



Romaine, Red Onion and Shaved Asparagus Salad with Parmesan Vinaigrette

2 tablespoons white balsamic vinegar	3 to 4 cups chopped romaine
1 clove garlic, mashed	2 to 3 stalks trimmed asparagus, shaved
2 teaspoons Dijon mustard	½ cup cherry tomatoes, halve
Zest and juice of ½ a lemon	2 slices cooked bacon, chopped
½ teaspoon anchovy paste	¼ small onion, thinly sliced
1 teaspoon Worcestershire sauce	
½ teaspoon each onion and garlic powder	
1/3 cup extra-virgin olive oil	
2 tablespoons grated parmesan cheese	
Sea salt and freshly ground black pepper	

- Add vinegar, garlic, mustard, lemon juice and zest, anchovy paste, Worcestershire and spices to mixing bowl.
- Season with salt and pepper.
- Slowly whisk in the olive oil. Stir in cheese.
- Add lettuce, asparagus, tomatoes, bacon and onion to a mixing bowl.
- Toss with dressing (reserve remaining); adjust seasoning.

Sauteed Shrimp and Pasta with Sundried Tomato Pesto

1 tablespoon olive oil
½ pound large shrimp, peeled and deveined
½ tablespoon Italian seasoning
1 shallot, minced
2 to 3 cloves garlic, minced
½ cup chicken stock
¼ cup cream
2 tablespoons sundried tomato pesto
¼ pound pasta, cooked
Grated parmesan
Sea salt and freshly ground black pepper

- Bring a saute pan to medium heat and add the oil.
- Season shrimp with salt, pepper and herb mix.
- Cook shrimp, turning once, until translucent. Remove from pan.
- Add the shallot and garlic; cook until translucent.
- Add the stock and cream; simmer until thickened.
- Stir in the pesto and pasta; simmer until heated through.
- Stir in shrimp and parmesan. Adjust seasoning.



Sauteed Chicken with Orange, Caper and Herb Sauce

1 tablespoon olive oil
2 chicken cutlets
1 tablespoon herb mix
1 shallot, minced
2 cloves garlic, minced
Pinch of crushed red pepper
½ cup chicken stock
Juice of ¼ orange
1 tablespoon cornstarch
1 tablespoon capers
1 tablespoon cold butter
1 teaspoon minced fresh thyme
Sea salt and fresh cracked pepper

- Bring a saute pan to medium heat and add the oil. Season chicken with herb mix, salt and pepper.
- Saute, turning once, until lightly browned and cooked through. Remove from pan.
- Cook the shallot until translucent. Add garlic and crushed red pepper; cook 1 minute more.
- Add the chicken stock; bring to a simmer.
- Mix together the orange juice and cornstarch. Add cornstarch slurry; simmer until thickened.
- Remove from heat; whisk in cold butter. Stir in thyme; season with basil, salt and pepper.
- Serve chicken topped with sauce.