

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 or 1 tsp dried 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 15 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 olive oil
- * ¼ cup fresh lemon juice
- * 2 tablespoons minced garlic
- * 2 tablespoons minced fresh or 2 teaspoons dried thyme
- * 2 tablespoons minced fresh or dried rosemary
- * 2 tablespoons Dijon mustard
- * 2 teaspoons Kosher salt
- * 2 teaspoons ground black pepper
- * 5 lb boneless pork loin roast

Instructions

1. Preheat oven to 400 degrees F
2. In a large zip-top bag, combine oil, lemon juice, garlic, thyme, rosemary, mustard, salt and pepper.
3. Add roast to bag, seal and turn to coat it well.
4. Refrigerate at least 4 hours, or up to 2 days.
5. Remove meat from bag and let stand at room temperature for 30 minutes; discard marinade.
6. Place roast on a rimmed baking sheet coated with cooking spray.
7. Bake for 30 to 45 minutes, or until pork is slightly pink in center.
8. 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
- * ¼ cup butter
- * 2 teaspoons garlic salt
- * 2 tablespoons minced fresh chives (optional)

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

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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 olive oil
- * $\frac{1}{2}$ cup white wine vinegar
- * 2 tablespoons whole-grain Dijon mustard
- * 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, honey, salt and pepper.
3. Drizzle desired amount of vinaigrette over salad.

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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 F.
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.

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

Meal	✓	Grocery Items to Purchase
		Produce
1		1 (1-oz) pkg fresh dill, need 1 Tbsp minced
1		1 bunch green onions, need 1 Tbsp finely chopped
1		1 bunch celery, need ½ cup finely chopped
2		1 (1-oz) pkg fresh thyme, need 2 Tbsp minced
2		1 (1-oz) pkg fresh rosemary, need 2 Tbsp minced
2,8		2 lemons
3		1 medium sweet onion, need 1 cup thinly sliced
3		3 heads broccoli
4		1 head cauliflower
4		½ lb parsnips
4		3 lbs russet potatoes
4		1 (1-oz) pkg fresh chives, need 2 Tbsp minced
5		3 lbs baby carrots
6		1 Granny Smith apple
6		2 (5-oz) pkg spring mix salad
7		1 pint blueberries, need 1½ cups
		Meat & Seafood
1		1 (16-oz) pkg diced cooked ham, need ½ pkg finely chopped
2		1 (5-lb) boneless pork loin roast
		Refrigerated
1,3,7,8		2 dozen large eggs, need 19 eggs
3		2 (8-oz) pkg shredded sharp Cheddar cheese, need 3 cups
3		1 (8-oz) container sour cream, need 1 cup
3,4,5,7,8		1 (16-oz) pkg butter, need about 1½ cups
5		1 qt orange juice, need 1 cup
7		1 qt whole or nonfat buttermilk, need 2 cups
8		1 (14-oz) pkg refrigerated pie crusts, need 1 crust
8		1 qt milk, need ½ cup
		Canned & Packaged
3		1 (16-oz) box saltine crackers, need 2 cups crushed
3		1 (10-oz) can Cheddar cheese soup
6		1 (6-oz) pkg dried cranberries, need 1 cup
6		1 (4-oz) pkg chopped pecans, need 1 cup toasted
7		1 (16-oz) pkg all-purpose flour, need 2 cups
7		1 (8-oz) pkg sliced almonds, need ¼ cup toasted
7		1 (18-oz) pkg old-fashioned oats, need ¼ cup
7		1 (16-oz) pkg whole-wheat flour, need 1 cup
8		1 (1-lb) pkg sugar, need 1½ cups

Necessary Staples
Meal 1
2 Tbsp Dijon mustard 6 Tbsp mayonnaise
Meal 2
¼ cup olive oil 2 Tbsp Dijon mustard 2 Tbsp minced garlic Zip-top bag Cooking spray
Meal 3
Cooking spray ½ tsp seasoned salt 2 tsp minced garlic
Meal 4
2 tsp garlic salt
Meal 5
¼ cup olive oil 1 Tbsp minced garlic Aluminum foil 2 Tbsp honey
Meal 6
¾ cup olive oil ½ cup white wine vinegar 2 Tbsp Dijon mustard 2 tsp honey
Meal 7
2 tsp baking powder 1 tsp baking soda ¾ cup packed brown sugar Cooking spray 1 tsp vanilla extract
Meal 8
1 tsp white vinegar 1½ tsp vanilla extract 3 Tbsp yellow cornmeal