



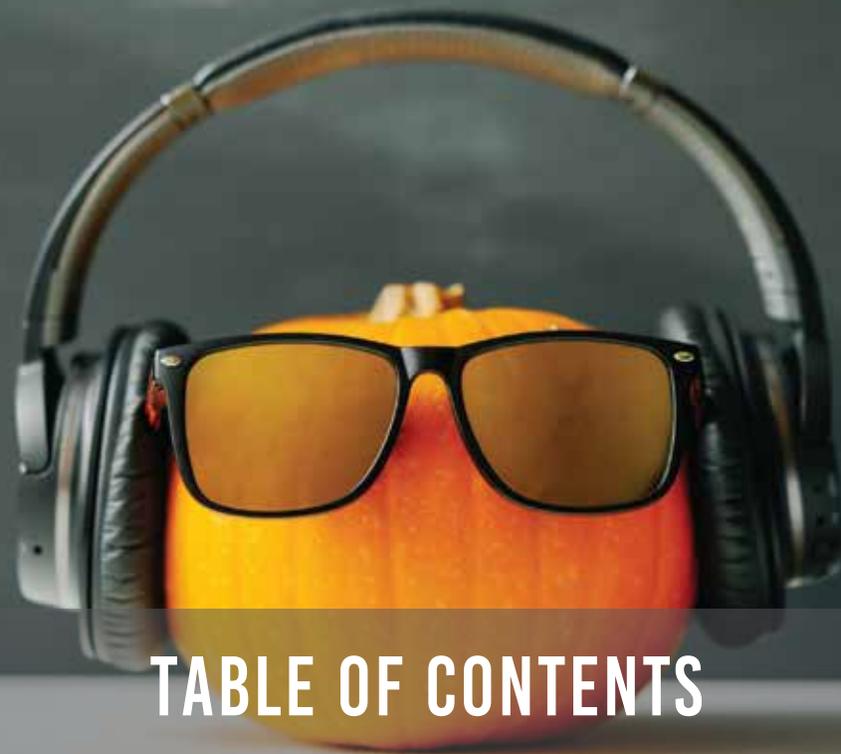
# *Platinum Playlist*



**A FRESH LOOK AT SOME GREAT EATS.**

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Grab an apron and get ready to nosh!



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# LOVE WILL TEAR ASPARAG-US APART

*Lemony Asparagus Orzo*



PREP TIME

5 Minutes



COOK TIME

-30 Minutes



SERVES

8-12

## INGREDIENTS

### DRESSING

- 2 whole lemons, zested
- ½ cup fresh lemon juice
- 3 heaping teaspoons minced garlic (*the kind that comes in jars*)
- ¾ teaspoon salt – *do not skip! It brings out the lemony flavor*
- 1 teaspoon freshly ground black pepper
- ½ cup extra virgin olive oil

### ORZO

- 1 pound thin-stalked asparagus, plus boiling water for cooking asparagus
- 4 cups chicken stock (*or use vegetable broth to make this vegan*)
- 4 cups water
- 1 tablespoon salt
- ¼ teaspoons turmeric – *do not skip! It gives flavor and color*
- 3 cups orzo pasta (*or substitute a gluten-free pasta*)
- ½ cup green onions, whites and stalks, thinly sliced
- 1 whole lemon thinly sliced

## INSTRUCTIONS

### DRESSING

- Mix the lemon zest, lemon juice, garlic, salt, and pepper in a deep bowl
- Add oil in a thin, steady stream while vigorously whisking the mixture to form an emulsion. Set aside

### ORZO SALAD

- Wash the asparagus, then snap off the tough end pieces
- Lay the asparagus stalks in a heat-resistant 9-x-13 glass dish
- Pour boiling water over asparagus (just enough to cover it). Then cover dish with plastic wrap and let sit until the water is slightly warm (about 5 minutes). This method produces perfectly cooked asparagus
- Drain water and remove asparagus to a cutting board. Cut the stalks diagonally into 2-inch pieces. Set aside
- Place the chicken stock (or vegetable broth) and water in a large pot and bring to a boil
- Add the salt and turmeric and bring back to a boil
- Add the orzo and cook until tender—about 10 to 12 minutes
- Drain orzo, but do not rinse it. Save a little of the liquid—you may want to add it back in if you like a moister dish
- Place the hot orzo in a large, heat-resistant bowl and add the asparagus and green onions. Whisk the dressing, if needed, and pour it over the salad. Mix well
- Cool to room temperature. Adjust seasonings as needed before serving. You may want to add more salt
- Decorate with the lemon slices



# UN-BREAK MY ARTICHOKE HEART

*Artichoke Dip*



PREP TIME

10 Minutes



COOK TIME

20 Minutes



SERVES

6

## INGREDIENTS

- 1 large can artichoke hearts, drained and chopped
- 1 cup shredded parmesan cheese
- 1 cup mayonnaise
- 1 pinch cayenne pepper

## INSTRUCTIONS

- Preheat oven to 360°
- Mix all ingredients together in a large bowl
- Place mixture into a baking pan and bake for 20 minutes, or until lightly browned
- Serve with tortilla chips, pita, or your favorite veggies

# WITH A LITTLE HELP FROM MY FRIED RICE

## Easy Fried Rice



PREP TIME

10 Minutes



COOK TIME

35 Minutes



SERVES

6

## INGREDIENTS

- 3 cups cooked rice \*
- 2 tablespoons sesame oil
- 1 small white onion chopped
- 1 cup peas and carrots
- 2–3 tablespoons soy sauce (more or less to taste)
- 2 eggs lightly beaten
- 2 tablespoons chopped green onions (optional)

*\*Note: Day old, cold rice works best and prevents the rice from being mushy*

## INSTRUCTIONS

- Preheat a large skillet or wok to medium heat
- Pour sesame oil in the bottom
- Add white onion and peas and carrots and fry until tender
- Slide the onion, peas, and carrots to the side, and pour the beaten eggs onto the other side
- Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix
- Add the rice to the veggie and egg mixture. Pour the soy sauce on top.
- Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired

# SONG OF THE SOUTHERN FRIED SQUASH

*Southern Fried Squash*



PREP TIME

5 Minutes



COOK TIME

-30 Minutes



SERVES

2-4

## INGREDIENTS

- 4–6 summer squash (yellow crook or straight neck)
- ½ yellow or white onion
- 1 tablespoon butter
- 1–2 tablespoons extra-virgin olive oil

## OPTIONAL

- Peppers (green, jalapeño, Anaheim, etc.)
- Okra
- Grape tomatoes

## INSTRUCTIONS

- Add butter and oil to frying pan on medium heat
- Dice onion and cook until it begins to turn translucent with occasional stirring
- Slice squash into thin disks (thinner slices cook faster) and add to pan
- Simmer on medium/medium-low heat with occasional stirring and covering
- Slice and add other optional ingredients, if desired
- Cook down until desired tenderness and browning has occurred; serve hot

# I WILL SERVE FRIES

## Coconut-Crusted Sweet Potato Fries



PREP TIME

5 Minutes



COOK TIME

-30 Minutes



SERVES

2-4

## INGREDIENTS

- 2 large sweet potatoes, cut length-wise
- 2 teaspoons coconut oil
- ½ cup unsweetened coconut flakes
- 2 tablespoons coconut flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

## INSTRUCTIONS

- Preheat oven to 400° and line a baking tray with parchment paper
- In a food processor, pulse the coconut flakes until they become more fine. (You can skip this step if the flakes are already this consistency)
- Add the flakes, coconut flour, cinnamon, and nutmeg to a medium bowl
- Coat the sweet potato slices with coconut oil (you may need more depending on size) and roll each into the coconut flake mixture
- Add the coated slices to the baking tray and bake for 20–30 minutes. Flip, and then bake another 10 minutes or until cooked to your liking

Find the video for this recipe at:

<https://www.wellandgood.com/good-food/foodkick-thanks-giving-side-dish-sweet-potato-fries-recipe-video/>

# SWEET AND SAUER

## *Sausage and Sauerkraut Soup*



PREP TIME

15 Minutes



COOK TIME

10–12 Hours



SERVES

8

## INGREDIENTS

- 12 to 14 oz kielbasa or Polish sausage, sliced into ½ to ¾ inch slices
- 4 medium potatoes, cut into ½ inch pieces
- 3 medium carrots, cut into ½ inch pieces
- 1 large onion, chopped
- ½ cup sliced celery
- 32 ounce chicken broth
- 16 ounce jar of sauerkraut, drained but not rinsed
- 1 can of condensed cream of mushroom soup
- 4 ounce can of mushroom stems and pieces, undrained
- 2 tablespoons vinegar
- 2–3 teaspoons dried dillweed (to taste)
- ½–1 teaspoons black pepper (to taste)

## INSTRUCTIONS

- In a medium-to-large slow cooker, combine all ingredients and stir until mixed thoroughly
- Cover and cook on low heat setting for 10–12 hours or on high heat setting for 4.5–5.5 hours

Notes:

Optional: Top each bowl with crumbled bacon

Alternative: Use 6 to 8 oz kielbasa and 1.5 cups chopped cooked chicken

# ROULADEN THE RIVER

## *Rouladen*



PREP TIME

2-4 Hours



COOK TIME

2-5 Hours



SERVES

8

## INGREDIENTS

- 2-2½ pounds beef round roast, sliced thin (most butchers will do this for you) and tenderized. Pieces will vary in size, but should be 4-6 inches for best rolling
- Horseradish
- Mustard (stone ground, but any kind will be tasty)
- 1-2 onions, chopped
- 1-2 pounds bacon, strips cut into thirds
- Dill pickles (small spears, chopped, or shredded)

## INSTRUCTIONS

- Lay meat and spread with ½ teaspoon horseradish, ½ teaspoon mustard, chopped onion, dill pickle, and bacon strip. Roll and secure with toothpicks if necessary
- Lightly brown rolled meat in butter or olive oil
- Simmer for 2 hours on stove, or transfer to roasting pan with a tight lid and place in oven at 325° for about 2 hours. (Throw in any leftover ingredients from above)

# SWEET HOME

## ALA-CLAM-A

*Cioppino (Fish Stew)*



PREP TIME

10 Minutes



COOK TIME

35 Minutes



SERVES

6

### INGREDIENTS

- 5 small white onions
- 4–6 heads garlic
- 1 head fennel
- 1 can tomato paste
- 2 cans crushed tomatoes
- 1 pint cherry tomatoes
- 2 cans clam sauce
- 4–6 quarts fresh stock
- 2 whole bay leaves
- Red pepper flakes to taste
- 1 bunch fresh parsley
- 1 bunch fresh dill (optional)
- 1 bunch fresh cilantro
- 1 cup red wine
- Salt and pepper to taste
- 1–2 pounds of mixed seafood (clams, mussels, shrimp, scallops, white fish fillet, etc)

### INSTRUCTIONS

- Heat 2 tablespoons of oil in a large soup pot
- Sauté chopped onion, garlic, and fennel in soup pot until soft
- Add tomato paste, crushed tomatoes, and cherry tomatoes
- Once tomato ingredients come to a simmer, add clam sauce, stock, bay leaves, red pepper flakes, and red wine
- Bring to a boil, then add seafood (fresh or thawed)
- Cook for another 10–15 minutes until seafood is done
- Enjoy with fresh herbs on top and garlic bread

# I WOULD DO ANYTHING FOR LOAF

## *Vegan Chickpea Meatloaf*



PREP TIME

10–15 Minutes



COOK TIME

55 Minutes



SERVES

8

## INGREDIENTS

### CHICKPEA MEATLOAF

- Two 14-ounce cans or 3- $\frac{1}{3}$  cups cooked chickpeas, drained and rinsed
- 1 onion, diced
- 2 celery stalks, chopped
- 2 carrots, diced
- 2 heaping teaspoons minced garlic
- 2 cups panko breadcrumbs (or substitute gluten-free breadcrumbs)
- $\frac{1}{2}$  cup unflavored soy or almond milk
- 3 tablespoons vegan Worcestershire sauce
- 2 tablespoons soy sauce or tamari
- 2 tablespoons olive oil
- 2 tablespoons ground flax seeds
- 2 tablespoons tomato paste
- 1 teaspoon liquid smoke—do not skip this part!
- $\frac{1}{4}$  teaspoon black pepper

### MAPLE GLAZE

- $\frac{1}{2}$  cup tomato paste
- 4 tablespoons maple syrup
- 4 tablespoons apple cider vinegar
- 2 tablespoons soy sauce or tamari
- 2 tablespoons paprika

## INSTRUCTIONS

- Preheat oven to 375°. Lightly oil a 9-inch loaf pan (or use a 9-x-13 glass pan)
- Working in batches, if needed, place all meatloaf ingredients into food processor bowl and pulse until chickpeas are broken up and ingredients are well mixed, stopping to scrape down sides of bowl periodically. Do not over blend. If working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand. The mixed ingredients will feel like ground beef
- Mold into a loaf and place into prepared pan. Bake 30 minutes
- While loaf bakes, mix the glaze ingredients in a small bowl
- Remove loaf from oven after 30 minutes and spoon  $\frac{1}{2}$  of the glaze over top of loaf
- Bake loaf another 20–25 minutes
- Remove from oven and allow to cool at least 10 minutes
- Spoon the rest of the glaze over the loaf, then cut/serve

# SHAKE, RATTLE AND CASSE-ROLL

*The Best Egg Casserole*



PREP TIME

20 Minutes



COOK TIME

30-45 Minutes



SERVES

8-10

## INGREDIENTS

- 16 ounces breakfast sausage
- 2 bell peppers
- 1 onion
- 16 ounces mushrooms
- 1 cup sour cream
- 2 cups shredded cheddar cheese
- 10 eggs

## INSTRUCTIONS

- Preheat oven to 350°
- Brown sausage, move to a bowl when cooked thoroughly
- Slice peppers, onion, and mushrooms to small pieces and sauté
- In a large bowl, crack 10 eggs and whisk
- Mix in all other ingredients, including cooked sausage and vegetables
- Coat a 9-x-13 pan with nonstick spray and pour mixture into pan
- Cook casserole in oven for 30-45 minutes until done  
*(casserole will be fully cooked when a toothpick inserted into the middle does not have any egg liquid attached)*

# MY LIL' DARLIN' IS A FIRECRACKER

## *Firecracker Chicken*



PREP TIME

15 Minutes



COOK TIME

10-12 Hours



SERVES

8

## INGREDIENTS

### CHICKEN

- ¼ cup canola oil
- 4 boneless skinless chicken breasts
- Salt and pepper
- 1 cup cornstarch
- 2 large eggs, beaten

### SAUCE

- ⅓ cup buffalo sauce (*if you like more heat, hot sauce*)
- 1¼ cup packed light brown sugar
- 1 tablespoon water
- 2 teaspoons apple cider vinegar
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes

## INSTRUCTIONS

- Preheat oven to 325°. Cut chicken breasts into bite-sized pieces and season with salt and pepper
- In separate bowls, place cornstarch & slightly beaten eggs
- Dip chicken into cornstarch then coat in egg mixture
- Heat canola oil in a large skillet over medium-high heat and cook chicken until browned. Place the chicken in a 9-x-13 greased baking dish
- In a medium-sized mixing bowl, add buffalo sauce, brown sugar, apple cider vinegar, water, salt, and red pepper flakes. Pour over chicken and bake for 1 hour
- Plate and serve

# LIKE A ROASTING STONE

*Old Fashioned Pot Roast*



PREP TIME

15 Minutes



COOK TIME

10-12 Hours



SERVES

4-6

## INGREDIENTS

- 5 pounds English chuck roast
- 2 packages Lipton Onion Soup Mix
- 1 large onion
- 5 golden Yukon potatoes
- 5 carrots
- One 28-ounce can of diced tomatoes
- 1 cup vodka
- 1 cup water

## INSTRUCTIONS

- Sear roast 2 minutes each side, or until browned, on stove top
- Cut onions, potatoes, and carrots into chunks
- Place vegetables on the bottom of slow cooker
- Place meat in slow cooker on top of vegetables
- Add soup mix and liquids
- Cook on low setting 10-12 hours

# SWEET CHICKEN O'MINE

## Baked Honey Sesame Chicken



PREP TIME

10-15 Minutes



COOK TIME

55 Minutes



SERVES

8

## INGREDIENTS

### CHICKEN

- 4 chicken breasts
- 1 cup cornstarch
- 3 eggs
- 1 dash salt and pepper
- ¼ cup canola oil

### SAUCE

- ¾ cup honey
- ¾ cup soy sauce
- ½ cup ketchup
- ½ cup brown sugar
- ½ cup rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- 1 tablespoon cornstarch
- Additional sesame seeds for garnish

## INSTRUCTIONS

- Preheat oven to 325°. Cut chicken breasts into bite-sized pieces and season with salt and pepper
- Place cornstarch and slightly beaten eggs into separate bowls. Dip chicken into cornstarch then coat in egg mixture
- Heat canola oil in a large skillet over medium-high heat and cook chicken until browned. Place the chicken in a 9-x-13 greased baking dish
- In a medium-size mixing bowl, combine honey, soy sauce, ketchup, brown sugar, rice wine vinegar, sesame oil, minced garlic, and 1 tablespoon cornstarch.
- Pour over chicken and bake for 45 minutes or until chicken is cooked through.
- Stir the chicken every 15 minutes to coat it in sauce
- Plate and serve with broccoli and white or fried rice



# R-E-S-P-E-C-TEA

## *Lemon Tea Cookies*



PREP TIME

5 Minutes



COOK TIME

-30 Minutes



SERVES

2-4

## INGREDIENTS

- 3 cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup unsalted butter, softened (2 sticks)
- 1 cup confectioners' sugar plus 2 more cups for rolling
- 1 egg yolk
- ¼ cup freshly squeezed lemon juice
- 1 heaping tablespoon lemon zest
- ½ teaspoon vanilla extract

## INSTRUCTIONS

- Preheat the oven to 350°. Line 2 baking sheets with parchment paper
- In a small bowl, whisk flour, baking powder, and salt; set aside
- In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and 1 cup of the sugar until light and fluffy, about 3 minutes
- On low speed, mix in the egg yolk, lemon juice, zest, and vanilla until incorporated. Add the dry ingredients, mixing on low speed just until combined. If the dough is crumbly, use your hands to knead the dough gently until it comes together and forms a ball
- Roll the dough into 1" sized balls and place 1" apart on the prepared baking sheets. Bake for 18–20 minutes, or until lightly golden brown
- Remove from oven and allow to cool slightly. While the cookies are still warm, roll them in the remaining 2 cups confectioners' sugar and place on a wire baking rack to cool completely. Store in an airtight container for up to 2 weeks

# BLUE SUEDE CA-SHOES

*Raw Cashew Dream Cake*



PREP TIME

5 Minutes



COOK TIME

-30 Minutes



SERVES

2-4

## INGREDIENTS

### CRUST

- 1- $\frac{1}{4}$  cups raw almonds  
*(pecans, walnuts, or a mix also work)*
- $\frac{1}{2}$  cup soft Medjool dates
- $\frac{1}{4}$  teaspoon sea salt

### FILLING

- 1- $\frac{1}{2}$  cups raw cashews, soaked overnight
- Juice 2 lemons
- The seeds of a whole vanilla bean OR 1 teaspoon alcohol-free vanilla extract
- $\frac{1}{3}$  cup raw coconut oil, melted
- $\frac{1}{3}$  cup honey
- 1 cup raspberries

## INSTRUCTIONS

- Place nuts and dates in a food processor with sea salt and pulse to chop until they are to your desired fineness (for a finer crust, process longer)
- Test the crust by spooning out a small amount of mixture and rolling it in your hands. If the ingredients hold together, your crust is perfect
- Scoop out crust mixture in a 7" spring-form or pie plate, and press firmly, making sure that the edges are well packed and that the base is relatively even throughout. Rinse food processor well
- Warm coconut oil and honey in a small saucepan on low heat until liquid
- Whisk to combine
- Place all filling ingredients (except raspberries) in a food processor or blender and blend on high until very smooth
- Pour about  $\frac{2}{3}$  the mixture out onto the crust and smooth with a spatula
- Add the raspberries to the remaining filling and blend on high until smooth
- Pour onto the first layer of filling. Place in freezer until solid

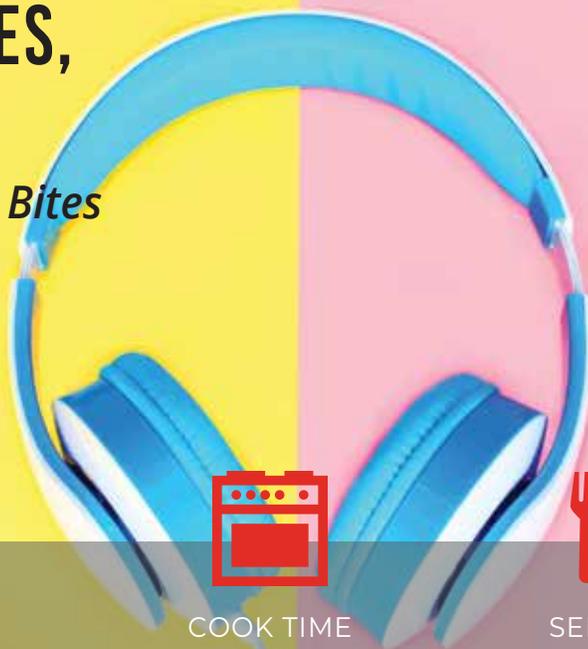
# APPLES, PEACHES, PUMPKIN BITES

*Pumpkin Spice Pretzel Bites*



PREP TIME

15 Minutes



COOK TIME

10-12 Minutes



SERVES

12



## INGREDIENTS

- 1 can refrigerated biscuit dough
- 2 tablespoons baking soda
- 1-½ cups warm water
- ½ cup melted butter, divided
- 1 cup granulated sugar
- 2 teaspoons pumpkin spice

## INSTRUCTIONS

- Preheat oven to 400° and line a large baking sheet with parchment paper
- Cut each biscuit into sixths and roll into balls. Place on baking sheet
- Add baking soda to a shallow bowl filled with warm water. Whisk until the baking soda is dissolved. Brush baking soda solution onto each piece of dough
- Let set until the dough has dried slightly, about 2 minutes, then brush with about 2 tablespoons melted butter
- Bake until golden, 10-12 minutes. Let cool slightly
- Whisk together sugar and pumpkin spice in a medium shallow bowl
- When pretzels are cool enough to handle, toss in remaining melted butter then toss in pumpkin spice mixture
- Serve warm or at room temperature

Find the video for this recipe at:

<https://www.delish.com/83510784-e18e-4c45-b895-6eb0da0cd4c6>



*A very big thank you to staff and clients for an amazing 2019. We wouldn't be here without you. Warmest wishes to you and yours this holiday season!*

*- Joni*