



LISA E. CALDWELL

YOUR KITCHEN CONFIDANT

Soups

Black Eyed Pea and Collard Greens Soup *A hearty soup combining two "lucky" foods, black-eyed peas and collard greens, with an array of vegetables and smoky ham in a vegetable stock. **Ham can be omitted on request.*

Classic Butternut Squash Soup *Butternut squash is caramelized in the oven with onions, garlic and carrots. Finished with celery, thyme and chicken stock. Pureed until smooth.*

Tomato Soup *Classic and Comforting with Basil. Whole peeled tomatoes, mire poix and fresh herbs are braised in the oven for 2 hours. Pureed and garnished with a basil pesto.*

Thai Carrot Soup *Carrots are juiced and combined with avocado, coconut meat, ginger and garlic in a blender. Garnished with toasted sesame seeds. **Can be served hot or cold.*

Cream of Broccoli *Creamy in texture, but contains no dairy. Broccoli is cooked with onions, garlic, coconut and almond milk, fresh herbs and potato, lending the soup body and silkiness.*

Lentil Soup *Green lentils are cooked with rosemary, thyme, bay leaves and aromatics in a chicken broth. Once cooked, carrots, parsnips and greens are added. Half of the base is pureed, lending to a hearty soup. ** can be watery if preferred.*

Curried Cauliflower Soup *Yellow curry flavors and cauliflower always make a good match. Cauliflower is cooked with aromatics, green apples, yellow curry and coconut milk. Pureed until smooth.*

Roasted Parsnip Soup *Parsnips are roasted in the oven just before caramelized, removed and simmered with aromatics, fresh herbs, chicken stock and coconut milk. The soup is pureed and strained. Bits of Bacon and chives can be added for a hearty meal.*

Minted Pea Soup *Fresh and fragrant spring pea soup. Cooked in chicken stock and a pinch of white pepper. Pureed with mint, strained and served cold. **can be topped with shrimp or lobster.*

Ham and Split Pea Soup *A hearty ham hock flavors this classic styled soup. Split green peas simmer in a watery ham hock stock in the oven with aromatics, and fresh herbs. Half of the base is pureed, lending to the body of the stock.*



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Salads

Springtime Strawberry Salad with Mixed Greens, Orange Avocado dressing *A lively, early summer salad that is light, yet filling. Sliced strawberries, shaved asparagus, mixed greens enrobed in an orange avocado dressing. **toasted pecans can be added.*

Baby Sauté Salad Greens with Sprouts *Superfood small leaf salad - Kale, Swiss chard, bok choy, mustard greens and collard greens. Cherry tomatoes, cucumbers, chi chi beans, croutons, and sweet pea sprouts are dressed in a Cumin Balsamic Vinaigrette.*

Quinoa Waldorf Salad *Reminiscent of the classic, sweet and savory salad from the Waldorf Astoria Hotel. Apples, celery, raisins, and walnuts are found in a protein-packed quinoa base. Romaine leaf lettuce and a tangerine vinaigrette lighten it up.*

Heirloom Tomato Salad with Feta Dressing *Heirloom tomatoes are showcased in this Mediterranean inspired dish. Tomatoes, cucumbers, celery, olives, and parsley meet up with a Red Wine Vinaigrette with a hint of feta and mint.*

Farro, Fresh Mango and Avocado Salad *The sustenance of farro is lightened up by the diced mango, red peppers and scallions. Creamy avocado blends into a lively vinaigrette with a touch of ginger and yellow curry.*

Butternut Squash with Barley, Cranberries, Walnuts and wilted Kale *Butternut squash is roasted with aromatics, thyme, sage, rosemary and cranberries in the oven. Chopped kale, cooked barley and toasted walnuts are added for the last few minutes, wilting the kale. **Shredded chicken or pork added in as well.*

Arugula, Pears and Blue Cheese with a Champagne Vinaigrette *The salad reads simple, but it is not! Bitter, sweet, salty and pungent... champagne vinaigrette adds acidity, sweet pears, light touch of brine in the blue cheese and a pungent scent amongst leafs of arugula or mache. Filling with a side of crusty bread.*

Roasted Beets, Tarragon and Fresh Horseradish, Sherry Vinaigrette *Tarragon and garnet red beets balance one another naturally. Touched off with fresh shavings of horseradish and a sherry vinaigrette.*

Carrot Ginger Chicken Salad with Spinach *Bright and bold flavors that go the distance. Shredded chicken and carrots, cashews and red cabbage are found among leafs of baby spinach. A carrot ginger vinaigrette brings it all together.*

Shaved Fennel, Orange supreme with Arugula and Watercress *This Mediterranean inspired salad is bright and beautiful. Shavings of fennel, sweet supreme of oranges contrast the pungent red onion, and sharp peppery bite of arugula and watercress. A simple rice vinaigrette brings out the best of every ingredient.*



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Entrees

Cashew Ginger Slaw with Salmon *Shredded red and Napa cabbage, slivers of carrots and red peppers, cilantro and green onions combined and dressed with a cashew ginger dressing. Served with pan seared filet of salmon or roasted chicken.*

Chicken with Zucchini and Yellow Squash Noodles *Chicken is baked and served sliced on a bed of zucchini and yellow squash noodles. Noodles are sautéed with onions, garlic, thyme, lemon and mint.*

Baja Style Fish Tacos *A chipotle cumin mix is rubbed onto Mahi-Mahi, a light white fish, seared and finished in the oven. A lime vinaigrette is tossed with a slaw of Napa cabbage, carrots, cilantro and mint. ** served with a side of corn or flour tortilla.*

Pulled Pork Shoulder and German Potato Salad and garlicky Greens *Pork shoulder is braised slow and low for 3 hours. Young potatoes are mixed with vinegar, salt, pepper and scallions. ** suggested greens – kale, collards or spinach, order what you prefer.*

Lettuce Wraps with Beef and Vegetables *Ground beef is cooked in a spicy hoisin sauce, wrapped up with an assortment of julienned carrots, radishes and cucumbers in a leaf of Boston Bibb Lettuce. ** 5-7 wraps are provided.*

Shrimp Tostadas *Layered with salsa, grilled shrimp, guacamole and a simple black bean salad on a corn tortilla. Topped with fresh cotija cheese and cilantro. ** 2-3 portions*

Spicy Fiesta Chicken with a Southwestern Sweet Potato Salad *Chicken is sautéed in a spicy fajita seasoning and paired up with a roasted sweet potato and black bean salad. Mango, red peppers, red onions, garlic and spices and a lime- cumin vinaigrette add color to the dish.*

Dijon White Bean Salad with Shrimp, Bacon and sautéed Greens *Dijon Tarragon vinaigrette dresses navy beans, shrimp and bacon. A side of greens sautéed with garlic accompany the dish. ** suggested greens – kale, collards or spinach, order what you prefer.*

Keftedes (Greek Meatballs) with Tzatziki and a Feta Chick Pea Salad *Ground lamb, mint, garlic, spices and lemon are shaped and baked. Chick peas, roasted tomatoes, olives, aromatics and parsley are accented with feta cheese. Side of tzatziki with cucumbers.*

Tuna Nicoise – Tuna steak, seasoned and seared to medium. Served with a side of new baby potatoes, haricot vert, cherry tomatoes accompanied by a side of Dijon vinaigrette. Olives and a hardboiled egg to complete the dish.