



Slow-Cooker Corned Beef and Cabbage

Serves 8. Prep time: 20 minutes; 9 hours total.

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| 5 garlic cloves, crushed | 1 teaspoon mustard seeds |
| 1 large onion, cut in thick vertical wedges | 2 bay leaves |
| 2 cups water | 8 allspice berries |
| 1 tablespoon sugar | ½ teaspoon pepper |
| 2 tablespoons vinegar | 2 large carrots, sliced |
| 8 oz. beer, lager (optional) | 1 lb. small red potatoes quartered |
| 3 lbs. corned beef brisket | ½ head green cabbage, chopped |

Preparation

Scatter the garlic and onions in the bottom of the crockpot. Place beef on top of onions and garlic.

In a cup, mix together water, beer, sugar and vinegar. (If you are not using beer, use water in its place.)

Pour over beef and then sprinkle the mustard seeds, bay leaves, allspice berries and pepper over the beef.

Cover the slow cooker and cook on low for 5 hours. Add the carrots, potatoes and cabbage to the slow cooker and stir, then cover and set to high. Cook for another 2 hours. Remove the beef; once it has cooled, slice across the grain into ½-inch pieces.

Taste the broth and season to taste (the corned beef may have salted it enough).

To serve, place the sliced beef in the hot cabbage broth and let it warm through. Serve warm.

Slow-Cooker Corned Beef and Cabbage

Ingredient checklist

PRODUCE

- Garlic
- Onion
- Carrots
- Red potatoes
- Green cabbage

GROCERY

- Vinegar
- Beer (optional)

MEAT

- Corned Beef Brisket

BULK

- Sugar

SPICES/SEASONINGS

- Mustard seeds
- Bay leaves
- Allspice berries
- Pepper

Serving suggestion

Serve this classic dish along with a loaf of Irish soda bread and a green bean salad.

Nutritional information per serving

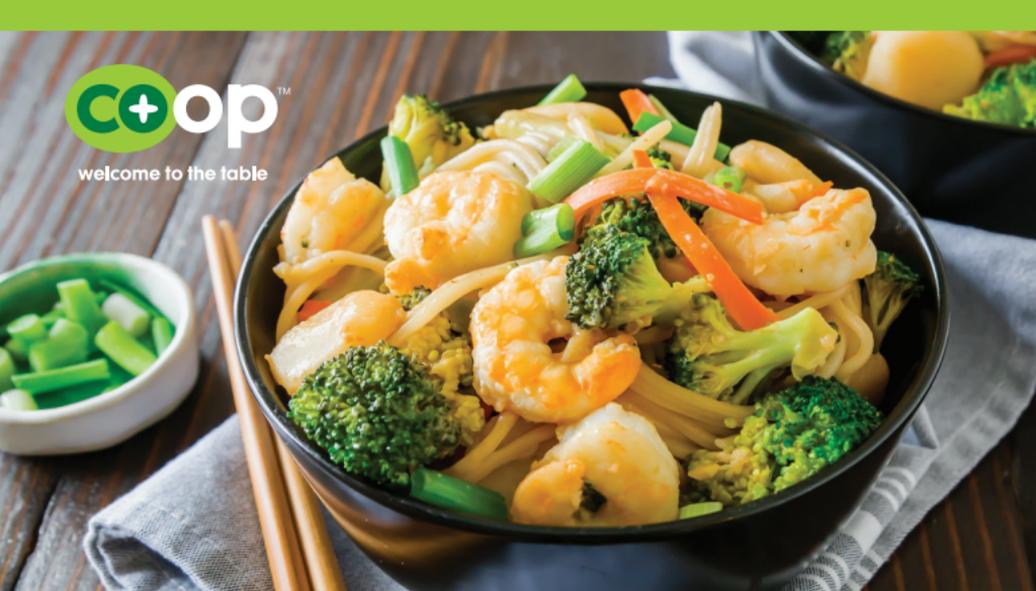
630 calories	23 g. carbohydrate
46 g. fat	4 g. fiber
125 mg. cholesterol	32 g. protein
140 mg. sodium	

The nutritional values and information provided are approximations.



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Shrimp and Broccoli Lo Mein with Whole Wheat Spaghetti

Serves 4–6. Prep time: 20 minutes.

½ lb. whole wheat spaghetti

Sauce:

½ cup chicken or vegetable stock

3 tablespoons tamari

1 teaspoon arrowroot

1 teaspoon dark sesame oil

1 tablespoon rice vinegar

2 teaspoons Sriracha sauce
(optional)

1 tablespoon sugar

Stir fry:

1 tablespoon vegetable oil

1 lb. large shrimp, peeled and
deveined

1 tablespoon chopped fresh
ginger

1 tablespoon chopped garlic

4 cups broccoli florets

1 large carrot, julienned

4 large scallions, 1-inch pieces

1 8-oz. can sliced water
chestnuts, drained

Preparation

Put on a pot of water to cook the spaghetti. Cook according to package directions, about 11 minutes, then drain and reserve.

In a bowl, stir together the stock, tamari, arrowroot, sesame oil, vinegar, Sriracha sauce and sugar, and reserve.

Heat a large wok or sauté pan over high heat, and swirl in the vegetable oil. Add the garlic and ginger and stir frequently for about 2 minutes. Add the broccoli, carrots, scallions and water chestnuts and stir for another 2 minutes. Keep stirring until the vegetables are crisp-tender. Stir the stock mixture before pouring into the hot pan, continuing to stir until the sauce is thickened and glossy. Add the shrimp and simmer in the sauce until cooked. Stir in the drained spaghetti and toss to coat. Serve hot.

Shrimp and Broccoli Lo Mein with Whole Wheat Spaghetti

Ingredient checklist

PRODUCE

- Ginger
- Broccoli
- Carrot
- Scallions
- Garlic

GROCERY

- Whole wheat spaghetti
- Chicken or vegetable stock
- Tamari
- Sesame oil
- Sriracha sauce (optional)
- Vegetable oil
- Water chestnuts
- Rice Vinegar

MEAT/SEAFOOD

- Shrimp

BULK

- Arrowroot
- Sugar

Serving suggestion

Lo mein can be served as a main dish or as a side. Try pairing with fried cabbage or roasted vegetables.

Nutritional information per serving

450 calories	66 g. carbohydrate
8 g. fat	14 g. fiber
145 mg. cholesterol	32 g. protein
1430 mg. sodium	

The nutritional values and information provided are approximations.



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Shakshuka with Spinach

Serves 6. Prep time: 25 minutes active; 30 minutes total.

2 tablespoons extra virgin olive oil	¼ teaspoon red pepper flakes
1 large onion, chopped	1 teaspoon salt
3 cloves garlic, chopped	1 teaspoon honey
1 red bell pepper, chopped	1 15-oz. can crushed tomatoes
1 teaspoon smoked paprika	4 cups salad spinach, chopped
1 teaspoon cumin, ground	6 large eggs
1 teaspoon coriander, ground	½ cup parsley, chopped
	2 oz. feta cheese (optional)

Preparation

Drizzle the olive oil in a 12-inch skillet and place the pan over medium-high heat. Heat for a few seconds, then add the onions and stir until they start to sizzle. Reduce the heat to medium-low and sauté for about 5 minutes. Add the garlic and peppers and sauté for 5 minutes longer to soften the peppers. Add the paprika, cumin, coriander, red pepper flakes, salt and honey and stir, then stir in the crushed tomatoes. Raise the heat to bring to a boil, then reduce to a simmer and cook until thick, about 5 minutes. Stir in the spinach and cook until just wilted and dark green.

Use the back of a spoon to make 6 indentations for the eggs. Crack each egg into a cup and then pour carefully into the indentations. Cover the pan and cook for about 8 minutes, until the whites of the eggs are set. Test by poking the whites with a paring knife. If you like your egg yolks firmer, cook longer.

When eggs are done to your liking, sprinkle with parsley and feta, if desired.

Serve 1 egg, with about a cup of the vegetable mixture, on each plate.

Shakshuka with Spinach

Ingredient checklist

PRODUCE

- Onion
- Garlic
- Red bell pepper
- Spinach
- Parsley

REFRIGERATED/DAIRY

- Eggs
- Feta cheese

BULK

- Honey

GROCERY

- Olive oil
- Crushed Tomatoes

SPICES/SEASONINGS

- Smoked paprika
- Cumin
- Coriander
- Red pepper flakes
- Salt

Serving suggestion

Serve over warm pitas or toast, along with a side of chickpea salad or hummus.

Nutritional information per serving

190 calories	14 g. carbohydrate
11 g. fat	3 g. fiber
210 mg. cholesterol	10 g. protein
510 mg. sodium	

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Coconut Mango Muffins

Makes 12. Prep time: 15 minutes active; 35 minutes total.

1 cup all-purpose flour	¼ cup melted virgin coconut oil
1 cup whole wheat pastry flour	¾ cup coconut milk (about half a can)
2 teaspoons baking powder	1 tablespoon fresh lime juice
½ teaspoon salt	2 teaspoons fresh lime zest
½ teaspoon cinnamon	1 cup finely chopped mango
½ teaspoon ground allspice	3 tablespoons shredded coconut
½ teaspoon ground cloves	3 tablespoons turbinado sugar (optional)
½ cup light brown sugar	
2 large eggs, lightly whisked	

Preparation

Preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper liners. In a large bowl, combine the flours, baking powder, salt, cinnamon, allspice, cloves and brown sugar and whisk to combine. Reserve.

In a medium bowl, lightly whisk the egg, then whisk in the coconut oil, coconut milk, lime juice and zest. Stir the coconut milk mixture into the flour mixture, just until moistened, then stir in the mango.

Fill muffin cups $\frac{3}{4}$ full, then sprinkle the tops with coconut and, if desired, turbinado sugar. Bake for 15–20 minutes, until a toothpick inserted in the center of a muffin comes out with no wet batter clinging to it. Cool muffins in the pan on a wire rack for 10 minutes before tapping the pan to remove them and letting them finish cooling on the rack.

Coconut Mango Muffins

Ingredient checklist

PRODUCE

- Mango
- Lime

REFIGERATED/DAIRY

- Eggs

GROCERY

- Coconut oil
- Coconut milk

BULK

- All-purpose flour
- Shredded coconut
- Whole wheat pastry flour
- Turbinado sugar (optional)
- Baking powder
- Light brown sugar

SPICES/SEASONINGS

- Cinnamon
- Cloves
- Allspice
- Salt

Serving suggestion

Not only do these muffins go perfectly with morning coffee and juice, they also pack well — so save a few for lunches, too.

Nutritional information per serving

180 calories	25 g. carbohydrate
8 g. fat	2 g. fiber
35 mg. cholesterol	4 g. protein
170 mg. sodium	

The nutritional values and information provided are approximations.



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