

2015



it's more than just a box of food.

SEPTEMBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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29	30					

OCTOBER 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30	31		

One-Pan Paprika Chicken with Potatoes and Tomatoes



Ingredients

- 6 to 8 chicken thighs (about 3 pounds, bone-in, skin-on, trimmed of excess fat)
- 2 tablespoons Dijon mustard
- Juice of 1 lemon
- 2 teaspoons paprika
- 4 tablespoons olive oil
- 1-2 pound red or white potatoes
- 1 red onion, cut into 8 wedges
- 6 garlic cloves, smashed
- 4 Roma tomatoes, halved
- Dried herbs (optional)

Instructions

- Heat the oven to 400F.
- With scissors or a sharp knife, trim excess chicken skin and fat from thighs. Sprinkle with salt and pepper.
- Marinate the chicken in sauce: In a large bowl, stir together mustard, lemon juice, paprika, 2 tablespoons oil. Add chicken thighs and toss to coat. Set aside while you chop vegetables.
- Cut potatoes into halves. Peel red onion, cut into 8 wedges. Cut tomatoes in half, but keep them separate from the other vegetables.
- In large baking dish, toss potatoes, onion, garlic and remaining 2 tablespoons of olive oil. Spread evenly in the pan.
- Arrange chicken around vegetables and scrape any extra sauce over top. Bake at 400°F for 30 minutes, uncovered.
- Remove pan from oven, scatter tomatoes on top, and return pan to oven.
- Bake for another 25 to 30 minutes, or until the potatoes are tender.

Adapted from simplyrecipes.com

Apple and Corn Salad



Ingredients

- 2 large apples, cored and cut into 1/2 inch cubes
- 1 teaspoon lemon juice
- 4 ears corn, removed from the cob, cooked, then cooled
- 1/4 cup low-fat mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons parsley, fresh, finely chopped

Instructions

- In a large bowl, toss the diced apples with the lemon juice immediately to prevent the apples from browning.
- Add the corn, mayonnaise, salt, ground black pepper, and parsley. Toss well to coat.
- Transfer to food-safe container and refrigerate for a minimum of 2 hours before serving.

Adapted from lordbyronskitchen.com

Black Pepper Zucchini Chips

Ingredients

- 2 zucchini
- 1 Tablespoon olive oil
- 1/2 cup Parmesan cheese
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

Instructions

- Preheat the oven to 450 degrees
- Thinly slice the zucchini into chips and toss them in olive oil, cheese, garlic powder, and pepper. Cover a baking sheet in foil and spread out the zucchini in a single layer. bake for 18-22 minutes until crispy. To make them extra crispy, place a rack on top of the baking sheet and cook the zucchini on the rack so the top and bottom both crispy up well.



Adapted from slenderkitchen.com