

Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

Breakfast

Mushroom and Onion Quiche

**Vegetarian*

Quiche can be prepared in so many ways. Make it for a Saturday brunch and then complement it with a salad for perfect Monday lunch!

You'll Need

- Pie Crust (see Flaky Piecrust Recipe)
- Flour
- 1 large onion
- 6 eggs
- Olive oil
- Salt and pepper
- 1/2 teaspoon nutmeg
- Pinch of cayenne
- 1 cup of sliced mushrooms
- 1/2 teaspoon fresh or dried thyme
- 2 cups half n half
- 2 cups of Emmenta cheese (or cheese of choice)



Directions

- Preheat the oven to 425°F.
- Take pie crust dough place on floured board and start rolling out dough in a circular direction. Once thinned out, place into pie pan, and press down. Allow some extra crust to hang over edge, but cut anything that lays too far over. Take a fork and poke holes in crust to allow some air. Place in oven and cook for 12 minutes then remove crust from oven and reduce heat to 325°F.
- While pie crust cooks, take onion and slice into pieces. On stove top, put burner on high. Coat bottom of pan with olive oil and allow pan to heat. Add onions and lower heat. Turn onions occasionally. When onions start to brown and are almost done, add mushrooms and cook for an additional 3 minutes. Remove onions and mushroom mixture when cooked and add to a bowl to let cool.
- While onions cook, take eggs and crack them into a medium sized bowl. Beat eggs and add salt, pepper, nutmeg, cayenne pepper, thyme, and cheese. Mix. Add half n half. Once mushroom and onion mixture is cooled, slowly add to egg mixture.
- Pour mixture into pie crust. Cook for 40 minutes.

Play With Your Food:

- Use different vegetables: roasted red peppers, tomatoes, broccoli.
- Use cream rather than half n half.

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Main Course

Roasted Chicken

** Gluten-Free*

Roasting a chicken is as easy as purchasing one! Add your own spices of choice and use the leftover chicken in other dishes such as chicken salads, quesadillas, or sandwiches. Get creative!

You'll Need

- Aluminum foil
- 1 whole chicken (guts removed)
- 1/8 teaspoon white wine vinegar
- Salt and pepper
- 4-5 fresh sage leaves
- 3 cloves of garlic, smashed
- 1/4 - 1/2 cup chicken stock
- 1 tablespoon olive oil
- 1/2 onion coarsely chopped



Directions:

- Preheat the oven to 425°F.
- Take a piece of aluminum foil and place it in a 13 x 9" dish and break off at double the length of the dish. Leave aluminum foil attached and place half the aluminum foil in bottom of dish and leave the rest of the foil to cover the chicken with.
- Wash chicken in cold water. Place chicken in dish on top of the aluminum foil that is coating the bottom of the dish. Add white wine vinegar, salt, pepper, sage leaves, garlic cloves, chicken broth, onion, and olive oil. Take remaining foil and cover the chicken.
- Place in oven and cook until chicken thigh pulls away from the bone and juices run clear.
- Once cooked through, remove foil from top of chicken and cook additional 15 minutes so that the chicken turns a golden brown.

Play with Your Food:

- Try this with rosemary or other herbs and spices of choice.
- Use the fluid at the bottom as a sauce or use the fluid to make a gravy.

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Starters, Sides, and Complements

Cinnamon Spiced Sweet Potatoes

**Vegetarian, Gluten-Free*

Sweet potatoes are a fantastic base lending themselves to all sorts of creations! Try this easy and tasty way to make sweet potatoes and let them complement a variety of your meals.

You'll Need

- Aluminum foil
- 1 sweet potato (if needed, use more)
- 3 tablespoons butter (1 tablespoon per serving)
- Salt and pepper
- 1 Cinnamon Stick
- Drizzle of white wine vinegar



Directions

- Preheat oven to 425.
- Take enough aluminum foil so that you can create a packet for sweet potatoes to fit into.
- Wash sweet potato and then cut into cubes. Place in middle of foil. Add butter (1 tablespoon per serving), salt, pepper, and cinnamon stick. Add a dash of white wine vinegar.
- Close foil packet so that all sides are closed. Place in a baking dish and cook at 425 for 40 minutes.

Play with Your Food

- Add a tiny bit of brown sugar.
- Add a pinch of nutmeg

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Starters, Sides, and Complements

Beets and Carrots

**Vegetarian, Gluten-Free*

Beets and carrots are like long lost friends who always want to be with one another. They are the perfect complement to each other so serve them together for an outstanding and beautiful looking side.

You'll Need

- Aluminum foil
- 2 medium sized beets quartered
- 1 carrot cut into 1/2 inch pieces
- 3 tablespoons butter (1 tablespoon per serving)
- Salt and pepper
- Sprinkle of white wine vinegar
- Fresh rosemary



Directions:

- Preheat the oven to 425°F.
- Take a piece of aluminum foil (big enough for carrots and beets to be wrapped in) and add beets, carrots, butter, salt, pepper, white wine vinegar and rosemary.
- Close the foil packet and place in baking dish. Cook for 40 minutes.

Play with Your Food:

- Add different spices.
- Leave out rosemary and before serving top with some fresh dill or parsley.

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