



Chewy Cocoa Granola Bars

Makes 12. Prep time: 20 minutes active; 50 minutes total.

2 cups rolled oats, thick	¼ cup cocoa
½ cup raisins, dried cherries or other dried fruit	¼ teaspoon salt
½ cup coarsely chopped almonds, walnuts or peanuts	¾ cup applesauce
	½ cup honey or agave syrup
	1 teaspoon vanilla

Preparation

Preheat the oven to 350 degrees F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars.

On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack.

Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa and salt and stir to mix well.

In a medium bowl, combine the applesauce, honey and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan. Using a spatula, press the mixture firmly and evenly in the pan.

Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.

Chewy Cocoa Granola Bars

Ingredient checklist

GROCERY

- Cocoa
- Applesauce
- Agave syrup
- Vanilla extract

BULK

- Rolled oats
- Dried fruit
- Nuts

SPICES/SEASONINGS

- Salt

Serving suggestion

Chewy, nutty granola bars are perfect for packing in lunches or carrying along for anytime you need a boost. To make them vegan, opt for agave syrup instead of honey.

Nutritional information per serving

120 calories	22 g. carbohydrate
3.5 g. fat	2 g. fiber
0 mg. cholesterol	2 g. protein
65 mg. sodium	

The nutritional values and information provided are approximations.



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Red Lentil Stew with Kale

Serves 4. Prep time: 20 minutes active; 45 minutes total.

1 cup red lentils	1 large onion, chopped
4 cups water	1 tablespoon fresh ginger, chopped
2 cups cauliflower, chopped	1 teaspoon black mustard seeds
1 small red bell pepper, chopped	1 teaspoon cumin seeds
½ teaspoon salt	1 large jalapeño, seeded and chopped
1 bunch kale, stems and leaves, chopped	½ teaspoon ground turmeric
1 tablespoon ghee or coconut oil	

Preparation

Rinse the lentils, then put in a pot with the water, cauliflower, red bell pepper and salt. Place over medium-high heat and bring to a boil, then reduce the heat to a low, place a lid on the pot, slightly ajar, and cook, stirring occasionally, for about 20 minutes. Stir in the kale and cook for about 10 minutes longer, until the lentils are soft and falling apart.

While the lentils cook, drizzle the ghee or oil in a large sauté pan and place over medium-high heat. Add the onions, ginger, mustard seeds and cumin seeds and sauté until they start to sizzle, then reduce the heat to medium-low and stir occasionally. Add the jalapeño and turmeric and stir for a few minutes before stirring into the lentils.

Add the sauté to the cooked lentils and let simmer for 5 minutes to meld the flavors.

Red Lentil Stew with Kale

Ingredient checklist

PRODUCE

- Cauliflower
- Red bell pepper
- Kale
- Onion
- Ginger
- Jalapeño

GROCERY

- Ghee or coconut oil

BULK

- Red lentils

SPICES/SEASONINGS

- Black mustard seed
- Cumin
- Turmeric
- Salt

Serving suggestion

Complement this healthy meal with crusty bread, naan or pitas. Add a mixed green salad with sliced tomatoes and a vinaigrette dressing.

Nutritional information per serving

300 calories	54 g. carbohydrate
2.5 g. fat	12 g. fiber
0 mg. cholesterol	19 g. protein
370 mg. sodium	

The nutritional values and information provided are approximations.



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Easy Flourless Chocolate Cake with Ganache

Serves 12. Prep time: 25 minutes active; 1 hour total (plus cooling time).

10 oz. dark chocolate, divided
1 stick unsalted butter
1 cup granulated sugar
½ teaspoon salt
2 teaspoons vanilla

4 large eggs, lightly beaten
½ cup cocoa
½ cup heavy cream

Preparation

Preheat the oven to 375 degrees F. Cut a 9-inch circle of parchment paper to fit the bottom of a 9-inch cake pan. Press the paper in the bottom of the pan and lightly oil the parchment. Reserve.

In a 2-quart pan, place 6 ounces of the chocolate and the butter. Over medium-low heat, melt the two, stirring occasionally until smooth. Remove from heat and let cool for 5 minutes. Stir in the sugar, salt and vanilla, then stir in the eggs, just until mixed. Stir in the cocoa until well-mixed, then transfer the batter to the prepared pan.

Smooth the top and bake for 25–30 minutes. The cake will be puffed and a toothpick inserted into the center will come out clean.

Cool the cake on a rack for 10 minutes, then run a knife around the cake edges to loosen it. Place the rack on top of the cake pan, and hold it tightly to the pan as you flip the cake onto the rack. Peel off the parchment paper and let cool completely.

While the cake cools, place the cream in a small pot and bring it to a boil over medium heat. Remove from heat and add the remaining chocolate and let stand for a minute to melt the chocolate before stirring with a heat-safe spatula. When smooth, let cool slightly.

Transfer the cake to a serving plate. Pour about half of the ganache on the center of the cake and use your spatula to spread it out to the edges and over the sides. Pour the remaining ganache over any uncovered spots and spread it evenly. Let cool at room temperature or in the refrigerator.

Cut into 8–12 slices, and serve at room temperature.

Easy Flourless Chocolate Cake with Ganache

Ingredient checklist

REFRIGERATED/DAIRY

- Unsalted butter
- Eggs
- Heavy cream

BULK

- Granulated sugar

GROCERY

- Dark chocolate
- Vanilla extract
- Cocoa

SPICES/SEASONINGS

- Salt
-

Serving suggestion

This rich dessert is perfectly accompanied by a colorful assortment of berries. Top generously with strawberries, blueberries and raspberries and, if you choose, add a dollop of fresh whipped cream.

Nutritional information per serving

370 calories	24 g. carbohydrate
31 g. fat	4 g. fiber
120 mg. cholesterol	6 g. protein
140 mg. sodium	

The nutritional values and information provided are approximations.



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Grilled Asparagus and Gruyère Subs

Serves 4. Prep time: 25 minutes.

¼ cup mayonnaise
2 tablespoons prepared pesto
1 lb. asparagus, trimmed to
6-inch lengths
4 oz. Gruyère cheese,
thinly sliced

4 6-inch sub rolls or 2 small
baguettes
1 tablespoon extra virgin olive oil

Preparation

Place the mayonnaise and pesto in a cup and stir to mix well. Reserve.

Cut the baguette in half to make two 6-inch pieces. Split the rolls or baguette pieces for sandwiches and lightly brush the cut sides with olive oil. Reserve. Place the trimmed asparagus in a large bowl and toss with remaining olive oil to coat. Preheat the grill pan until hot, then grill the asparagus, turning with tongs, until the spears are marked and slightly shriveled, about 3 minutes depending on the thickness of the spears. Move to a plate and cover loosely.

Place the rolls or baguette pieces on the grill pan, cut side down, and toast for about 2 minutes. Turn the pieces and place Gruyère slices on the bottom halves of the four sandwiches and cover with warm asparagus. Cook for a minute or two to melt the cheese. Spread the mayonnaise mixture on the top halves of the bread and place on top of the asparagus. Move the sandwiches to a plate and serve.

Grilled Asparagus and Gruyère Subs

Ingredient checklist

PRODUCE

- Asparagus

REFRIGERATED/DAIRY

- Pesto
- Gruyère cheese

GROCERY

- Mayonnaise
- Extra virgin olive oil
- Sub rolls or baguettes

Serving suggestion

Asparagus is easy to grill and perfect for filling a sandwich for a quick weeknight meal. Cut the sandwiches smaller for a great appetizer or brunch offering, or refrigerate them for a quick lunch the next day.

Nutritional information per serving

430 calories	39 g. carbohydrate
19 g. fat	4 g. fiber
35 mg. cholesterol	16 g. protein
500 mg. sodium	

The nutritional values and information provided are approximations.



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