

Chef Katie Simmons

Personal Chef Menu

2017

Always open to Special Requests!
Special menus for Holidays, Summer Parties, Cocktail Parties, and Special Events

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Entrees

Comfort Food Favorites

***Happy to adjust recipes for meat, poultry, seafood, or vegetarian
Some seasonal adjustments might be made***

Chicken Divan: Broccoli Noodle Casserole (GF, V available)

Brown rice macaroni, olive oil, garlic, broccoli, butter, brown rice flour, chicken brown, almond milk, chicken breast, cheddar cheese, parmesan, breadcrumbs (GF)

Side Salad: Tomato Basil or Italian Garden

Bison Chili Bowl Dinner (GF, DF, V available)

Bison with Kidney beans, onion, bell pepper (or choose turkey, tempeh, or lentils)

Southern Style Crumbly Cornbread, Guacamole

Choose extra toppings: minced onion, radish, roasted corn, diced tomato, minced jalapeno

American Rosemary Sage Pork Chops (GF, DF)

Brined Sirloin Chops served with Caramelized Onion "Jam"; Chard, Apple Wheat berries; Green Beans with Almonds

Smothered Chicken and Mushrooms (GF, DF)

Chicken Thighs and Onions Smothered in a Port Gravy sauce; With Wild Rice Pilaf, Caramelized Rainbow Chard

Shepherd's Pie (GF, DF)

Filling of onion, carrot, celery, peas, Garlic Chive mashed potato crust, Side of steamed broccoli or asparagus

Choice of chicken, lamb, beef, turkey, tempeh, or lentils

Jacque Pepin's Traditional Belgium Beef Stew (GF, DF)

Savory Beef Broth with Hangar Steak, Carrots, and Peas; With Smashed Red Potatoes, Spinach Avocado Salad

Navarin D'agneau: French Lamb Stew with Root Vegetables (GF, DF)

Lamb Shoulder with carrot, parsnips, fennel, tarragon; Side of Roasted Yukon Potatoes

French Braised Short Ribs (bison or beef) (GF, DF)

Braised in a Red Wine Sauce with Carrots and Beets, Celery Root Horseradish Mash; Haricot Verts with Lemon and olives

Slow-Roasted Honey Mustard Salmon (GF, DF)

With Roasted Brussels sprouts, Wild rice Pilaf

Greek Chicken Vesuvio (GF, DF)

Chicken breast, red potatoes, leeks, braised in a white wine sauce with Chickpea Tomato Salad

American Sunday Roast Chicken (GF, DF)

Whole Roasted Chicken with Roasted Root Vegetables and Light Spinach Salad

Comforting Pot Pie (GF, DF)

Filled with carrot, celery, green peas and your choice of protein (chicken, turkey, beef, or all-veg)

Fresh Garden Salad with Balsamic Dressing

Italian, French, and European Classics

Chicken Mushroom Piccata (GF, DF)

Chicken breast in a Lemon and caper sauce, with Lemon Broccoli Quinoa and Spicy Sautéed Greens

Chicken Mushroom Marsala (GF, DF)

Chicken cutlets, cremini mushrooms, Marsala wine sauce with Roasted Red Potatoes and Marinated Artichokes

Italian Braised Sweet Turkey Sausage (GF, DF)

Braised with Bell Peppers, Fennel, and white beans, with Cauliflower Potato Mash

Giada's Turkey Meatballs, made dairy-free, gluten-free (GF, DF)

Choose Sauce: Basil Marinara or Spicy Red Pepper "Cream" Sauce; with Brown Rice Pasta, Steamed Broccoli

Calabrian Spicy Pasta (V, GF available)

Spicy tomato Calabrian pepper sauce with cherry tomatoes and whole wheat Penne, with Spinach Avocado salad

Choose: Chicken, shrimp, scallops, or vegetarian

Spinach Mushroom Lasagna (GF, V available)

Whole Wheat lasagna noodles layered with mushrooms, spinach, onion; Homemade Basil Marinara

Vegetarian Ricotta filling: Ricotta, egg, Parmesan

Choose: beef, turkey, or vegetarian

Hearty Turkey Bolognese (GF, DF)

Comforting tomato Bolognese sauce with Turkey breast, onion, carrot, garlic, tomato paste, red wine, thyme

With Creamy Italian Polenta and Steamed Broccoli with Lemon Pepper

Italian Chicken Cacciatore (GF, V available)

"Hunter's Stew" with Portobello mushrooms, onion, garlic, tomato, capers, olives

Stewed Rosemary Cannellini Beans with Garlic; Garden Italian Salad with Oil-free Basil Balsamic

Baked Eggplant Involtini (V, GF Available)

Eggplant ribbons, rolled around a filling of cannellini beans, cheese, and spinach, baked with Garlic Marinara

Whole Wheat Garlic Bread

Butternut Squash Brown Rice Risotto (V, GF)

Brown short-grain rice, shallot, vegetable broth, butternut squash, white wine, sage, thyme, nutritional yeast

Sautéed Greens with Garlic: Organic Mustard Greens and Curly Kale

Italian Lemony Rigatoni Pasta (V, GF available)

Whole Grain Rigatoni Pasta, Steamed Kale, Cannellini Beans with a Lemon White Wine Sauce and Pistachios

Greek Baked Giant Lima Beans (V)

Giant lima beans in a riche tomato sauce, with Sunflower Seed Oregano Pesto, Roasted Pepper Olive Antipasti Salad,

Toasted Ciabatta Bread

Magnus Nilsson's Grandmother's Swedish Meatballs (DF)

With beef, pork, potato, almond milk, whole wheat breadcrumbs, nutmeg

With Egg Noodles with Parsley, Pan-Sauce Gravy, Sautéed Spinach and Apple

A Little Spicy: Mexican, Asian, and African Flavors

Mexican Ancho-Chipotle Spiced Turkey Breast (GF, DF)

Turkey Breast Roasted with an Ancho-Chili Rub, Smoky Roasted Acorn Squash, Pumpkin Seed Pesto

Moroccan Chickpea Tagine (GF, V)

Chickpeas, Moroccan spices (cumin, coriander, Madras curry, garlic), carrot, celery, onion

*Apricot Almond Whole Wheat Cous: Whole Wheat Cous, apricots, almonds, cayenne, mint, parsley
Roasted Green Olives and Garlic*

Ginger-Miso Glazed Cod (GF, DF)

Cod with Asian Ginger Miso Glaze (ginger, miso, honey, canola oil)

With Roasted Cherry Tomatoes, Soba Noodles, Baby Bok Choy

Turkey Tacos (GF)

Ground turkey breast, onion, garlic, salt, pepper, cumin, paprika, tomato paste

Stewed Black Beans: Black turtle beans with onion, garlic, bay, marjoram, cumin

Guacamole: Avocado, cumin, cilantro, red onion, lime, tomatoes

Pico de Gallo: Tomatoes, cumin, cilantro, coriander, red onion (light), lime

Shredded Lettuce

Choose tortillas: Corn, flour, whole wheat, or crunchy shells

Chicken Fajitas (GF)

Chicken breast, onion, bell peppers, with garlic and Mexican spices

Mashed "Unfried" Pinto Beans: Pinto beans with onion, garlic, bay, marjoram, cumin

Guacamole: Avocado, cumin, cilantro, red onion, lime, tomatoes

Pico de Gallo: Tomatoes, cumin, cilantro, coriander, red onion (light), lime

Shredded Lettuce

Choose tortillas: Corn, flour, whole wheat, or crunchy shells

Veggie Verdes Mexican Salsa "Lasagna" (GF, V)

Filling: Yukon potatoes, onion, black beans, cumin; with Corn Tortillas

Roasted Salsa Verde: Tomatillos, Onion, Cilantro, Garlic, Lime

Spanish Style Rice: Brown Basmati Rice, Annatto, cumin, bell peppers, red onion, cilantro

Guacamole: Avocado, cumin, cilantro, red onion, lime, tomatoes

Spanish Paprika Broiled Shrimp (GF, DF)

With Tri-Color Quinoa Pilaf (Currants and Almonds, and Quinoa), Roasted Cauliflower, Spanish Romesco

Green Thai Curry (GF, V)

With Romanesco (if available), Snap Peas, Carrot in a Coconut Green Curry Broth

Choice of chicken, shrimp, scallops, tofu, or chickpeas

With Steamed Golden Rose brown rice and Jicama salad

Massaman Thai Curry (GF, V)

Red Chili Thai Coconut Curry with potato, sweet potato, carrot, peanuts; served with Brown Basmati Rice

Side of Cucumber Salad or Edamame

Choice of: Tofu, chicken, beef, or shrimp

Vietnamese Pad Thai (GF, V)

Asian Peanut Sauce, bell peppers, and snow peas with Brown Rice Pad Thai Noodles and Cucumber Salad
Choice of: Tofu, chicken, beef, or shrimp

Vietnamese Orange Ginger Stir-fry (GF, V)

Orange Ginger Cashew Sauce, bell Peppers, and snow peas with Steamed Brown Rice, and Edamame with Seasoning Salt
Choice of: Tofu, chicken, beef, or shrimp

Thai Drunken Red Curry Noodles (GF, V)

Spicy Red Coconut Curry Sauce with dark greens, red bell pepper; Brown rice noodles, Thai Cucumber salad
Choice of: Tofu, chicken, beef, or shrimp

Oyster Broccoli and Tempeh Stir-Fry (GF, V)

Organic Tempeh, broccoli, onion, oyster mushroom, shiitake mushroom, ginger, garlic, Ginger Steamed Red Rice
Oyster sauce: oyster extract, tamari (gluten-free), sesame seeds, tapioca starch
Asian Cucumber Salad: Cucumber, rice vinegar, red chili, Truvia
Can Substitute: Tofu, chicken, beef, or shrimp

Cauliflower Fried "Rice" (GF, V)

Cauliflower "rice" with onion, carrot, ginger, and garlic in an oil-free stir-fry; with Steamed Snow Peas
Choice of: Tofu, chicken, beef, or shrimp

Quinoa Fried "Nice" (instead of fried rice)

Quinoa, Edamame, Bok Choy, Carrot, with miso, tamari, ginger, red chili flake
Crunchy Cashew Broccoli and Tofu

Thai Spicy Basil Spaghetti Squash (GF, V)

Spaghetti Squash "Noodles" Stir-fry with Onion, Bell Pepper, Pea Pods and Basil Red Chili Sauce; with Mung Bean Salad
Choice of: Tofu, chicken, beef, or shrimp

Marcus Samuelsson's Ethiopian Berbere Black-eyed Peas (GF, V)

Berberbe spices stewed with red onion, ginger, and black-eyed peas in a coconut broth
With Steamed Red Rice, Radish Cilantro Tahini Slaw

Spring and Summer Entrées

Customer Favorites, might require some substitutions based on seasonal availability

Barbecue Turkey Meatloaf (GF)

With Dairy-free Mashed Potatoes, Honey Barbecue Glaze, and Three Beans Salad

American "Picnic": Barbeque Rubbed Chicken Tenders (GF, DF)

Choose 2 sides: BBQ Baked Beans, Roasted Corn on the Cob, Apple Cabbage Slaw, Corn Succotash, Three Bean Salad

Lemony Rosemary Broiled Chicken Breast (GF, DF)

With Roasted Red Potatoes, Steamed Green Beans with Onions, Charred Lemon

Middle Eastern Broiled Chicken Breast (GF, DF)

Middle Eastern spice rubbed chicken with Rice Pilaf with Pistachios and Cranberries, Cumin Onion Jam

Greek Oregano Grilled Chicken Breast (GF, DF)

With Quinoa Tabbouleh (GF), Grilled Asparagus, Lemon Oregano Sauce

Argentine Charred Hangar Steak (GF, DF)

With Chimichurri Sauce, Roasted Purple and Sweet Potatoes, and Asparagus Faro Salad

French Baked Lemon Sole (GF, DF)

With Tarragon Lemon Sauce, Creamy White Lentils, Steamed Haricots Verts

Broiled Lemon Caper Trout (GF)

Fresh trout broiled with a lemon butter and capers, French Beluga Lentils, Sautéed Fennel

Verde Mahi Mahi (GF, DF)

Broiled Mahi Mahi with Roasted Poblano Salsa, Black Bean Mango Salad, Arroz Verde

Taste of Spring Scallops (GF, DF)

Slow-Roasted Bay Scallops with Chickpea Avocado Pesto, Roasted Spaghetti Squash, Steamed Peas

Asparagus Mushroom "Farrotto" (V)

Cremini Mushrooms, Asparagus, whole grain faro with an Italian Side Salad

Baked Chickpea Falafel (GF, V)

Chickpea parsley baked falafel with Brown Basmati Rice, Cucumber Avocado Dip, and Grilled Summer Squash

Ultimate Portabella Burgers (V)

Marinated Portabella Mushrooms with Roasted Peppers, Arugula, Grilled Onion, Dijon Mustard Sauce

Roasted Rosemary Garlic Potatoes, Steamed Broccoli

Buns: whole wheat, seeded, honey oat, pretzel, "naked"

Southern Peppery Chicken and Grits (GF, DF)

With Sweet Heat Tomato Jam, Caramelized Chard with Sweet Onion

Panko-crusted Baked Chicken Fingers (GF, DF)

With Sweet Potato Fries, Cabbage Apple Slaw with Poppy Seed Dressing

French Braised Chicken Thighs and Leeks (GF, DF)

White wine sauce with Herbs de Provence; served with French Lentil Green Bean Hazelnut Salad

Greek Chicken Kabobs (GF, DF)

With zucchini, yellow squash, onion, and tomato, Mediterranean Olive Caper Tapenade, Quinoa Parsley "Tabbouleh" pilaf

Jamaican Jerk Chicken (GF, DF)

Jerk-Spiced Chicken with Roasted Sweet Potatoes and Bell Peppers; Pigeon peas and rice with Jamaican Jerk Sauce

French Steak au Poivre (GF, DF)

Pepper-crusted Beef Tenderloin with roasted Tri-Color Rosemary Potatoes, Dark Greens, Dijon Mushroom Sauce

Chinese Five Spice Hangar Steak (GF, DF)

*Black Rice Broccoli Sesame Salad, Chinese Spiced Apple Sauce
Or choose flank, skirt steak, filet, bison or beef*

Blackened Salmon (GF, DF)

With Roasted Brussels Sprouts and Black Eyed Peas Stewed with celery, onion, bell pepper, smoked paprika, garlic

Creole Crab Cakes (GF, DF)

*Crab claw meat, onion, red pepper, creole seasoning, breadcrumbs (GF), Dijon, parsley
With Tomato Slices, Creole Honey Mustard and Creamy Kale Avocado Salad*

Tomato Basil Angel Capellini (GF, V)

*Brown Rice Angel Hair Pasta with Garlic Basil Marinara, Italian Arugula Salad with Basil Balsamic
**Can add shrimp, chicken, turkey sausage, or beans*

Italian Homemade Chickpea Flatbread Pizzas (GF, V)

*Choose sauce: Tomato marinara, chickpea pesto, roasted garlic spread
Choose 3-4 toppings: Roasted peppers, mushrooms, kale, spinach, diced tomato, olives, zucchini, onions
Side: Big salad or veggie/grain of choice*

Korean Beet Burgers (GF, V)

*Shredded beets and red bean burger with ginger, scallion, sesame seeds, tamari
Miso Roasted Corn on the Cob
Toppings: tomato, avocado, red onion, lettuce, or other*

Indian Spinach Yukon Potato Sag (GF, V)

Yellow Curry with Yukon potatoes and spinach, spiced Basmati brown rice, and Cucumber salad

Power Bowls

For Lunch, Dinner, or Whenever

Add meat, poultry, seafood, or tofu to any bowl

Red Rice Buddha Bowl (GF, V)

Steamed Red Himalayan Rice, Tuscan Kale, Roasted Sweet Potatoes and Red Onion

Spiced Roasted Chickpeas: Chickpeas, cumin, chili powder, garlic, turmeric

Maple Tahini Dressing: Tahini, maple syrup, lemon

Indian Khichdi Mung Beans and Rice Bowl (GF, V)

Steamed Short grain Brown Rice and Mung Beans with Turmeric and Ginger, Steamed Spinach

Curry Roasted Cauliflower: Cauliflower, Curry (turmeric, cumin, coriander, ginger, fenugreek, cayenne, cinnamon)

Cool Cucumber Avocado Dressing: Cucumber, Avocado, Lemon

Quinoa Fiesta Bowl (GF, V)

Quinoa Toasted with Mexican Spices: Cumin, coriander, paprika

Stewed Black Beans: with Garlic, onion, marjoram, cumin, bay

Pico de Gallo, Shredded Lettuce, Avocado Lime Dressing

Acai Maca Fruit and Granola Bowl (GF, V)

Crunchy Goji Granola Mix: Puffed Rice, hemp seeds, coconut flakes, Goji berries

Acai Maca Berry Puree: Acai powder, almond butter, maca powder, organic mixed berries

Fresh Fruit: Strawberries, blueberries, Golden berries, kiwi, or other seasonal fruit

Charred Vegetable Teriyaki Bowl (GF, DF)

Steamed Ginger Himalayan Red Rice, Roasted Tofu

Charred Vegetables: Bell peppers, Red Onion, Asparagus

Date-sweetened Teriyaki Sauce: dates, tamari, rice vinegar, ginger, red chili

Shiitake Ramen Bowl (GF, V)

Simmered Brown rice ramen noodles, with shredded carrots, baby bok choy, and Snow Peas

Spicy Shiitake Mushroom broth

Fresh Lime and Cilantro (or Mint)

Choice of chicken, shrimp, scallops, tofu, or edamame

Substantial Salads and Sides

Grains (GF Available):

Quinoa Acorn Squash Salad

Tri-color quinoa, acorn squash, toasted hazelnuts, spinach, shallot, fresh apple, cider vinegar

Smoky Broccoli Quinoa Crunch

Quinoa, smoked paprika, shallot, apple, honey mustard, apple cider vinegar, broccoli, raisins, sunflower seeds

Charred Zucchini, Onion Quinoa Salad

Quinoa, zucchini, sweet onions, scallions, sunflower seeds, Tahini Lemon dressing, chives

“Super Fuel” Quinoa Salad

Tri-color quinoa, roasted sweet potatoes, steamed Lacinato kale, toasted almonds, orange miso dressing

Curry Black “Forbidden” Rice Salad

Forbidden Chinese rice, mango, bell peppers, jalapeno, scallions, toasted coconut and Curry orange dressing

Cold Soba Noodle Salad

Soba Noodles, Bell Pepper, bok choy, carrot, edamame, Asian peanut sauce, black sesame seeds

Shaved Brussels Wild Rice Pilaf

Brussels Sprouts, Wild Rice Blend, Pecans, dried Cranberries

Butternut Faro Salad

Heirloom faro, butternut squash, red onion, golden raisins, pepitas

WCC Salad: Wheatberries, Chard, and Cherries

Wheatberries, Swiss chard, dried cherries, walnuts, apple cider vinegar

Beans and Lentils

Italian Three-Bean Salad

Green beans, cannellini beans, kidney beans, sherry vinegar, Dijon, honey, parsley, shallot, black pepper

Black Bean Fiesta Salad

Black beans, roasted corn, bell pepper, red onion, and toasted pepitas with Mexican spice

White Lentil Tomato Basil Salad

Grape tomatoes, white lentils, basil, aged balsamic reduction

Georgian Eggplant, Mushroom, Black Lentil Roasted Garlic Salad

Eggplant, Portabella mushroom, black lentils, garlic, white wine vinegar, parsley, onion, tomato, walnuts

Grain-Free, Bean-Free (Low-Residue)

Creamy Kale Avocado Salad

Kale, avocado, red bell pepper, lemon

Kale Waldorf Salad

Kale, celery, apple, walnuts, raisins, Dijon mustard, champagne vinegar

Whole Food’s Best-Selling Detox Salad

Broccoli, cauliflower, carrot, parsley, sunflower seeds, pumpkin seeds, raisins, currants, lemon, apple cider vinegar, sea kelp granules

Apple Red Cabbage Slaw

Red cabbage, apple, carrot, poppy seed, orange juice, lime juice, honey

Sweet Potato Pineapple Casserole with Pecan Streusel Topping

Sweet potatoes, pineapple, cinnamon, ginger, pecans, cashews, brown rice flour, dates

Golden Tarragon Potato and Artichoke

Roasted Yukon Gold potatoes, artichokes, leeks, lemon, white wine vinegar chives, tarragon

Green Bean Dijon Red Potato Salad

Roasted Red Potatoes, green beans, celery, Dijon dressing, toasted almond

Super-Soups and Stews

*All vegan, unless otherwise noted
Can add turkey, beef, chicken, seafood, or tofu*

Traditional Flavors

Butternut Squash Bisque (GF)

Butternut squash, sweet onion, rosemary, sage

Beluga Lentil Chili (GF)

Black beluga lentils, onion, garlic, green bell pepper, chili powder, tomato paste, roasted tomatoes, cider vinegar

White Lentil White Chili (GF)

White Lentils, onion, poblano pepper, garlic, cumin, coriander

Irish Barley Stew

Chunks of carrot, onion, and celery with garlic, thyme, barley, peas

Calo Nero: Kale White Bean Stew (GF)

Cannellini beans, onion, garlic, rosemary, bay, red chili flake, basil, vegetable stock, kale, diced tomato

Batali's Hearty Italian Faro Vegetable Soup

Parsnip, onion, celery root, zucchini, peas, carrots, heirloom brown beans, faro, tomato, garlic

Creamy Pumpkin Parsnip (GF)

Pumpkin, parsnip, nutmeg

Lemon Lift Quinoa Vegetable Soup (GF)

Quinoa, lemongrass, carrot, onion, celery, bay, thyme, vegetable stock

Creamy Roasted Tomato Basil Soup (GF)

Vine-ripe tomatoes, carrot, onion, garlic, bay leaf, thyme, cannellini beans, basil

White Lentil Vegan White Chili (GF)

White lentils, poblano peppers, cumin, coriander, sweet paprika, marjoram, garlic, vegetable broth, cilantro

Matzo Ball Soup

Chicken Stock: *Chicken breast, onion, carrot, parsnip, celery, shallot, garlic, parsley, black pepper*

Matzo Balls: *GF Matzo mix, eggs, oil*

Creamy Zucchini Tarragon

Zucchini, sweet peas, tarragon, vegetable broth

Detoxifying Napa Cabbage Soup

Napa cabbage, carrot, Daikon radish, ginger, turmeric, scallions, cilantro

Ginger Spiced Carrot Fennel Soup (GF)

Carrot, fennel, ginger, turmeric, coriander, vegetable stock

Italian Winter Minestrone Soup (GF Available)

Swiss chard, carrot, onion, garlic, tomatoes, basil, thyme, red kidney beans, pasta shells (whole grain)

Not-Chicken Celery Root Soup (GF)

Carrot, celery root, onion, vegetable stock, thyme, bay

Creamy Potato Leek Soup (GF)

Russet potatoes, leeks, garlic, bay, thyme, smoked paprika, vegetable broth

Creamy Corn Chowder with Roasted Poblanos (GF)

Corn, potato, onion, smoked paprika, black pepper, garlic, almond milk, cashew butter, roasted Poblano peppers

Smoky Yellow Split Pea Soup (GF)

Yellow split peas, onion, celery, carrot, garlic, turmeric, smoked paprika, red chili, thyme, bay leaf, sweet potato

Mushroom Leek Wild Rice

Cremini mushrooms, leeks, garlic, rosemary, sage, wild rice, brown rice, red rice, mushroom broth

Global Inspirations

Cold Kumato Tomato Gazpacho (GF)

Kumato Tomatoes, cucumber, bell pepper, carrot sherry vinegar, Worcestershire sauce

Nordic Root Vegetable Barley

Leek, barley, celery root, parsnips, spinach, nutmeg, garlic

Chipotle Butternut Squash Apple Bisque

Butternut Squash (or choose Acorn, Kabocha, Celebration), apple, chipotle, garlic

Chipotle Black Bean Soup (GF)

Black turtle beans, onion, green pepper, red bell pepper, garlic, bay, cumin, marjoram, paprika, chipotle

Mexican Tortilla Soup with Hominy

Onion, jalapeno, fire-roasted tomatoes, hominy, cilantro; With: Baked tortilla strips, lime wedges, avocado

Middle Eastern Creamy Lentil

Brown lentils, carrot, celery, onion, potato, Ras al Hanout spices (cumin, coriander, turmeric, cinnamon, pepper)

Lablabi: Middle Eastern Chickpea Stew with Turnip Greens

Chickpeas, turnip greens, onion, sweet bell pepper, bay, cumin, coriander, garlic, vegetable stock

African Sweet Potato Peanut Butter Curry Soup

Onion, bell pepper, sweet potato, ginger, curry, jalapeno, peanut butter, scallions, lime

Curry Cashew Cauliflower Soup (GF)

Cauliflower, almond milk, cashews, onion, miso paste, maple syrup, Madras curry powder, Garam masala, turmeric, orange juice, cinnamon, garlic

Shitake Miso Soup with Black Beans

Shitake Dashi (kombu, ginger, dried shitakes, red chili, miso, broth), scallions, black beans, spinach, tamari

Creole Okra Tomato Stew

Stewed tomato, celery, onion, green bell pepper, creole spices, bay, garlic, black-eyed peas, okra

Peruvian Summer Corn Soup

Onion, bell pepper, sweet potato, zucchini, corn, garlic, bay, marjoram, oregano, thyme

Peruvian Minestrone

Brown rice pasta, white beans, carrot, onion, garlic, green beans, corn, basil, "Super-Green" Moringa powder

Other Lunch and Snack Ideas

Power Veggie Burger Snackers

All are gluten-free, oil-free, 100% plant-based (all contain brown rice flour, but can be modified)

** Great for lunches and traveling

** "Slider-size" make a perfect afternoon, portable snack

** Add potatoes, side salad/veg and buns + toppings to make an entrée

Meaty Mushroom Lentil

Sautéed mushrooms and onion, lentils, Dijon mustard, Worcestershire, Steakhouse seasoning

Southwestern Black Bean

Black beans, sweet potato, corn, bell pepper, red onion, jalapeno, smoked paprika, cumin

Smoky Sweet Korean Bulgogi

Shredded beets, red kidney beans, scallion, ginger, sesame seeds, tamari

Italian Roasted Pepper

Cannellini beans, roasted red peppers, garlic, basil, thyme, nutritional yeast "cheeziness"

Indian Curry Samosa

Chickpeas, cauliflower, potato, peas, cilantro, curry spice blend

Garden Veggie

Chickpeas, cauliflower, red bell pepper, corn, thyme, basil, chives

Super-Green Quinoa

Quinoa, broccoli, peas, basil, thyme

Potato Leek "Not-Latke"

Russet potato, leeks, thyme, smoked paprika

Stuffed Stuff

Broccoli "Geezy" Stuffed Potatoes

Southwestern Stuffed Sweet Potatoes

Super-green Gluten-free Wraps (you pick the fillings)

Broccoli Cashew "Geez!" Spaghetti Squash Bowl

Spicy Arrabiatta Spaghetti Squash Bowl (with a tomato red chili flake sauce)

Dips

Comes with your choice of veggies or whole wheat pita

Baba Ghanouj

Chickpea Basil Pesto (nut and dairy-free)

Chipotle Red Bean Dip

Roasted Red Pepper Hummus

Roasted Poblano Hummus

Roasted Garlic White Bean Dip

Smoky Sweet Potato Dip

Breakfast, Bars, and Granola

Creamy Chia Breakfast Parfait

Blueberry Almond Omega-3 Granola Bars

Cherry Coconut Chew Granola Bars (nut-free)

Ginger Apricot Energy Bars

Mango Macadamia Chewy Energy Squares

Coconut Banana Pancakes (grain-free)

Oatmeal Raisin Pancake (gluten-free)

Cherry Pecan Grain-Free Granola

Pumpkin Seed Millet Granola

Chocolate Almond Granola

Raspberry Mango Chia Jam

Blueberry Chia Jam

The Sweet Stuff

Fruit-Based Desserts

Cinnamon Spiced Apples
Vanilla Poached Pears
Broiled Tropical Fruit Salad
Baked Stuffed Baked Apples
Fresh Fruit Salad
Broiled Pineapple, Bananas, or Apples
Chunky Berry Compote

Dessert Sauces

Great for topping fresh fruit or pouring over any kind of frozen goodness

** All are 100% plant-based, naturally sweetened with dried fruits (no syrups or refined sugars)

Mexican Chocolate Sauce (with pineapple spears)
Pistachio Cardamom Crème (with mango and orange slices)
Vanilla Cashew Crème (with berries, peaches, or baked apples)
Chocolate Hazelnut “New-Tella” (with apple or pear slices)

Baked Treats (GF options available)

Choose Bread, Muffins, or Mini-Loaves

Banana Spelt Walnut Muffins
Blueberry Sweet Potato Cardamom Muffins
Chocolate Almond Bread
Chunky Monkey Banana Chocolate Chip
Wild Blueberry Lemon Muffins
Minty-Green Coconut Muffins
Maple Pumpkin Graham Muffins
Zucchini Oat Bread

Irresistible Desserts (All Vegan, GF available)

Dark Chocolate PB Cups
Chocolate Black Bean Brownies (grain-free)
Chocolate Secret-Green Cupcakes

Sweet Potato Chocolate Pudding
Chocolate Avocado Pudding
Pumpkin Pie with Pecan Date Crust

Baked Apple Crisp
Tropical Banana Mango Crisp
Blueberry Oat Crisp
Ginger Pear Crisp

PBJ Truffle Bites
Cocoa Oat Truffles
Cocoa Thumbprint Cookies
Chewy Lemon Cookies
Cocoa Peanut Cookies
Peanut Butter Cookies
Whole Grain Chocolate Chip Cookies (naturally sweetened with golden raisins and dates, oil-free, plant-based)
Gingersnap Cookies
Chocolate Coconut “Samoa” Cookies
Oatmeal Raisin Cookies

--- Also open to requests and variations