



RUSH HOUR RECIPES

Spicy Thai Noodles

Ingredients (Serves 4. Prep time: 30 minutes.)

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|---|---|
| 1 9.5-ounce package udon noodles | 4 green onions, sliced diagonally |
| 2 tablespoons sesame oil | 4 tablespoons tamari |
| 1 cup carrots, julienned | 2 tablespoons honey |
| 1 cup red bell peppers, julienned | 4 tablespoons cilantro, roughly chopped |
| 1 teaspoon chili flakes (more if you like it spicy) | 2 tablespoons Thai basil, roughly chopped |
| 2 cloves garlic, minced | 1 tablespoon sesame seeds (optional) |
| 2 teaspoons fresh ginger, minced | 1 lime, cut into wedges |
| 1 cup shiitake mushrooms, sliced | |

Preparation

Cook the udon noodles according to the package directions. Drain and rinse well. Set aside.

While the noodles are cooking, heat the sesame oil in a wok or large skillet over medium-high heat. Add the carrots, bell peppers and chili flakes and sauté for 2-3 minutes. Add the garlic, ginger, mushrooms and green onions and sauté another 2-3 minutes. In a small bowl, whisk together the tamari and honey and add to the sautéed vegetables, stirring well. Add the drained noodles and mix well. Cook just until noodles are heated through. Remove from heat and stir in the cilantro and basil. Serve garnished with sesame seeds and lime wedges.

Spicy Thai Noodles

Ingredient checklist

PRODUCE

- Carrots
- Red bell peppers
- Garlic
- Fresh ginger
- Shiitake mushrooms
- Green onions
- Cilantro
- Thai basil
- Lime

GROCERY

- Udon noodles
- Sesame oil
- Tamari
- Honey

SPICES/SEASONINGS

- Chili flakes
- Sesame seeds

Serving suggestion

Serve these noodles hot with a cucumber, papaya or mango salad or accompanied by a tofu or chicken satay. It's easy to add your favorite protein to this dish; just add a half-pound of uncooked cubed chicken, beef, tofu or seitan shortly before you start sautéing the vegetables.

Nutritional information per serving

192 calories	10 g. fat
0 mg. cholesterol	753 mg. sodium
39 g. carbohydrate	3 g. fiber
8 g. protein	

The nutritional values and information provided are approximations.



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Rice and Beans with Orange Kiwi Salsa

Ingredients (Serves 6. Prep time: 45 minutes.)

- 1 tablespoon vegetable or coconut oil
 - 1 yellow onion, diced (reserve 2 tablespoons raw onion for the salsa)
 - 2 garlic cloves, peeled and minced
 - ½ teaspoon allspice
 - ½ teaspoon thyme
 - ¼ teaspoon red chili flakes
 - 1 14-ounce can coconut milk
 - 1 cup water
 - 1 cup brown rice, rinsed and drained
 - 1 15-ounce can kidney beans, rinsed and drained
 - 1 ½ tablespoons red wine vinegar
 - Salt and pepper to taste
- Salsa:
- 2 kiwis, peeled and diced
 - 2 oranges, peeled, seeded and diced
 - 1 teaspoon fresh ginger, finely minced
 - 1 small jalapeño, seeds and ribs removed, finely minced
 - 2 tablespoons lime juice
 - 2 tablespoons minced yellow onion

Preparation

In a large pot, heat the oil over medium-high heat. Sauté the onion for 2-4 minutes. Add the garlic and cook for another minute. Add the allspice, thyme, chili flakes, coconut milk, water and rice, and bring to a boil. Reduce the heat to simmer, cover the pot, and cook for approximately 30 minutes, or until the rice is tender and most of the liquid is absorbed. While the rice is cooking, gently stir together the kiwi, oranges, 2 tablespoons minced yellow onion, ginger, jalapeño, and lime juice in a mixing bowl. Set aside. Once the rice is done, add the kidney beans, red wine vinegar, and salt and pepper to taste. Stir well. Serve with the orange kiwi salsa on the side.

Rice and Beans with Orange Kiwi Salsa

Ingredient checklist

PRODUCE

- Yellow onion
- Kiwis
- Ginger
- Lime
- Garlic
- Oranges
- Jalapeño

BULK

- Brown rice

GROCERY

- Vegetable or coconut oil
- Red wine vinegar
- Coconut milk
- Kidney beans

SPICES/SEASONINGS

- Allspice
- Crushed red chili flakes
- Black pepper
- Thyme
- Sea salt

Serving suggestion

This Jamaican-style dish is delicious with grilled meats or fried fish and a ginger beer. Try the salsa on broiled, steamed or baked flaky fish or just with a handful of plantain chips.

Nutritional information per serving

297 calories	28 g. fat
0 mg. cholesterol	294 mg. sodium
49 g. carbohydrate	6 g. fiber
8 g. protein	

The nutritional values and information provided are approximations.



Mint Pesto Pea Soup

Ingredients (Serves 6. Prep time: 30 minutes.)

Soup:

- 3 tablespoons olive oil
- 2 tablespoons Organic Valley butter
- 1 cup yellow onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 6 cups fresh or frozen peas
- 2 green onions, diced
- 2 tablespoons fresh mint, minced
- ¼ cup sour cream

Pesto:

- ½ cup fresh parsley leaves
- ¼ cup fresh mint leaves
- ¼ cup pine nuts
- 1 lemon, zest and juice
- 2 ounces Parmesan cheese, shredded
- 2 tablespoon olive oil
- Salt and black pepper to taste

Preparation

Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and sauté 5-10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1-2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.

To make the pesto, put the parsley, mint, garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well. Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

Mint Pesto Pea Soup

Ingredient checklist

PRODUCE

- Yellow onion
- Fresh peas (if using)
- Fresh mint
- Lemon
- Garlic
- Green onions
- Fresh parsley

BULK

- Pine nuts

GROCERY

- Olive oil
- Vegetable broth

REFRIGERATED/DAIRY

- Organic Valley butter
- Parmesan cheese
- Sour cream

FROZEN

- Frozen peas (if using)

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

Accompany this refreshing soup with a slice of quiche or a savory hand pie for a tasty lunch. If you're lucky enough to have leftover pesto, spread it on toasted baguette slices or whole-wheat pita triangles, and top with a sprinkle of feta for a quick appetizer.

Nutritional information per serving

362 calories	20 g. fat
23 mg. cholesterol	752 mg. sodium
34 g. carbohydrate	9 g. fiber
15 g. protein	

The nutritional values and information provided are approximations.



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Roast Pork with Mango Chutney

Ingredients (Serves 4. Prep time: 20 minutes active; 70 minutes total.)

- | | |
|--|---|
| 1 ½ pounds pork tenderloin, trimmed of fat | ¼ teaspoon each red chili flakes, brown mustard seeds, cinnamon, turmeric and ground cloves |
| 2 teaspoons each coriander seeds, cumin seeds and fennel seeds | 1 ¼ cups ripe mango, (about 3 mangoes), pitted, peeled and diced |
| 1 teaspoon salt | 3 tablespoons raisins or diced dried apricots |
| 1 teaspoon black pepper | 1 tablespoon fresh lime juice |
| | 3 tablespoons apple cider vinegar |
| | 3 tablespoons brown sugar |
| | Pinch each of salt and black pepper |

Chutney:

- 2 teaspoons vegetable oil
- ⅓ cup yellow onion, diced
- 4 teaspoons fresh ginger, peeled and minced
- 1 garlic clove, peeled and minced

Preparation

In a spice grinder or using a mortar and pestle, grind the coriander, cumin and fennel seeds. Add the salt and pepper, then rub the spice mixture evenly over the entire pork tenderloin. Let the pork sit, refrigerated, for 30 minutes to an hour.

Preheat the oven to 375°F. Place the pork tenderloin on an oiled sheet pan, and bake for 35-40 minutes or until desired temperature is reached. Let the pork rest for 10 minutes before slicing.

Once the pork is in the oven, prepare the chutney. In a medium pot, heat the oil over medium-high heat. Add the onion and sauté for a few minutes until it begins to soften. Add the ginger, garlic, chili flakes and mustard seeds and sauté another 2 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat and simmer for 30 minutes, stirring frequently, until the chutney has reduced to a thick sauce. Serve on the side with the sliced pork.

Roast Pork with Mango Chutney

Ingredient checklist

PRODUCE

- Yellow onion
- Garlic
- Lime
- Ginger
- Mangos

BULK

- Raisins or diced dried apricots
- Brown sugar

GROCERY

- Apple cider vinegar

MEAT/SEAFOOD

- Pork tenderloin

SPICES/SEASONINGS

- Coriander seeds
- Fennel seeds
- Black pepper
- Brown mustard seeds
- Turmeric
- Cumin seeds
- Sea salt
- Red chili flakes
- Cinnamon
- Ground cloves

Serving suggestion

A basmati rice pilaf goes well with this spiced roast pork. Try any leftover chutney with sliced rotisserie chicken, on turkey sandwiches or on crackers spread with fresh goat cheese as an easy appetizer or snack. Chutney keeps for a couple weeks in the refrigerator or can be frozen for up to 60 days.

Nutritional information per serving

264 calories	7 g. fat
74 mg. cholesterol	723 mg. sodium
26 g. carbohydrate	3 g. fiber
25 g. protein	

The nutritional values and information provided are approximations.



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Whole Wheat Biscuits

Ingredients (Makes 8 biscuits. Prep time: 20 minutes.)

2 cups whole wheat flour
1 tablespoon baking powder
¼ cup sugar (or 1 ⅓ teaspoons powdered stevia)
1 ½ teaspoons salt
6 ounces frozen salted butter, grated
¾ cup milk

Egg wash:
1 egg, beaten
2 tablespoons water

Preparation

Preheat oven to 400 degrees F. Take butter out of the freezer, and grate or cut into pea-sized chunks. Keep butter cold. Mix dry ingredients in a large bowl until thoroughly combined. Using your hands, incorporate frozen butter into the flour mixture until it is just coated by the dry ingredients. Add milk, and continue mixing by hand just until the dough holds together.

Place dough on a flat, lightly-floured surface and pat or roll into a rectangle 1 to 2 inches thick. Use a biscuit cutter or floured glass to cut out biscuits, and place on a greased baking tray. Gently brush the tops of the biscuits with the egg wash. Bake at 400 degrees for 3 minutes; lower the oven temperature to 375 degrees and continue to bake for another 5 minutes, until lightly browned. Remove and let biscuits cool slightly before serving.

Watch our how-to video on making these easy biscuits at www.strongertogether.coop/collections/coop-kitchen/.

Whole Wheat Biscuits

Ingredient checklist

BULK

- Whole wheat flour
- Sugar (if using)
- Baking powder

GROCERY

- Powdered stevia (if using)

REFRIGERATED/DAIRY

- Salted butter
- Egg
- Milk

SPICES/SEASONINGS

- Sea salt

Serving suggestion

Serve biscuits warm with softened butter and honey. You can substitute a wheat-free flour mix for whole wheat flour if desired.

Nutritional information per serving

297 calories	19 g. fat
74 mg. cholesterol	584 mg. sodium
28 g. carbohydrate	3 g. fiber
5 g. protein	

The nutritional values and information provided are approximations.



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