

WHAT'S FOR SUPPER?

Chorizo Grilled Cheese Sandwiches

MAKES 4 SERVINGS
Preparation time: 25 mins

Grilled cheese gets a south-of-the-border update!

- 1 tsp. olive oil
- 2 Wedge-made chorizo sausages
- ½ bell pepper, any color, sliced
- 8 slices whole grain bread*
**gluten-free bread will also work*
- 6 oz. Jack-style cheese, grated
- 1-2 T. butter

1. Warm oil in a skillet. Remove sausages from casings and crumble into the skillet. Sauté for 6-7 minutes over medium heat, until the sausage is cooked through. Remove meat and set aside, leaving the sausage grease in the pan.
2. Sauté the pepper slices in the sausage skillet for 7-8 minutes over medium heat, until they are tender.
3. Assemble the sandwiches: spread the grated cheese evenly over four slices of the bread. Then spread the chorizo on top of the cheese and the pepper slices on top of the chorizo.
4. *To grill the sandwiches in a skillet:* warm the butter in a large skillet. Place 2 of the sandwiches in the pan and cover. Heat for 3-4 minutes until the cheese begins to melt and the bread begins to brown. Top with the remaining bread and flip. Cook for 2 more minutes until lightly browned. Repeat with remaining sandwiches.
5. *To use a Panini press:* Top open sandwiches with remaining bread. Lightly butter the outside of each sandwich before putting it in the Panini Press. Press until the bread is golden brown and the cheese is melted.

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MENU SUGGESTION: Serve with green beans or salad

NUTRITION TIP:

The vitamin C and carotenoid antioxidant content of the bell peppers increases as they ripen, so red, yellow and orange peppers are more nutritious than green ones.

GLUTEN-FREE OPTION

SHOPPING LIST

PRODUCE

- 1 bell pepper, any color

DAIRY

- 6 oz. Jack-style cheese
- butter

MEAT

- 2 Wedge-made chorizo sausages

BAKERY

- whole grain or gluten-free bread

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MINNEAPOLIS MN 55405

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WHAT'S FOR SUPPER?

Ratatouille Pizza

MAKES 4 SERVINGS
Total Preparation time: 30 mins

A French classic goes Italian! This works best with French, not Swiss, Gruyere.

- 1 T. olive oil
- ½ medium eggplant, quartered and sliced into ¼-inch slices (~2 c.)
- ½ medium zucchini, sliced into ¼-inch rounds (~1 c.)
- ½ bell pepper, any color, sliced
- ½ tsp. salt
- 4 cloves garlic, chopped
- 1 12-inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts
- 1 c. pizza sauce
- 1 T. fresh basil, finely chopped
- 1 T. fresh parsley or 1 tsp. fresh oregano, finely chopped
- 6-8 oz. Gruyere cheese, grated
- 1 Roma tomato, sliced

1. Warm the olive oil in a large skillet. Add the eggplant, zucchini, bell pepper, and sprinkle with the salt. Sauté, covered, for 7-8 minutes over medium heat, stirring occasionally.
2. Add the garlic and continue sautéing, uncovered, for another 2-3 minutes. Remove vegetables from heat and set aside.
3. Spread the pizza sauce evenly over the pizza crust(s).
4. Spread the cooked vegetables evenly over the pizza(s). Sprinkle the fresh herbs on top.
5. Sprinkle the cheese evenly over the pizza(s). Top with the sliced tomatoes.
6. Bake according to directions on pizza crust package.

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MENU SUGGESTION: Serve with a big green salad, a plate of fancy olives, and a glass of Côtes du Rhône.

NUTRITION TIP:

Eggplant is rich in a potent antioxidant called *nasunin*, which helps protect cell membranes (especially cells in the brain!) from free radical damage

GLUTEN-FREE OPTION/VEGETARIAN

SHOPPING LIST

PRODUCE

- 1 eggplant
- 1 zucchini
- 1 bell pepper (any color)
- garlic
- 1 Roma tomato
- basil
- parsley or oregano

GROCERY/BULK

- pizza sauce

DAIRY

- 6-8 oz. French Gruyere cheese

FREEZER

- 1 10-12 inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts

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WHAT'S FOR SUPPER?

Cucumber-Melon Thai Salad

MAKES 4 SERVINGS
Total Preparation time: 15 mins

This salad gets even better if you can let it sit in the fridge for 20-60 minutes before serving. No time? Don't worry -- it will still be delicious.

- 1 medium-large cucumber, peeled, seeded, and thinly sliced
- ½ honeydew melon or cantaloupe, cubed
- 1 scallion, thinly sliced
- ¼ c. fresh herbs (any combination: basil, mint, Thai basil, cilantro) finely chopped
- ½ c. roasted peanuts

OPTION:

- 1 small jalapeño pepper, seeded and finely chopped

Dressing:

- 3 T. seasoned rice vinegar
- 1 T. sugar
- ¼-½ tsp. red pepper flakes
- pinch of salt

1. In a mixing bowl, combine the cucumber, melon, scallion, herbs and jalapeño, if using. Stir to mix.
2. In a small bowl or a jar with a tight-fitting lid, combine the dressing ingredients and stir or shake well until the sugar is dissolved. Pour over the salad and stir. If you have time, let the salad sit in the fridge for 20-60 minutes before serving.
3. Stir in the roasted peanuts right before serving.

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MENU SUGGESTION:

Serve with grilled chicken, pork or fish.

NUTRITION TIP:

Cucumbers are a rich source of silica, a mineral essential for healthy connective tissue (tendons, cartilage and ligaments), muscles and bones.

GLUTEN-FREE/VEGAN

SHOPPING LIST

PRODUCE

- 1 medium-large cucumber
- 1 honeydew melon or cantaloupe
- scallions
- fresh herbs (enough to make ¼ c., chopped -- any combination: basil, mint, Thai basil, cilantro)
- OPTION: 1 small jalapeño pepper

GROCERY/BULK

- 1/3 c. roasted peanuts
- seasoned rice vinegar
- sugar

HERBS/SPICES

- red pepper flakes

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WHAT'S FOR SUPPER?

Tomatillo Gazpacho

MAKES 4 SERVINGS
Total Preparation time: 35 mins

Traditionally, gazpacho is best served cold, but this one is also good hot.

- 1 T. olive oil
- 1 onion, diced
- 1 green pepper, chopped
- 1 lb. tomatillos, chopped
- 2 cloves garlic, chopped
- 4 c. chicken stock or vegetable broth (any kind -- homemade, boxed or bouillon)
*see note
- 1 avocado, pitted, peeled and chopped
- 2 T. cilantro, finely chopped
- ½ c. sour cream

OPTION:

- 1 jalapeño pepper, seeded and chopped

1. Warm the oil in a soup pot. Add the onion and sauté over medium heat for 3-4 minutes, stirring occasionally.
2. Add the pepper, tomatillos, garlic and jalapeño, if using. Continue sautéing for 10 more minutes, stirring occasionally.
3. Add the chicken stock or vegetable broth and bring the soup to boil. Turn the heat down to medium-low and simmer for 10 minutes.
4. Set soup aside to cool for 5-10 minutes.
5. Purée soup in a blender, adding the avocado, cilantro and sour cream as you go. Adjust for salt.
6. Chill before serving, or serve hot. Garnish with cilantro leaves if desired.

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MENU SUGGESTION:

Serve with grilled chicken or fish, or with black beans and corn tortillas.

NOTE:

If you are using homemade chicken stock or vegetable broth, you will need to add 2 tsp. salt to the soup.

GLUTEN-FREE/VEGETARIAN OPTION

SHOPPING LIST

PRODUCE

- 1 onion
- 1 green pepper
- 1 lb. tomatillos
- garlic
- 1 avocado
- cilantro
- OPTION: 1 jalapeño pepper

GROCERY/BULK

- 32 oz. chicken stock or vegetable broth, if not using homemade (any kind: boxed, bouillon or canned)

DAIRY

- sour cream

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