

FALL

MAIN ENTRÉE OPTIONS (SELECT AT LEAST ONE)

Dish	Cooking Instructions	Mix & Match Suggestions
<p>Prosciutto-wrapped pork roast w/ rosemary-roasted potatoes & lemon</p>	<p>Best warm. Cover Pyrex in foil and cook in a preheated 350-degree oven for 10-15 minutes or until the dish is hot to your liking. You can also slice the pork first and give it a quick pan fry in a hot skillet with a splash of olive oil. Either way, serve with roasted rosemary potatoes, lemon slices, and pan juices, Season to taste.</p>	<p>Rubbed with a paste made of garlic, fennel seeds, rosemary, lemon zest, salt, and olive oil and then wrapped with thin slices of prosciutto this pork roast makes a stunning and delicious meal. Try it for dinner with a side of the white bean casserole and brussels sprouts salad. Take leftovers for lunch with the quinoa veggie bowl or kale salad. Looking for a portable option? Place thinly-sliced pork on crusty ciabatta for a killer sandwich.</p>
<p>AND/OR</p>		
<p>Salt-baked herbed salmon w/red onion-caper vinaigrette (Vinaigrette is packaged on the side and contains olive oil, sherry vinegar, Dijon mustard, sliced red onion, capers, fresh basil, salt, & pepper. Select ingredients omitted on request)</p>	<p>Preheat the oven to 325-degrees. Cover a large sheet pan with foil. Pour the rock salt (provided) into the pan, covering its surface. Place the salmon, skin side down, on the salt. Bake fish for 25-30 minutes, or until the salmon is opaque on the outside and cooked on the inside (about 140-150 degrees on an internal read thermometer). To serve, use a spatula to remove the salmon onto a plate (remove the skin). Spoon some of the vinaigrette over each portion and serve.</p>	<p>This beautiful fish from Food 52's Genius Recipes cookbook, roasts gently on a bed of rock salt which diffuse the heat, flavors the fish, and ensures that it stays moist and tender. Finely chopped herbs get sprinkled on top to make a green and pretty picture. A vinegary red onion, Dijon, and caper dressing seals the deal and guarantees that no scraps of fish get left behind. Try it for dinner with the Brussel sprouts and roasted vegetable salad or potatoes. Take leftovers for lunch with a side of kale salad and a spoonful of the white bean casserole.</p>
<p>AND/OR</p>		
<p>Roasted cauliflower steaks with cauliflower puree & almond-herb sauce (Sauce is packaged on the side and contains blanched almonds, capers, garlic, olive oil, white wine vinegar, parsley, mint, tarragon, red pepper flakes, salt & pepper. Select ingredients omitted on request)</p>	<p>Best warm. Heat oven to 350-degrees. Cover Pyrex w/foil and cook for 10 minutes or until warm to your liking. You can also nuke the cauliflower and puree in the microwave for 60-90 seconds. Either way, divide the cauliflower puree between plates, top with a cauliflower steak, drizzle with almond-herb sauce and serve. Season to taste.</p>	<p>In this striking dish, cauliflower gets carved into thick planks and fried like a steak in a wickedly hot cast iron pan. Meanwhile, the remaining florets simmer in homemade vegetable stock and then get blitzed into a weightless white cloud. It's the best of both worlds in terms of texture & taste. The roasting produces crisp, nutty edges and the puree an unearthly richness (without dairy!). A flavor-packed almond-herb sauce adds a little protein and makes the dish shine. Try the cauliflower with a side of white beans & brussels sprouts for dinner. Take leftovers with the quinoa or kale salad for lunch.</p>
<p>AND/OR</p>		
<p>Chicken breasts w/ zesty mustard sauce (Sauce is packaged on the side and contains homemade chicken stock, unfiltered apple cider, whole-grain Dijon, butter, & parsley. Dairy-free available)</p>	<p>Serve hot, cold, or room temperature. Cover Pyrex w/foil and cook in a preheated 350-degree oven for 10 minutes or until the chicken is warm to your liking. You can also slice the chicken and give it a quick pan fry in a hot skillet with a splash of olive oil, or serve it cold on salads. Bring the sauce to room temperature, drizzle over chicken, and dig in.</p>	<p>Here, a zesty mustard sauce dresses seared chicken breasts and turns them into an outstanding match for the roasted vegetables and brussels sprouts for a warming weeknight dinner. Top the kale salad with leftover strips of chicken and take it for lunch with a side of the white bean casserole.</p>

PLUS SIDES ON NEXT PAGE

**ACCOMPANYING MIX-AND-MATCH SIDES
(DELIVERIES COME WITH ALL FIVE. UPSIZE ON REQUEST)**

Dish	Cooking Instructions	Mix & Match Suggestions
Roasted vegetable quinoa bowl w/delicata squash, fennel, carrots, broccoli, red onion, toasted pine nuts, & feta (Cauliflower rice on request. Cheese and nuts packaged on the side or omitted for the averse. Select ingredients subbed or omitted on request)	Best warm or room temp. You can give this a quick blast in the microwave or pop it in a 350-degree preheated oven for 5-10 minutes or heat it up on the stove in a pan for a few minutes. Room temp works too. Top quinoa (it's pre-dressed in a light red wine vinaigrette) with the roasted vegetables, toasted pine nuts, and feta cheese as desired.	I picked delicata squash at the farm last week and was so excited to see it come back into the rotation. Its cheerful yellow stripes and scalloped half-moon slices perk up any plate, and its tender sweet skin requires no peeling. It plays nicely with the quinoa and other fall vegetables. Pair it with the main entrée and a side of Brussels sprouts for dinner or take it as a grab-and-go lunch with a handful of kale salad tossed into the mix. Packed full of protein, it will keep you fueled for your busy day.
Fall vegetable and white bean casserole w/ carrots, celery root, butternut squash, tomato, rosemary, & toasted breadcrumbs (Ground almond substitute for the gluten-free. Beans and other select ingredients omitted or subbed on request)	Best hot. Preheat oven to 350-degrees. Sprinkle the casserole with breadcrumbs or ground almonds. Cook until golden and bubbling, about 25 minutes. Serve family-style. Season to taste.	What could be more perfect on a chilly fall night than a hot bubbling dish of stewed white beans and seasonal vegetables covered in crispy breadcrumbs? Lightly caramelizing the vegetables in olive oil adds a depth of flavor to this vegetarian cassoulet-style dish as does an Italian-inspired spice combination of garlic, fennel, red chili flake, and rosemary. It seasons the slow-cooked heirloom white beans to creamy perfection. You can eat this as a stand-alone dish with a side of kale salad and a good piece of toasted bread for a hearty lunch or serve it as a side for the main protein and brussels sprouts for dinner.
Roasted and raw Brussels sprouts salad w/shaved Pecorino & pomegranate (Cheese omitted or packaged on the side for the averse)	Serve at room temperature. You can give this dish a quick 10-second zap in the microwave to take the chill off. In a large bowl, toss the shaved cheese with the raw shaved & roasted Brussels sprouts, pomegranate arils, lemon vinaigrette, and parsley. Season to taste and serve.	This satisfying salad shows off Brussels sprouts in two terrific ways. First, as caramelized, roasted hunks, and second as sweet, raw ribbons. Dressed in a bright lemon vinaigrette, bedazzled with pomegranate seeds, and showered with shaved cheese, this salad provides an excellent balance for some of the richer dishes on the menu. Try it for dinner as a side for the main entree along with a generous spoonful of quinoa salad or serve it with the soup or white beans for a quick and filling lunch.
Shaved honeycrisp apple & kale salad w/ parmesan cheese, candied almonds & lemon vinaigrette (cheese and nuts packaged on the side or omitted for the averse).	Best cold or room temp. Bring the salad dressing to room temp and whisk it in a medium bowl. Add kale, apples, cheese, and almonds. Toss well to coat. Let it sit for a few minutes before eating. Season to taste. This is one of those brilliant salads that gets better after a day in the fridge. The apples may discolor a bit, but they will still taste great.	This salad, a perennial favorite from chef-partner Steven Redzikowski of Oak at Fourteenth in Boulder, and Acorn in Denver, delivers a surprising amount of complexity and flavor from just a few ingredients. A pinch of Ichimi Togarashi, a Japanese red pepper spice mix, really makes it pop. I love to make it when I have apples from my farm share. Try the salad with a cup of soup as a light meal or serve it as a side for the main dish or white beans. Toss in a handful of quinoa salad if the
Gingered carrot & apple soup w/toasted pumpkin seeds & fresh herbs	Best hot! Reheat gently on the stove or in the microwave. Top w/toasted pumpkin seeds & chopped fresh herbs.	This velvety soup has a delicate balance of sweetness, spice, and tang, thanks to the secret ingredient: gingersnap cookies (GF for the averse). It's ideal with a side of the kale salad for lunch, but you can also enjoy it as a mid-day snack or a starter.

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. 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. Place lids on the side. * Thank you!
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