

9/20/2022

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Pork tenderloin marinated in garlic, lemon, & oregano (Half entrée = .75 lbs. Full entrée = 1.5 lbs)</p>	<p>Hot, cold, or room temperature. I often find myself slicing this thin and eating it at room temp in the summer on top of salads, but if you want to heat it, cover the Pyrex w/foil and cook the portion of pork you want in a preheated 350-degree oven for 10 minutes or until it's hot to your liking. You can also slice the pork and give it a quick pan fry in a hot skillet with a splash of oil. Serve w/ tzatziki as desired.</p>	<p>I love a good main dish salad. They are satisfying, easy to serve, and elicit good vibes for getting all of your veggies in. This bright and tender grilled pork tenderloin is terrific on top of the Mediterranean quinoa for dinner. Take leftovers for lunch with the lemon potatoes and broccoli or Greek salad.</p>
<p>AND/OR Chicken souvlaki (Half entrée = 2 breasts Full entrée = 4 breasts)</p>	<p>Hot, cold, or room temp. Cover Pyrex with foil and cook in a preheated 350-degree oven for 10 minutes or until warm to your liking. Scatter parsley over the top, drizzle w/tzatziki, and serve over the Greek salad below.</p>	<p>Here is a recipe for an oven-roasted version of the classic street-food flavor bomb usually cooked on a rotisserie. It is perfect for an evening with family and friends. Marinated in a pungent mix of lemon, garlic, oregano, red wine vinegar, and extra virgin organic Greek olive oil makes the chicken a perfect match for everything on the menu. Try it for dinner with a side of the Mediterranean salad and broccoli. Take leftovers for lunch with the Greek salad or lemony Greek potatoes. You can also serve it with pita and all of your favorite veggies and fixings.</p>
<p>AND/OR Roasted lemon & oregano Greek shrimp (Half entrée = .5 lbs. Full entrée = 1 lb. Please eat the shrimp within two days of delivery for optimal freshness.)</p>	<p>Hot, cold, or room temperature. Heat sauce in skillet for 2 minutes over medium heat. Once warm, stir in shrimp and saute until it is heated (about another minute). You can also toss the sauce with the shrimp and give it a quick 30-60 second blast in the microwave to reheat. Season to taste.</p>	<p>This dish will fool you. On the surface, it looks like shrimp scampi — something classically Italian with lots of garlic going on. But take one bite, and you'll understand that it's firmly inspired by Greece. Fresh oregano and vibrant lemon will whisk you away to that little Mediterranean corner of the globe. Try the shrimp for dinner with a side of the broccoli and lemon potatoes. Take leftovers for lunch with a side of Greek salad or Mediterranean quinoa.</p>
<p>AND/OR Baked herb-pistachio falafel w/ romaine hearts for wrapping (Half entrée = 2 portions Full entrée = 4 portions. Select ingredients omitted on request.)</p>	<p>Best warm. Zap the falafel in the microwave or pop them in a 400-degree oven to reheat. Top the lettuce leaves w/ warm falafels and tzatziki as desired. Wrap it all up and dig in!</p>	<p>These tasty baked falafel offer a lighter alternative to the deep-fried variety and are also packed with a little extra protein thanks to a small handful of pistachios. Try them for dinner with the Mediterranean salad and a side of broccoli. Take them for lunch with the Greek salad and lemon potatoes. You can also serve them with pita and all of your favorite veggies and fixings.</p>
<p><i>Bonus : Tzatziki sauce w/Greek yogurt, cucumbers, lemon, garlic, red wine vinegar, mint, dill (Packaged on the side for use on all main entrees. Dairy-free available)</i></p>	<p>Best cold.</p>	<p>The cucumber-yogurt dip known as tzatziki is often seasoned with lemon juice in the U.S., but in Greece, cooks prefer red wine vinegar because it adds sharp acidity without the citrus notes to compete with the other ingredients. Thick and cooling, tzatziki can be served as a dip, but it's also an ideal condiment or accompaniment for grilled meats and seafood, and fried foods. Serve with anything on the menu.</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)

Dish	Cooking Instructions	Mix & Match Suggestions
Mediterranean quinoa salad w/ roasted cherry tomatoes, cucumbers, red onion, fresh herbs, toasted pinenuts, Greek olives, chickpeas, feta & Greek vinaigrette (6 cup Pyrex. Select ingredients omitted on request. Cauliflower sub available. Dairy is packaged on the side.)	Best at room temperature. Toss to combine. Sprinkle with the salt, pepper, and a few pinches of red pepper flakes, and toss again. Top with crumbled feta and chickpeas as desired.	This seasonal salad highlights an abundance of colorful produce and is healthy and delicious! Packed with roasted tomatoes, cucumbers, and fresh herbs, it's a perfect meal prep lunch or dinner side dish. Serve it with the main entrée and a side of broccoli for dinner. Take it as a grab-and-go lunch the next day.
The absolute best Greek lemon potatoes (4 cup Pyrex. Cauliflower sub available.)	You can heat these in the microwave for a minute or pop them in a preheated 400-degree oven for 10 minutes. Season to taste and dig in.	Full of sunny Mediterranean flavors, these garlicky roasted Greek lemon potato wedges are tinged with browned crispy edges and insides so moist they melt in your mouth. The characteristic flavors are here: garlic, oregano, lemon, and good organic Greek olive oil, of course. But then there is a burst of tanginess. Mustard! The secret ingredient! Try them with the main entree and broccoli for dinner. Take leftovers with the salad for lunch or fold them into an omelet for breakfast.
Broccoli & sun gold tomato salad w/ fresh oregano, Greek olives, & lemon-dijon vinaigrette (3 cup Pyrex. Select ingredients omitted on request.)	Hot, cold, or room temp. You can give the broccoli a quick zap in the microwave to take the chill off before pouring the dressing over and tossing with the sliced tomatoes, olives, and oregano. Taste for salt and season with pepper, and serve.	Broccoli and tomatoes may not sound like a match made in heaven, but, according to Deborah Madison of Vegetable Literacy fame, broccoli always needs a little snap and brightness to bring out its best qualities, and tomatoes provide just that with their acidity and sweetness -- plus they add a lovely pop of color. Oregano pairs perfectly with the blanched broccoli and other dishes on this menu. Try the broccoli with the main entree and lemony potatoes for dinner. Take leftovers with the quinoa salad or Greek salad for lunch.
Greek salad w/ Gotham greens, cucumbers, bell peppers, tomatoes, red onion, Kalamata olives & feta (7 cup Pyrex. Select ingredients omitted on request.)	Toss the greens and veggies with the dressing. Top the salad with crumbled feta & olives if desired. Season to taste.	Late summer is a time when all vegetables are at their peak. Sweet, juicy tomatoes, snappy bell peppers, and crisp cucumbers abound. This Greek salad recipe showcases these veggies beautifully. For dinner, try it with the main entree and a side of potatoes or broccoli. Take leftovers with a cup of soup for lunch.
Lemon chicken & rice soup w/fresh spinach (Vegan version available. Minimum order = 1 pint Standard order = 1 quart. Standard Plus order = 1.5 quarts. Four or More orders = 2 quarts. Upsizes available on request.)	Best warm. Heat on the stove or in the microwave. This soup is excellent with a pinch of feta if you want to steal some from your grain salad.	Inspired by many Mediterranean flavors, this dish is like a soup, salad, and rice dish all in one. While hearty and warm, it has a light touch from the lemon and fresh herbs. The addition of spinach at the end adds flavor and texture that pairs well with the rest of the ingredients. It's perfect for healthy lunches throughout the week, or you can make it into dinner with a big side of salad.

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 unthaw 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. Unthaw 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.*