**Culinary MaryK**

**Summer Squash & Lemon Risotto -** Creamy arborio rice with tender summer squash, sweet grilled corn, and juicy cherry tomatoes, brightened with citrus and fresh basil. Protein add on: seared shrimp or buttery lobster tail.

**Beef Kofta** -Mediterranean beef meatballs, fresh hummus, toasted garlic olive oil, pita slices. Served with roasted turmeric and lemon cauliflower.

**Whole Roast Chicken** **–** Extra Virgin Olive Oil, Lemon, Fresh Herbs. Served over a bed of Quinoa & Roast Seasonal Vegetables.

**Creamy Tuscan White Bean Pasta** – Spinach, sun dried tomato, cannellini beans, grilled chicken breast. Garlic cream sauce. Served with rotini pasta or roasted spaghetti squash.

**Balsamic Glazed Turkey Meatballs** – Tender oven baked meatballs with a touch of balsamic – extra glaze served on the side. Accompanied by whipped potatoes and charred broccolini.

**Blueberry Grilled Chicken Salad** – Grilled chicken over baby greens with farro, quinoa, fresh blueberries, cucumber, shaved fennel, avocado, and toasted almonds. Served with lemon honey vinaigrette.