

P 4	Celery and Greens Salad With Lemony Vinaigrette
P 7	Red Cabbage and Parsley Salad with Toasted Walnuts
P 10	Fennel and Celery Root Salad with Pecans and Grainy Mustard
P 12	Arugula and Avocado Salad with Jalapeno Vinaigrette
P 16	Broccoli with Browned Butter and Almonds
P 22	Harissa-Spiced Cauliflower-Almond Soup
P 23	Asparagus with Pickled Ginger and Scallions
P 42	Indian-Spiced Seared and Steamed Green Beans
P42	Seared and Steamed Green Beans with Anchovies, Garlic, and Capers
P 43	Seared and Steamed Green Beans and Tomatoes with Feta
P 47	Sweet-and-Savory Skillet-Steamed Eggplant
P 48	Roasted Green Beans and Shiitake mushrooms with Pecans
P 51	Pan-Seared Broccolini with Pork and Oyster Sauce
P 54-55	4 Different Seasoned Roasted Cauliflower varieties
P 157	Salmon in Chipotle-Tomato Sauce
P`158	Seared Za'atar Swordfish with Cucumber Salad
P 166	Steamed Fish with Miso and Scallions
P 167	Steamed Fish with Hoison, Cilantro, and Orange
P 170	Foil-Wrapped Salmon with various salads
P 173	Spanish-Style Tuna Salad
P174	Halibut with Chorizo, Tomatoes, and Green Olives
P 177	Mussels with Fregola, Tomatoes, and Capers
P 184	Moroccan Chicken skewers
P 185	Chicken Salad with Red Cabbage and Miso
P 187	Chicken and Leafy Greens with Lemon-Dill Vinaigrette
P 192	Cider Poached Chicken with Mustard and Tyme Coconut and Lemon Grass-Poached Chicken
P 194	Vietnamese-Style Chicken Meatballs

P 200	Foil-Roasted Chicken with Ginger and Thyme
P 210	Spiced Chicken and Cashew meatballs
P 216	Za'atar Chicken and Eggplant Traybake Fennel-Crusted Chicken and Scallion Traybake
P 217	Cumin-Caraway Chicken and Tomato Traybake
P 219	Steamed Lemon Chicken with Scallions and Oyster Sauce
P 221	Spicy Stir-Fried Chicken and Snow Peas
P 224	Stir-Fried Red Curry Chicken with Green Beans and Herbs
P 230	Red Curry and Lime Roasted Chicken
P 231	Green Chili and Herb Roasted Chicken
P 233	West African Peanut Chicken
P 234	Korean Fire Chicken
P 247	Portuguese-Style Pot-Roasted Chicken
P 246	Smoky Chili-Garlic Pork Burgers (minus buns)
P 254	Miso-Gochujang Shredded Pok
P 257	Pork and Chorizo with Roasted Peppers
P 261	Pork Chops with Peanut-Red Chili Salsa
P 262	Pork Meatballs with Lemon Grass and Dill
P 264	Spicy Pork and Tofu with Sichuan Pepper
P 270	Curried Beef Skewers
P 275	Spanish-Style Meatballs
P 277	Beef and Pine Nut Kofte
P 280	Beef Stew with Olives and Orange Beef and Leek Stew with Smoked Paprika
P 281	Cumin Garlic Beef Stew Nihari-Inspired Beef Stew
P 282	Vietnamese-Style Beef, Watercress, and cilantro soup
P 290	Pan-Seared Steak with Red Chimichurri Pan-Seared Steak with Spiced Scallion Relish
P 291	Pan-Seared Steak with Zhoug

P 293	Spicy Dry-Fried Beef and Celery
P 294	Steak with Soy-Citrus Sauce
P 295	Portuguese-Style Beef with Pickled Vegetables
P 298	Steak with Shallot and White Wine Pan Sauce
P 304	Roasted Eye of Round with Miso, Orange and Five-Spice Roasted Eye of Round with Berbere Spice
P 305	Curry-Roasted Eye of Round Roasted Eye of Round with Black Olives and Anchovies
P 306	Sauteed Beef with Mushrooms and Tarragon