

**8/2/2022**

**MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)**

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Lemony chicken w/ oregano (Full entrees= 1 whole chicken cut into pieces OR 4 chicken breasts. Half entrees = 1/2 chicken cut into pieces OR 2 chicken breasts)</p> <p><b>AND/OR</b></p> <p>Broiled salmon w/ mustard &amp; lemon (Full orders = 4 fillets. Half orders = 2 fillets. Please eat fish within the first few days of delivery for optimal freshness.)</p> <p><b>AND/OR</b></p> <p>Confit leeks w/ French lentils, fresh herbs, lemon, dijon, &amp; cream (Full orders = 4 servings. Half orders = 2 servings. Dairy-free on request)</p>	<p>Serve hot, cold, or room temp. Cover Pyrex with foil and cook in a preheated 350-degree oven for 15 minutes or until hot to your liking. You can also cut the chicken and put it in a hot skillet with a splash of olive oil. Sear and then add a bit of water, cover with a lid for a minute or two, and let it steam heat.</p> <p>Position one oven rack 6 inches from the broiler heat source, then heat the broiler. Season the salmon fillets with salt &amp; pepper, then brush the salmon's tops and sides with the mustard mixture and place them on an aluminum foil-lined sheet pan, skin side down. Broil until the salmon is opaque with a deep brown crust, about 6 to 8 minutes for medium-rare. (The center of the fillets will be dark pink if you pierce one with a paring knife and take a look.) If your fillets are thinner, reduce cooking time by 1 to 2 minutes. If you prefer more well-done fish, add 1 or 2 minutes to the cooking time. You may also grill or roast the fillets if you prefer.</p> <p>Best warm, but room temperature works too. When ready to serve, or cook for 10 minutes in a preheated 400-degree oven. Either way, transfer to a bowl, sprinkle the lemon juice and chopped herbs on top, and serve with the leek cream as desired.</p>	<p>This might be the tastiest roast chicken out there. Try it for dinner with a side of roasted potatoes and kale salad. Take leftovers for lunch with roasted veggies and wild rice salad.</p> <p>In this simple salmon recipe, a quick stint under the broiler transforms smooth Dijon mustard into a savory, caramelized crust, and a squeeze of fresh lemon juice adds just the right brightness and tang to the rich, sweet fish. Covering the baking pan with a protective layer of aluminum foil makes cleaning up a snap. Try it for dinner with a side of wild rice and roasted veggies. Take leftovers for lunch with roasted potatoes or kale salad.</p> <p>Leeks, slow-cooked in delicious Greek olive oil, from our friends at Healthy Harvest, star in this hearty vegetarian main of lentils, lemon, and herbs. Here, leeks are roasted and softened without browning, slowly releasing their flavor into the oil. You can spoon the mixture over roasted potatoes, chicken, or fish, but the lentils give the dish enough heft and bite on their own if you are looking for a quick meal. Either way, the leek cream makes it extra special. Try it with the wild rice and roasted veggies for dinner. Take leftovers with kale salad or roasted potatoes for lunch.</p>

**PLUS SIDES ON NEXT PAGE**

**PLEASE FILL OUT THE DISH RETURN FORM BELOW AND PUT IT IN YOUR COOLER. COOLERS, WASHED DISHES, AND ICE PACKS WILL BE PICKED UP ON TUESDAY AFTER 10:30AM. We need a full set of dishes each week, so please transfer your food to your own containers when necessary. Please put lids on the containers to prevent chipping in transit. We pick up on Tuesdays regardless of whether you order or not. Thank you!**

NAME: _____	DISH	QUANTITY RETURNED
	11 CUP RECTANGLE	_____
	7 CUP ROUND	_____
	6 CUP RECTANGLE	_____
	4 CUP ROUND	_____
	3 CUP RECTANGLE	_____
	BALL JARS	_____
	ICE PACKS	_____

**We will pick up your coolers and washed dishes on Tuesday. Please have them out by 10:30 am.  
Late cooler returns may be subject to a fee unless you notify us in advance.**

**ACCOMPANYING SIDES  
(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)**

<p>Roasted mixed veggies -- broccoli, zucchini, cherry tomatoes, Brussels sprouts -- w/garlicky yogurt lemon sauce (6 cup Pyrex. Select ingredients omitted on request. Dairy-free available.</p>	<p>Serve roasted vegetables with a dollop of garlic yogurt, if desired, and a drizzle of oil on top. You can nuke them in the microwave or serve at room temp.</p>	<p>Here, a garlicky yogurt sauce turns a pan of roasted veggies into a light meal, especially when paired with some crusty bread or a bowl of rice or other grains, or you can serve these as a colorful side dish for the main entrée along with the kale salad and a few spuds.</p>
<p>Wild &amp; white rice salad w/ celery &amp; fresh herbs (4 cup Pyrex. Select ingredients omitted on request. Cauliflower rice on request)</p>	<p>— Serve at room temp. The salad is pre-dressed but might need a good toss to redistribute before serving. Season to taste.</p>	<p>This simple salad relies on wild and white rice and a few modest brightening agents like celery, parsley, red onion, Greek olive oil, and vinegar to make it tasty. It needs nothing else. Don't go rummaging in the fridge -- once you start adding, you'll tip the balance, and only then will you risk its tasting inadequate. Try it as a side for any of the mains, or serve it with roasted veggies and kale salad for a terrific vegetarian plate.</p>
<p>Lemony potatoes w/ oregano &amp; mustard (3 cup Pyrex. Roasted cauliflower sub on request)</p>	<p>Serve warm. Give these a quick blast in the microwave. Serve with one or two of your favorite condiments on the side for dipping the potatoes. Think hot sauce, mustard, or mayo.</p>	<p>Roasting lemon slices with the potatoes infuses them with a bright, zippy flavor. Try them for dinner with the main entrée, or serve them for lunch with a side of kale salad.</p>
<p>Kale salad w/ golden raisins, pecorino, &amp; toasted walnuts (7 cup Pyrex. Select ingredients omitted on request. Romaine sub available)</p>	<p>Serve cold or room temperature. Put the slivered kale in a large bowl. Add pecorino, walnuts, and raisins and toss with lemon vinaigrette until the kale ribbons are coated. I recommend using your hands and roughing the kale up a bit to ensure it's evenly coated. Taste and adjust seasonings with salt &amp; pepper. Let sit for 10 minutes before serving; it helps the ingredients come together. Add a pinch of red pepper flakes if you like a little heat.</p>	<p>This healthy riff on the classic Tuscan kale salad recipe is made with strips of Italian black kale, fresh lemon juice, extra virgin olive oil, garlic, golden raisins, grated pecorino cheese, and toasted walnuts. These bright, refreshing flavors have won over many a kale skeptic (even kids!). Try the salad with a cup of soup for lunch or serve it for dinner with a side of the main entree.</p>
<p>Vegan cream of asparagus soup w/ hemp seeds &amp; baby spinach (Full orders = 1 quart. Half orders = 1 pint.)</p>	<p>Best warm. Heat in the microwave or on the stovetop. Season to taste.</p>	<p>Sautéed onions and hemp seeds are the keys to creaminess in this blended vegan soup. Try it with a side of lentil salad for dinner. Take leftovers with the kale salad for lunch.</p>

**HEADS UP! LPK WILL BE OPEN FOR THE LABOR DAY HOLIDAY WEEK.**

**REMINDER: THE CUT OFF TO CONFIRM OR CANCEL IS WEDNESDAY AT NOON. LATE CANCELLATIONS ARE SUBJECT TO A FEE. THANKS!**

*Notes: This food is carefully cooked and packaged in a facility that uses nuts, wheat, and soy. \* Pyrex can be put in a pre-heated oven up to 400 degrees. Do not put under the broiler. Place on soft hot pads or silicone once you remove it from the oven. Never put Pyrex on a hot burner. It will explode. Plastic lids cannot go in the oven. \* Pyrex is also freezer safe but make sure to thaw and bring the dish to room temp before popping it in the oven. Extreme temperature changes can cause it to crack. \* Salad dressings that have congealed in the refrigerator can be nuked for 5-10 seconds to liquefy. \* Most dishes are better if you cover them with saran wrap before microwaving. It prevents them from drying out. \* Salad dressings, and most soups, benefit from a good stir or shake before serving. \* Eat seafood within the first few days of delivery for optimum freshness \* You can freeze wide-mouth Ball jars as long as there is 1" of headspace at the top of the jar. Thaw gradually in the refrigerator. \* Please wash your empty dishes before loading them into the cooler. Stack rectangular dishes together and round dishes together when possible. Put lids ON dishes to prevent chipping. Place defrosted ice packs on the bottom.\* Thank you! Jennifer@Littlepinkkitchen.com, 303-725-3836.*