

### 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



## Hoisin Chicken & Asian Greens Stir-Fry

### Ingredients

½ cup whole blanched almonds  
2 ½ tablespoons peanut oil  
1 lb Asian greens (from Share)  
2 teaspoons soy sauce  
1 yellow onion, halved, cut into wedges

1 garlic clove, crushed  
3 chicken breast fillets, trimmed thinly, sliced against the grain  
2 tablespoons hoisin sauce  
Cooked long grain rice, to serve

### Directions

- 1) Heat a large saute pan over medium heat. Add almonds and cook, stirring, for 1-2 minutes or until golden. Transfer to a bowl and set aside.
- 2) Add 2 teaspoons of oil in the pan over medium heat. Add greens and stir-fry for a 2-3 minutes, or until just wilted. Add the soy sauce. Transfer to a bowl and cover with foil to keep warm.
- 3) Heat 1 tablespoon of oil in a pan over high heat. Add the onion and stir-fry for 1-2 minutes or until softened slightly. Add the garlic and stir-fry for 1 minute or until aromatic. Transfer to a bowl. Add 2 teaspoons of remaining oil to the pan and swirl to coat the surface. Add half the chicken and stir-fry for 2-3 minutes or until browned and just cooked through. Transfer to a bowl. Repeat with remaining oil and chicken. Return all chicken and onion to the wok. Add the hoisin sauce and stir-fry over high heat for 1 minute or until combined and heated through.
- 4) Place the Asian greens on serving plates and top with the hoisin chicken. Sprinkle with almonds and serve immediately with steamed rice.

**Skill level:** Easy

**Time required:** Quick

**Extra ingredients:** Few



## PEAR SALAD WITH WALNUTS & AVOCADO

### Ingredients

Salad:

6 cups mixed greens, or salad mix of your choosing  
2 pears, sliced or chopped  
6 oz grilled chicken breast (optional)  
2 slices of cooked turkey bacon (optional)  
¼ cup of feta cheese, crumbled  
2 tablespoons dried cranberries  
2 tablespoons walnuts, chopped  
½ avocado, sliced into chunks

Dressing:

½ cup balsamic vinegar  
¼ cup olive oil  
1 teaspoon maple syrup or honey  
1 teaspoon dijon mustard  
1 teaspoon minced garlic  
½ teaspoon salt  
¼ teaspoon Italian seasoning

### Directions

- 1) Cook turkey bacon and grill chicken if you haven't already.
- 2) Prepare dressing by whisking together all ingredients in a small bowl or jar. I like using a jar with a lid for this so you can easily store any leftover dressing in the fridge in that same jar.
- 3) To prep salad, grab two bowls and add a base of spring mix, pear slices, grilled chicken breast, bacon, goat cheese, dried cranberries, walnuts and avocado. Drizzle salad with desired amount of balsamic dressing and enjoy!