The Haps This Week @ La Boca 11.7.26

Roasted Red Pepper Spread *use as a dip with chips, snack with crackers & veggies or spread on a sandwich. Float a dollop on a hot bowl of soup, or folded in a simple omelette – divine!*

Leek & Potato Soup delicious and satisfying, this smooth soup is great with *grilled cheese, an omelette or salad for a meal, or make it the starter for a substantial dinner.* ***Heat on the stovetop or microwave until hot through.***

Chimmichurri Rice *use as a side to accompany any protein, veggie or soup at mealtime. Tender jasmine rice is mixed with our green herb dressing and seasonings to keep it simple yet tasty. Great accompaniment to the salmon entrée this week, but also works as a side with most anything.* ***Directions: heat in (either) microwave: in a glass dish on medium, add 1 T of water and heat in 1 minute spurts until hot through -OR- non-stick sauté pan with lid: spread into cold pan with 2T water and cover. Over low heat, warm and stir until hot through.***

Tuscan Brussels Sprouts *First blanched, then roasted and tossed in our herb vinaigrette with balsamic, these are a tasty addition to any plate this week.* ***Heat in the microwave: in a glass dish on medium, in 1 minute spurts, tossing in between, until hot through. Alternatively, warm in the oven at 350 until hot through (about 8-10 minutes.)***

Roasted Rainbow Carrots Delicious as a side to any meal, these beauties are tasty and wholesome. ***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.***

Maine Coast Salmon & Julienne Veggies Perfectly cooked salmon filet sits atop julienne carrots, and zucchini & summer squash. Cooking will produce the lemon, caper butter sauce – just drizzle it over top! Open lid slightly, and either: Microwave on med-high for 4-5 minutes or, transfer everything + 2T water to a cold sauté pan, cover, and put on medium heat until veggies are tender.

Swedish Meatballs local pork meatballs, seasoned with warming spices, served over sour cream red skin mashed potatoes with gravy. ***Directions: Heat in microwave on medium for 4-5 min or, transfer everything + 2T water to a cold sauté pan, cover, and put over medium heat until everything is hot through.***

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

Key Lime Tart *Smooth, zippy lime custard style tart sits atop a gingersnap crust.*