



## *Reheating Instructions*

- Once you have received your ORGANIC CHEF MENU order you can go about freezing any entrees or sides that you do not plan on consuming in the next three days. Menu item key ❄️ indicates which dishes freeze well.
- Frozen food should be consumed with 3-4 months. Dates are on the packages.
- Microwaving food is not recommended but if you must only briefly is a good idea.
- Please see below reheating recommendations for handling your carefully prepared meals for your best experience and nutrition.

## Soups and Stews

Beef Stew ❄️ Reheat in a saucepan until just hot. Be careful to not overcook or beef will be tough.

Black Bean Soup ❄️🌿 Reheat in a saucepan until just hot.

Butternut Squash Soup ❄️🌿🔺 Reheat in a saucepan until just hot.

Cajun Seafood Stew Reheat in a saucepan until just hot. Be careful to not overcook.

Chilled Pea and Parsley Soup 🌿🔺 Serve chilled

Creamy Cauliflower Soup ❄️🌿 Reheat in a saucepan until just hot.

Creamy Sausage & Kale Soup ❄️🔺 Reheat in a saucepan until just hot.

Curried Lentil, Tomato, and Lamb Stew ❄️ Reheat in a saucepan until just hot.

Everything Soup 🌿 Reheat in a saucepan until just hot.

Fennel, Tomato, and White Bean Stew 🌿 Reheat in a saucepan until just hot.

French Lentil Vegetable Soup ❄️🌿 Reheat in a saucepan until just hot.

Ginger-Lime Fish Soup Reheat in a saucepan until just hot. Be careful to not overcook.

Hearty Bean Stew ❄️🌿 Reheat in a saucepan until just hot.

Homemade Chicken Stew ❄️🔺 Reheat in a saucepan until just hot.

Indian Beef Stew ❄️ Reheat in a saucepan until just hot.

Indian Chicken Stew with Squash ❄️ Reheat in a saucepan until just hot. Served over rice, optional.

Kale, White Bean, and Sweet Potato Stew ❄️🌿 Reheat in a saucepan until just hot.

Melting Pot Stew ❄️🌿 Reheat in a saucepan until just hot.

Red Lentil-Lemon Soup ❄️🌿 Reheat in a saucepan until just hot.

Red Lentil Soup with Lime ❄️🌿 Reheat in a saucepan until just hot. Serve over rice, optional.

Ribollita Stew ❄️🌿 Reheat in a saucepan until just hot.

Roasted Carrot and Tomato Soup 🌿 Reheat in a saucepan until just hot.

Rose's Fat Flush Soup ❄️ Reheat in a saucepan until just hot.

Three Bean Chili ❄️🌿 Reheat in a saucepan until just hot.

Tom Ka Gai (Coconut Chicken Soup)🔺 Reheat in a saucepan until just hot. Be careful to not overcook.

### KEY:

❄️ Freezes well

🌿 Vegetarian/Vegan

🔺 AIP

## Vegetarian Main Dishes 🌿

Black Bean Enchiladas 🌿 Lightly oil a pan. Cover with foil and heat in a preheated 300 degree oven for 15 minutes or until just hot. Served with fresh tomato salsa and/or guacamole

Broccoli Almond Stir fry ❄️🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add stir fry, cover and cook and stir until just hot being careful to not overcook.

Curried Red Lentil Coconut Dahl ❄️🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add dahl, cover and cook and stir until just hot.

Curry Chickpea Potpie- 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add potpie cover and heat until just hot. Served with Raita (cucumber yogurt sauce) over top or on the side.

Raw Hummus A' L' Orange 🌿 Best eaten within three days. Serve with crackers, veggie sticks or on toast.

Quiche ❄️ Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat individual slices on a tray for 10 minutes or until just heated.

Mushroom-Cannellini Ragout ❄️🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add ragout, cover and cook and stir until just hot being careful to not overcook.

My Favorite Curry Sauce ❄️🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add curry, cover and cook and stir until just hot being careful to not overcook. Serve over rice, optional.

Raw Pasta Marinara 🌿 with *Marinara Sauce* Remove from the fridge. Serve marinara atop zucchini pasta. You can let it sit on the counter for few minutes to take the chill off or warm just slightly in a saucepan if preferred.

(Option: *Lentil Balls*) Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat balls on a tray for 8 minutes or until just heated.

Red Lentil Loaf 🌿 Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat individual slices on a tray for 10 minutes or until just heated. Be careful not to overcook to prevent drying out.

Roasted Corn and Black Bean Salsa 🌿 Served chilled or room temperature. Can be eaten as a main dish or served with organic corn chips.

Savory Pinto and Onions ❄️🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add beans, cover and cook and stir until just hot, Serve over rice if you like.

Spiced Lentils with Eggplant 🌿 Served over *Millet-Almond Pilaf*. Best reheating each in a separate saucepan. Bring a couple of tablespoons of water to a simmer in a saucepan. Add the beans, add the pilaf, cover and heat each until just hot. Serve bean dish over millet pilaf.

Sprouted Lentils with Wine-Glazed Veggies 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add beans, cover and cook and stir until just hot. Serve over rice if you like.


Stuffed Acorn Squash 🌿 Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat individual stuffed squash on a tray for 10-12 minutes or until just heated. Be careful not to overcook to prevent drying out.


Tempeh-Shitake Mushroom Sauce ❄️🌿 Reheat in a saucepan until just hot. Serve over rice or pasta.

Tempeh Tamari Ginger Sauce ❄️ 🌿 Reheat in a saucepan until just hot. Serve over rice or pasta.


Tempini Bites 🌿 Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat individual stuffed squash on a tray for 8 minutes or until just heated. Be careful not to overcook to prevent drying out.

Tomato Pie 🌿 Preheat a toaster oven to 300 degrees. Reheat individual slices on a tray for 10 minutes or until just heated. Be careful not to overcook to prevent drying out.

Tridoshic Dahl  Bring a couple of tablespoons of water to a simmer in a saucepan. Add dahl, cover and cook and stir until just hot. Serve over rice if you like.

Yucatan Burgers  Lightly oil a pan. Preheat a toaster oven to 300 degrees. Reheat individual burgers on a tray for 8-10 minutes or until just heated. Be careful not to overcook to prevent drying out. Serve on a bun or with a side of veggies.

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## Poultry/Meat Main Dishes

Organic, pasture, grass-fed meats


Beef-Rutabaga Stew  Reheat in a saucepan until just hot. Be careful to not overcook or beef will be tough.

Broccoli Almond Stir fry   Bring a couple of tablespoons of water to a simmer in a saucepan. Add stir fry, cover and cook and stir until just hot being careful to not overcook. Served with rice (optional)



Baked Chicken and Artichokes  Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken dish, cover, cook and stir until just hot. Serve over rice or pasta if you like.

Chicken Fried Brown Rice Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken dish, cover, cook and stir until just hot.


Chicken Jambalaya Brown Rice Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken/shrimp dish, cover and cook and stir until just hot being careful to not overheat.


Chicken Piccata  Reheat chicken in broth in a saucepan until just hot. Serve over rice if you like.

Chinese Meatballs with Snow Peas Reheat dish in a saucepan until just hot. Serve over rice or pasta if you like.

Country Casserole-   Bring a couple of tablespoons of water to a simmer in a saucepan. Add casserole, cover and cook and stir until just hot. Alternately, reheat on an oiled tray in a preheated toaster oven until just hot.

Crustless Quiche Preheat a toaster oven to 300 degrees. Reheat individual servings on an oiled tray for 8 minutes or until just heated.

Curried Beef and Rice  Bring a couple of tablespoons of water to a simmer in a saucepan. Add curry, cover, cook and stir until just hot.

Curried Red Lentil Coconut Dahl  Bring a couple of tablespoons of water to a simmer in a saucepan. Add curry, cover, cook and stir until just hot. Serve over rice.

Fat Flush 'Spaghetti' with Meat Sauce – Bring a couple of tablespoons of water to a simmer in a saucepan. Add meat sauce, cover, cook and stir until just hot. Reheat spaghetti squash in same or separate pan, same method.

Faux Chicken 'Fried Rice' ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add dish, cover, cook and stir until just hot.

Garlic-Lemon Chicken ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add casserole, cover and cook and stir until just hot. Alternately, reheat on an oiled tray in a preheated toaster oven until just hot.

Glazed Homemade Meatloaf ❄️ Preheat a toaster oven to 300 degrees. Reheat individual slices on an oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out.

Herb Marinated Chicken Breasts ❄️ ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken, cover and cook and stir until just hot. Alternately, reheat on an oil tray in a preheated toaster oven until just hot being careful to not overcook or it will dry out.

Lamb and Lentil Casserole ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add casserole, cover, cook and stir until just hot.

Lime-Cilantro Chicken Breasts ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add casserole, cover and cook and stir until just hot. Alternately, reheat on an oil tray in a preheated toaster oven until just hot.

Liver Pate' ❄️ ▲ Serve over crackers, on toast, or wedges of endive or other veggie.

Moroccan Chicken ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken dish, cover, cook and stir until just hot.

My Favorite Curry Sauce ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add curry, cover, cook and stir until just hot.

Pork and Vegetable Stew ❄️ Reheat in a saucepan until just hot. Be careful to not overcook or pork will be tough.

Shepard's Pie ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add a serving of pie, cover, cook and stir until just hot. Alternately, reheat on an oiled tray in a preheated toaster oven until just hot being careful to not overcook or it will dry out.

Southwest Rubbed Flank Steak Coat a tray with a little oil. Reheat in a preheated 300 degree toaster oven until just hot being careful to not overcook. Great with homemade fajitas fixings.

Turkey Veggie Loaf ▲ ❄️ Preheat a toaster oven to 300 degrees. Reheat on an oiled tray for 8 minutes or until just heated. Be careful not to overcook to prevent drying out. Include some of the juice/sauce!

Turkini Bites Preheat a toaster oven to 300 degrees. Reheat on an oiled tray for 8 minutes or until just heated. Be careful not to overcook to prevent drying out.

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## Seafood Main Dishes

Fresh, wild, local whenever possible

Broccoli Almond Stirfry ❄️ ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add stirfry, cook and stir until just hot being careful to not overcook. Served with rice, optional.

Cajun Seafood Stew Reheat in a saucepan until just hot. Be careful to not overcook.

Codfish Cakes ❄️ Preheat a toaster oven to 300 degrees. Reheat cod cakes on a lightly oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out. Serve with homemade *Horseradish Tarter Sauce*

Crab Cakes Preheat a toaster oven to 300 degrees. Reheat cod cakes on a lightly oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out. Serve with homemade *Red Pepper Sauce* (served at room temperature or reheat gently in a saucepan).

Ginger-Lime Fish Soup Reheat in a saucepan until just hot. Be careful to not overcook.

Halibut in Thai Curry Sauce. Reheat in a saucepan until just hot. Be careful to not overcook. Served over fresh polenta

Horseradish Crusted Salmon Preheat a toaster oven to 300 degrees. Reheat cod cakes on a lightly oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out.

Pacific Rim Salmon ❄️ Serve chilled. Or preheat a toaster oven to 300 degrees. Reheat cod cakes on a lightly oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out.

Salmon Cakes ❄️ Preheat a toaster oven to 300 degrees. Reheat cakes on a lightly oiled tray for 8 minutes or until just heated. Be careful to not overcook to prevent drying out.

Salmon with Savory Cabbage ❄️ Bring a couple of tablespoons of water to a simmer in a saucepan. Add dish, cover, cook and stir until just hot being careful to not overheat.

Shrimp Fried Brown Rice Bring a couple of tablespoons of water to a simmer in a saucepan. Add chicken dish, cover, cook and stir until just hot being careful to not overheat or shrimp will be tough.

## Side Dishes

Artichoke Spinach Dip 🌀 Serve room temperature or warm in a 300 degree preheated oven for 10 minutes or until just heated. Serve with organic corn chips or crackers.

Broccoli and Walnuts 🌀 Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover, cook and stir until just hot being careful to not overheat.

Can't Beat these Beets 🌀 ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover, cook and stir until just hot being careful to not overheat. Or serve at room temperature.

Cherry Salsa 🌀 Served chilled or room temperature. Serve with chicken or organic corn chips.

Collard 'Rosettes' 🌀 ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover, cook and stir until just hot being careful to not overheat.

Greek Cauliflower 🌀 ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover, cook and stir until just hot being careful to not overheat.

Grilled Pineapple and Avocado Salsa 🌿 ▲ Served chilled or room temperature. Serve with chicken or organic corn chips.

Karikai Indian Side 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover, cook and stir until just hot being careful to not overheat.

Millet Croquettes 🌿 Preheat a toaster oven to 300 degrees. Cover tray with a little oil and reheat croquette for 8 minutes or until just heated. Be careful to not overcook to prevent drying out.

Moroccan Spiced Potatoes 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add potatoes, cover, cook and stir until just hot being careful to not overheat.

Pesto 🌿 ▲ dollop along side a main dish or delicious served on toast

Roasted Mixed Veggies 🌿 ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover and cook and stir until just hot. Alternately, lightly oil a tray and reheat in a preheated toaster oven until just hot being careful to not overcook and dry out.

Roasted Red Pepper, Almond, and Garlic Dip 🌿 Serve chilled or room temperature with crackers and/or sliced vegetables.

Sesame Asparagus 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover and cook and stir until just hot. Alternately, lightly oil a tray and reheat in a preheated toaster oven until just hot being careful to not overcook and dry out.

Slivered Asparagus and Shitakes 🌿 ▲ Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover and cook and stir until just hot.

Wild Rice and Broccoli 🌿 Bring a couple of tablespoons of water to a simmer in a saucepan. Add veggies, cover and cook and stir until just hot.

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## Raw Salad Dressings

Veggie and fruit based Live-Food cuisine  
Served with salad greens

Apple-Walnut Vinaigrette 🌿

Avocado Dill Dressing 🌿 ▲

Carrot- Ginger Honey Dressing 🌿

Miso Orange Dressing 🌿

Living Herbal Dressing 🌿 ▲

## Salads

Armenian Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Beet & Apple Salad 🌿🟡 Served chilled or leave on a plate for a few minutes to take the chill off.

Best-Ever Potato Salad Served chilled

Cabbage Sesame Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Cauliflower (sans Potato) Salad 🌿🟡 Served chilled

Chickpea and Roasted Pepper Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Cucumber Basil Salad 🌿🟡 serve chilled. Best eaten within two days

Garden Pasta Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Kale Salad 🌿🟡 Served chilled or leave on a plate for a few minutes to take the chill off.

Kale Fennel Salad 🟡 Served chilled

Lima Bean and Potato Salad 🌿 with *Black Olive Dressing*. Served chilled or leave on a plate for a few minutes to take the chill off.

Mediterranean Salad Served chilled

Millet Tabouli 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Poached Salmon Salad Served chilled with *Sherry Vinaigrette*

Potato Leek Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Red Onion and Orange Salad 🌿 (seasonal) Served chilled or leave on a plate for a few minutes to take the chill off.

Refreshing Quinoa Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Sonoma Chicken Salad Served chilled stand alone or on a bed of salad greens.

Tarragon Walnut Chicken Salad Served chilled stand alone or on a bed of salad greens.

Tomato Cucumber and Red Onion Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

Tuscan Bean Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

'What's Up Doc?' Salad 🌿 Served chilled or leave on a plate for a few minutes to take the chill off. Zucchini

Pesto Spiral 🌿 Served chilled or leave on a plate for a few minutes to take the chill off.

## Salsa

Best Damn Salsa 🌿 Keeps for two weeks in the refrigerator.

Cherry Salsa 🌿 Served chilled or room temperature. Serve with chicken or organic corn chips.

Grilled Pineapple and Avocado Salsa 🌿🟡 Served chilled or room temperature. Serve with chicken or organic corn chips.

Roasted Corn and Black Bean Salsa 🌿 Served chilled or room temperature. Can be eaten as a main dish or served with organic corn chips.



Guacamole 🟡 Served chilled with corn chips or as a topping. Eat up within two days is best.



## Desserts

Berry Custard Tart Serve chilled.


Blueberry-Orange Pound Cake Store in the fridge. Bring to room temp or warm slightly in the toaster oven.

Blueberry Pie   Serve chilled or room temperature


Cashew Coconut Balls   Serve chilled or room temperature

Chewy Honey Nut Cookies serve room temperature



Chocolate 'Caramel' Pecan Pralines Serve chilled or room temperature

Cinnamon-Apple Pie  with *Millet Almond Crust* Serve room temperature or lightly oil a tray and warm lightly in a toaster oven until just warm.


Coconut Cherry Walnut Muffins Store in the fridge. Bring to room temp or warm slightly in the toaster oven.


Fudge Cake  Serve chilled or room temperature. Best eaten within 3 days due to Avocado Chocolate icing

Morning Glory Muffins Store in the fridge. Bring to room temp or warm slightly in the toaster oven.

Nutty Chocolate Bars   Store in the refrigerator until ready to be eaten. These will soften too much to cut if they come to room temperature. Keeps for a good three weeks in the fridge.

Orange Coconut Date Balls  Serve chilled or room temperature

Quinoa Chocolate Cake  with *German Chocolate Frosting* Serve chilled or room temperature. Sweetened with coconut sugar or Xylitol for a sugar-free version.

Sunshine Bars  Serve room temperature or or lightly oil a tray and warm lightly in a toaster oven until just warm.

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