

-- Spencer's Weekly Recipes --

Chicken and Broccoli Stir-Fry



- 1 lb. chicken breast (about 2 breasts), cubed
- 3 scallions, whites only, thinly sliced on a bias
- 2 tsp. sugar
- 1 tbsp. dark sesame oil
- 1 tbsp. dry sherry
- 1 tbsp. soy sauce
- 2 cloves garlic, minced
- 1-inch piece peeled fresh ginger, minced
- 1 tbsp., plus 1 tsp. cornstarch
- Kosher salt and freshly ground black pepper
- About 1/3 cup water
- 3 tbsp. vegetable oil
- 5 to 6 cups broccoli florets and sliced stalks (keep the 2 cuts separate)
- 3/4 to 1 tsp. red chili flakes, optional
- 1 tsp. hoisin sauce
- Toasted sesame seeds, for serving, optional
- Jasmine rice, for serving, optional

1. In a medium bowl, toss chicken with scallion whites, sugar, sesame oil, sherry, soy sauce, about half the garlic, half the ginger, 1 tsp. cornstarch and 1 tsp. salt. Marinate at room temp. for 15 min. Mix remaining 1 tbsp. cornstarch with 1/3 cup water in a small bowl and reserve.
2. Heat a large nonstick skillet over high heat. Add 1 tbsp. vegetable oil and heat. Add broccoli stems and stir-fry for 30 seconds. Add florets and remaining garlic and ginger, 2 tbsp. water, 1/4 tsp. salt and some black pepper. Stir-fry until broccoli is bright green but still crisp, about 2 min. Transfer to a plate.
3. Get skillet good and hot again, and then heat remaining 2 tbsp. vegetable oil. Add chicken and red pepper flakes if using. Stir-fry until chicken loses its raw color and gets a little brown, about 3 min. Add hoisin sauce, return broccoli to pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken. Add more water if needed to thin sauce, if necessary. Season with salt and pepper to taste.
4. Garnish with sesame seeds; serve with rice.
<https://www.foodnetwork.com/recipes/food-network-kitchen/chicken-and-broccoli-stir-fry-recipe-1942670>

Tuscan Vegetable Soup

- 1 (15-oz.) can low-sodium cannellini beans, drained & rinsed
- 1 tbsp. olive oil
- 1/2 large onion, diced (1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tbsp. chopped fresh thyme leaves (or 1 tsp. dried)
- 2 tsp. chopped fresh sage leaves (or 1/2 tsp. dried)
- 1/2 tsp. salt
- 1/4 tsp. fresh ground black pepper
- 32 oz. low-sodium chicken broth or vegetable broth
- 1 (14.5-oz.) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan,



optional

1. In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat oil in a large soup pot over medium-high heat. Add onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 tsp. of salt and 1/4 tsp. of pepper, and cook stirring occasionally until vegetables are tender, about 5 min.
3. Add broth and tomatoes with juice and bring to a boil. Add mashed and whole beans and spinach leaves and cook until the spinach is wilted, about 3 min. more.
4. Serve topped with Parmesan, if desired.
<https://www.foodnetwork.com/recipes/ellie-krieger/tuscan-vegetable-soup-recipe-1957503>

Herb-Marinated Pork Tenderloins

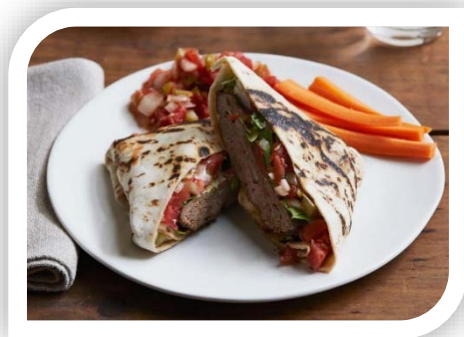


- 1 lemon, zest grated
- 3/4 cup freshly squeezed lemon juice (4 to 6 lemons)
- Good olive oil
- 2 tbsp. minced garlic (6 cloves)
- 1 1/2 tbsp. minced fresh rosemary leaves
- 1 tbsp. chopped fresh thyme leaves
- 2 tsp. Dijon mustard
- Kosher salt
- 3 pork tenderloins (about 1 lb. each)
- Freshly ground black pepper

1. Combine lemon zest, lemon juice, 1/2 cup olive oil, garlic, rosemary, thyme, mustard, and 2 tsp. salt in a sturdy 1-gallon re-sealable plastic bag. Add pork tenderloins and turn to coat with the marinade. Squeeze out air and seal bag. Marinate pork in refrigerator for at least 3 hours but preferably overnight.
2. Preheat the oven to 400° F.
3. Remove the tenderloins from marinade. Discard marinade but leave herbs that cling to the meat. Sprinkle tenderloins generously with salt and pepper. Heat 3 tbsp. olive oil in a large oven-proof sauté pan over medium-high heat. Sear pork tenderloins on all sides until golden brown. Place the sauté pan in oven and roast the tenderloins for 10-15 min or until the meat registers 137 °F at thickest part. Transfer tenderloins to a platter, cover tightly with aluminum foil. Allow to rest for 10 min. Carve in 1/2-inch-thick diagonal slices. Thickest part of the tenderloin will be quite pink and the thinnest part will be well done. Season with salt and pepper and serve warm, or at room temperature with the juices that collect in the platter.
<https://www.foodnetwork.com/recipes/inagarten/herb-marinated-pork-tenderloins-recipe-1948375>

Taco Pockets

- 1 1/3 lb. ground sirloin or ground turkey breast
- 1 small onion, finely chopped
- 2 cloves garlic, chopped
- 1 tbsp. ground cumin
- 1 tbsp., dark chili powder
- 1 tsp. cayenne pepper sauce
- 1 tsp. coarse salt
- 1 tbsp. vegetable oil
- 4 (12-inch diameter) soft flour tortillas
- 1 cup mild taco sauce
- 1 heart of romaine lettuce, shredded
- 2 small plum tomatoes, seeded and chopped
- 2 cups shredded Monterey jack



1. Combine ground meat with onion, garlic, spices, and salt and form 4 patties. Pan fry patties in 1 tbsp. oil over medium high heat for 7 min. on each side.
2. To make a taco pocket, blister a flour tortilla on a hot griddle pan for 30 seconds on each side. Place tortilla on dinner plate and spread surface with 1/4 cup mild taco sauce. Pile shredded lettuce, tomatoes and a handful of cheese in center of tortilla. Top veggies and cheese with cooked taco burger patty and wrap tortilla up and over patty on all four sides. Turn square pouch over and cut from corner to corner, making 2 taco pockets that will not crumble and drip like traditional tacos.
3. Serve taco pockets with cut fresh seasonal veggies, assorted tortilla chips and mild salsa for dipping.

<https://www.foodnetwork.com/recipes/rachael-ray/taco-pockets-recipe-1911599>



Honey Soy Grilled Salmon with Edamame

- 1/4 cup packed cilantro leaves
- 2 scallions
- 2 tsp. vegetable oil
- 1 tsp. grated ginger
- Kosher salt and freshly ground pepper
- 4 center cut skin-on wild salmon fillets, about 6 oz. each
- 2 tsp. fresh lime juice
- 2 tsp. low-sodium soy sauce
- 2 tsp. honey
- 1/4 tsp. black sesame seeds
- 1 1/3 cups cooked edamame
- Lime wedges, optional garnish

1. Preheat grill over medium-high direct heat. Oil grill grates. Finely chop cilantro and scallion and mix in oil and ginger. Season with salt and pepper.
2. Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season fish with salt and pepper.
3. Stir together lime juice, soy and honey until smooth. Place salmon, skin side up, on grill and cook until well-marked, 3 to 4 min. Turn salmon and continue to cook, brushing tops with sauce, until fish is cooked through, about another 3 to 4 min. Transfer to a serving plate and sprinkle tops with sesame seeds. Serve with edamame and lime wedges.
4. Broiler directions: Position an oven rack so a baking sheet set on the rack is about 4-inches below the heat source. Preheat broiler. Prepare salmon as above and place fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3-4 times with sauce, until cooked through, about 6 to 7 min

<https://www.foodnetwork.com/recipes/food-network-kitchen/honey-soy-grilled-salmon-with-edamame-recipe-2105165>

Easy Chicken Curry with Vegetables

- 2 tbsp. vegetable oil
- 3 tbsp. red Thai curry paste
- 1 yellow onion, sliced with the grain
- 2 chicken breasts, cut into cubes
- Salt and freshly ground black pepper
- 1 1/2 cups broccoli florets
- 1 1/2 cups chopped carrots
- 1 tsp. dried basil
- 3 cloves garlic, minced
- Zest of 1/2 lime
- 1 1/4 cups coconut milk
- 1/4 cup chicken stock
- One 14-oz. can diced tomatoes
- Lime wedges, for squeezing



Directions

Cook 1 tbsp. of oil, the curry paste and onions in a large sauté pan over medium heat, stirring often and letting sizzle, 5 to 6 mins. Pat the chicken dry, sprinkle with salt and pepper and add remaining oil to the pan. Cook chicken in the onion-curry mixture until golden on all sides. Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring, until the vegetables are coated, about 2 min. Add the coconut milk, chicken stock and tomatoes and bring to a simmer. Let the chicken simmer until cooked through and the sauce begins to thicken, about 20 minutes. Squeeze with lime juice before serving.

<https://www.foodnetwork.com/recipes/melissa-darabian/easy-chicken-curry-with-vegetables-recipe-2107356>