

TRADER JOE'S



A MENU OF **20** MEAL IDEAS THAT CAN BE PREPARED IN **10** MINUTES

1. *STAY-IN TAKE-OUT THALI*

Trader Joe's Take-Out Thali

Trader Joe's Naan

Trader Joe's Mango Chutney

[it's all on the box]

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2. *OH MIGHTY OMEGA MEAL*

Trader Joe's Mojito Salmon

Trader Joe's Brown Rice

Trader Joe's Powerhouse Salad Mix

[heat, heat, plate – toss and tong out when time]

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3. *A WARM POT OF WON TON SOUP*

Trader Joe's Chicken Broth

Trader Joe's Mini Chicken Cilantro Won Tons

Trader Joe's Green Onions (sliced)

Trader Joe's Snow Peas

Trader Joe's Fresh Ginger (grated)

[pot it, heat it, spoon it]

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4. *STUFFED*

Trader Joe's Stuffed Poblano Peppers with Shrimp

Trader Joe's Avocados (sliced)

Trader Joe's Organic Baby Romaine

[a picture (on the box) is worth a thousand words – so are directions]

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5. *SOPHISTICATED, SENSATIONAL, SLURP-IT-UP SAUCY SCALLOPS*

Trader Joe's Saucy Scallops With Mushrooms

Trader Joe's Just Pasta

Trader Joe's Red and Green Oak Artisan Lettuce

[top pasta with scallops & serve with salad]

I feel a recipe is only a theme, which an intelligent cook can play each time with a variation. ~ Madame Benoit



6. THE PIZZASALAD

Trader Joe's Frying Cheese
Trader Joe's Tomatoes (sliced)
Trader Joe's Sliced Black Olives
Trader Joe's Organic Baby Lettuce
Trader Joe's Fresh Baguette
[heat cheese & serve alongside salad & bread]

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7. The Saladapizza

Trader Joe's Pizza Margherita/ Pesto Pizza
Trader Joe's Baby Spring Mix
[top pizza with greens]

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8. BBQ-To-Go

Trader Joe's Pulled Beef Brisket
Trader Joe's Corn
Trader Joe's Baked Beans
Trader Joe's Dinner Rolls
[heat, plate]

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9. LA FIESTA TRADER JOE'S

Trader Joe's Carne Asada or Pork al Pastor
Trader Joe's Handmade Tortillas
Trader Joe's Shredded Mexican Cheese Blend
(Optional: Trader Joe's Salsa Autentica; Trader Joe's Refried Beans;
Trader Joe's Green Onions; Trader Joe's Sour Cream;
Trader Joe's Avocado's Number Guacamole, Margaritas)
[heat meat, warm tortillas, set-up buffet style, fiesta!]

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10. STRAIGHTFORWARD PEPPERS, ONIONS & SAUSAGE

Trader Joe's Fire Roasted Bell Peppers & Onions
Trader Joe's Italian Sausage
Trader Joe's Bread/Rolls (or not)
[combine peppers, onions & sausage (sandwich in roll)]

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11. PUTTIN' ON THE PUTTANESCA

Trader Joe's Puttanesca Sauce
Trader Joe's Just Grilled Chicken
Trader Joe's Penne
Trader Joe's Capers
[heat, combine, sprinkle with capers]

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12. THE QUINTESSENTIAL QUICK CLASSIC

Trader Joe's Mandarin Orange Chicken
Trader Joe's Frozen Brown Rice
Trader Joe's Broccoli Florets
[let the packages guide you]



13. GNOCCHI IN NO TIME

Trader Joe's Gnocchi alla Sorrentina
(Optional: Trader Joe's Frozen Cooked Shrimp or Trader Joe's Just Grilled Chicken)
Trader Joe's Romaine Hearts
[it's as easy as... package directions]

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14. NOURISHING NOSTALGIA

Trader Joe's Creamy Tomato Soup &/or Roasted Red Pepper & Tomato soup
Trader Joe's Ciabatta or Tuscan Pane
Trader Joe's Organic American Cheese Slices or
Sliced Lite Provolone or Sliced Dutch Goat Cheese
[right before the soup begins to simmer, "grill the cheese"]

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15. SPAGHETTI AND ALMOST MEAT BALLS

Trader Joe's Meatless Meatballs / Trader Joe's Turkey Meatballs
Trader Joe's Organic Marinara
Trader Joe's Capellini
[heat the meatballs separately or heat in the marinara, cook pasta, then combine]

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16. POCKETS OF PATTIES

Trader Joe's Roasted Chicken Patties
Trader Joe's Hummus
Trader Joe's Pita
Trader Joe's Arugula
[heat patties, pack pita]

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17. GOURMET CHICKEN ENTRÉE

Trader Joe's Chicken Serenada or Chicken Gorgonzola or Chicken Pomodoro
Trader Joe's Mashed Potatoes or Trader Joe's Rice or Trader Joe's Pasta
[the hardest part is the decision]

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18. GREEN POLK-A-DOTTED MAC N CHEESE

Trader Joe's Mac n Cheese (or Rice Pasta and Cheese)
Trader Joe's Fresh Shelled Edamame
[heat, sprinkle - ooh, looks so dotty! & tasty]

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19. CURRY IN A HURRY

Trader Joe's Curry Chicken Breast Tenders
Trader Joe's Fresh Baby Spinach
Trader Joe's Frozen Jasmine Rice
[pan fry, sauté, microwave]

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20. A GARDEN OF LASAGNA

Trader Joe's Roasted Vegetable Lasagna
Trader Joe's Complete Spinach Salad Kit
[heat, plate - toss, plate]