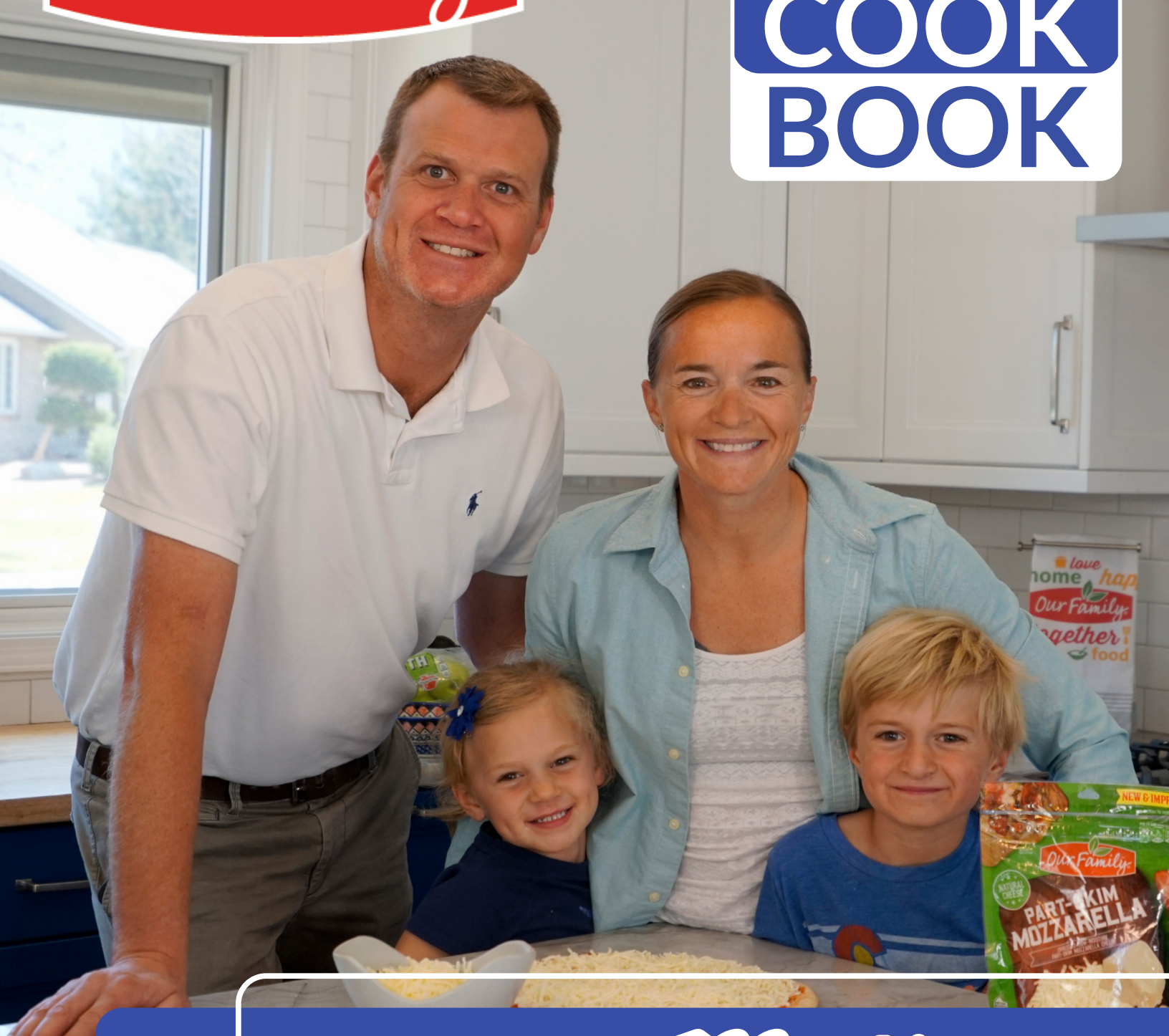


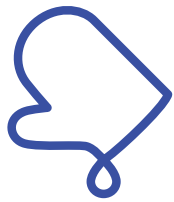


e-series

COOK BOOK



COOKING
with *Melissa*



introduction

As a decorated veteran, medal-winning three-time Paralympian, author, wife, and mother of two, Our Family spokesperson Melissa Stockwell knows a thing or two about balancing a healthy lifestyle with a busy schedule. These tasty recipes were handpicked by Melissa as delicious meals that you and your family can enjoy! Get to know Melissa and find more recipes on our website, ourfamilyfoods.com

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on social media for more recipes, tips and tricks, and news about the Our Family brand!



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Mini Quiches

 prep | 20 min  cook | 20 min serves | 8

ingredients

- Our Family® Nonstick Cooking Spray
- 1 cup loosely packed chopped baby spinach
- ½ red bell pepper, diced
- ½ small red onion, sliced
- ¼ tsp. Our Family® Ground Black Pepper
- 2 Our Family® Large Eggs
- 3 slices Our Family® Turkey Bacon, cut crosswise into ¼-inch pieces
- ¾ cup sliced white mushrooms (about 8 small)
- 8 tsp. Our Family® Cheddar Cheese
- 8 large egg whites

directions

1. Preheat oven to 350°. In large skillet, cook bacon over medium heat 5 minutes. Add bell pepper, onion, and mushrooms, and cook 5 minutes. Remove skillet from heat and stir in spinach. In medium bowl, whisk together egg whites, eggs and pepper.
2. Spray 8 standard muffin cups with nonstick cooking spray. Evenly divide bacon mixture into prepared muffin cups; sprinkle 1 teaspoon cheese over bacon mixture. Evenly pour egg mixture over cheese in muffin cups.
3. Bake quiches 20 to 25 minutes or until tops are lightly browned and internal temperature reaches 145°. Cool in pan 5 minutes, then invert quiches onto plate.

Scan the QR code and share a picture of your Mini Quiche with us on Facebook! @offoods





Roasted Guacamole

 prep | 25 min  cook | 35 min serves | 3 cups

ingredients

- Our Family® Nonstick Cooking Spray
- 3 tsp. Our Family® Olive Oil
- 2 garlic cloves, unpeeled
- ½ small Open Acres® Red Onion, cut into ¼-inch-thick slices (about 1 cup)
- ½ tsp. plus 8 teaspoon Our Family® Kosher Salt
- 1 pinch Our Family® Ground Black Pepper
- 4 medium ripe avocados
- 1 small jalapeño pepper, stem end trimmed
- 3 tbsp. fresh lime juice
- 1 medium tomato, diced (about 1 cup)
- 1 tbsp. chopped fresh cilantro leaves

directions

1. Preheat oven to 400°; spray rimmed baking pan with nonstick cooking spray. From 1 teaspoon oil, coat garlic with oil and place on prepared baking pan; in small bowl, toss onion with remainder of 1 teaspoon oil, 8 teaspoon salt and pepper. Spread onion in single layer on prepared baking pan and roast 10 minutes; stir onions.
2. Cut each avocado lengthwise in half around seed. Twist halves in opposite directions to separate. Slip spoon under seed to remove and discard. With large spoon, remove avocado flesh in whole pieces; cut each piece lengthwise in half and add to baking pan, cut side up. Drizzle avocado and coat jalapeño pepper with remaining 2 teaspoons oil; add jalapeño to baking pan. Roast 15 minutes longer, turning jalapeño and rotating baking pan halfway through roasting.
3. Transfer avocado to same bowl; add lime juice and remaining ½ teaspoon salt. When cool enough to handle, squeeze garlic from skins into bowl. With fork, mash avocado until mixture is slightly chunky. Dice onion and finely chop jalapeño; fold tomato, cilantro, onion and jalapeño into avocado mixture. Refrigerate at least 1 hour or up to overnight before serving.

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Beef Taco Salad

 prep | 10 min serves | 1

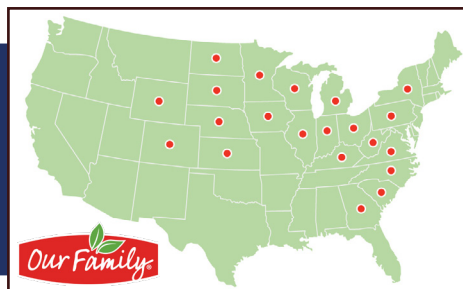
ingredients

- 2 cups chopped romaine lettuce
- ½ cup Taco-Spiced Ground Beef
- ⅓ cup sliced cherry tomatoes
- 2 tbsp. cilantro-ranch dressing
- 2 tbsp. Our Family® Freshest & Finest Pico De Gallo
- 2 tbsp. Our Family® Shredded Cheddar Cheese
- 2 tbsp. Our Family® Sliced and Pitted Black Olives
- ¼ cup crispy corn tortilla strips

directions

1. In large bowl, toss lettuce, beef, tomatoes, dressing, pico de gallo, cheese and olives. Serve salad topped with tortilla strips.

Did you know Our Family has been around for over 100 years? The brand started in 1904 and can now be found in over 2,200 stores.



Grilled Stuffed Peppers

 prep | 20 min  cook | 20 min serves | 4

ingredients

- 4 large red bell peppers
- ½ cup quinoa
- 2 tbsp. Our Family® Mild Taco Seasoning Mix
- 1 can (10 oz.) Our Family® Diced Tomatoes with Green Chiles
- ¾ cup drained and rinsed Our Family® Black Beans
- ½ cup Our Family® Frozen Corn, thawed
- 3 cups packed baby spinach
- ¼ tsp. Our Family® Kosher Salt
- 2 ½ tbsp. shredded Our Family® Mexican Blend Cheese
- chopped fresh chives for garnish (optional)

directions

1. Prepare outdoor grill for direct grilling over medium-high heat. Slice ½-inch from the top of bell peppers; remove seeds and inner membranes.
2. Prepare quinoa as label directs; stir in seasoning.
3. In large skillet, heat tomatoes and chilies with their juice, beans and corn to a simmer over medium-high heat, stirring occasionally. Stir in spinach; cook 3 minutes or until spinach is wilted, stirring occasionally. Remove from heat; stir in salt and quinoa mixture.
4. Fill peppers with quinoa mixture; sprinkle with cheese. Place peppers, cheese side up, on hot grill rack; cover and cook 5 minutes or until grill marks appear. Turn off 1 side of grill; place peppers over unlit side of grill, cover and cook 15 minutes or until heated through and cheese melts.
5. Serve peppers sprinkled with chives, if desired.

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Kimchi & Vegetable Noodle Bowls

 prep | 10 min  cook | 20 min serves | 4

ingredients

- ½ (16-oz.) package Our Family® Spaghetti
- 1 tbsp. baking soda (optional)
- 3 garlic cloves, minced
- ¼ cup thinly sliced red onion
- 4 tbsp. Our Family® Avocado Oil
- 2 tsp. grated fresh ginger
- ½ bunch asparagus, sliced
¼-inch-thick diagonally
- 2 tbsp. Our Family® Reduced Sodium Soy Sauce
- 1 ½ cups kimchi
- 4 Our Family® Large Eggs
- 1 tbsp. black and/or white sesame seeds

Chef's Tip: Adding baking soda to the pasta water makes the water more alkaline, giving the pasta a chewier bite similar to Asian-style wheat noodles. Use this kitchen hack when you have Italian-style pasta in the pantry on stir-fry night!

directions

1. Heat large saucepot of salted water to a boil over high heat. Add spaghetti and baking soda, if using, and cook as label directs to al dente; reserve ½ cup pasta water and drain.
2. In large skillet, cook garlic, onion, 2 tablespoons oil and ginger over medium heat 2 minutes or until fragrant. Add asparagus; cook 2 minutes or until tender-crisp, stirring occasionally. Add soy sauce, spaghetti and reserved cooking water; cook 3 minutes or until heated through and liquid is absorbed, stirring frequently. Remove from heat; stir in kimchi. Makes about 6 cups.
3. In separate large skillet, cook eggs in remaining 2 tablespoons oil over medium heat 3 minutes or to desired doneness.
4. Serve spaghetti mixture in bowls topped with eggs and sesame seeds.



INTRODUCING THE
NEWEST MEMBER OF



Melissa Stockwell

Decorated veteran, three-time Paralympian, proud mother of two.

“Anyone who knows me knows,
‘Family Comes First’.
I’m excited to represent a brand
focused on delivering
better ingredients for life
and for my family’s table!”

There’s Power in Family

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Gluten-Free Grilled Dijon Chicken

 prep | 20 min  cook | 5 min serves | 8

ingredients

- 8 Open Acres® boneless, skinless chicken breasts (about 2 ½ pounds)
- 5 tbsp. gluten-free Dijon Mustard
- ¼ tsp. Our Family® Salt
- ½ tsp. Our Family® Ground Black Pepper
- 4 tbsp. Our Family® Butter
- 2 garlic cloves, minced
- 2 cups Our Family® Heavy Cream
- 3 large Our Family® Egg Yolks
- 1 tsp. gluten-free Worcestershire sauce
- Our Family® Sunflower Oil
- Chopped fresh parsley leaves (optional)

directions

1. Prepare outdoor grill for direct grilling over medium-high heat. With meat mallet, pound chicken to ½- to ¾-inch thickness. Coat both sides of chicken with 2 tablespoons mustard. Sprinkle chicken with ½ teaspoon salt and pepper; set aside.
2. In small saucepot, melt butter over low heat. Add garlic and cook 1 to 2 minutes, stirring constantly. Do not let garlic brown. Add cream and heat until mixture begins to simmer.
3. Meanwhile, in small bowl, whisk together remaining 3 tablespoons mustard, egg yolks, Worcestershire and remaining ¼ teaspoon salt. To temper egg yolk mixture, transfer half the hot cream mixture into egg yolk mixture, then add egg yolk-cream mixture back to pot. Stirring constantly with whisk, heat 3 to 4 minutes or until sauce thickens; remove from heat.
4. Lightly oil hot grill rack. Place chicken on hot grill rack and cook 3 to 4 minutes per side or until chicken loses its pink color throughout and reaches an internal temperature of 165°. To serve, spoon sauce over chicken and sprinkle with parsley, if desired.

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Instant Pot® Chicken Tikka Masala

 prep | 15 min  cook | 18 min  serves | 8

ingredients

- 1 tbsp. Our Family® Vegetable Oil
- 1 lb. Open Acres® Boneless, Skinless Chicken Thighs, cut into 1-inch pieces
- ½ cup chopped Open Acres® White Onion
- ½ tsp. Our Family® Salt
- ½ tsp. Our Family® Black Pepper
- 1 jar (15 oz.) tikka masala simmer sauce
- 1 can (14.5 oz.) Our Family® Diced Tomatoes
- 2 tbsp. chopped fresh cilantro plus additional for garnish (optional)
- 1 cup Our Family® Long Grain White Rice

directions

1. In 5-quart Instant Pot, heat oil on Sauté-Normal. Add chicken, onion, salt and pepper; cook 9 minutes or until starting to brown, stirring occasionally. Stir in sauce and tomatoes with their juice, scraping browned bits from bottom of pot with wooden spoon. Place lid on Instant Pot and close pressure valve to seal; pressure cook on high 25 minutes. Quick release pressure; let stand 5 minutes before removing lid. Stir in cilantro. Makes about 4 cups.
2. Prepare rice as label directs. Makes about 3 cups.
3. Serve chicken mixture over rice garnished with cilantro, if desired.

Chef's Tip: For a vegetarian meal, swap chicken with diced sweet potatoes and pressure cook on high 20 minutes.



Seared Scallops with Black Bean Relish

 prep | 30 min  cook | 8 min serves | 4

ingredients

- 2 garlic cloves, minced
- 5 tbsp. Our Family® Extra Virgin Olive Oil
- 3 tbsp. fresh lime juice
- 12 fresh dry or frozen (thawed) large sea scallops, patted dry
- 1 can (15 oz.) Our Family® Black Beans, rinsed and drained
- 1 cup Our Family® Thawed Frozen Corn
- ¼ cup diced Open Acres® Red Onion
- ¼ cup drained and chopped roasted red peppers
- 1 ½ tbsp. chopped fresh cilantro leaves
- 2 tsp. finely chopped jalapeño pepper
- 2 tbsp. Our Family® Distilled White Vinegar
- 1 medium avocado, peeled, pitted and diced
- Our Family® Kosher Salt and Our Family® Ground Black Pepper, to taste
- Fresh chives for garnish (optional)

directions

1. In small bowl, whisk together half the garlic, 2 tablespoons oil and 1 tablespoon lime juice. Place scallops in large zip-top plastic bag; pour lime juice mixture over scallops. Seal bag and marinate 10 minutes.
2. Meanwhile, in medium bowl, combine beans, corn, onion, red peppers, cilantro, jalapeño pepper and remaining garlic. In small bowl, whisk together vinegar, 2 tablespoons oil and remaining 2 tablespoons lime juice. Pour vinegar mixture over bean mixture and toss to combine; fold in avocado. Season with salt and pepper. Cover and refrigerate until ready to serve.
3. Remove scallops from marinade; discard marinade. Sprinkle scallops with salt and pepper. In large nonstick skillet, heat remaining 1 tablespoon oil over medium-high heat until very hot but not smoking. In batches, add scallops to skillet and cook 4 to 6 minutes or until golden brown, turning once. Serve scallops over bean mixture garnished with chives, if desired.



Grilled Cilantro-Lime Fish Tacos

 prep | 25 min  cook | 10 min serves | 4

ingredients

- Juice and zest of 2 limes
- 2 garlic cloves, minced
- 1 medium jalapeño pepper, finely chopped
- 2 tbsp. sesame oil
- 2 tsp. chopped fresh cilantro leaves plus additional whole leaves
- 1 tsp. Our Family® Salt
- ½ tsp. Our Family® Ground Black Pepper
- 1 lbs. Open Acres® Boneless, Skinless Tilapia Fillets, cut in half
- Our Family® Nonstick Cooking Spray
- ½ small Open Acres® Red Onion, thinly sliced
- 8 (6-inch) Our Family® Flour Tortillas
- ¾ head red or green cabbage, thinly sliced
- 1 cup pico de gallo salsa
- ½ cup Our Family® Light Sour Cream

directions

1. In small bowl, mix lime juice, lime zest, garlic, jalapeño, sesame oil, cilantro, salt and pepper. Place fish in large zip-top plastic bag and pour lime juice mixture into bag. Refrigerate 1 hour.
2. Prepare outdoor grill for direct grilling over medium-high heat. Tear 2 sheets of foil (each about 18 inches long). Place 1 sheet on work surface and spray center with nonstick cooking spray. Remove fish from marinade (discard all but 1 tablespoon), and transfer fish to center of foil. Pour reserved marinade and sprinkle red onion over fish; fold edges together several times to seal.
3. Place packet on hot grill rack. Cover and cook 10 minutes. Carefully open 1 end to let steam escape, then open sides of foil packet.
4. On microwave-safe plate, place tortillas between 2 damp paper towels. Heat in microwave oven on high 10 seconds or until tortillas are warmed.
5. To serve, evenly divide cabbage, pico de gallo, sour cream, fish with red onion, green onions, and cilantro leaves if desired, over center of tortillas. Fold each in half to close.