



Savory Noodle Kugel with Leeks and Mushrooms

Ingredients (Serves 8. Prep time: 20 minutes active; 60 minutes total.)

8 ounces linguini noodles, uncooked	2 large eggs, beaten
2 tablespoons vegetable oil	½ cup sour cream
2 cups leeks, cleaned and sliced (about 2 thin leeks)	¼ teaspoon salt
8 ounces button mushrooms, sliced	¼ teaspoon black pepper
	1 ½ teaspoons paprika

Preparation

Preheat oven to 375°F. Grease a 9 x 13 inch casserole dish. Cook the noodles in boiling water for 5-6 minutes, until just al dente. Drain and rinse noodles.

While the noodles are cooking, heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Sauté the leeks for a few minutes and then add the mushrooms and sauté until tender, about 5-10 minutes.

In a large bowl, mix the cooked noodles, sautéed vegetables, eggs, sour cream, salt, pepper and 1 teaspoon of paprika. Pour into the casserole dish, sprinkle with the remaining paprika, cover with foil and bake for 30 minutes. Remove the foil and bake another 10-15 minutes to brown the top. Serve hot.

Savory Noodle Kugel with Leeks and Mushrooms

Ingredient checklist

PRODUCE

- Leeks
- Mushrooms

REFRIGERATED/DAIRY

- Eggs
- Sour cream

GROCERY

- Linguini noodles
- Vegetable oil

SPICES/SEASONINGS

- Paprika
- Sea salt
- Black pepper

Serving suggestion

Typically served as a side dish, enjoy this rich Kugel with sweet potato latkes, lentil soup or fattoush, which is a Middle-Eastern chopped vegetable salad. Substitute egg noodles for the linguini for a more traditional Kugel.

Nutritional information per serving

183 calories	8 g. fat
81 mg. cholesterol	207 mg. sodium
21 g. carbohydrate	1 g. fiber
7 g. protein	

The nutritional values and information provided are approximations.



Orange-Glazed Brussels Sprouts

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

1 pound fresh Brussels sprouts	2 tablespoons orange juice
1 clove garlic, minced	Zest of one orange
2 tablespoons butter	Pinch of salt and ground black pepper
½ cup water or vegetable broth	2 tablespoons toasted pine nuts
2 tablespoons apple cider vinegar	
1 tablespoon brown sugar	

Preparation

To prepare the Brussels sprouts, rinse them in cold water, trim the stems, remove the outer leaves, (including any torn or ragged ones) and cut them in half from top to bottom (choose smaller Brussels sprouts with tightly-closed heads).

In a large skillet, melt the butter over medium-high heat. Add the halved Brussels sprouts and sauté for about 4 minutes, then add the garlic and sauté 1 minute more until the Brussels sprouts start to brown on the edges. Add the water or broth, cover the skillet, and let the Brussels sprouts steam for 5 minutes.

While the sprouts are steaming, prepare the glaze by stirring together the apple cider vinegar, brown sugar, orange juice, orange zest, salt and pepper in a small mixing bowl. Remove lid from the Brussels sprouts and add the glaze ingredients. Cook on high for about two minutes or until the glaze becomes syrupy, stirring or tossing the Brussels sprouts until well coated. Sprinkle the Brussels sprouts with the toasted pine nuts and serve warm.

Orange-Glazed Brussels Sprouts

Ingredient checklist

PRODUCE

- Brussels sprouts
- Orange
- Garlic

BULK

- Brown sugar
- Pine nuts

REFRIGERATED/DAIRY

- Butter

GROCERY

- Vegetable broth (if using)
- Apple cider vinegar

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

This is a perfect side dish for pork, chicken or salmon, especially when those proteins are seasoned with Asian spices or marinades. Try doubling the glaze recipe and toss the sprouts and glaze with cooked linguini noodles to make a nice pasta dish.

Nutritional information per serving

144 calories	9 g. fat
15 mg. cholesterol	94 mg. sodium
15 g. carbohydrate	5 g. fiber
5 g. protein	

The nutritional values and information provided are approximations.



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Crab Cakes

**Ingredients (Makes 8 cakes. Prep time:
20 minutes active; 30 minutes total.)**

1 pound lump crab meat, drained and picked of shells	2 scallions, minced
½ cup Panko bread crumbs	1 teaspoon paprika
1 egg, beaten	¼ teaspoon crushed red pepper flakes
4 tablespoons light mayonnaise	¼ teaspoon ground allspice
2 teaspoons Dijon mustard	¼ teaspoon salt
1 teaspoon Worcestershire sauce	¼ teaspoon black pepper
1 lemon, juice and zest	2 tablespoons vegetable oil
1 tablespoon fresh basil, minced	

Preparation

In a large bowl, gently mix all of the ingredients except for the oil. Form the mixture into 8 equal-sized patties and set aside.

Heat a large skillet over medium-high heat. Add the vegetable oil. When the oil is hot, gently place the crab cakes in the pan and sauté for 4-5 minutes on each side until they are browning on the outsides and cooked through inside. Serve with fresh lemon wedges.

Crab Cakes

Ingredient checklist

PRODUCE

- Lemon
- Basil
- Scallions

GROCERY

- Panko bread crumbs
- Worcestershire sauce
- Light mayonnaise
- Dijon mustard
- Vegetable oil

REFRIGERATED/DAIRY

- Eggs

MEAT/SEAFOOD

- Crab meat

SPICES/SEASONINGS

- Paprika
- Allspice
- Black pepper
- Crushed red pepper flakes
- Sea salt

Serving suggestion

Crab cakes are a special party appetizer, topped with a dollop of mustard sauce, or lemon or lime aioli. Serve with creamy or tangy coleslaw, crisp green beans, steamed or roasted fingerling potatoes and corn for a festive meal.

Nutritional information per serving

131 calories	6 g. fat
81 mg. cholesterol	378 mg. sodium
7 g. carbohydrate	0 g. fiber
12 g. protein	

The nutritional values and information provided are approximations.



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Beans and Greens with Bacon

**Ingredients (Serves 8. Prep time: 30 minutes
active; 40 minutes total.)**

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|---|--|
| 6 ounces uncooked bacon, diced | 1 15-ounce can garbanzo beans,
rinsed and drained |
| 1 cup yellow onion, diced | 2 teaspoons Worcestershire
sauce |
| ½ cup carrots, diced | Salt and ground black pepper
to taste |
| 2 cloves garlic, minced | |
| 1 15-ounce can crushed tomatoes | |
| 1 cup vegetable broth or water | |
| ½ pound mustard greens and/
or kale, washed and roughly
chopped | |

Preparation

Heat a large stock pot or Dutch oven over medium-high heat. Cook the bacon, stirring frequently, until it is browned and crispy. Remove the bacon and place it on a paper towel to drain. Reserve 1 tablespoon of bacon fat in the pot. Sauté the onions and carrots in the bacon fat over medium-high heat for several minutes until onions are beginning to soften, then add the garlic and sauté another two minutes. Add the crushed tomatoes and vegetable stock and bring to a simmer. Add the greens and garbanzo beans, lower the heat and simmer the greens for 10-15 minutes until tender. Add the Worcestershire sauce and cooked bacon and season with salt and pepper.

For a vegetarian version, omit the bacon, replace the bacon fat with vegetable oil and add ½ cup of chopped soy bacon or garnish with 2-3 tablespoons of bac'un bits just before serving.

Beans and Greens with Bacon

Ingredient checklist

PRODUCE

- Yellow onion
- Garlic
- Carrots
- Mustard greens or kale

GROCERY

- Canned crushed tomatoes
- Canned garbanzo beans
- Vegetable broth (if using)
- Worcestershire sauce

MEAT/SEAFOOD

- Bacon

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

Top with medallions of roasted pork tenderloin or Parmesan-crusted pork chops for a special New Year's dinner, or serve alongside roast chicken or meatloaf.

Nutritional information per serving

178 calories	8 g. fat
15 mg. cholesterol	476 mg. sodium
18 g. carbohydrate	9 g. fiber
15 g. protein	

The nutritional values and information provided are approximations.