

SKILLETS

Fried Rice with Avocado & Glazed Teriyaki Chicken

Serves 4-6

Ingredients

- 4 tbsp grape seed oil
- 1.5 pound boneless skinless chicken thighs
- 1 cups teriyaki sauce
- Kosher salt
- Black pepper ground
- 2 each avocado (ripe)
- 12 scallions, whites chopped, greens thinly sliced and place in iced cold water (reserved for garnish)
- 3 garlic cloves, minced
- 1 tbsp ginger peeled and minced
- 6 cups cold cooked white rice (make a day ahead)
- 4 large eggs, beaten to blend
- 3/4 cup frozen edamame, thawed
- 3/4 cup frozen peas, thawed
- 4 tbsp reduced-sodium soy sauce
- 3 tbsp unseasoned rice vinegar
- 2 tsp toasted sesame oil
- 1 tbsp sesame seeds for garnish
- 4 large sprigs cilantro for garnish

Method

1 Heat 2 tbsp oil in a large nonstick skillet over medium-high heat. Season the chicken thighs with salt and pepper and pan sear to caramelize both sides of the thighs. Turn the heat to medium and add the teriyaki glaze to the chicken, let the chicken simmer in the glaze for 15 minutes or until cooked through (165 internal temp)

2 In a second pan heat remaining 2 tbsp oil; add scallion whites, garlic, and ginger stirring as it turns translucent and until fragrant, about 2-3 minutes.

3 Add rice and begin to stir by stirring continuously, when the rice is hot add the beaten eggs, stirring constantly. Cook until rice is crisp and eggs are cooked through, about 2 minutes.

4 Add edamame, peas, soy sauce, vinegar, sesame oil while continuing to stir fry, tossing constantly, until vegetables are heated through, about 2 minutes.

5 Once the rice and chicken are both ready, dice the avocado and fold them into the fried rice, remove from the heat and plate the rice into 4 bowls

6 Add the chicken thighs on top of the rice, drizzling the teriyaki over the top

7 Finish with garnishing with sesame seeds, cilantro, and the shaved green part of the scallions



Kale, Broccoli & White Cheddar & Mozzarella Frittata

Serves 4-6

Ingredients

- 12 large eggs
- 1/2 cup milk
- Salt and pepper
- 1 tbsp grapeseed oil
- 1/2 onion, small dice
- 2 cups sliced broccoli (blanched)
- 2 cups baby kale
- .5 cup white cheddar cheese, shredded
- 1 cup shredded mozzarella

Method

1 Preheat oven to 425 degrees.

2 In a large bowl, add eggs and milk. Season with salt and pepper.

3 In a large non-stick pan over medium heat, add grapeseed oil and onions, and cook for approximately 4 minutes, allowing onions to get some color. Next add blanched broccoli and kale allow to cook another 3 minutes.

4 Add egg and milk mixture. Cook on stove top for 2 minutes then add in the cheese, fold it all together and let set in the pan, place in the preheated oven at 425 to bake the frittata until the eggs are cooked and the frittata is firm approximately 10-15 minutes

5 Remove the frittata from the oven and take it out of the pan onto a cutting board. Cut into 4-6 wedges and serve on dinner plates with fresh fruit or arugula salad



Classic Steak with Mushroom Sauce

Serves 4-6

Ingredients

- 4-6 8 oz steak
- 6 tbsp balsamic vinegar
- 3 tsp Dijon mustard
- 6 garlic cloves, minced
- 9 tbsp grapeseed oil
- 9 sprigs basil, chopped

Mushroom Sauce

- 4 shallots peeled and sliced thin
- 4 sprigs fresh thyme
- 20 domestic mushrooms sliced
- 2 ounce red wine to deglaze
- 2 cups demi glace
- 2 tbsp cream
- 2 tbsp unsalted butter

Method

1 In a mixing bowl add balsamic vinegar, Dijon mustard, and garlic.

2 Slowly incorporate grapeseed oil. Add basil.

3 Marinate steak for at least 3 hours, though it can sit for up to 24 hours.

4 Place steak on a skillet at high heat to sear (no oil needed in pan), cook for approximately 5–8 minutes or until steak reaches desired temperature, remove the steak to rest, keeping the pan on high heat add a little more oil if needed, add the shallots and saute until caramelized, add the mushrooms keeping it on high heat for 2-3 minutes to seal and caramelize then add the thyme and red wine to deglaze and scrap all the bits off the bottom of the pan with a wooden spoon, turn the heat to medium

5 Once the red wine reduces add the demi place bring to a simmer, add the cream, turn the heat to low and add the butter, continue to mix so the butter emulsify into the sauce.

5 Serve the steak as medium rare (recommended) or an internal temperature of 125 - 130 degrees, too with e mushroom sauce and herb garnish of choice



Maple & Bacon Brussels Sprouts

Serves 4-6

Ingredients

- 24 Brussels sprouts
- 2 tbsp maple syrup
- 1 tbsp apple cider vinegar
- 3 tbsp grapeseed oil
- 3 slices bacon, rendered and cut into 1-inch pieces

Method

- 1 Cut Brussels sprouts in half lengthwise from top to bottom.
- 2 In a separate bowl, add maple syrup and apple cider vinegar, and whisk in 2 tbsp grapeseed oil.
- 3 In a large non stick skillet, add 1 tbsp of grapeseed oil over medium to high heat. Place Brussels sprouts in the pan (try to have cut side down) and cook for approximately 4 minutes on each side.
- 4 In a separate bowl add the cooked Brussels sprouts and cooked bacon, then dress with maple vinaigrette and serve.

Roasted Sweet Potatoes

Serves 4-6

Ingredients

- 2 tsp granulated sugar
- 8 peeled sweet potatoes, medium dice
- 1 bunch sage
- 1 shallot, finely chopped
- 2 tbsp lemon juice
- 1/2 cup walnuts, cut in half and toasted
- 3 oz gorgonzola blue cheese

Method

- 1 In a non stick skillet, add shallots and saute until translucent, then add the sugar toss well to coat the shallots and to allow sugar to dissolve.
- 2 Add the sweet potatoes and roast over medium high heat tossing the sweet potatoes every few minutes so the caramelized shallots coat them well
- 3 Once the potatoes are fork tender, turn down the heat and add the sage, lemon juice, a little salt and pepper, toss and divide onto plates or serve family style
- 4 Once the sweet potatoes are on the plate or in a family style bowl, top each with crumbled blue cheese and walnuts.