart.
2. Place the roast on serving platter and drizzle with chimichurri sauce. Serve with extra sauce.

Chimichurri: In a food processor, combine the parsley, vinegar, garlic, oregano and crushed red pepper. Process until smooth; season with salt and pepper. Transfer the sauce to a bowl and pour the olive oil over the mixture. Let stand for at least 20 minutes to help flavors develop.

FAMILY MEALS

Italian Sausage Soup

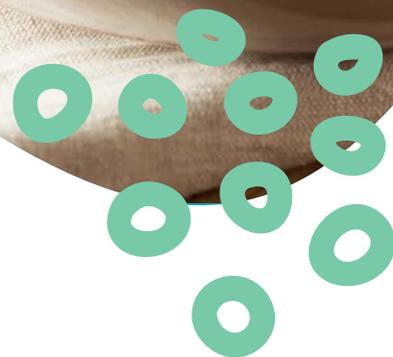
| Servings 4 |

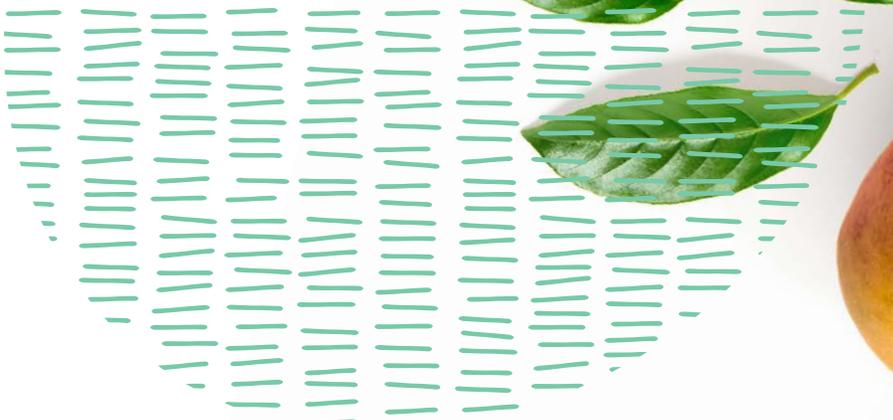
INGREDIENTS

- 4 slices bacon, diced
- 1 lb spicy Italian sausage, no casing (I like Jimmy Deans)
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 golden Yukon potatoes, thinly sliced or medium dice
- 3 cups baby kale
- 1 1/2 cups heavy cream
- Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

1. Heat a medium size stock pot over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
2. Add Italian sausage to the pot and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside.
3. In same pot add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in chicken broth and bring to a boil. Add potatoes and cook until tender, about 10 minutes.
4. Stir in sausage and until kale begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste. Serve immediately, garnished with bacon.





FAMILY MEALS

Rainbow Fish Taco Nachos

Servings 4-6

INGREDIENTS

Nachos:

- 1 Tbsp olive oil
- 2 tilapia filets (or another white fish)
- 2 tsp Cajun seasoning
- 1 bag blue tortilla chips
- 6 ounces shredded Chihuahua Mexican cheese
- Rainbow mango slaw (see recipe below)
- Fresh cilantro, chopped

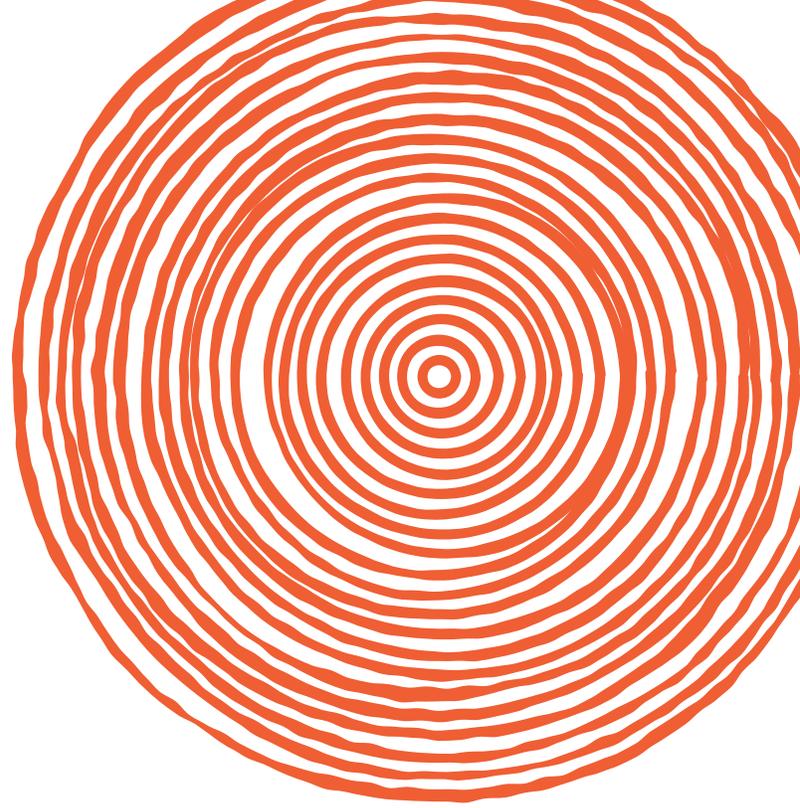
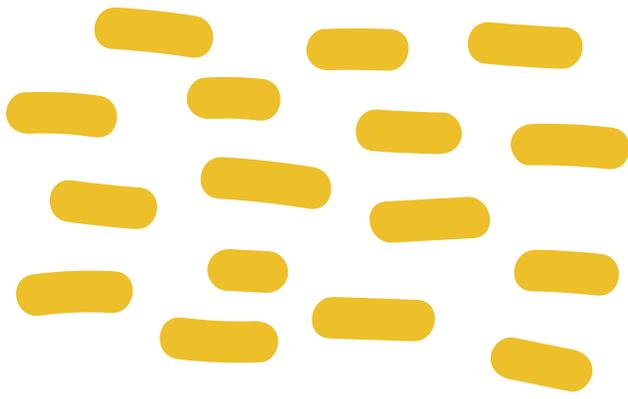
Rainbow Mango Slaw:

- 1 avocado, peeled, pitted and diced
- 1 jalapeno, seeded and diced
- 1 mango, peeled, pitted and diced
- half a red bell pepper, core removed and diced
- half a small red onion, peeled and diced
- 1 cup shredded red cabbage
- 1/2 cup chopped fresh cilantro leaves, loosely packed
- juice and zest of one lime

DIRECTIONS

1. Preheat your broiler.
2. Heat olive oil in a large sauté pan over medium-high heat. Add fish and cook 3 minutes on each side, turning once, or until the fish flakes easily with a fork. Remove from heat and transfer the fish to a separate plate to cool. Use a fork to flake the fish into bite-sized pieces.
3. While the fish is cooking, spread the chips out evenly on a large baking sheet. Sprinkle evenly with the cheese. Place the sheet in the oven under the broiler until the cheese is melted, about 1 minute.
4. Remove, then top the chips evenly with the mango slaw, bite-sized tilapia, and optional toppings. Serve warm.

Rainbow Mango Slaw: Toss all ingredients together in a large bowl until combined. Use immediately on the nachos.



FAMILY MEALS

Get ya Spaghetti!!

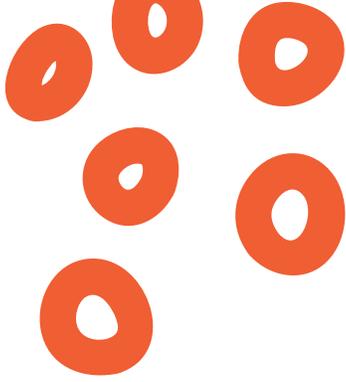
| Servings 4-6 |

INGREDIENTS

16 oz dried spaghetti noodles
1 large yellow onion, chopped
4-6 cloves garlic, minced
1 1/2 lbs sweet italian sausage, casing removed
3 tsp dried italian seasoning, divided
2-24 oz jars spaghetti sauce-divided
8 oz cottage cheese or ricotta cheese
8 oz cream cheese, room temp
1/4 cup sour cream
3 cups mozzarella, shredded-divided
1/2 cup butter, cut into slices-divided

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bring a large pot of salted water to a boil. Cook pasta according to package, drain well and return pasta to original pot. Add 1 jar of prepared spaghetti sauce and combine. Set aside.
3. In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add onion and garlic and cook until they begin to soften, about 5 minutes. Add sausage and 2 teaspoons Italian Seasoning to skillet and cook until no pink remains. Drain well. Add 1 jar of spaghetti sauce to skillet. Set aside.
4. In a medium mixing bowl, combine Cottage cheese or ricotta cheese, cream cheese, sour cream, 1 cup mozzarella, and 1 teaspoon Italian seasoning. Set aside.
5. Place half the slices of butter in a 9×13 baking dish. Spread half the spaghetti in dish, then spread cheese mixture evenly over spaghetti. Spread remaining spaghetti over cheese mixture. Top with the remaining butter slices. Pour tomato meat sauce evenly over top layer of spaghetti.
6. Top with remaining mozzarella and bake in preheated oven until casserole is heated through, about 35-45 minutes.



FAMILY MEALS

Cajun Shrimp Boil

| Servings 6-10 |

INGREDIENTS

- 3 gallons water
- 3 oz salt (to taste)
- 2 oz cayenne pepper
- 2 onions, medium yellow, quartered
- 2 head garlic, cut in half, chopped
- 3 lemons, thinly sliced
- 1 cup seasoning, your favorite Seafood Boil
- 5 lbs smoked sausage, cut into 2 inch chunks
- 20 potatoes, red, small, whole
- 5 ears fresh sweet corn, in thirds
- 5 lbs shrimp, 26-30 count, washed, heads on
- 6-10 cups ice

DIRECTIONS

1. Prepare ingredients. Set up a 10 gallon pot. Add the water to the pot and bring it to a rolling boil.
2. When the water is ready, drop in the salt, cayenne pepper, onions, garlic, lemons, seafood boil. Add smoked sausage at this time.
3. Boil together all the seasonings ingredients for about 15 minutes to create a rich seafood-boiling stock. Put the potatoes in the pot, let the water come back to a boil, and boil the potatoes for 10 minutes. After 10 minutes, put the corn into the pot, let the water come back to a boil, and boil them for 5 minutes. *(This is a special technique used to make sure every ingredient in the pot comes out perfectly "at the same time".)
4. Now it's time to add the shrimp; put them ALL into the pot, stir them around briskly, using a large long handled spoon. Let the water come back to a boil, and boil them for exactly two minutes. After a boil, immediately turn off the fire, remove the pot from the hot burner grate, and drop about 6 cups of ice into the pot - evenly over the floating shrimp. They will then sink to the bottom and picking up all the seasoning.
5. Now let the shrimp "soak" in the spicy water for at least 12 minutes. After that time, you can begin sampling them, like every 5 minutes or so afterwards, until they suit your taste!
6. All that's left to do is to serve: either in the pot and scoop out with some of the broth or spread newspaper out on the table, remove all the shrimp from the pot, drain them thoroughly, then place them on the newspaper right down the center of the table, along with the cocktail and remoulade sauces too. Serve with some warm crusty bread!



FAMILY MEALS

Irish Beef Stew

Servings 4-6

INGREDIENTS

- 1 1/4 pounds chuck beef stew meat, cut into 1 1/2-inch chunks
- 3 tsp salt (more to taste)
- 1/4 cup olive oil
- 6 large garlic cloves, minced
- 4 cups beef stock or broth
- 2 cups water
- 1 cup Guinness extra stout
- 1 cup hearty red wine
- 2 Tbsp tomato paste
- 1 Tbsp sugar
- 1 Tbsp dried thyme
- 1 Tbsp Worcestershire sauce
- 2 bay leaves
- 2 Tbsp butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces
- 1 large onion, chopped
- 2 cups 1/2-inch pieces carrots
- 1/2 tsp ground black pepper
- 2 Tbsp chopped fresh parsley

DIRECTIONS

1. Sprinkle about a teaspoon of salt over the beef pieces. Heat the olive oil in a large (6 to 8 quart), thick-bottomed pot over medium-high heat. Pat dry the beef with paper towels and working in batches, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until nicely browned on one side, then use tongs to turn the pieces over and brown on another side.
2. Add garlic to the pot with the beef and sauté 30 seconds or until fragrant. Add the beef stock, water, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce, and bay leaves. Stir to combine. Bring mixture to a simmer. Reduce heat to the lowest setting, then cover and cook at a bare simmer for 1 hour, stirring occasionally.
3. While the pot of meat and stock is simmering, melt the butter in another pot over medium heat. Add the onions and carrots. Sauté the onions and carrots until the onions are golden, about 15 minutes. Set aside until the beef stew in step 2 has simmered for one hour.
4. Add the onions, carrots, and the potatoes to the beef stew. Add black pepper and two teaspoons of salt. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard the bay leaves. Tilt pan and spoon off any excess fat. Transfer stew to serving bowl. Add more salt and pepper to taste. Sprinkle with parsley and serve.