

Saturdays

with the

Chef

Buddha Noodle Bowl

Ingredients:

12 oz. package udon noodles	1 clove garlic, minced
3 tbsp. smooth peanut butter	2 c. Shredded chicken
3 tbsp. soy sauce	2 c. broccoli florets, steamed
2 tbsp. sesame oil	2 avocados, thinly sliced
1 tbsp. honey	2 green onions, thinly sliced
1 tbsp. lime juice	1 tsp. sesame seeds

Directions

1. In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool.
2. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute.
3. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

Roasted Veggie & Goat Cheese Panini

Ingredients:

1 medium eggplant, cut into ½" slices	1 jar roasted red peppers
2 large onions, sliced	Kosher Salt
3 to 4 large Portobello mushrooms, sliced	Balsamic Vinegarette
1 medium zucchini, sliced	6 oz goat cheese
1 large tomato, sliced	1 loaf rustic bread (i.e. ciabatta)

Directions

1. Preheat oven to 400 degrees. Place all veggies on baking pan and sprinkle kosher salt and balsamic vinegarette over vegetables. Bake for 20-30 minutes until vegetables are golden brown. Once vegetables are done, let cool down to room temperature. Drain/pat vegetables with a paper towel to remove excess liquid.
2. Take ciabatta loaf and cut in half and hollow out the inside of the bread. Spread goat cheese over bottom of half of bread loaf. Then layer vegetables on the bottom half of bread. Place top half of bread on top of vegetables. Wrap sandwich tightly in aluminum foil.
3. Now, if eating sandwich immediately, place sandwich wrapped in foil in oven at 350 degrees with a cast iron skillet on top of the sandwich for about 10-20 minutes, until sandwich is heated through.
4. You can also precut the sandwich into four pieces and wrap it up individually and eat sandwich cold.

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