

-- Spencer's Weekly Recipes --

Pork Tenderloin with Seasoned Rub

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried thyme
- Salt
- 1 1/4 pounds pork tenderloin
- 1 tablespoon olive oil
- 1 teaspoon minced garlic



1. Preheat the oven to 450 ° F.
2. In separate bowl mix dry ingredients garlic powder, oregano, cumin, coriander, thyme and salt. Stir mixture with a fork until all the ingredients are well combined and they form a seasoning. This will be used as a rub to ensure the pork is well seasoned throughout. Sprinkle the rub over the tenderloin with a dry hand, then rub the pork with the seasoning over both sides of the meat, pressing gently so the seasoning adheres well to the tenderloin.
3. In a large skillet over medium-high heat, add the olive oil and heat. Add the minced garlic and saute, stirring, for 1 min. Put tenderloin in the pan and cook for about 10 min., searing each side using tongs to turn the meat. Transfer meat to a roasting pan and bake for 20 min. Slice and serve.

<https://www.foodnetwork.com/recipes/ellie-krieger/pork-tenderloin-with-seasoned-rub-recipe-1917382>



Garden Vegetable Soup

- 4 tbsp. olive oil
 - 2 cups chopped leeks, white part only (from approx. 3 medium leeks)
 - 2 tbsp. finely minced garlic
 - Kosher salt
 - 2 cups carrots, peeled and chopped into rounds (approx. 2 medium)
 - 2 cups peeled and diced potatoes
 - 2 cups fresh green beans, broken or cut into 3/4-inch pieces
 - 2 quarts chicken or vegetable broth
 - 4 cups peeled, seeded, and chopped tomatoes
 - 2 ears corn, kernels removed
 - 1/2 tsp. freshly ground black pepper
 - 1/4 cup packed, chopped fresh parsley leaves
 - 1 to 2 tsp.s freshly squeezed lemon juice
- Directions

1. Heat olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 mins. Add carrots, potatoes, and green beans and continue to cook for 4 to 5 more min., stirring occasionally.
2. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 min. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

<https://www.foodnetwork.com/recipes/alton-brown/garden-vegetable-soup-recipe-1915670>

Chicken Saltimbocca

- 6 (3-oz.) chicken cutlets, pounded to evenly flatten
- Salt and freshly ground black pepper
- 6 paper-thin slices prosciutto
- 1 (10-oz.) box frozen chopped spinach, thawed
- 3 tbsp. olive oil
- 1/4 cup grated Parmesan
- 1 (14-oz.) can low-salt chicken broth
- 2 tbsp. fresh lemon juice



1. Place chicken cutlets flat on the work surface. Sprinkle with salt and pepper. Lay 1 slice of prosciutto atop each chicken cutlet.
2. Squeeze frozen spinach to remove excess water. Season spinach with salt and pepper. In a small bowl, toss spinach with 1 tbsp. oil to coat.
3. Arrange an even, thin layer of spinach atop the prosciutto slices. Sprinkle Parmesan evenly over each. Beginning at the short tapered end, roll up each chicken cutlet as for a jellyroll. Secure with a toothpick.
4. Heat remaining 2 tbsp. oil in a heavy large skillet over high heat. Add chicken and cook just until golden brown, about 2 min. per side. Add chicken broth and lemon juice, and scrape the browned bits off the bottom of the pan with a wooden spoon. Bring liquid to a boil. Reduce heat to medium. Cover and simmer until the chicken is just cooked through, about 8 to 10 min. Transfer chicken to a platter. Simmer the cooking liquid over high heat until it is reduced to about 2/3 cup, about 5 min. Season cooking liquid with salt and pepper, to taste. Remove toothpicks from chicken. Drizzle reduced cooking liquid over chicken and serve immediately.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/chicken-saltimbocca-recipe-1942157>

Buffalo Cauliflower with Blue Cheese Sauce

Cheese Sauce:

- 1/3 cup nonfat sour cream
- 2 tbsp. crumbled blue cheese
- 1 tsp. skim milk
- 2 tsp. mayonnaise

Kosher salt and ground black pepper

Buffalo Cauliflower:

- 2 tbsp. unsalted butter
- 1/4 cup hot sauce, such as Frank's
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. olive oil
- Kosher salt
- 8 cups cauliflower florets (from about 1 medium head)



1. Preheat the oven to 400 ° F.
2. For cheese sauce: Whisk together sour cream, blue cheese, milk, mayonnaise, 1/8 tsp. salt and a few grinds of pepper in a small bowl. Cover and refrigerate until chilled, about 30 min.
3. For Buffalo cauliflower: Meanwhile, melt butter in a small microwave-safe bowl on high until melted. Whisk in hot sauce and lemon juice and set aside.
4. Mix olive oil, 1/4 tsp. salt and 1/2 cup water in a large bowl. Add cauliflower and toss until well coated. Spread cauliflower on a rimmed baking sheet and roast until beginning to brown and just tender, 20 to 25 min. Whisk hot sauce mixture again, drizzle over cauliflower and toss with tongs to coat. Roast the cauliflower until sauce is bubbling and browned around the edges, 5 to 7 min. more. Serve hot with cheese sauce.

<https://www.foodnetwork.com/recipes/food-network-kitchen/buffalo-cauliflower-with-blue-cheese-sauce-3362800>



Turkey Meatloaf with Feta and Sun-Dried Tomatoes

- Vegetable cooking spray
- 1/2 cup plain bread crumbs
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped garlic and herb-marinated sun-dried tomatoes
- 2 cloves garlic, minced, optional
- 2 eggs, at room temperature, lightly beaten
- 2 tsp. whole milk
- 1/2 cup crumbled feta cheese
- 1 1/2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 lb. ground turkey, preferably dark meat

Directions

1. Place an oven rack in center of oven. Preheat oven to 375 ° F.
2. Spray a 9 x 5-inch loaf pan with cooking spray.
3. In a large bowl, stir together the bread crumbs, parsley, sun-dried tomatoes, garlic, if using, eggs, milk, feta, salt, and pepper. Add the turkey and gently stir to combine, being careful not to overwork the meat.
4. Carefully pack meat mixture into the prepared pan and bake until internal temperature registers 165 ° F on an instant-read thermometer, about 45 min. Remove from oven and let rest for 5 min. Transfer to a cutting board and slice. Serve.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/turkey-meatloaf-with-feta-and-sun-dried-tomatoes-recipe-2014108>

Angel-Hair Pasta with Shrimp and Greens

- 3 tbsp. extra-virgin olive oil
- 4 cloves garlic, chopped
- 1 pint cherry tomatoes, halved
- Kosher salt
- 8 oz. angel-hair pasta
- 8 cups chopped escarole, kale and/or Swiss chard
- 1 lb. medium shrimp, peeled and deveined
- 1/2 tsp. red pepper flakes
- Freshly ground pepper
- 1/2 cup fresh basil, chopped
- Grated zest and juice of 1/2 lemon



1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the greens to the water. Drain and rinse under cold water; transfer to a large bowl.
2. Combine the shrimp, red pepper flakes, 1/2 tsp. salt and a few grinds of pepper in a medium bowl. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook until golden, about 1 min. Add the shrimp and cook until pink, about 3 min. per side. Add the tomatoes and cook, stirring often, until slightly softened, about 2 min.
3. Add the shrimp mixture to the bowl with the pasta along with the basil and lemon zest and juice; toss to combine.

<https://www.foodnetwork.com/recipes/food-network-kitchen/angel-hair-pasta-with-shrimp-and-greens-3364818>