

## 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.

## eMeals Recipe Card

## Roasted Pork Loin

**Ingredients**

- \* ¼ cup 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.

## eMeals Recipe Card

## 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.

## eMeals Recipe Card

## 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.

## eMeals Recipe Card

## 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 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.

## eMeals Recipe Card

# 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 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

# Blueberry-Almond Muffins

### Ingredients

- \* 2 cups all-purpose flour
- \* 1 cup whole wheat flour
- \* 3/4 cup packed brown sugar
- \* 2 teaspoons baking powder
- \* 1 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1/4 cup old-fashioned oats
- \* 1/4 cup sliced almonds, toasted, if desired
- \* 2 cups whole or nonfat buttermilk
- \* 1/4 cup butter, melted and cooled
- \* 2 large eggs
- \* 1 teaspoon vanilla
- \* 1 1/2 cups fresh blueberries

### Instructions

1. Preheat oven to 375 degrees.
2. Spray a 12-cup muffin pan with cooking spray.
3. Whisk together flours, brown sugar, baking powder, baking soda and salt in a large bowl. Stir in oats and almonds.
4. Whisk together buttermilk, butter, eggs and vanilla in a bowl. Add liquids to flour mixture; stir just until blended.
5. Gently fold in blueberries. Spoon batter evenly into muffin pan.
6. Bake 25 minutes or until toothpick inserted in center of a muffin comes out clean.
7. Cool in pan 5 minutes. Remove from pan, and cool completely.

## 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.





# Easter Menu Grocery List

Serves 12

MEAL #	GROCERY ITEM	PRICE:	OTHER ITEMS:	X
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	1 oz package fresh thyme, use 2 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	1 pint fresh blueberries, use 1 1/2 cups	4.00		
<b>MEAT &amp; SEAFOOD</b>				
1	16 oz package diced cooked ham, use 8 oz	3.48		
2	5 pound boneless pork loin roast	10.00		
<b>REFRIGERATED</b>				
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 1¼ cups	1.48		
3,4,5,7,8	1 lb butter, use about 1¼ cups plus 1 tablespoon	2.78		
5	1 quart orange juice, use 2 cups	1.88		
8	½ gallon milk, use ⅓ cup	2.08		
8	14 oz box refrigerated pie crust, use 1 crust	1.78		
7	1 quart whole or nonfat buttermilk, use 2 cups	1.78		
<b>FROZEN</b>				
<b>CANNED &amp; PACKAGED</b>				
2,5,6	17 oz bottle 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	12 oz bottle white wine vinegar, use ½ cup	1.66		
7	2 lb bag all-purpose flour, use 2 cups	1.42		
7,8	2 lb bag sugar, for 1 1/2 cups	1.50		
7	5 lb bag whole-wheat flour, use 1 cup	3.76		
7	18 oz container old-fashioned oats, use ¼ cup	1.58		
7	2 oz bag sliced almonds, use ¼ cup	1.50		
<b>APPROXIMATE TOTAL:</b>		<b>\$98.62</b>		

**STAPLES NEEDED FOR EACH MEAL:**

<b>Dish 1</b> 6 tablespoons mayonnaise 2 tablespoons Dijon mustard	<b>Dish 2</b> 2 tablespoons minced garlic 2 tablespoons Dijon mustard Zip-top bag Cooking spray	<b>Dish 3</b> 2 teaspoons minced garlic ½ teaspoon seasoned salt	<b>Dish 4</b> 1 teaspoon garlic salt	<b>Dish 5</b> 1 tablespoon minced garlic 2 tablespoons honey Aluminum foil	<b>Dish 6</b> 2 tablespoons Dijon mustard 2 teaspoons honey	<b>Dish 7</b> ¾ cup brown sugar Cooking spray  2 teaspoons baking powder 1 teaspoon baking soda 1 teaspoon vanilla extract	<b>Dish 8</b> 3 tablespoons  1½ teaspoons  vanilla extract yellow cornmeal 1 teaspoon white vinegar
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