

SEPTEMBER MEAL PREP GUIDE

SAUCES

Spice up your meals with sauces like Clementine & Olive Oil Vinaigrette and Green Romesco.



VEGGIE & FRUIT

Don't forget your fiber! With Cinnamon Spice Roasted Apples, Shredded Purple Cabbage, Grated Carrots, and more to build a balanced meal!



CONDIMENTS

Use Pickled Jalapenos to add a satisfying umami taste to your day!



STARCH

The classic autumn taste of Air Fryer Roasted Potatoes are our carb of choice this Fall!



PROTEIN

No meal is complete without a protein. We present you with our beloved Air Fryer Chicken Tenders recipe!



SWEET TREAT

And let's finish with a sweet treat that can also double as a swift breakfast pastry!



FALL INTO SEASON

Including additional meal combination ideas!



CLEMENTINE & OLIVE OIL VINAGRETTE

Yield: 1 Cup



INGREDIENTS

- zest and juice of 2 clementines
- 2 tbsp of honey
- 2 tbsp of apple cider vinegar
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{3}$ canola oil
- 2 tsp of Dijon mustard
- Kosher salt & pepper to taste

METHOD

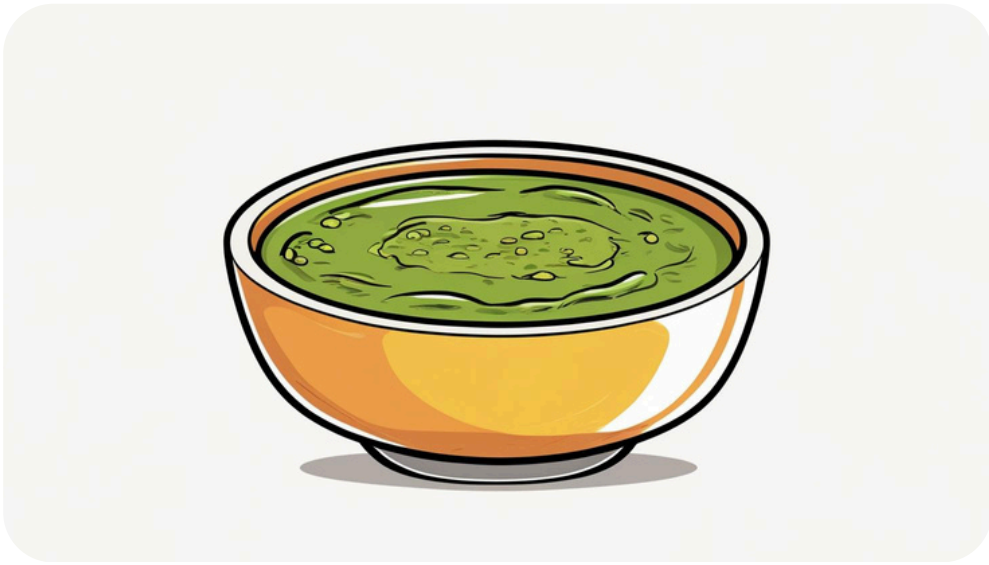
- In a small bowl or in a blender, whisk together the clementine juice & zest, apple cider vinegar, honey, and mustard
- Slowly whisk or drizzle in the olive oil and canola oil until the mixture is well combined and emulsified.
- Season with Kosher salt & pepper to taste.
- Taste and adjust the seasoning as needed.

ADDITIONAL TIPS

- Store clementine and olive oil vinaigrette in the refrigerator in an airtight container to prevent spoilage and foodborne illness
- Shake or whisk the vinaigrette to re-emulsify it before use, and consider letting it come to room temperature for a few minutes to help the oil liquefy if it has solidified in the fridge

GREEN ROMESCO

Yield: 2 Cups



INGREDIENTS

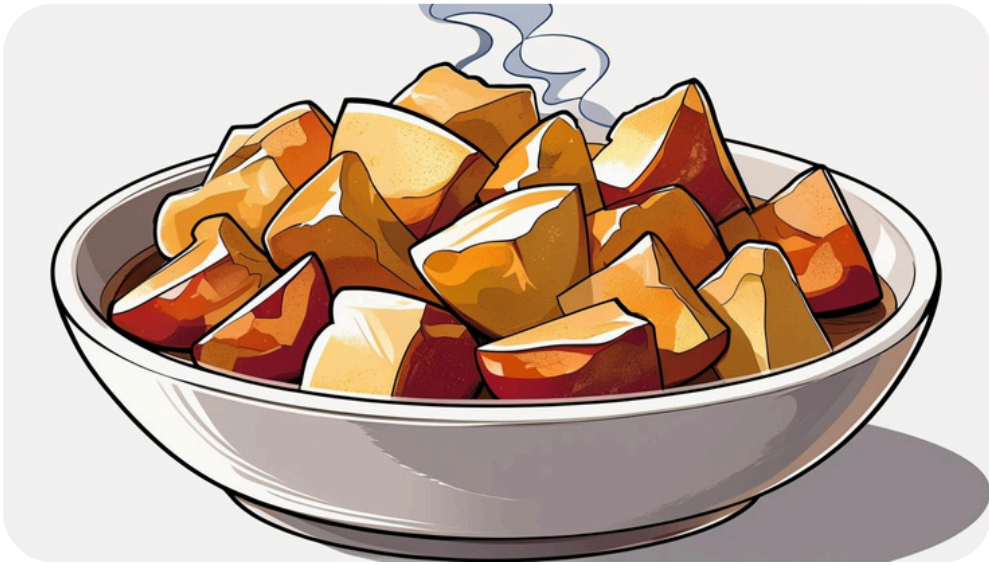
- 2 medium green bell pepper, stemmed cut in half
- 1 large poblano chile, stemmed cut in half
- 2 garlic cloves
- 1 tbsp olive oil
- ¼ tsp paprika
- 1 tsp Kosher salt
- 1 pinch ground black pepper
- ½ cup toasted sliced almonds
- ½ cup cilantro leaves
- ½ cup parsley leaves
- 1 tbsp lemon juice
- 1 tsp sherry vinegar
- ¼ cup cold water

METHOD

- Preheat the oven to 400°. On a baking sheet, toss the bell pepper, poblano and garlic with the oil; season with Kosher salt and pepper.
- Let cool slightly, then transfer to a blender (food processor if you want the chunky romesco) with the cilantro, parsley, lemon juice, sherry vinegar and water

CINNAMON SPICED ROASTED APPLES

Yield: 4 Cups



INGREDIENTS

- 4 cups peeled and cored apples in about a 1 inch dice
- 1 tbsp dark brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- pinch of freshly ground nutmeg
- ¼ tsp Kosher salt
- 1 tbsp fresh lemon juice
- 1 tbsp cold butter cut into cubes

METHOD

- Preheat your oven to 400°F. Line a large baking sheet with parchment paper.
- In a large bowl, toss together apple chunks with the cinnamon, nutmeg, cardamon brown sugar, lemon juice and Kosher salt until the apples are well coated.
- Scrape the contents of the bowl onto the prepared baking sheet in a single layer.
- Scatter the butter cubes around the tray.
- Bake for 10 minutes, then remove the apples from the oven, stir, and replace to make for another 5-10 minutes, until the apples are soft and golden but not mushy.

ADDITIONAL TIPS

- Store in an airtight container for up to 1 week

SHREDDED PURPLE CABBAGE



INGREDIENTS

- 1 small purple cabbage

EQUIPMENT

- sharp knife, mandolin, or food processor fitted with a slicing blade
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METHOD

- Wash and dry 1 small purple cabbage
- Using a sharp knife, mandolin, or food processor, shred the entire cabbage and store in an airtight container

GRATED CARROTS



INGREDIENTS

- 2 large carrots

EQUIPMENT

- box grater
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METHOD

- Wash, dry, and peel two large carrots
- Grate carrots on a box grater and store in an airtight container

PICKLED JALAPENOS

Yield: 16oz Jar



INGREDIENTS

- 5 jalapeño peppers, thinly sliced
- ½ cup apple cider vinegar
- ½ cup water
- 2 tbsp granulated sugar
- ½ tbsp Kosher salt

METHOD

- In a small saucepan over low heat, simmer the vinegar, water, sugar, and Kosher salt, stirring occasionally, until the sugar is dissolved, about 5 minutes.
- Pour the brine over the jalapeños.
- Let cool to room temp, then cover and chill for at least 30 minutes.

ADDITIONAL TIPS

- Store in the fridge for up to 2 weeks

AIR FRYER ROASTED POTATOES

Yield: 4 Servings



INGREDIENTS

- 1 ½ lbs Yukon Gold potatoes cut into 1 inch pieces
- 2 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp ground rosemary
- ½ tsp granulated garlic
- ½ tsp dried parsley
- ¾ tsp Kosher salt
- ¼ tsp ground black pepper

METHOD

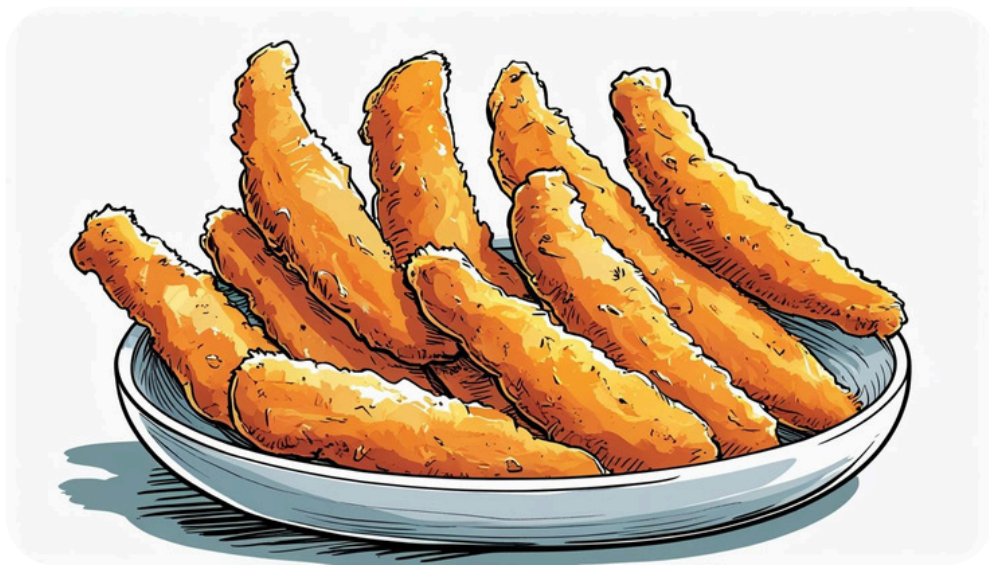
- In a large bowl, toss the potatoes with olive oil, smoked paprika, garlic granules, and season with Kosher salt and pepper. Make sure that the potatoes are well coated.
- Preheat the air fryer to 380 degrees. Once preheated, place the potatoes in the basket and roast for 20 minutes, flipping the potatoes half way through cooking. Potatoes are done when a paring knife can easily pierce the center.
- Once the potatoes are fully cooked remove them from the air fryer to serve.

ADDITIONAL TIPS

- Allow potatoes to cool to room temperature then store in an airtight container for up to 4 days in the refrigerator

AIR FRYER CHICKEN TENDERS

Yield: 12 Tenders



INGREDIENTS

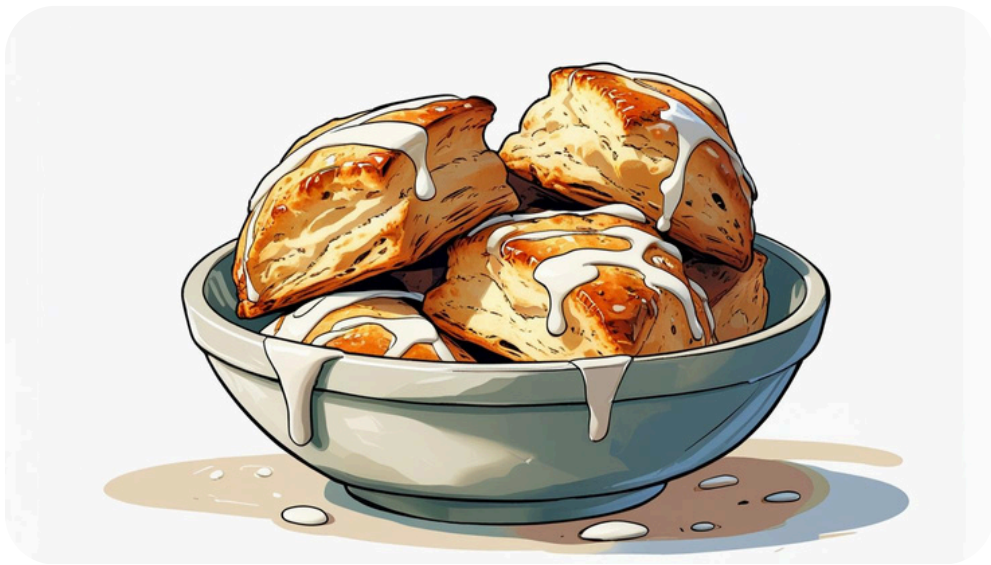
- 1 ¼ lbs chicken breast cut into strips
- 2 large eggs, beaten
- 1 ½ tsp Kosher salt
- black pepper, to taste
- ½ tsp granulated garlic
- 1 tsp smoked paprika
- ¼ tsp onion powder
- ½ tsp dried parsley
- 1 ¼ cup seasoned panko
- 1 non-stick cooking spray (we suggest avocado or olive oil spray)

METHOD

- In a small mixing bowl beat both eggs with Kosher salt, pepper, granulated garlic, onion powder, smoked paprika and parsley flakes.
- Pat chicken dry and place the bowl with the beaten egg mixture. Let sit for 10 minutes or up to over night.
- In another small mixing bowl add the panko. Dip the eggy chicken pieces into the panko one at a time, ensuring you have even coverage of breadcrumbs on all sides. Pat off an excess and set aside on a large plate. Repeat this process until all of the chicken pieces are coated.
- Preheat the air fryer to 400F.
- Once the air fryer is pre-heated, spray the top of the chicken tenders with the nonstick cooking spray. Then add the pieces of chicken in batches to the basket of the air fry in a single layer with the sprayed side down. Once you have arranged the pieces of chicken in the basket, spray the non coated side with cooking spray. Close the basket and allow the chicken and cook for 5 minutes. Remove the basket from the airfryer, flip the chicken tenders over and cook for an additional 5 minutes or until the internal temperature reaches 165 degrees on the largest and thickest piece in the basket.
- Once the chicken is cooked through, remove the batch from the basket and repeat until all the chicken has been cooked.

ROASTED APPLE & YOGURT SCONES

Yield: 8 Servings



INGREDIENTS

- 2 $\frac{1}{3}$ cup all purpose flour
- $\frac{1}{3}$ cup + 1 tsp granulated sugar, divided
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp Kosher salt
- $\frac{1}{2}$ cup + 1 tbsp cold unsalted butter, divided and cut into small pieces
- 1 $\frac{1}{2}$ cups roasted apples
- $\frac{1}{2}$ cup roasted almonds, roughly chopped
- $\frac{1}{2}$ cup whole milk plain yogurt
- 1 tsp vanilla bean extract
- 1 tbsp whole milk

GLAZE

- $\frac{1}{2}$ cup powdered sugar, sifted
- 2 tbsp whole milk
- $\frac{1}{4}$ tsp vanilla bean extract

METHOD

- Melt 1 tbsp butter in a skillet over medium-high heat. Add diced apples, $\frac{1}{2}$ tsp cinnamon, and 1 tsp vanilla bean paste; sauté 7-10 minutes until soft. Cool completely.
- Meanwhile, sift flour, $\frac{1}{3}$ cup sugar, baking powder, baking soda, and Kosher salt into a large bowl. Cut in remaining cold butter until crumbly. Add chopped almonds, yogurt, and cooled apple mixture; stir to combine.
- Turn dough onto a floured surface and knead briefly until cohesive. Pat into a 9" circle and cut into 8 triangles. Place on a parchment-lined sheet and chill 20 minutes.
- Preheat oven to 425°F. Combine remaining $\frac{1}{2}$ tsp cinnamon and 1 tsp sugar. Brush scones with milk, sprinkle with cinnamon sugar, and bake 15-20 minutes until deep golden brown.
- While scones bake, whisk powdered sugar, $\frac{1}{4}$ tsp vanilla bean paste, and 2 tbsp milk for glaze.
- Remove scones from oven, transfer to a wire rack, and cool slightly. Drizzle with glaze and enjoy!

MEALS IDEAS

CHICKEN KATSU SANDWICHES

Yield: 4 Servings



INGREDIENTS

- 8 pieces of air fryer chicken tenders, 2 pieces per sandwich
- 8 pieces soft white bread, Japanese milk bread preferred
- 2 cups thinly shredded red cabbage
- ½ cup tonkatsu sauce
- ¼ cup mayonnaise (preferably Kewpie mayo)

METHOD

- Reheat the chicken tenders in an air fryer for 3-5 minutes at 350 degrees, flipping half way through if needed.
- In the meantime, soak cabbage in ice cold water to perk it up and recrisp. Drain and pat dry with paper towels.
- To assemble the sandwiches, lightly toast the bread to your liking.
- Spread mayo on one slice of each sandwich.
- Pile a generous layer of shredded red cabbage.
- Place 2 chicken tenders on top.
- Spoon tonkatsu sauce over the chicken (about 2 tbsp per sandwich).
- Top with the second slice of bread.
- Wrap each sandwich in parchment paper and cut in half on the diagonal and enjoy!

APPLE CINNAMON OVERNIGHT OATS

Yield: 1 Serving



INGREDIENTS

- ½ cup old fashioned rolled oats
- 2/3 cup oat milk (or milk of your choice)
- 1 tsp ground cinnamon
- ¼ tsp vanilla extract
- pinch of Kosher salt
- ½ cup roasted spiced apple

METHOD

- In a small bowl combine oats, oat milk, cinnamon, vanilla, and Kosher salt. Cover and refrigerate overnight.
 - When ready to eat, top with roasted apples.
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ROASTED APPLE & YOGURT SCONES

Yield: 8 Scones



INGREDIENTS

- 2 ⅓ cup all purpose flour
- ⅓ cup + 1 tsp granulated sugar, divided
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp Kosher salt
- ½ cup + 1 tbsp cold unsalted butter, divided and cut into small pieces
- 1 ½ cup roasted apples
- ½ cup roasted almonds, roughly chopped
- ½ cup whole milk plain yogurt
- 1 tsp vanilla bean extract
- 1 tbsp whole milk

GLAZE

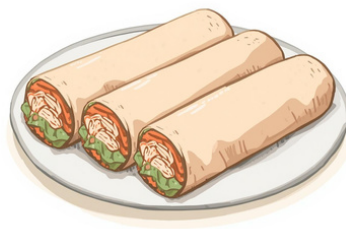
- ½ cup powdered sugar, sifted
- 2 tbsp whole milk
- ¼ tsp vanilla bean extract

METHOD

- Melt 1 tbsp butter in a skillet over medium-high heat. Add diced apples, ½ tsp cinnamon, and 1 tsp vanilla bean paste; sauté 7-10 minutes until soft. Cool completely.
 - Meanwhile, sift flour, ⅓ cup sugar, baking powder, baking soda, and Kosher salt into a large bowl. Cut in remaining cold butter until crumbly. Add chopped almonds, yogurt, and cooled apple mixture; stir to combine.
 - Turn dough onto a floured surface and knead briefly until cohesive. Pat into a 9" circle and cut into 8 triangles. Place on a parchment-lined sheet and chill 20 minutes.
 - Preheat oven to 425°F. Combine remaining ½ tsp cinnamon and 1 tsp sugar. Brush scones with milk, sprinkle with cinnamon sugar, and bake 15-20 minutes until deep golden brown.
 - While scones bake, whisk powdered sugar, ¼ tsp vanilla bean paste, and 2 tbsp milk for glaze.
 - Remove scones from oven, transfer to a wire rack, and cool slightly. Drizzle with glaze and enjoy!
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CHICKEN WRAPS WITH GREEN ROMESCO SAUCE

Yield: 4 Servings



INGREDIENTS

- 8 pieces of cooked air fryer chicken tenders
- 4 flour tortillas
- 1 avocado, peeled, sealed and sliced
- 2 cups mixed greens
- ½ cup shredded carrots
- ¼ cup pickled jalapenos
- ½ cup green romesco sauce

METHOD

- Wrap up the tortilla and serve.
- Lay out tortillas and evenly distribute avocado slices, then toss together carrots, romesco sauce, and chopped pickled jalapeños in a small bowl.
- Place a handful of lettuce greens in the center of each tortilla, over the sauce and carrot mixture, then add 2 chicken tenders per tortilla.
- Wrap and serve.

GREEN ROMESCO ROASTED SALMON

Yield: 4 Servings



INGREDIENTS

- 1.5 lbs of salmon fillets
- 1 ½ cups green romesco, divided
- ¾ tsp Kosher salt
- freshly ground black pepper
- 2.5 tbsp olive oil

METHOD

- Remove salmon from packaging and pat it dry.
 - Sprinkle the salmon evenly with Kosher salt and pepper on both sides, then spread green romesco over the salmon and allow to marinate for up to one hour or preferably overnight.
 - Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Remove the salmon from the marinade and pat dry with paper towels.
 - Using a silicon pastry brush, spread the olive oil evenly over all sides of each piece of salmon.
 - Roast the salmon for 12 minutes for medium-rare, or up to 15 minutes for well-done. Flip each piece halfway through the cooking time.
 - Serve with a side salad and roasted potatoes.
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GRILLED SALMON FISH TACOS

Yield: 4 Servings



INGREDIENTS

- 1 lb salmon fillets, skin removed
- 1 tbsp olive oil
- 8 soft taco sized flour tortillas
- ½–¾ cup store-bought salsa
- ¼ cup pickled jalapeños
- 1 avocado, peeled, deseeded and sliced
- 2 cups shredded purple cabbage
- 1 cup grated carrot
- 2–3 tbsp mayonnaise
- 1 tsp lime juice
- ½ tsp honey
- Kosher salt & pepper, to taste

METHOD

- Preheat a grill pan over medium-high heat.
 - Brush salmon with olive oil and season with Kosher salt and pepper.
 - Grill for 4–5 minutes per side, until salmon flakes easily with a fork.
 - Remove from heat and break into large chunks for tacos.
 - In a small bowl, whisk together mayonnaise, lime juice, honey, Kosher salt and pepper. Next add the cabbage and carrots and toss to combine until evenly coated. Let the slaw sit for 5–10 minutes to slightly soften the cabbage and meld the flavors.
 - Next, heat tortillas on the grill or in a dry skillet for 20–30 seconds per side until soft and pliable.
 - To assemble the tacos, lay tortillas flat and add a layer of cabbage slaw. Then top each tortilla with salmon, avocado slices and jalapeno. Finish with a couple of tbsp of your favorite store bought salsa.
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