







# Orange – Chipotle Wings

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## Ingredients:

- 1/4 cup hot water
- 3 chipotle chiles canned in adobo sauce, seeds removed
  - 1/4 cup chopped cilantro
  - 1 tbsp tomato paste
- 2 tbsp orange marmalade
  - 1 garlic clove, minced
  - 1/2 tsp ground cumin
  - 1/4 tsp ground cinnamon
  - 1 pinch ground allspice
  - 1 pinch ground cloves
- 1 1/2 tbsp cider vinegar
  - 3 tbsp lime juice
- 1 tbsp creamy peanut butter
- 3 1/2 pounds chicken wings
- Vegetable cooking spray, as needed
  - 2 tbsp honey
- 1 scallion, sliced thinly on bias for garnish

1. Preheat oven to 450°F. In a food processor, combine the hot water, chipotles, cilantro, tomato paste, marmalade, garlic, spices, vinegar, lime juice, and peanut butter, and pulse to make a coarse paste. Divide mixture in half.
2. Marinate the wings in half of the chipotle mixture for 6 to 8 hours or overnight.
3. Spray a heavy-duty baking tray with vegetable cooking spray. Arrange the chicken wings on the tray in one layer with space between each wing. Spray the wings with a light layer of vegetable cooking spray. Place the wings on a tray over a sheet pan and bake in the oven for 20 to 30 minutes until the wings are golden brown and crisp. The wings may be crisped for 3 to 4 minutes under the broiler if necessary.
4. Add 2 tablespoons of honey to the remaining chipotle sauce. Place 2 tablespoons of the sauce in a large mixing bowl. Add the hot wings and stir gently to coat every wing in sauce. Add more sauce to taste or serve extra sauce on the side.
5. Place the seasoned wings on a platter and garnish with sliced scallions.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.



## STREET CORN SALAD

This is a nice, creamy side dish for spicy chicken wings. If you don't like cilantro, you can leave it out or replace it with some minced scallions.

### INGREDIENTS:

- 1 tbsp vegetable oil
- 2 cups corn kernels, fresh or frozen
  - 1 tbsp lime juice
  - 3 tbsp mayonnaise
  - Hot sauce, to taste
  - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
  - 1/4 cup chopped cilantro
- 1/2 cup crumbled queso fresco
  - 1/2 tsp cayenne

1. Heat the oil in a large sauté pan over medium heat. Add the corn and cook, stirring frequently, until the corn begins to brown slightly but is still moist, about 5 minutes. Remove from the heat and set aside to cool.

2. In a serving bowl, combine the lime juice, mayonnaise, and hot sauce. Add the cooled corn and cilantro and mix to combine. Add the salt, pepper, and cheese and stir until all of the ingredients are evenly coated. Sprinkle with cayenne just before serving.

SERVES 4



**DASH**  
EAT. DRINK. DISCOVER.



## Pork Chops with RED PEPPER ORZO

The pork chops can be substituted for anything you'd prefer, like chicken breasts, salmon, steaks, or portobello mushrooms. The simple orzo salad is more flavorful than it appears, so you can keep your protein simple with just salt and pepper.

### INGREDIENTS:

- 1/2 pound orzo
- Kosher salt, to taste
- Ground black pepper, to taste
  - 1/4 cup olive oil
  - 1 red onion, diced
  - 1 red pepper, diced
  - 1 green pepper, diced
- 1 fennel bulb, finely diced
- 1 tbsp garlic, chopped
- 1 tbsp thyme, chopped
- 1/2 cup tomato juice
- 1/4 cup parsley, chopped
- 1 cup crumbled feta cheese
  - 2 tbsp canola oil
- 4 bone-in pork chops

1. Boil the orzo in salted water until tender. Drain, rinse under cold water, toss with 3 tablespoons of the olive oil, cover, and refrigerate.

2. In a large saucepan, sauté the onions, peppers, and fennel in the remaining 1 tablespoon of olive oil until just tender, about 4 minutes. Add the garlic and thyme and cook an additional 2 minutes.

3. Toss the sautéed vegetables with the reserved orzo. Add the tomato juice. Toss in the parsley, pepper, feta cheese. Taste and season with salt, to taste. Set aside.

4. Heat the oil in a cast iron skillet, griddle, or grill pan over medium-high heat. Season the pork chops with salt and pepper.

5. Add to the skillet and cook until well-browned, about 5 minutes. Flip and cook until browned and nearly cooked through, about 3 minutes. Remove from the heat and set aside in the pan to finish cooking through carryover cooking.

6. Transfer the pork to a cutting board and cut the meat from the bone. Slice and serve alongside the orzo salad.

SERVES 4





## Spinach and Cheddar FRITTATA

**You can use whatever vegetables you have on hand in this frittata, like bell pepper, broccoli, or mushrooms. Cook the veggies before you add them to the frittata, otherwise they'll add too much moisture. Reheat leftover frittatas for quick and easy breakfast sandwiches.**

### INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, cut into small dice
- 1 yellow potato, cut into medium dice and boiled until tender
  - 6 cups spinach
  - 6 eggs, lightly beaten
  - 1/2 cup whole milk
  - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup shredded Cheddar

1. Preheat the oven to 350°F.
2. Heat the oil in a medium skillet over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes.
3. Add the potato and cook gently until warmed through, 1 to 2 minutes more. Add the spinach and cook until just wilted, about 30 seconds.
4. In a medium bowl, whisk the eggs, milk, salt, and pepper to combine. Add the egg mixture to the hot skillet, and reduce the heat to low. Cook for a few minutes, until the edges begin to set.
5. Sprinkle the top of the frittata with the cheese, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.

# DINNER SHOPPING LIST

## PROTEIN

- 1 lb 8 oz large shrimp
- 3 lb 8 oz chicken wings
- 4 bone-in pork chops

## DAIRY

- 1/2 cup whole milk
- 1/2 cup shredded Cheddar
- 1/2 cup crumbled queso fresco
- 1 cup crumbled feta
- 6 eggs

## SPICES

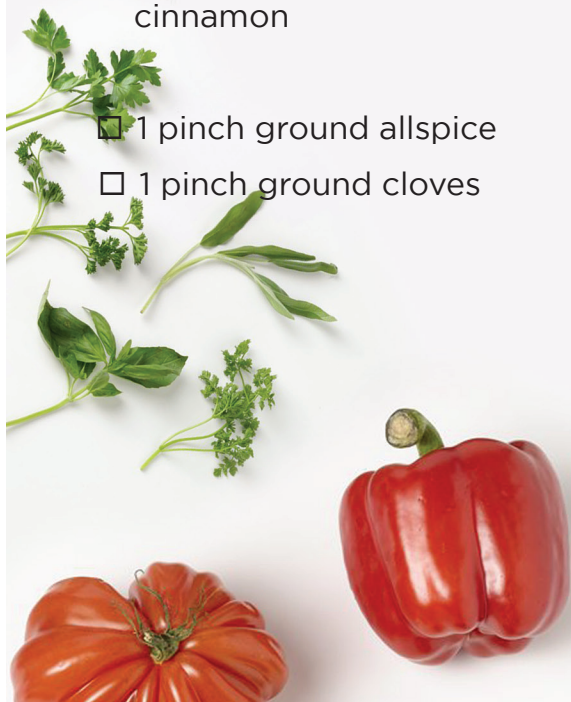
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 tsp dried ginger
- 3/4 tsp granulated garlic
- 1/4 tsp ground cinnamon
- 1 pinch ground allspice
- 1 pinch ground cloves

## PANTRY

- 1/2 cup olive oil
- 1/2 cup canola oil
- 2 1/2 cups vegetable stock
- 3 tbsp cider vinegar
- 1/3 cup mayonnaise
- 1 tbsp ketchup
- 1 tbsp tomato paste
- 1 can chipotle chiles in adobo
- 1 tbsp soy sauce
- 1 tbsp cornstarch
- 1 tbsp peanut butter
- 1/2 lb orzo
- 1 cup pineapple juice
- 2 tbsp orange marmalade
- 2 tbsp honey
- 1 tbsp sugar
- 1 cup macadamia nuts
- 1/4 cup sherry
- Vegetable cooking spray
- 1 bottle hot sauce
- 1 loaf crusty bread
- Kosher salt
- Black pepper

## PRODUCE

- 2 large yellow onions
- 1 red onion
- 1 head garlic
- 1 red bell pepper
- 1 green bell pepper
- 1 bulb fennel
- 1 yellow potato
- 6 cups spinach
- 2 large ripe tomatoes
- 1 lb 8 oz zucchini
- 2 cups corn kernels, fresh or frozen
- 2 heads Bibb lettuce
- 2 carrots
- 1 pineapple
- 3 limes
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch thyme
- 1 bunch scallions



**DASH**  
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