

eMeals Recipe Card

Deviled Eggs with Ham

Ingredients

- * 12 large eggs
- * 8 oz finely chopped ham
- * ½ cup finely chopped celery
- * 1 tablespoon finely chopped green onion
- * 6 tablespoons mayonnaise
- * 2 tablespoons Dijon mustard
- * 1 tablespoon minced fresh dill
- * ¼ teaspoon pepper

Instructions

1. In a medium saucepan, cover eggs with water and bring to a boil.
2. Cover, remove from heat and let stand for 20 minutes.
3. Pour off water, allow to cool.
4. Peel and slice eggs in half.
5. Remove yolks from each half and add to a bowl with ham, celery, onion, mayonnaise, mustard, dill and pepper.
6. Mash yolks using a fork and stir until well combined.
7. Spoon mixture into egg whites. Cover and chill up to 2 days, or serve immediately.

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Roasted Pork Loin

Ingredients

- * ¼ cup extra-light olive oil
- * ¼ cup fresh lemon juice
- * 2 tablespoons minced garlic
- * 2 tablespoons minced fresh thyme
- * 2 tablespoons minced fresh rosemary
- * 2 tablespoons Dijon mustard
- * 2 teaspoons Kosher salt
- * 2 teaspoons ground black pepper
- * 5 lb boneless pork loin roast

Instructions

1. In a large zip-top bag, combine oil, lemon juice, garlic, thyme, rosemary, mustard, salt and pepper.
2. Add roast to bag, seal and squish to coat it well.
3. Refrigerate at least 4 hours, or up to 2 days.
4. Remove meat from bag and let stand at room temperature for 30 minutes; discard marinade.
5. Place roast on a rimmed baking sheet coated with cooking spray.
6. Bake at 400 degrees F for 30-45 minutes, or until internal temperature reaches 145 degrees F.
7. Let stand 10 minutes before slicing.

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Broccoli Cheddar Casserole

**Ingredients**

- * 3 heads broccoli, cut into florets
- * 1 cup thinly sliced sweet onion
- * 3 cups shredded sharp cheddar cheese, divided
- * 2 cups crushed saltine crackers, divided
- * 10 oz can cheddar cheese soup
- * 1 cup sour cream
- * 1 large egg
- * 2 teaspoons minced garlic
- * ½ teaspoon seasoned salt
- * ¼ teaspoon pepper
- * 5 tablespoons butter, melted

Instructions

1. Preheat oven to 350°F.
2. Place broccoli and onion in a large Dutch oven.
3. Add water to cover, and bring to a boil over medium-high heat.
4. Reduce heat and simmer 8 minutes, or until tender; drain well.
5. In a large bowl, combine 2 cups cheese, 1 cup crushed crackers, soup, sour cream, egg, garlic, seasoned salt and pepper.
6. Stir in broccoli mixture, and spoon into a 9x13-inch baking dish coated with cooking spray.
7. Sprinkle remaining 1 cup cheese evenly over the top.
8. Combine butter and remaining 1 cup crushed crackers; sprinkle over cheese.
9. Bake for 30 minutes, or until bubbly and slightly browned.

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Potato, Parsnip and Cauliflower Mash

Ingredients

- * 3 lbs russet potatoes, peeled, cut in 1-inch chunks
- * 1 head cauliflower, cut into florets
- * ½ lb parsnips, cut into ¾-inch pieces
- * 2 teaspoons salt
- * ¾ cup sour cream
- * ¼ cup butter
- * 1 teaspoon garlic salt
- * 2 tablespoons minced fresh chives

Instructions

1. In a large Dutch oven, combine potatoes, cauliflower, parsnips and salt.
2. Add water to cover and bring to a boil over medium-high heat.
3. Reduce heat and simmer 15 minutes, or until tender; drain well.
4. Add sour cream, butter and garlic salt to pot.
5. Beat with a mixer to desired consistency.
6. Stir in chives before serving.

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Roasted Carrots with Orange Glaze

Ingredients

- * ¼ cup butter
- * 2 shallots, finely chopped
- * 1 tablespoon minced garlic
- * 2 cups orange juice
- * 2 tablespoons honey
- * 1 teaspoon salt
- * ½ teaspoon pepper
- * 3 lbs baby carrots, tops trimmed, halved lengthwise
- * ¼ cup extra-light olive oil

Instructions

1. In a small saucepan, melt butter over medium heat.
2. Add shallots and garlic; cook 2 minutes. Add orange juice, honey, salt and pepper; cook 12 minutes, or until reduced to 1½ cups.
3. Toss carrots and oil to coat on a foil lined, rimmed baking sheet. Bake at 450 degrees F for 10 minutes.
4. Pour butter mixture over and bake for additional 5 minutes, or until carrots are crisp-tender and glaze has thickened.
5. Let stand 2 minutes. Spoon glaze over carrots to serve.

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Mixed Green Salad with Apples, Dried Cranberries and Pecans

Ingredients

- * 2 (5-ounce) packages spring mix salad
- * 1 Granny Smith apple, cored and thinly sliced
- * 1 cup chopped toasted pecans
- * 1 cup dried cranberries
- * $\frac{3}{4}$ cup extra-light olive oil
- * $\frac{1}{2}$ cup white wine vinegar
- * 2 tablespoons whole-grain Dijon mustard
- * 1 tablespoon chopped fresh parsley
- * 2 teaspoons honey
- * $\frac{1}{4}$ teaspoon salt
- * $\frac{1}{4}$ teaspoon pepper

Instructions

1. In a large bowl, combine spring mix salad, apple, pecans, and cranberries.
2. In a small bowl, whisk together olive oil, vinegar, mustard, parsley, honey, salt, and pepper.
3. Drizzle desired amount of dressing over salad.

eMeals Recipe Card

Orange Muffins with Orange Glaze

**Ingredients**

- * 2½ cups all-purpose flour
- * 1/3 cup sugar
- * 1 tablespoon baking powder
- * 1 tablespoon minced fresh thyme
- * ½ teaspoon salt
- * ¾ cup milk
- * ¼ cup butter, melted
- * 2 teaspoons orange zest
- * ½ cup fresh orange juice
- * 2 large eggs
- * ½ cup confectioners' sugar
- * 1 tablespoon fresh orange juice

Instructions

1. Preheat oven to 375°F.
2. In a large bowl, whisk together flour, granulated sugar, baking powder, thyme, and salt.
3. In a small bowl, combine milk, melted butter, orange zest, orange juice, and eggs, stirring with a whisk until well blended.
4. Add milk mixture to flour mixture, stirring just until combined.
5. Spoon batter into a muffin pan that has been filled with paper liners or sprayed with cooking spray and dusted with flour.
6. Bake for 15-20 minutes, or until a toothpick inserted in center comes out clean.
7. In a small bowl, whisk confectioners sugar and 1 tablespoon orange juice until smooth.
8. Drizzle glaze over hot muffins, and serve warm.

eMeals Recipe Card

Lemon Buttermilk Chess Pie

Ingredients

- * 1 refrigerated pie crust
- * 1 ½ cups sugar
- * 3 tablespoons yellow cornmeal
- * ¼ teaspoon salt
- * 1/3 cup milk
- * 1 teaspoon white vinegar
- * 4 large eggs, lightly beaten
- * 1 ½ teaspoons vanilla extract
- * 1 ½ teaspoons lemon zest
- * 2 tablespoons fresh lemon juice
- * 2 tablespoons butter, melted

Instructions

1. Fit crust into a 9-inch pie plate. Flute edges as desired.
2. In a medium bowl, whisk together sugar, cornmeal, and salt.
3. In a separate bowl, whisk together milk and vinegar; let stand for 10 minutes.
4. Add eggs, vanilla, lemon zest, and lemon juice. Whisk to combine.
5. Add egg mixture to dry ingredients. Stir in melted butter. Pour mixture into prepared crust.
6. Bake at 325 degrees F for 45-50 minutes or until center is just set. Let cool completely before serving.
7. Store pie in refrigerator.

MEAL #	GROCERY ITEM	PRICE:	OTHER ITEMS:	X
	PRODUCE			
1	1 bunch celery, use ½ cup chopped	1.58		
1	1 bunch green onion, use 1 tablespoon chopped	1.10		
1	1 oz package fresh dill, use 1 tablespoon minced	2.24		
2,8	3 lemons, use 1½ teaspoons zest and 6 tablespoons juice	1.14		
2,7	1 oz package fresh thyme, use 3 tablespoons	2.24		
2	1 oz package fresh rosemary, use 2 tablespoons	2.24		
3	3 heads broccoli	1.58		
3	1 large sweet onion, use 1 cup sliced	.50		
4	3 lbs russet potatoes	2.70		
4	1 head cauliflower	2.58		
4	½ lb parsnips	1.34		
4	1 oz package fresh chives, use 2 tablespoons chopped	2.24		
5	3 oz package shallots, use 2	1.98		
5	3 lbs baby carrots with tops	3.88		
6	2 (5 oz) packages spring mix salad	5.76		
6	1 Granny Smith apple	.88		
6	1 bunch parsley, use 1 tablespoon chopped	.72		
7	3 oranges, use 2 teaspoons zest and ½ cup plus 1 tablespoon juice	1.74		
	MEAT & SEAFOOD			
1	16 oz package diced cooked ham, use 8 oz	3.48		
2	5 pound boneless pork loin roast	10.00		
	REFRIGERATED			
1,3,7,8	2 dozen large eggs, use 19	3.76		
3	2 (8 oz) packages shredded, sharp Cheddar cheese, use 3 cups	4.56		
3,4	16 oz container sour cream, use 1¾ cups	1.48		
3,4,5,7,8	1 lb package butter, use about 1¼ cups plus 1 tablespoon	2.78		
5	1 quart orange juice, use 2 cups	1.88		
7,8	½ gallon milk, use ¾ cup plus ⅓ cup	2.08		
8	14 oz box refrigerated pie crust, use 1 crust	1.78		
	FROZEN			
	CANNED & PACKAGED			
2,5,6	17 oz bottle extra-light olive oil, use 1¼ cups	3.68		
3	16 oz box saltine crackers, use 2 cups crushed crackers	1.68		
3	10 oz can condensed Cheddar cheese soup	1.50		
6	8 oz package chopped pecans, use 1 cup	5.28		
6	6 oz package dried cranberries, use 1 cup	2.78		
6,7	12 oz jar white wine vinegar, use ½ cup plus 1 teaspoon	1.66		
7	2 lb bag all-purpose flour, use 2½ cups	1.42		
7,8	2 lb bag sugar, for 2 cups	1.50		
7	1 lb bag confectioners' sugar, use ½ cup	1.00		
	APPROXIMATE TOTAL:	88.74		

STAPLES NEEDED FOR EACH MEAL:

Dish 1 6 tablespoons mayonnaise 2 tablespoons Dijon mustard	Dish 2 2 tablespoons minced garlic 2 tablespoons Dijon mustard Zip-top bag Cooking spray	Dish 3 2 teaspoons minced garlic ½ teaspoon seasoned salt	Dish 4 1 teaspoon garlic salt	Dish 5 1 tablespoon minced garlic 2 tablespoons honey Aluminum foil	Dish 6 2 tablespoons Dijon mustard 2 teaspoons honey	Dish 7 1 tablespoon baking powder Cooking spray	Dish 8 3 tablespoons yellow cornmeal 1½ teaspoons vanilla extract
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