



FRESH

TEAM SOLAR  
NEST

FOOD

~ OPTION I ~

**TUSCAN SIERRA SALAD**

MIXED BABY LETTUCE, CROUTONS, PARMESAN CHEESE, SLICED RIPE OLIVES, SIERRA NEVADA GOAT CHEESE

SERVED WITH SOUR DOUGH GARLIC BREAD

**CENTRAL STEAK & CHICKEN SKEWERS**

STEAK, CHICKEN, PEPPERS, PINEAPPLE, POTATOES, MUSHROOMS, SEASONED SALT

**ROAST DELTA ASPARAGUS & TATERS**

ASPARAGUS, POTATOES, OLIVE OIL, GARLIC, SEASONED SALT

**TAHOE APPLE PIE**

PIE CRUST, APPLES, BROWN SUGAR, CINNAMON, BUTTER

~ OPTION II ~

**ENSALADA DEL SUR**

CORN CHIPS, TOMATOES, YELLOW CORN, GREEN PEPPER, CILANTRO, AVOCADO, ONION

**TACOS DEL MAR Y TIERRA**

SKIRT STEAK, SHRIMP, CORN TORTILLAS, TOMATOES, GUACAMOLE, SOUR CREAM, CILANTRO, LIME, YELLOW ONION, SALT, PEPPER

**ARROZ NATURAL**

BROWN OR WHITE RICE, BLACK BEANS, SALT, VEGETABLE OIL, MINCED GARLIC, CILANTRO

**FLAN DE CAMELO**

EGGS, WHOLE MILK, SUGAR, CARAMEL, SALT, VANILLA

FRESH FRUIT ASSORTMENT:  
STRAWBERRIES OR BLACKBERRIES





FRESH

TEAM SOLAR  
NEST

FOOD

~ OPTION I ~

MIXED BABY LETTUCE, CROUTONS, PARMESAN CHEESE, SLICED RIPE OLIVES, SIERRA NEVADA GOAT CHEESE

SERVED WITH SOUR DOUGH GARLIC BREAD

TUSCAN SIERRA SALAD - Time (10-15 Minutes)

Ingredients

- 1 cup of croutons, gently crushed
- 1 head Romaine lettuce, torn
- 1 cup of Spinach
- 1/2 cup pitted black olives
- 1 lemon, juiced
- 1/4 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 ounce shaved Parmesan (about 1/2 cup)

Directions

In a large bowl, combine the black olives with the lettuce and spinach gently crushed croutons. Toss to combine. Drizzle with lemon juice and olive oil. Sprinkle with salt and pepper and toss to coat. Top with shaved Parmesan and just serve.





FRESH

TEAM SOLAR  
NEST

FOOD

## ~ OPTION I ~



### CENTRAL STEAK & CHICKEN SKEWERS - Time (20+ Minutes)

#### Ingredients

1-1/2 pounds beef top sirloin steak, cut into 1-inch pieces  
1 fresh pineapple, peeled and cut into 1-inch chunks  
12 large fresh mushrooms  
2 small red potatoes, cut into squares  
1 medium sweet red pepper, cut into 1-inch pieces  
1 medium sweet yellow pepper, cut into 1-inch pieces  
1 medium red onion, cut into 1-inch pieces  
2 boneless skinless chicken breasts, cut into 1-inch chunks  
1 tablespoon fresh chopped basil, or 1/2 tablespoon dried basil leaves  
1 teaspoon dried oregano  
Juice of 1 lemon  
1 tablespoon olive oil  
2 cloves garlic, minced  
Salt and pepper, to taste

#### Directions

Combine basil, oregano, lemon juice, olive oil and minced garlic in a large food storage bag; add cut-up chicken, coat evenly with the marinade and refrigerate for at least 1 hour, or up to 2 days. Do the same for the steak but only do this for up to 1 day.

Cut pineapple, mushroom and onion into 1/2-inch chunks. Brush the skewers lightly with olive oil and arrange with chicken, steak, pineapple, mushroom, and onion. With a pastry brush, brush the assembled kebabs with remaining olive oil. Sprinkle with salt and pepper.

Set your gas grill or grill pan to medium-high heat and arrange kebabs evenly. Cook for 10 to 12 minutes, turning often, until vegetables are tender and the chicken and steak are cooked through. Carefully remove kebabs from grill or grill pan with an oven mitt.

And now serve with any sauce, if desired.





FRESH

TEAM SOLAR  
NEST

FOOD

---

## ~ OPTION I ~



### ROAST DELTA ASPARAGUS & TATERS -Time (20+ Minutes)

#### Ingredients

- 1/2 pound red potatoes, cut into 1-inch pieces
- 1/4 cup olive oil, divided
- 2 tablespoons minced fresh rosemary or 2 teaspoons dried rosemary, crushed
- 2 garlic cloves, minced
- 1 pound fresh asparagus, trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

#### Directions

1. In a small bowl, combine the potatoes, 2 tablespoons oil, rosemary and garlic; toss to coat. Transfer to a greased 15-in. x 10-in. x 1-in. baking pan. Roast at 400° for 20 minutes, stirring once.
2. Drizzle asparagus with remaining oil; add to the pan. Roast 15-20 minutes longer or until vegetables are tender, stirring occasionally. Sprinkle with salt and pepper.





FRESH

TEAM SOLAR  
NEST

FOOD

~ OPTION I ~

PIE CRUST, APPLES, BROWN SUGAR, CINNAMON,  
BUTTER

TAHOE APPLE PIE

Ingredients

Crust Ingredients for a flakey pie crust

- 2 1/2 cups (285 g) all-purpose flour, plus extra for rolling
- 10-ounces (1 1/4 cups, 285 g) unsalted butter (room temperature), cut into 1/2 inch cubes
- 1 teaspoon salt
- 2 teaspoons sugar
- 1/2 cup (115 ml) sour cream (use full-fat sour cream for best results)

Filling Ingredients

- 3 pounds of good cooking apples Fuji, Golden Delicious, Granny Smith, Gravenstein, or Pippin (about 6 to 8 apples, depending on the size of your apples and the size of your pie dish)
- 1 Tbsp of lemon juice or apple cider vinegar (to toss with the sliced apples so they don't brown as you slice them)
- 1/2 cup to 2/3 cup sugar, depending on how sweet you like your pie
- 3 tablespoons all-purpose flour for thickening
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 Tbsp brandy (Optional. By the way, if you have Calvados apple brandy, use it!)
- 1 teaspoon vanilla extract

Egg Wash

- 1 large egg yolk
- 1 Tbsp cream

Directions

- 1-1/2 to 1-3/4 lb. Cortland apples (about 4 medium)
  - 1 lb. Granny Smith apples (about 2-1/2 medium)
  - 2 tsp. fresh lemon juice
  - 2/3 cup packed light brown sugar
  - 1/4 cup plus 1 Tbs. granulated sugar
  - 3 Tbs. cornstarch
  - 1/2 tsp. ground cinnamon; more to taste
  - 1/4 tsp. kosher salt
  - 1/8 tsp. ground nutmeg
  - 1 large egg white
  - 2 tsp. unsalted butter, softened, plus 1 Tbs. cold unsalted butter cut into small (1/4-inch) cubes
  - 4 to 6 Tbs. all-purpose flour
  - 1 recipe Flaky Pie Pastry
- 