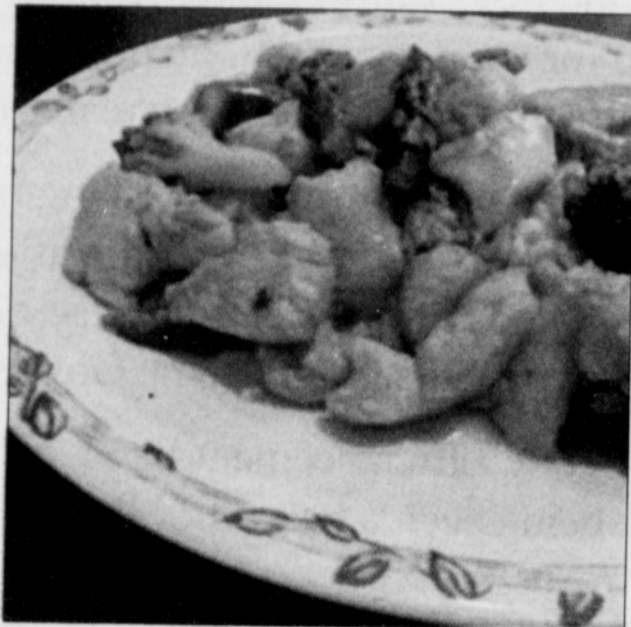


FOOD

Orange Chicken Stir Fry

Chicken breast meat stir fried with orange juice and zest, soy sauce, garlic and brown sugar, topped with bean sprouts and served over crispy chow mein noodles. Original recipe makes 4 servings.



Ingredients:

- 1 cup orange juice
- 1 tablespoon grated orange zest
- 1/4 cup soy sauce
- 1 teaspoon salt
- 3 cloves garlic, chopped
- 1 tablespoon brown sugar
- 3 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 tablespoons all-purpose flour
- 1 cup bean sprouts (optional)
- 1 (6 ounce) package crispy chow mein noodles

Directions:

1. In a small bowl combine the orange juice, orange zest, soy sauce, salt, garlic and brown sugar. Mix well.
2. Heat oil in a large skillet or wok over medium high heat. When oil begins to bubble, add chicken. Saute until cooked through (no longer pink inside), about 7 to 10 minutes.
3. Add orange sauce mixture to chicken and cook until sauce begins to bubble. Add flour, a little bit at a time, until sauce has thickened to your liking. Add bean sprouts and cook for 1 minute; serve hot over chow mein noodles.

Chinese-Style Broccoli Salad

This is a refreshing and light tasting broccoli salad. Try sprinkling a few sesame or pumpkin seeds on top for a little extra crunch. Original recipe makes 4 salad servings.

Ingredients:

- 2 heads fresh broccoli
- 2 tablespoons vegetable oil
- 1 tablespoon salt
- 2 tablespoons light soy sauce
- 2 tablespoons distilled white vinegar
- 2 tablespoons sesame oil
- 1/4 teaspoon salt
- 1 tablespoon white sugar

Directions:

1. Separate broccoli into bite-sized florets. Peel tough skin off stem and quarter it into 2 inch pieces cut slantwise.



2. Bring 2 1/2 quarts water, 2 tablespoons oil and 1 tablespoon salt to boil. Add broccoli and boil quickly for 1 minute; plunge into cold water to set color; drain and place on platter or in a bowl.

3. In a small bowl combine soy sauce, vinegar, sesame oil, 1/4 teaspoon salt and sugar. Pour mixture over broccoli, toss. This salad can be served hot or cold, your choice!



Blue Cheese, Spinach Meat Loaf Muffins

serve this with sweet potatoes or butternut squash. The mini meat loaves taste great the next day as they are easy to put away and re-heat. Original recipe makes 6 servings.

Ingredients:

- 1 1/2 pounds lean ground beef
- 3/4 cup crumbled blue cheese
- 1/2 cup diced onion
- 1/2 cup Italian bread crumbs
- 1/2 cup chopped fresh spinach
- 2 eggs
- 2 tablespoons Worcestershire sauce

Directions:

1. Preheat an oven to 375 degrees F (190 degrees C). Grease a large muffin pan with cooking spray.
2. Combine ground beef, blue cheese, onion, bread crumbs, spinach, eggs, and Worcestershire sauce in a large bowl until well blended. Divide meat mixture evenly into the prepared muffin pan.
3. Bake in the preheated oven until no longer pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).



Garlic Spinach

(4 servings)

Ingredients:

- 1 tablespoon unsalted butter
- 6 cloves garlic, thinly sliced
- 2 (10 ounce) bags fresh spinach
- 1 teaspoon garlic salt
- 1/2 lemon, juiced

Directions

1. Heat the butter in a skillet over medium heat. Stir in the garlic; cook and stir until the garlic is fragrant, about 2 minutes.
2. Add the spinach a few handfuls at a time, stirring until wilted before adding more, about 5 minutes. Stir in the lemon juice, and season with garlic salt.

NEW SEASONS
MARKET

NEIGHBORS MAKE a NEIGHBORHOOD GREAT

Bringing fresh food and friendly service
to the Boise-Eliot neighborhood in late
Summer 2013.

