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Caesar Salad

- this is provided so I remember it is an option.

Ingredients

- Romaine lettuce
- Croutons
- Cheese, either parmesan or mozzarella
- Caesar Salad dressing
- An egg-safe dressing for Robyn

Preparation

- Chop the lettuce into large pieces, between 1 and 2 inches across.
- Sprinkle some croutons in
- Sprinkle some grated cheese on top
- Mmmmm
- Alternatively, buy a salad kit

Garlic and Parmesan Roasted Carrots

Ingredients

- 1 lb medium carrots, trimmed and cut in half lengthwise
- 2tbsp extra-virgin olive oil
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1/4 cup grated parmesan cheese
- 3-4 cloves garlic, minced

Preparation

- Preheat oven to 425 degrees fahrenheit
- Line a large baking sheet with parchment paper
- Toss carrots, oil, salt, and pepper together in a large bowl
- Transfer to prepared baking sheet and roast for 10 minutes
- Turn carrots and sprinkle with parmesan and garlic
- Roast until carrots are tender and cheese is melted, about 10 more minutes

Rice with chicken stock

Ingredients

- 1 scoop (rice measuring cup)
- 2 tsp Bovril chicken stock

Directions

- Rinse one scoop of rice.
- Place in rice cooker pot and add water up to the 1 line
- Mix 2 tsp Bovril chicken stock into the water.
- Place pot into rice cooker and cook using the plain rice setting.

Roasted Broccoli With Parmesan

Ingredients

- 1 1/2 pounds broccoli, cut into florets of even size
- 3-4 tablespoons extra virgin olive oil
- Juice from half a lemon, about 1tbsp
- Salt to taste
- 3-4 garlic cloves
- Freshly ground black pepper
- 1/4 cup grated parmesan cheese, or to taste

Preparation

- Preheat oven to 425 degrees fahrenheit
- Toss broccoli and garlic with olive oil, lemon juice, salt
- Arrange florets in a single layer on a baking sheet with parchment paper
- Roast for 20 minutes
- Toss with parmesan and black pepper
- Serve immediately

Spicy Cavatappi

Ingredients

- 2 cups cavatappi pasta
- 2 Tbsp butter
- 1/2 tsp italian spice mix
- 1/2 tsp dried chives
- 1/4 tsp crushed red pepper flakes
- 1/3 cup shredded grana padano

Preparation

1. Cook pasta to package instructions
2. Drain, add butter and mix until melted
3. Add spices and cheese, combine

Stovetop Rice

Ingredients

- 1/2 cup rice
- 3/4 cup water (rice to water ratio is 1:1.5)

Directions

- put unrinsed rice and water together in a pot
- bring rice and water to a simmer over medium high heat, uncovered.
- when the rice and water is foamy with a few bubbles, turn it down to low and cover tightly with a lid.
- cook for 12 minutes. Do not lift the lid.
- when done, take off the heat and let stand, lid on, for 5 minutes.
- open the lid and let steam off, and add any spices or flavorings, such as butter and garlic and salt.