The Haps This Week @ La Boca 11.14.26

Provençal Fromage Savory cheese dip. *Preheat oven to 400F; remove lid and bake for 10 min. or until bubbly. Delicious with slices of toasted bread, crackers or crudites –eat as a meal with a cup of soup! To be fancy, transfer to your own crock and bake to serve to guests – we won't tell!*

Broccoli Cheddar Soup *Heat on the stovetop or microwave until hot through. Enjoy with grilled cheese, an omelette or salad for a meal, or make it the starter for a substantial dinner.*

Herb & Garlic Polenta *use as a side to accompany any protein or veggie at mealtime. This soft-style polenta is a smooth porridge-like texture; consider serving in a deep plate or bowl under/side of your other accompaniments; it's especially nice as a bed for your Mediterranean Chicken.* ***Directions: Heat in a non-stick sauté pan with lid: spread into cold pan with 1T water and cover. Over low heat, warm and stir until hot through. If you wish to have it thicker, continue to simmer gently a few more minutes.***

Thyme Buttered Fingerling Potatoes *these make a satisfying addition to any meal's plate. Terrific as a side for any occasion, of course, but also a delightful ingredient in a quick Niçoise salad at home – just add some greens and tuna, and a handful of olives with your fave vinaigrette.* ***To heat: in (either) microwave: in a glass dish on medium, in one minute spurts, tossing in between, until hot through - OR- non-stick sauté pan with lid: start with cold pan with 2T water and cover. Over low heat, warm until hot through, then uncovered for one minute.***

Roasted Chunks of Butternut Squash Delicious as a side to any meal, these are sweet, tasty and wholesome. Make a nice autumn addition to salads with some crunchy toasted pumpkin seeds ***Heat: in a non-stick sauté pan with lid: start with a cold pan with 2T water and cover. Over low heat, warm until hot through OR microwave: in a glass dish on medium, in one minute spurts, tossing in between, until hot through OR in 300 F oven until hot through.***

Mediterranean Chicken The entrée version of our favorite sheet pan dinner. Tender herb & garlic marinated chicken with artichoke hearts, asparagus, grape tomato, red onion and a savory pan sauce. Crumbled marinated feta comes on the side for garnish. ***Directions: Transfer everything + 2T water to a cold sauté pan, cover, and put over medium heat until hot through or microwave on med-high for 3-4 minutes. Serve over a piping hot dish of polenta.***

Thai Red Curry w/ Shrimp delicious, flavorful coconut milk broth with ginger and garlic, made with julienne vegetables and shrimp, comes with cooked jasmine rice too. This Thai curry is loaded with great flavor, but is not "spicy." **Directions: Pour contents of curry into a saucepan and bring to a simmer over low/medium heat. Allow to simmer 2 minutes to tenderize veggies, then add shrimp and simmer just one minute more (longer and the shrimp will get tough. Meanwhile, heat your rice either in the microwave, or in a covered sauté pan on low with 1 T of water to prevent scorching.**

Chocolate Mousse *keeps for 10 days. Freezes well.*

Raspberry Cheesecake *keeps for 10 days. Freezes well.*