



INGREDIENTS:

SAUCE INGREDIENTS

- 2 tbs lime juice
- 4 tbs water
- 2 1/2 tbs brown sugar
- 2 tbs fish sauce
- 1 1/2 tbs vegetable oil
- 2 tsp rice vinegar
- 1/8 tsp Cayenne pepper

CHICKEN AND NOODLES

- 4 oz (1/4 inch) rice noodle
- 6 oz chicken, sliced thin
- Vegetable oil as needed
- 1/4 cup shallots, sliced thin
- 1 garlic clove, sliced thin
- 1 egg
- 2 oz bean sprouts
- 2 tbs chopped peanuts
- 2 scallions, sliced thin for garnish
- 2 tbs cilantro, chopped

DIRECTIONS:

1. In a hot saute pan add just enough oil to coat the bottom of the pan. Sear chicken on all sides until golden brown.
2. Add shallots and garlic. Saute for one minute.
3. Add egg and stir frequently to break up into small pieces.
4. Add all sauce ingredients and stir until well combined.
5. Add rice noodles and cook until noodles are warmed through.
6. Remove and plate. Garnish with chopped peanuts, scallions, and cilantro. Lime wedges are optional.



Pumpkin Chili

INGREDIENTS:

- 1lb ground beef
- 1 green pepper, diced
- 1 onion, diced
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 (15oz) can pumpkin puree (NOT pie filling)
- 1 (15oz) can pinto beans, not drained
- 1 (15oz) can black beans, not drained
- 1 (28oz) can diced tomatoes, not drained
- salt and pepper, to taste
- olive oil

DIRECTIONS:

1. In a large soup pot, brown ground beef with pepper, onion, and a drizzle of olive oil. As the meat and veggies are cooking, sprinkle over chili powder, cumin, garlic powder, onion powder, and a healthy pinch of salt and pepper.
2. When the meat is cooked through, and the veggies are tender, add pumpkin puree, undrained beans, and the tomatoes with their juice to the pan. Cover and simmer until ready to eat.



Zoodles with Avocado Pesto

INGREDIENTS:

- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired

DIRECTIONS:

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.