

### Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

### Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

### Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

**Skill level:** Intermediate

**Time required:** Moderate

**Extra ingredients:** Several



Baked Eggplant Stacks

### Ingredients

2 medium eggplants, sliced

¼ cup olive oil

2 medium green peppers, sliced

1 small onion, finely chopped

3 tomatoes, peeled & sliced

1 cup parsley, chopped

2 garlic cloves, minced

¾ cup tomato sauce

Salt to taste

Black pepper to taste

### Directions

- 1) Preheat oven to 350 F.
- 2) Saute eggplant rounds in olive oil until tender, set aside.
- 3) Saute peppers and onion until aromatic and slightly translucent.
- 4) In an 8-inch square casserole dish, arrange in layers: eggplant, peppers, onions, tomatoes, parsley, garlic, salt and pepper. Repeat layers.
- 5) Pour tomato sauce over the top of the layered vegetables.
- 6) Bake for 50-60 minutes, uncovered.

**Skill level:** Easy

**Time required:** Quick

**Extra ingredients:** Few



Chicken Orzo Kale Soup

### Ingredients

1 tablespoon olive oil

1 large yellow onion, diced

4 cloves garlic, crushed

2 medium carrots, diced

2 stalks celery, diced

1 lb. boneless & skinless chicken breasts, cubed

5 cups chicken stock

3-4 handfuls fresh kale, ribs removed and roughly chopped

1 teaspoon fresh lemon juice, more to taste

½ teaspoon salt, more to taste

½ teaspoon black pepper, more to taste

Fresh parsley, chopped for garnish

### Directions

- 1) In a large pot over medium-low heat, heat oil. Add in onion and garlic and sauté for one minute. Add in carrots and celery. Sauté for five minutes, until onion is translucent.
- 2) Pat chicken dry and season generously with salt and pepper.
- 3) Once onion is translucent, add in chicken and sauté until chicken is fully cooked through, 8-10 minutes. Stir occasionally.
- 4) Pour in chicken stock and season with salt, pepper, ginger and lemon juice if using. Add in kale.
- 5) Bring to a boil over high heat. Turn heat down to low and let simmer for 15 minutes. Taste and adjust seasoning as desired.