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

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

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

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

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 sauté 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.
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 paprica 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.

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.

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.
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).

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.