



# Adobo Chicken

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4 servings

## INGREDIENTS

- **8 oz** Skinless Boneless Chicken Breast, Raw,
- **2 tsp** Chipotle Peppers, Canned, Minced
- **1/8 tsp** Ground Paprika
- **1 tsp** Kosher Salt
- **1/8 tsp** Ground Black Pepper
- **1/4 tsp** Granulated Garlic
- **1/4 tsp** Granulated Onion
- **1/8 tsp** Ground Cumin
- **1/8 tsp** Oregano, Dried, Crumbled
- **3/4 tsp** Olive Oil
- **1/4 cup** Chicken Broth Concentrate, Savory

## DIRECTIONS

1. In a small bowl combine all of the ingredients to make the chicken seasoning. Stir to combine. Coat the chicken on both sides with the seasoning.
2. Drizzle the olive oil and heat in a large skillet over medium heat. Add the chicken and let it cook for about 2-3 minutes on each side. Pour in the chicken stock. Cover the skillet and let the chicken cook in the broth for about 15-20 minutes, until the chicken registers 165 degrees internally and is cooked through.
3. Remove the chicken from the skillet, shred using a fork, then return to the skillet. Stir to coat the chicken in the remaining sauce in the skillet. Let sit and keep warm on low heat for about 3-5 minutes, to get good flavor throughout the chicken.



# Braised Baby Bok Choy

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4 servings

## INGREDIENTS

- **12 oz** Baby Bok Choy
- **1 tsp** Canola Oil
- **1 tsp** Ginger Root, Fresh, Minced
- **1 tsp** Minced Garlic Cloves, Fresh
- **1 tbs, 1 tsp** Water
- **1/8 tsp** Kosher Salt
- **1/4 tsp** Pre-toasted Sesame Seeds

## DIRECTIONS

1. Cut baby bok choy in half lengthwise and rinse. Place in colander to drain. Meanwhile, heat oil in a pot and saute ginger and garlic for 1 minute.
2. Add the bok choy and toss to coat, add water and cover to steam until the core is tender, about 5 minutes. There should be no water remaining in the pot.
3. Remove bok choy garnish with toasted sesame seeds and serve at room temperature or chill for cold service.
4. Portion Size:  $\frac{3}{4}$  cup (3 oz wt) or 1-1/2 each baby bok choy depending on size





## Fried Brown Rice

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4 servings

### INGREDIENTS

- Cooking Spray
- **2/3 oz** Liquid Egg
- **2 tsp** Canola Oil
- **1 & 1/4 oz** Diced Yellow Onions
- **1 & 1/4 oz** Diced Carrots
- **7 & 1/4 oz** Steamed Brown Rice
- **2 oz** Frozen Peas
- **1/2** of a Green Onion
- **2 tsp** Low Sodium Soy Sauce


### DIRECTIONS

1. Preheat flat griddle or wok to 350 degrees and spray with oil.
2. Add eggs and stir fry until hard, chopping them into small pieces as they cook. Remove and hold warm.
3. Sauté onions until translucent, add carrots and stir fry until tender.
4. Prepare the rice according to recipe and allow to cool to room temperature on a sheet pan before proceeding. Add the rice and heat until 165F.
5. Add the green onions, soy sauce, peas and stir fry to mix well.



# Steamed Brown Rice Recipe for Fried Brown Rice

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 4 servings

## INGREDIENTS

- 2/3 cup brown rice
- 1 & 1/3 cup water

## DIRECTIONS

1. Stovetop Method: Rinse rice under cold running water. Place rice and water in medium stockpot. Bring to a boil over medium high heat. Reduce heat to very low simmer covered. Allow to cook for 20 minutes until 165 F is reached and rice is tender.



## INGREDIENTS

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- 12 oz Cowboy Caviar
- 2 oz Fried Tortilla Strips
- 1 lb, 8 oz Grilled BBQ Chicken
- 4 oz BBQ Ranch Dressing
- 2 qt Lettuce
- 4 oz Mild Cheddar Cheese
- 1/4 cup Chopped Cilantro
- 16 Red Onion Rings
- 16 Halved Cherry Tomatoes




## INSTRUCTIONS

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1. Prepare the BBQ Chicken Breast according to recipe . Slice and chill for service. Hold cold for service.
2. Prepare the Cowboy Caviar according to recipe . Hold cold for service.
3. Prepare the Fried Tortilla Strips according to recipe. Hold in dry storage for service.
4. Prepare BBQ Ranch according to recipe. Hold cold for service.
5. In a large mixing bowl per salad place 2 cups of Spring Salad Mix, tomatoes, and red onions. Next, add 1 oz. of cheddar cheese, 3 oz. of Cowboy Caviar. Gently toss the salad and then place the salad in a coupe bowl. Top the salad with 6 oz. sliced BBQ Chicken and 1/2 oz of tortilla strips. Sprinkle salad with 1 tbsp of cilantro.

## BBQ Chicken Salad

 4 servings

## INGREDIENTS

- 1lb, 12 oz Boneless, Skinless Chicken Breast
- 1/2 cup Barbecue Sauce
- Cooking Spray

## INSTRUCTIONS

1. Cut chicken breast into 7 ounce raw portions. In a large bowl combine the chicken breasts with the BBQ sauce, cover, label and refrigerate for at least an hour so the chicken marinates in the BBQ sauce. Pre-heat grill or flat top to 350F.
2. Spray surface with cooking spray. Add chicken breast and cook about 8-9 minutes per side. Cook to minimum internal temperature of 165F. Hold hot for hot service.



## Grilled BBQ Chicken for BBQ Chicken


Salad  4 servings

## INGREDIENTS

- 1/2 cup Frozen Corn Kernels
- 1 tbsp Lime Juice
- 1 & 1/2 tsp Canola Oil
- 1 & 1/2 tsp Cumin
- 1/4 can Low Sodium Black Beans, Drained and Rinsed
- 1/2 cup Diced Tomatoes
- 1/2 Cup Diced Red Bell Pepper
- 1/3 cup Diced Red Onion
- 1/2 of a Jalapeno
- 1/8 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 2 tbsp & 2 tsp Chopped Cilantro



## Cowboy Caviar for BBQ Chicken Salad

 4 servings

## INSTRUCTIONS

1. Thaw frozen corn overnight under refrigeration.
2. In a bowl, combine the lime juice, oil and cumin. Whisk together until combined. In another bowl, combine black beans, tomatoes, bell peppers, onion, jalapeno peppers, and thawed corn. Drizzle the lime dressing over the black bean mixture. Season with salt and pepper and gently fold in the cilantro. Prepare chilled for cold service.



## INGREDIENTS


- 1/4 of a 12" Flower Tortilla Wrap
- 1/8 tsp Kosher Salt

## INSTRUCTIONS

1. Cut each tortilla in half. In opposite direction, cut the halves into 1/8-inch wide strips. Repeat with as many tortilla as you plan to fry. Place about 1/3 of 1 package of tortilla into fry basket. Place a second fry basket on top of the first, nesting inside so the tortilla don't float during cooking.
2. Lower basket into 350F fryer. Shake the basket gently to separate the strips as they cook. When strips are a pale golden color, remove top from fryer and shake off the excess oil. (Color may seem pale but the strips will carry over cook and continue to brown when removed from the oil.) Place on pan lined with paper towels to absorb the excess oil. Sprinkle with salt. Store in airtight container to maintain crispness.



# Fried Tortilla Strips for BBQ Chicken Salad

 4 servings

## INGREDIENTS


- 2 tbsp & 2 tsp Barbecue Sauce
- 1/3 Cup Buttermilk Ranch Dressing

## INSTRUCTIONS

1. Mix ingredients together until well blended




# BBQ Ranch Dressing For BBQ Chicken Salad

 4 servings



# Baja Pork Grain Bowl

 4 servings

## INGREDIENTS

- 2 cups Cilantro Lime Brown Rice
- 8 oz Cilantro Hummus
- 1 cup Tri Colored Quinoa
- 1 lb, 8oz Latin Spiced Pork Tenderloin
- 1 cup Corn and Black Bean Salad
- 2 cups Lettuce
- 4 oz Grape Tomatoes
- 8 oz Canned Tomatillo Salsa
- 4 oz Queso Cotija Cheese


## DIRECTIONS

1. Prepare the cilantro brown rice according to recipe. Hold hot for assembly.
2. Prepare the quinoa according to recipe. Hold hot for assembly.
3. Prepare the cilantro hummus according to recipe. Hold cold for assembly.
4. Prepare the black bean and corn salad according to recipe. Hold cold for assembly.
5. Prepare pork tenderloin according to recipe. Slice. Hold hot for assembly.
6. First, spread 2 oz. of the cilantro hummus on the left side of a coupe bowl. Combine the cilantro rice and quinoa and then add them to the bottom of the 32 oz. coupe bowl. Place 1/2 a cup of Spring greens on top of the rice towards the top center of the bowl. Lay the sliced pork to the right side of the bowl to the right of center. To the left of center drizzle the salsa Verde on the rice blend. Place the tomatoes in the upper right corner of the bowl. Top the salsa Verde with the black bean and corn salad and then the crumbled queso.



# Cilantro Lime Brown Rice for Baja Pork Grain Bowl

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 4 servings

## INGREDIENTS

- 2 tbsp & 2 tsp Chopped Cilantro
- 1/8 tsp Kosher Salt
- 1 cup, 2 tbsp, 2 tsp Water
- 2 tsp Lime Juice
- 2/3 cup Whole Grain Brown Rice


## DIRECTIONS

1. Combine water, salt and rice. Bring to a boil, add rice, cover and simmer on low until tender, about 40 minutes.





# Cilantro Hummus for Baja Pork Grain Bowl

 4 servings

## INGREDIENTS

- 1 tbsp Chopped Cilantro
- 1/2 tsp Cumin
- 1/4 Lemon, Juiced
- 1/4 tsp Chopped Garlic
- 4 oz Canned Garbanzo Beans Drained and Rinsed
- 3/4 tsp Canola Oil

## DIRECTIONS

1. Combine the garbanzo beans, cilantro, cumin, and garlic in a large food processor. As you puree the ingredients slowly emulsify in the lemon juice and oil.





# Quinoa for Baja Pork Grain Bowl



4 servings

## INGREDIENTS

- 3/4 cup, 2 tbsp, 2 tsp Hot Water
- 3 & 1/2 oz Tri-color Quinoa

## DIRECTIONS

1. Stovetop: Bring 2 qts. water to a boil. Stir in. Tri-Color Quinoa, reduce heat and simmer covered for 12-15 mins.







## Latin Spiced Pork Tenderloin for Baja Pork Grain Bowl



4 servings

### INGREDIENTS

- 1 lb Boneless Pork Loin
- 1 tbsp Salt-free Mexican Seasoning

### DIRECTIONS

1. Carefully rub the outside tenderloin by rolling it in the rub laid out on a half sheet pan. Fill in any gaps by hand. Place on a rack and roast in the oven at 325 F until internal temp reaches 165 F about 15 minutes. Allow to rest 5 minutes before slicing. Slice and shingle or serve on Entree plate with appropriate Garnish and Sides.







## Corn and Black Bean Salad for Baja Pork Grain Bowl



4 servings

### INGREDIENTS

- 1/2 cup Whole Kernel Corn
- 1/2 oz Chopped Cilantro
- 1/2 of a Jalapeno, chopped
- 1 cup Black Beans
- 1 Lime, Juiced
- 1/2 Red bell pepper, chopped
- 1/8 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 1/2 oz Green Onion, chopped
- 1/2 tsp Canola Oil

### DIRECTIONS

1. Toss corn with oil and roast in 375 F oven for 8-10 minutes, until golden in color. Chill.
2. Dice red pepper, chop cilantro, julienne green onion and chop jalapeno. Combine all ingredient in bowl and toss to combine. Chill. Serve cold. Portion Size: 1/2 cup Corn







# Baja Shrimp Grain Bowl



4 servings

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## INGREDIENTS

- 2 cups Cilantro Lime Brown Rice
- 8 oz Cilantro Hummus
- 1 cup Tri Colored Quinoa
- 24 oz Baja Grilled Shrimp
- 1 cup Corn and Black Bean Salad
- 2 cups Lettuce
- 4 oz Grape Tomatoes
- 8 oz Canned Tomatillo Salsa
- 4 oz Queso Cotija Cheese

## DIRECTIONS

1. Prepare the cilantro brown rice according to recipe. Hold hot for assembly.
2. Prepare the quinoa according to recipe. Hold hot for assembly.
3. Prepare the cilantro hummus according to recipe. Hold cold for assembly.
4. Prepare the black bean and corn salad according to recipe. Hold cold for assembly.
5. Prepare Baja Grilled Shrimp according to recipe. Slice. Hold hot for assembly.
6. First, spread 2 oz. of the cilantro hummus on the left side of a coupe bowl. Combine the cilantro rice and quinoa and then add them to the bottom of the 32 oz. coupe bowl. Place 1/2 a cup of Spring greens on top of the rice towards the top center of the bowl. Lay the sliced pork to the right side of the bowl to the right of center. To the left of center drizzle the salsa Verde on the rice blend. Place the tomatoes in the upper right corner of the bowl. Top the salsa Verde with the black bean and corn salad and then the crumbled queso.





# Cilantro Lime Brown Rice for Baja Shrimp Grain Bowl



4 servings

## INGREDIENTS

- 2 tbsp & 2 tsp Chopped Cilantro
- 1/8 tsp Kosher Salt
- 1 cup, 2 tbsp, 2 tsp Water
- 2 tsp Lime Juice
- 2/3 cup Whole Grain Brown Rice

## DIRECTIONS

1. Combine water, salt and rice. Bring to a boil, add rice, cover and simmer on low until tender, about 40 minutes.







# Quinoa for Baja Shrimp Grain Bowl



4 servings

## INGREDIENTS

- 3/4 cup, 2 tbsp, 2 tsp Hot Water
- 3 & 1/2 oz Tri-color Quinoa

## DIRECTIONS

1. Combine the garbanzo beans, cilantro, cumin, and garlic in a large food processor. As you puree the ingredients slowly emulsify in the lemon juice and oil.







# Cilantro Hummus for Baja Shrimp Grain Bowl

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 4 servings

## INGREDIENTS

- 1 tbsp Chopped Cilantro
- 1/2 tsp Cumin
- 1/4 Lemon, Juiced
- 1/4 tsp Chopped Garlic
- 4 oz Canned Garbanzo Beans Drained and Rinsed
- 3/4 tsp Canola Oil

## DIRECTIONS

1. Combine the garbanzo beans, cilantro, cumin, and garlic in a large food processor. As you puree the ingredients slowly emulsify in the lemon juice and oil.





# Corn and Black Bean Salad for Baja Shrimp Grain Bowl

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 4 servings

## INGREDIENTS

- 1/2 cup Whole Kernel Corn
- 1/2 oz Chopped Cilantro
- 1/2 of a Jalapeno, chopped
- 1 cup Black Beans
- 1 Lime, Juiced
- 1/2 Red bell pepper, chopped
- 1/8 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 1/2 oz Green Onion, chopped
- 1/2 tsp Canola Oil

## DIRECTIONS

1. Toss corn with oil and roast in 375 F oven for 8-10 minutes, until golden in color. Chill.
2. Dice red pepper, chop cilantro, julienne green onion and chop jalapeno. Combine all ingredient in bowl and toss to combine. Chill. Serve cold. Portion Size: 1/2 cup Corn







# Baja Grilled Shrimp for Grain Bowl



4 servings

## INGREDIENTS

- 2/3 oz Lime Juice
- 3/4 tsp Kosher Salt
- 3/4 Crushed Red Chili Pepper Flakes
- 1 lb Tail-off Shrimp
- 3/4 tsp Ground Black Pepper
- 2 tsp Chopped Cilantro
- 2 tbsp & 2 tsp Canola Oil

## DIRECTIONS

1. Combine cumin, crushed red pepper, black pepper, salt, lime juice, oil and cilantro for marinade. Marinate shrimp for 30 minutes. Discard excess marinade.
2. Grill shrimp until it reaches 145 degrees. Hold Hot: Portion Size: 4oz





# Balsamic Steak and Tomatoes



4 servings

## INGREDIENTS

- 1 & 1/2 Chopped Garlic
- 1 lb Grape Tomatoes
- 1 & 1/4 tsp Thyme
- 2 cups Balsamic Vinegar
- 4 oz Yellow Onion
- 3/4 oz cooking spray
- 2 lbs Beef Flank Steak

## DIRECTIONS

1. Wash and halve tomatoes
2. Peel and slice onions into rings.
3. Wash thyme. Remove leaves from stems and chop leaves.
4. Heat grill to high.
5. In a small saucepan bring vinegar to boiling. Reduce heat; simmer, uncovered, 5 minutes or until reduced by half. Stir tomatoes, garlic and thyme into hot vinegar reduction.
6. Meanwhile, trim fat from steaks. Spray grill with pan spray. Add steaks and onion rings to grill, reduce heat to medium. Cook onions 2 minutes per side, then remove from grill. Cook steak to the desired doneness, turning once. Allow 7 to 9 minutes for medium-rare (145 degrees F) to medium (160 degrees F).
7. To serve: 6 oz steak with 2oz balsamic tomato glaze and 1 oz onion.





# Creamy Mashed Cauliflower



4 servings

## INGREDIENTS


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- 1 lb cauliflower
  - 2/3 oz Unsalted Butter
  - 1/4 Heavy Whipping Cream
  - 1/4 tsp Kosher Salt
  - 1/8 tsp Ground Black Pepper

## DIRECTIONS

1. Remove leaves and stem from cauliflower. Cut into florets.
2. Steam cauliflower until tender, about 12 minutes.
3. In a sauce pan, heat heavy cream and butter. Do not boil.
4. Using a hand blender puree the cauliflower with the heavy cream mixture, salt and pepper.



# Teriyaki Salmon Bowl

 4 servings

## INGREDIENTS

- 2 cups Jasmine Rice
- 1 cup Less Sodium Teriyaki Sauce
- 1 tbsp Canola Oil
- 1 qt Baby Spinach
- 1/2 tsp Ground Black Pepper
- 1 lb, 8 oz Salmon Filet, Skin Removed
- 1 cup grated carrot
- 1 cup shelled edamame
- 1 sliced avocado
- 1 tbsp pre-toasted sesame seeds
- 1 cup sliced green onion


## DIRECTIONS

1. Prepare Jasmine Rice according to recipe. Hold for next steps.
2. Preheat oven to 400F. Prepare a baking sheet with aluminum foil or parchment paper and set aside.
3. Place salmon fillet on prepared baking sheet, spoon teriyaki sauce over the top. Reserving any unused teriyaki sauce to drizzle over finished bowl. Place salmon in oven and cook for approx. 25-25 min. until pink . The salmon will continue to cook for a few minutes once removed from the oven so take this into account when cooking. Allow to cool for a few minutes.
4. While salmon is cooking, heat a large skillet over medium heat. Drizzle a small amount of oil into the pan and cook spinach until it wilts (approx. 2-3 min.) season with pepper to taste. Hold hot for assembly.
5. To assemble bowls, divide the rice between (1/2 cup) 4 bowls. Top with salmon, 1/2 cup cooked spinach, 1/4 cup carrot, 1/4 cup edamame, 1/4 of an avocado, 1/4 tbsp. of sesame seeds, 1/4 cup green onion. Drizzle any remaining teriyaki sauce over bowl.





# Jasmine Rice for Teriyaki Salmon Bowl

 4 servings

## INGREDIENTS

### Broth

- 3 & 3/4 hot water
- 2 tbsp & 2 & 1/2 tsp vegetable broth concentrate

### Rice

- 4 oz vegetable broth
- 2/3 cup Jasmine Rice
- 1/4 tsp Kosher Salt
- 4 oz water

## DIRECTIONS

1. Prepare Vegetable Broth according to recipe. Hold hot for next steps.
  - a. Prepare broth by combining hot water and vegetable broth concentrate in a large sauce pot, whisking together until fully incorporated. Heat until temperature reaches 165F for 15 seconds. Hold hot for service or for intended production use.
2. Place rice, salt, water, and vegetable broth into 4" 1/2 hotel pan, cover tightly w/foil and steam for 20-25 minutes. Cook until rice is tender and all liquid has been absorbed and internal temperature reaches 145F. Allow to rest for 10 minutes. Fluff with fork. Portion 1/2 cup rice in each serving dish. Hold warm for service.

## INGREDIENTS

- 1/4 oz minced garlic
- 1 tsp Olive OIL
- 5 & 1/3 oz Chopped Kale
- t tsp Olive Oil
- 5 & 1/3 oz Broccoli Florets
- 1/4 tsp Ground Black Pepper
- 1/4 tsp Kosher Salt
- 1 & 1/3 oz Soy Milk
- 2/3 oz Vegan Butter
- 2 qu & 2 2/3 cup water
- 1 lb, 5&1/2 oz Pre-Peeled Potatoes, cubed
- 2 tsp Canola Oil
- 1 tsp Dry Yeast
- 3/4 tsp Onion Powder
- 1/8 tsp Liquid Smoke
- 1 tbsp, 1 tsp Less Sodium Soy Sauce
- 1 & 1/2 oz Tempeh
- 2 tsp Lemon Juice
- 2/3 Dry Yeast
- 1/8 Cayenne Pepper
- 1/4 tsp Kosher Salt
- 1/8 oz Minced Garlic
- 9 & 1/3 oz Whole Kernel Corn
- 2 oz Chopped Red Bell Pepper
- 1 & 1/3 Chopped Yellow Onion
- 1 tsp Olive Oil



# Loaded Mashed Potato Bowl



4 servings

## DIRECTIONS

1. Wash all produce prior to prepping. Preheat oven to 425°F.
2. Heat oil over medium-heat in a skillet. Add the corn, onion, red pepper and 1st listed garlic. Add 1st listed salt and cayenne. Stir and continue to cook until vegetables are softened about 5-7 minutes. Once cooked, transfer mixture to a high-speed blender, add 1st listed nutritional yeast and lemon juice. Blend until completely smooth. Hold Hot.
3. Thinly slice tempeh, place in a large bowl. In a separate bowl combine the soy sauce, liquid smoke, onion powder and 2nd listed nutritional yeast. Mix well, then pour over the tempeh and let marinate for 10-15 minutes. Heat oil in a large skillet over medium-high heat. Cook the tempeh until browned on both sides, about 6-8 minutes. Hold hot.
4. Bring a large pot of water and potatoes to a boil, reduce to a simmer and cook about 20 minutes. Drain the potatoes well and place them back in the pot. Mash potatoes and add butter, milk, second listed salt, and pepper. Mix well. Hold hot.
5. Toss broccoli with 2nd listed oil and 3rd listed salt. Line a baking sheet with parchment paper and place broccoli on the sheet. Bake until lightly crispy, about 10-12 minutes, tossing halfway through.
6. While the broccoli is cooking make the greens. Heat 3rd listed oil in a skillet over medium heat. Add kale and cook about 2 minutes. Add garlic and cook for another 2 minutes. Stir to combine and turn heat down to low. Continue to cook until kale is cooked but not soggy about 6 minutes total. Hold hot.
7. Build bowl - 11 oz. potatoes, 1.25 oz. tempeh, 1 oz. roasted broccoli, .5 oz. garlicky kale and drizzle with 2 Tbsp. sauce.
8. Serve immediately