

# Start.HomeGrown

October 10th, 2013

## Starters

### Crostini

fig jam, goat cheese, and balsamic caramelized onion

### Endive boat

hummus and roasted red pepper

### Cucumber Salad

sun-dried tomato olive and cheese

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## Entrees

### Paprika Marinated Tuna

*or*

### Marinated Portabella Mushrooms

*served with*

### Baby mixed green salad

walnuts, apples, cucumbers, goat cheese, and balsamic

### Orzo Salad

tomato, olives, parsley, and lemon- sprinkle feta on top for vegetarians

### Seasonal Vegetables

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## Desserts & Drinks

Toasted apple slices with caramel sauce and ice cream

*and*

Fresh seasonal fruit



# Start.HomeGrown

October 13th, 2013

## Starters

Chip Trio

pineapple salsa | salsa verde | guacamole

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## Entrees

Seasonal Fish with Fruit Salsa

*served with*

Baby spinach salad

pumpkin seeds, avocado, orange, jicama, cucumber, citrus vinaigrette

Caribbean sweet potato pancakes

Corn & Bean Salad

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## Desserts & Drinks

Fried Plantains

brown sugar | cinnamon | vanilla ice cream



# Menu 1

## **Crostini with fig jam and balsamic onions:**

**1 baguette**

**1/2 onion**

**4 teaspoons olive oil**

**Fresh figs or fig jam**

**Goat Cheese**

**2 teaspoons balsamic vinaigrette**

1. Slice a baguette or crusty bread into thin slices at an angle.
2. Dice an onion lengthwise to create thin rings or strings.
3. Heat a saute pan with 2 teaspoons of olive oil and brown onions. Before removing them from the heat, add a dash of balsamic vinaigrette (1-2 teaspoons) and stir.
4. Heat a pan with 2 teaspoons of olive oil and add bread slices. Brown on both sides.
5. Spread a thin layer of fig jam and then goat cheese on one side of the bread.
6. Decorate lightly with a pinch of the onions that you made previously.
7. Serve.

Note: Contains gluten and dairy.

## **Endive Boats:**

**5-6 endives**

**1 can/ jar roasted and cure red peppers**

**1 package of favorite hummus**

**2 teaspoons olive oil**

1. Slice endive in half lengthwise.
2. Heat 2 teaspoons of olive oil in a pan and lightly brown endive on flat side.
3. Lightly apply hummus and then peppers to top of endive.
4. Serve.

## **Cucumber Appetizer:**

**1-2 large cucumbers**

**Kalamata olives (pitted)**

**Sun-dried tomatoes (non-olive oil cured/dry)**

**Feta cheese**

1. Cut cucumbers diagonally into slices about 1/4-1/2 inch in thickness.
2. In a separate bowl, lightly toss together the olives, sundried tomatoes and feta. Slice the olives if desired beforehand.
3. Apply mixture to the top of cucumber slices.
4. Serve.

Note: Contains dairy.

### **Baby mixed green salad:**

**1 bowl / 1 large package baby mixed greens**

**1/4 cup chopped walnuts**

**1/2-2/3 cup chopped apples**

**1/2 cup chopped cucumbers**

**1/2 tablespoon olive oil**

**1/2 tablespoon balsamic vinaigrette**

**pinch of Cracked Pepper, salt, smoked paprika to taste**

**1/4 cup goat cheese (or less if desired)**

1. Mix wet ingredients and spices in a small bowl.
2. Add together all ingredients and toss lightly.
3. Serve.

Note: Contains nuts and dairy.

### **Orzo Salad:**

**1 package orzo**

**Cherry tomatoes or sliced tomato**

**Olives**

**Feta (if desired//optional)**

**1/2 teaspoon lemon juice**

**1 teaspoon olive oil**

**cracked pepper and salt to taste**

1. Follow instructions on orzo package.
2. Add tomatoes, olives and a dash of feta (if desired).
3. Mix lemon juice and olive oil with pepper and salt then toss with orzo.
4. Serve.

Note: Option contains dairy.

### **Seasonal vegetables:**

**Chopped seasonal vegetables (check garden or farmers market)**

**2 teaspoons olive oil**

**Salt & Pepper**

**Parsley or seasonal herb**

1. Rough chop vegetables.
2. Heat 2 teaspoons of olive oil in a saute pan and lightly saute vegetables adding salt and pepper.
3. Rough chop or pluck leaves of parsley (or seasonal herb) and add to the top of the vegetables.
4. Serve.

### **Marinated Tuna: \* \*\***

\*(or portobello mushroom for vegetarians) \*\*(recipe per cut of fish)

**1 tablespoon olive oil**

**2 teaspoon soy sauce**

**2 1/2 teaspoon balsamic vinaigrette**

**1/2 teaspoon salt**

**1/2 teaspoon cracked pepper**

**1 teaspoon smoked paprika**

1. Mix marinade in a bowl.
2. If fish is frozen, thaw, otherwise add fish to a ziploc bag and pour marinade carefully in.
  - a. (if making portobello mushrooms, remove stem but do not chop, add to bag)
3. Carefully seal bag, try to remove as much air as possible.
4. Leave bag in fridge or in a bowl of cool water for 30 minutes.
5. Heat a pan on stove on a medium-high flame.
6. Add contents of bag to the pan (be careful of sizzling oil), cook for 2 minutes (or less depending on thickness of fish) on each side (turn only once).
7. Serve while hot.

Note: Contains fish.

### **Toasted apple slices:**

**6 fresh apples**

**1 1/2 tablespoons or equivalent butter**

**Cinnamon**

**Caramel Sauce (store bought or homemade appropriate)**

**Vanilla Ice cream**

1. Cut apples into thin slices.
2. Heat butter in a flat pan .
3. Add apples and brown on both sides, adding cinnamon. Molasses can also be a delicious additive.
4. Arrange slices on a plate. Drizzle caramel sauce and add ice cream as needed.
5. Serve.

Note: Contains cinnamon and dairy.

## **Menu 2**

### **Chips and dips:**

**1 bag of favorite chips**  
**1/2 pineapple (or mango)**  
**(Many) Tomatoes**  
**Jalapenos or seasonal pepper**  
**Onion**  
**Avocado**  
**Pomegranate**  
**Lemon Juice // Lime Juice**  
**Vinegar**  
**Salt**  
**Fresh garlic**

### **Salsa**

1. Dice Pineapple, tomato, onion, and jalapeno into small pieces.
2. Dice or press some fresh garlic into the vegetables (1 clove per 2 cups of salsa).
3. Add lemon juice, mix, and let sit for 10 minutes.
4. Add a small dash of vinegar, and salt to taste.
5. Serve.

### **Guacamole**

1. Remove pit and skin from avocados. squeeze lime juice over it to keep from browning.
2. Finely dice onion, tomato, and seed pomegranate.
3. Press 1/2 clove of garlic into tomato and onion and mix with lemon juice. Let sit for 10 minutes.
4. Add onions-tomato mixture and pomegranate seeds to the avocado and mix.
5. Serve.

Note: Contains garlic and gluten.

### **Baby spinach salad:**

**1 package of baby spinach or salad greens**  
**1/4 cup (or less) pumpkin seeds**  
**1-2 avocado**  
**1-2 orange**  
**1/4 cup chopped jicama**  
**1/4 cup chopped cucumber**

## **Citrus Vinaigrette**

1. Remove skin and seeds from avocado and orange, cut into small pieces.
2. Add ingredients into large bowl and toss lightly with vinaigrette.

Note: Contains seeds.

## **Nut Crusted Salmon/Steelhead with Mango salsa:**

**1/2 cup chopped pecans/walnuts**

**1 mango**

**1/2 onion**

**Cilantro**

**Salt**

**Pepper**

**Tomato**

**Olive Oil**

**Lemon Juice**

1. Heat oven to 350 degrees.
2. Coat pan with olive oil, add fish, and cover top of the fish with nut mixture while lightly salting.
3. Bake fish for 20 minutes or until juices are clear.
4. While fish is in the oven, chop mango, onion, tomato and cilantro. Add lemon juice.
5. Cut fish into portions and add mango salsa to the top.
6. Serve.

Note: Contains nuts and fish.

## **Caribbean sweet potato pancakes (vegetarian option):**

**3 Sweet Potatoes**

**1 Onion**

**Allspice**

**Ginger**

**Cinnamon**

**1 clove Garlic**

**1 large Egg or 2 small eggs**

**Canola Oil**

**Flour (if needed)**



1. Grate sweet potatoes and rinse with water. Drain water.
2. Grate onions and press garlic into sweet potatoes.
3. Mix with egg, allspice, ginger (fresh or powdered), and cinnamon.
  - a. Add flour if the mixture is not sticking together.
4. Heat canola oil in a pan.
5. Using a spoon, drop patty sized portions of the mixture into the hot oil and fry lightly on both sides (make sure the patties are thin so they cook evenly).
6. Serve.

Note: Contains egg, ginger, garlic, and gluten.

### **Corn and bean salad:**

- 2 c. black beans (canned or cooked)**
- 2 c. frozen sweet corn**
- 1/2 c. thinly sliced green onions (aka scallions)**
- 1 1/2 c. sliced celery**
- 1/4 c. fresh cilantro, chopped**
- 1/4 c. red wine vinegar dressing (I use fat free if I can find them)**
- 1/2 c. salsa (fresh from supermarket refrigerated case is good)**

1. Combine vegetables. I use freshly-cooked dried beans, but canned is fine; the frozen corn evens out the temperature. Mix in the salsa mixed with the dressing. This keeps pretty well in the refrigerator and tastes better after a few hours or overnight.
2. Serve.

### **Fried plantains:**

**Plantain**

**Cinnamon**

**Brown Sugar (or molasses)**

**Butter**

**Canola Oil**

**Vanilla Ice Cream**

1. Thinly slice plantains into 1/4 inch thick slices.
2. Heat canola oil in a pan.
3. Roll plantain in brown sugar, cinnamon, and butter.
4. Fry lightly until soft.
5. Serve with vanilla ice cream.

Note: Contains cinnamon and dairy.