

H-E-B - April Recipes

MONDAY –VEGETARIAN

Black Bean Quinoa

- 1 Tbsp. olive oil
- 1 onion
- 3 garlic cloves
- ¾ cup uncooked quinoa
- 1 ½ cup vegetable broth
- 1 tsp. cumin
- ¼ tsp. cayenne pepper
- 1 cup corn
- 2 cans black beans
- ½ cup cilantro

Chop the onion and 3 garlic cloves. In a pan, heat olive oil over medium heat, then sauté the onion and garlic. Add and mix in the quinoa to the pan, and cover with the vegetable broth. Add seasons and bring the mixture to a boil. Reduce the heat, cover the mixture and let it simmer for 20 minutes or until quinoa is cooked. After 20 minutes, stir in the corn, drained and rinsed black beans, and cilantro.

TUESDAY – CHICKEN

Coconut Lime Chicken Soup

- 2 - 2 ½ pound deli roasted chicken
- 1 15 oz. can unsweetened coconut milk
- 2 cups water
- Juice from 2 medium limes
- 1 ½ cups carrots, thinly sliced
- 1 Tbsp. soy sauce
- 2 tsp. Thai seasoning blend
- Fresh cilantro

Remove bones from chicken and shred. Combine shredded chicken, coconut milk, water, lime juice, carrots, soy sauce, and 2 tsp. Thai seasoning in a large saucepan. Bring to boil, then reduce heat and cover and let simmer for 8 minutes or until carrots are crisp-tender. Top with cilantro and additional Thai seasoning.

WEDNESDAY – PORK

Apple Shallot Pork Chops

- 4 Tbsp. butter
- 2 shallots
- 1 apple
- 4 pork chops
- 1 Tbsp. cinnamon
- Salt, to taste
- ¼ cup white wine

- ½ cup toasted almonds

Thinly slice apples and shallots. Heat 3 Tbsp. butter over medium heat in a large skillet. Add apples and shallots and sauté for 5 minutes or until apples are tender-crisp. Remove apple-shallot mixture from pan. Add remaining 1 Tbsp. of butter to the pan. Sprinkle and rub pork chops with cinnamon and salt. Place in oiled pan and sear each side for 2 minutes. Add wine to the pan and bring the wine to a boil. Add the apple-shallot mixture back to pan. Cover the pan and cook for 6-7 minutes on medium heat. Serve pork chops with apple-shallot mixture, topped with toasted almonds.

THURSDAY – BEEF

Meatloaf

- 2 Tbsp. olive oil
- 2 large onions, finely chopped
- 3 garlic cloves, peeled and minced
- 3 lbs. ground beef
- 1 8 oz. can tomato sauce
- 1 Tbsp. worcestersire sauce
- 1 large egg
- 1 cup rolled oats
- 3 Tbsp. ketchup

In a medium sauté pan, heat olive oil over low heat. Add chopped onions and minced garlic and cook until translucent. Let cool. Preheat oven to 350°F. Combine beef, tomato sauce, worcestershire sauce, egg, rolled oats, and half of the onion-garlic mixture. Stir until just mixed. Place mixture in a 3" x 7" loaf pan. Place remaining onion-garlic mixture on top, and drizzle with ketchup. Bake for 45 minutes. Remove from oven and let it cool for 10 minutes.

FRIDAY – SEAFOOD

Fresh Citrus Shrimp

- 1 Tbsp. lemon juice
- ½ tsp. harissa or hot sauce
- 3 Tbsp. olive oil
- 1 large fennel bulb, halved, cored and shaved paper thin
- 4 celery ribs, sliced very thinly
- 2 oranges, sliced
- Salt and ppepper
- 1 ½ pounds shelled and deveined large shrimp
- ½ cup fresh grapefruit juice
- 2 Tbsp. unsalted butter
- 1 Tbsp. chives, snipped

Whisk lemon juice, harissa and 2 Tbsp. olive oil in a large bowl. Add and toss the fennel, celery, orange slices, salt and pepper. Heat remaining 1 Tbsp. olive oil in a large skillet. Season shrimp with salt and pepper. Add to skillet and cook about 2 minutes. Move shrimp to a plate. Add grapefruit juice to the skillet and reduce by half. Add butter,

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then chives and shrimp. Let the mixture simmer for 2 minutes while stirring. Top the salad with the shrimp.

SATURDAY – KID FRIENDLY

Zucchini Pepperoni Pizza

- 1 large zucchini
- 1/4 cup pepperoni slices
- 1 tablespoon crushed garlic
- 1 tablespoon sundried tomato flakes
- 1 tablespoon extra virgin olive oil
- 1/4 cup tomato sauce
- 1/4 cup low-fat Parmesan
- 1/4 cup mozzarella
- dash of salt and pepper

Cut zucchini in half lengthwise and cut 1/4 inch off each side with skin still on so that it has a flat side to sit on. Scoop out the center of the wider side where the seeds are with a spoon. Arrange in a baking dish, then brush the surface with a mixture of crushed garlic, sundried tomato flakes, olive oil, salt and pepper. Drizzle tomato sauce over the zucchini then layer pepperoni slices and sprinkle with Parmesan and mozzarella. Cover with foil. Bake on 350 degrees for 30 minutes, then for five more minutes without the foil.

SIDES

Indian Basmati Rice

- 1 ½ cups basmati rice
- 1 Tbsp. olive oil
- 2 inch piece cinnamon stick
- 1 pods of green cardamom
- 1 whole garlic cloves
- 1 Tbsp. cumin seed
- 1 small onion, thinly sliced
- ½ - 1 tsp. salt
- 2 ½ cups water

Soak rice in a bowl with enough water to cover for 20 minutes. Meanwhile, heat oil in large saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed. Cook for 1 minute while stirring. Add onion to the pan. Saute onion for about 10 minutes or until golden brown. Drain the water from the rice and stir into pan. Cook, while stirring, for a few minutes. Add salt and water to the pot and bring to a boil. Cover and reduce heat to low and simmer for 15 minutes (or until water is absorbed). Let stand for 5 minutes and then fluff with a fork.

Mushrooms with White Wine

- 1 Tbsp. olive oil
- 1 ½ pounds fresh mushrooms
- 1 tsp. Italian seasoning
- ½ cup dry white wine
- 2 cloves garlic, minced
- salt and pepper, to taste
- 2 Tbsp. chopped chives

In a skillet, heat olive oil over medium heat. Add mushrooms and Italian seasoning. Cook for 10 minutes, stirring frequently. Add the wine and garlic to the skillet and cook until wine has mostly evaporated. If desired, add salt and pepper. Sprinkle with chives. Cook for an additional 1 minute.