

Recipes: Dinner Menu for the week of January 16th – 22nd, 2023

written by John Mueller | March 6, 2023

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Broccamole Dip [Mexican-influence]

Ingredients: Fresh broccoli florets, softened cream cheese, Greek yogurt or sour cream, green onion, jalapeno, cilantro, lemon juice, & Mexican spices.

Directions: Steam the broccoli, blend it and set aside. Whip the sour cream and the softened cream cheese. Mix in the broccoli, green onions, cilantro, lemon juice, and your choice of Mexican spices.

Pork tenderloin with Blue Cheese Cream Sauce [Italian-influence]

Ingredients: Pork tenderloin medallions, Ham Prosciutto, Caramelized onion, Gorgonzola crumble, white wine, heavy whipping cream

Directions: The ingredients are self-explanatory. The cream sauce is made by bringing the cream to a simmer with white wine, add the gorgonzola cheese and allow it to come together, finish with chopped parsley.

Tuna, with Cilantro-lime-ginger [Asian-influence]

Ingredients: Tuna steak, cilantro, lime, grated ginger, soy sauce, garlic, finely chopped jalapeno (Serrano or Thai chili is preferred)

Directions: Tuna steak is pan seared, finished with the sauce created with the ingredients above.

Stuffed Bell Pepper [Mexican-influence]

Ingredients: ???

Directions: ???

[[See full menu for the week of January 16 – 22, 2023](#)]

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