



AVOCADOS  
OPTIONAL

RECIPES FROM  
OUR KITCHENS  
TO YOURS



# DAD'S SPINACH PIES

*Brian Handrigan, Co-Founder and CEO*

## INGREDIENTS

- 2 beaten eggs
- 2 lbs pizza dough
- 1 can black olives
- 1 can sliced mushrooms
- 1 (8oz) package shredded mozzarella
- 1 can mushrooms (sliced)
- 1 stack pepperoni (chopped)
- 2 packages frozen spinach, thawed and drained
- 1/2 cup olive oil
- 1 tsp onion powder
- 2 cloves garlic

## ABOUT BRIAN

I met my wife (Beth) my first week of freshman year of college in 1987. I've flown a Navy fighter jet. A 2 month assignment in London turned into living abroad for 2 years.

## DIRECTIONS

- 01** Set aside pizza dough and mix all other ingredients together, adding more oil and garlic to taste.
- 02** Flour hands and separate dough into 2, 1lb pieces, and cut each pound into 8 equal parts. Roll out and let rise for 10 minutes.
- 03** Drop mixture onto dough and fold over. Brush with beaten eggs.
- 04** Cook in oven at 425 for about 12 minutes, keep an eye that they don't burn.





# INSTANT POT BUTTER CHICKEN

*Brian Handrigan, Co-Founder and CEO*

## INGREDIENTS

- 1 14- ounce can tomatoes
- 5-6 cloves garlic
- 1-2 teaspoons minced ginger
- 1 teaspoon turmeric
- 1/2 teaspoons cayenne pepper
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 2 teaspoons garam masala, divided in half
- 1 teaspoon ground cumin
- 1 pound boneless skinless chicken thighs or breasts
- 4 ounces butter, cut into cubes
- 4 ounces heavy cream
- 1/4-1/2 cup chopped cilantro

*Instant Pot and Immersion Blender needed  
for this recipe*

## FAVORITE QUOTE

“Know nothing, believe little and think a lot.”

## DIRECTIONS

01

Place all ingredients into an Instant Pot in the order listed, leaving out butter, cream and 1 teaspoon of the garam masala, mixing the sauce well before you place the chicken on top of the sauce.

02

Close the cooker and set for 10 mins on high. Let it release pressure naturally for 10 minutes then release all remaining pressure. Open up the pot, remove the chicken carefully and set aside

03

Blend together all the ingredients, preferably using an immersion blender. Add the cut up butter, cream, cilantro, and garam masala and stir until well incorporated. Let the sauce cool just a little before adding the butter and the cream.

04

Add the chicken back in and heat through. Break it up into smaller pieces if you need but don't shred it.

05

Serve over rice, or zucchini noodles



# MANHATTAN CLAM CHOWDAH

*Brian Handrigan, Co-Founder and CEO*

## INGREDIENTS

- 1/2 lb diced bacon
- 2/3 cup diced celery
- 2 can (24oz) tomatoes
- 4 tsp snipped parsley
- 1/2 tsp thyme
- 2 cups water
- 1/2 cup minced onion
- 5 cans (7oz) minced clams, drained
- 1 can (7oz) whole clams, drained
  - reserve liquid from all clams
- 4 cups diced potatoes
- 2 tsp salt
- 1/4 tsp pepper

## DIRECTIONS

01

In a large saucepan, cook and stir bacon and onion until bacon is crisp and onion is tender.

02

Stir in reserved clam liquid, potatoes, water, and celery.

03

Cook uncovered until potatoes are tender, about 10 minutes, add clams, tomatoes and seasonings.

04

Heat to boiling stirring occasionally

## BEST PAIRED WITH CLAM CAKES

- 1 cup quahaugs or clams
- 1 cup flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 1 egg

Mix all ingredients together, drop by spoonfuls into deep fryer





# HOMEMADE RED SAUCE

*Jeff Linihan, Co-Founder, President, and COO*

## INGREDIENTS

- 2 lbs of Italian sausage, chopped
- Olive oil
- 1 chopped purple onion
- 1 red and 1 green pepper chopped
- 2-3 chopped stalks of celery
- 2 cloves of garlic
- Salt / pepper
- 1-2 cans plum tomatoes chopped in juice
- 1-2 cans italian chopped tomatoes
- 1 can tomato paste
- Dried Oregano
- Fresh basil
- 2 tablespoons of pesto paste
- Pasta of choice
- Pine nuts

## DIRECTIONS

01

Sauté sausage in olive oil

02

Combine sausage and all other ingredients in a pot and cook on low for 4 hours

03

Cook pasta of choice; toss drained pasta in sauce

04

Serve topped with pine nuts

## ABOUT JEFF

I love the STL Cardinals, enjoy great wine, and have a passion for traveling the world. It is my goal to visit every country in the world (49 & counting)!



# ASIAN STYLE NOODLES

*Amy Bobchek, CRO*

## INGREDIENTS

- 1/2 pound spaghetti (regular, thin, or very thin)
- 3/4 cup peanut butter (smooth or chunky)
- 1/2 cup rice wine vinegar (or other white vinegar)
- 2 tablespoons soy sauce
- 2 tablespoons sesame, peanut or vegetable oil
- 1 clove garlic, peeled
- 1/4 cup water
- 1/2 teaspoon red pepper flakes, or to taste
- Thinly sliced green onion - green tops only - for garnish
- Chopped peanuts - for garnish
- Chopped mint or cilantro - for garnish

## ABOUT AMY

I love to cook/bake, play golf, and travel. I'm also the lead singer/keyboardist for a popular band in the DC area where I live.

## DIRECTIONS

01

Cook the pasta according to package directions to al dente doneness. Drain in a colander and rinse thoroughly with cold water until the noodles are cooled. Set aside in a bowl covered with a clean dish towel.

02

In a blender, process the peanut butter, vinegar, soy sauce, oil, and garlic until smooth. Add water as needed to achieve a thick-but-pourable consistency.

03

Pour the sauce over the noodles and toss until evenly coated.

Toss in the red pepper flakes.

Transfer to a serving bowl with green onion, chopped peanuts and fresh mint and/or cilantro to garnish.





# HONEY CAKE

*Denis Korzhou, Quality Assurance*

## INGREDIENTS

### Cake Layers

- 9 tbsp butter
- 1 and 1/4 cup sugar
- 2-3 tbsp honey
- 1 tsp baking soda
- 2 eggs
- 5 and 1/4 cups flour

### Cream:

- 2 cups sour cream
- Sugar (quantity dependent on desired level of sweetness)

## DIRECTIONS

**01** Preheat oven to 375 degrees. In a large saucepan, bring 2 inches of water to a boil, then reduce to a simmer. Place a heatproof bowl on top to create a double boiler. Add the butter and melt, then add sugar and honey. stirring until dissolved. Add baking soda and stir until the mixture expands and becomes almost white in color

**02** Set the bowl aside and let it cool until it can be handled with hands

**03** Add eggs to the mixture and stir, then add flour. Turn the dough out onto a floured surface and knead until smooth and elastic. It will be sticky.

**04** Cut the dough in 8-12 equal pieces, depending on desired thickness of the layers

**05** On a piece of parchment paper roll one piece of dough into a very thin layer, dusting with flour to make it less sticky. Using a template, like a bowl or cake pan, cut the layer into an 8-9" circle, leaving the outer dough in place for later use as garnish. Pierce the layer all over with a fork. Transfer the dough on the parchment paper to a baking sheet.

**06** Bake at 375 degrees for about 5-6 minutes or until golden brown

**07** Remove from parchment directly after baking it let it cool on a flat surface; it will firm up as it cools; reserve the outer scraps

**08** Repeat steps 5-8 for all layers

**09** Mix sour cream and sugar and spread on each layer then stack

**10** Use the additional layer pieces to make crumbs to decorate the top and sides of the cake.



# BUTTERMILK ROAST CHICKEN

*Emma Dively, Customer Success Manager*

## INGREDIENTS

- Whole roasting chicken (3-4 lbs)
- 2 tbsp kosher salt (4tsp fine sea salt)
- 2 cups (475 ml) buttermilk

## DIRECTIONS

DAY BEFORE:

**01** Remove the wingtips with a sharp knife. Reserve for stock. Season the chicken generously with salt and let sit for 30 minutes.

**02** Stir salt into the buttermilk until dissolved. Place the chicken in a gallon-size resealable plastic bag and pour in the buttermilk.

**03** Seal it, squish the buttermilk all around the chicken, place on a rimmed plate, and refrigerate.

DAY OF:

**04** Pull the chicken from the fridge an hour before you plan to cook it. Preheat oven to 425°F with a rack in the middle position. Remove the chicken from the plastic bag and scrape off as much buttermilk as you can without being obsessive.

**05** Tightly tie together the legs of the chicken with a piece of butcher's twine. Place the chicken in a 10-inch cast iron skillet or shallow roasting pan.

**06** Slide the pan all the way to the back of the oven and rotate it so the legs are pointing toward the rear left corner and the breast is pointing toward the center of the oven (prevents the breast from overcooking before the legs are done). Pretty soon you should hear the chicken sizzling.

**07** When the chicken starts to brown, reduce the heat to 400°F and continue roasting for 10 minutes. Then move the pan so the legs are facing the back right corner of the oven.

**08** Continue cooking for another 30 minutes or so, until the chicken is brown all over and the juices run clear when you insert a knife down to the bone between the leg and the thigh.

**09** When the chicken's done, remove it to a platter and let it rest for 10 minutes before carving and serving.





# BUTTERMILK MASHED POTATOES

*Emma Dively, Customer Success Manager*

## INGREDIENTS

- Kosher salt
- 1 1/2 pounds boiling potatoes
- 1/4 cup milk
- 4 tablespoons (1/2 stick) unsalted butter
- 1/2 cup buttermilk
- 1/4 teaspoon freshly ground black pepper

## ABOUT EMMA

I love growing, cooking, and eating (mostly the eating part) good food. When the weather isn't too nasty, I love going on walks/runs/bike rides. I have just started beekeeping, and I am passionate about beer drinking.

## DIRECTIONS

01

In a large pot, bring 2 quarts of water and 1 tablespoon of salt to a boil. Meanwhile, peel the potatoes and cut them into 1 1/2-inch cubes. Add them to the boiling water and bring the water back to a boil. Lower the heat and simmer uncovered for 10 to 15 minutes, until the potatoes fall apart easily when pierced with a fork.

02

Meanwhile, heat the milk and butter in a small saucepan, making sure it doesn't boil. Set aside until the potatoes are done. As soon as the potatoes are tender, drain them in a colander. Place a food mill fitted with a small disk/blade over a heatproof bowl. Pass the potatoes through the food mill, turning the handle back and forth.

03

As soon as the potatoes are mashed, stir in the hot milk mixture with a whisk or rubber spatula. Add enough buttermilk to make the potatoes creamy. Add 1 teaspoon of salt and the pepper, and serve hot. To keep the potatoes warm, place the bowl over a pan of simmering water for up to 30 minutes. You can add a little extra hot milk to keep them creamy.



# EGG ROLL IN A BOWL

*Devin Heisner, Director of Digital Platforms and Partnerships*

## INGREDIENTS

- 1 1/2 lbs ground beef (turkey or chicken can be used)
- 2 med onions (finely chopped)
- 1 1/2 tbsp unrefined sesame oil
- 1 1/2 tsp ground ginger
- 1/2 tsp black pepper
- 4 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tbsp crushed red pepper
- 2 tbsp white wine
- 1/3 cup beef broth
- 9 cups shredded cabbage
- 1 1/2 cups shredded carrot
- 4 tsp soy sauce or tamari
- Green onion for garnish (optional)
- Cauliflower rice (or rice)

## ABOUT DEVIN

I love to binge Netflix shows like Ozark or Game of Thrones and watch Will Ferrell movies for a 4th or 5th time.

## DIRECTIONS

01

Place meat in large pan and cook until browned. On medium high heat, add the onions and sesame oil. Cook until lightly browned. Reduce heat to medium.

02

Add spices, sweetener, red pepper, wine, and broth to the pan and stir well.

03

Add the cabbage and stir to coat. Cook, stirring frequently until the cabbage slightly wilts.

04

Add carrots and cook for 2-3 minutes until soft. Add soy sauce to taste and adjust flavorings as desired.

05

Serve plain or over rice or cauliflower rice. Garnish with green onions if desired.





# COPYCAT CHICK-FIL-A NUGGETS

*Devin Heisner, Director of Digital Platforms and Partnerships*

## INGREDIENTS

- 2 large eggs
- 1 cup milk
- 1 pound chicken breasts cut into 1" chunks
- 3/4 cup flour
- 3/4 cup breadcrumbs
- 2 tablespoons powdered sugar
- 2 teaspoons kosher salt
- 1/2 teaspoon white pepper
- 1/4 teaspoon chili powder
- 3 inches of peanut oil

## COPY CAT SAUCE

- 1/4 cup honey
- 2 tablespoons yellow mustard
- 1/4 cup barbecue sauce
- 1 tablespoon lemon juice
- 1 tablespoon dijon mustard
- 1/2 cup mayonnaise

Mix all ingredients together and refrigerate for 30 minutes.

## DIRECTIONS

01

In a food processor, add the breadcrumbs and process until very fine.

02

In a large ziplock bag or a bowl add the chicken pieces, the milk and the eggs and mix together. Put the chicken in the fridge for 15-20 minutes.

03

In a large dutch oven, pour in peanut oil and heat to 365-375 degrees.

04

Put the breadcrumbs, flour, powdered sugar, salt, white pepper, chili powder in a bowl and whisk together.

05

Dredge the chicken pieces in the flour mixture and let dry for a few minutes.

06

Fry in batches (avoid crowding them) until golden brown (2-3 minutes) and remove to a sheet pan.

07

Don't drain on paper towels, it'll create steam and soften the nuggets.



# CHICKEN SPIEDINI

*Lizzie McCarthy, Office Operations Specialist*

## INGREDIENTS

- 3 large boneless chicken breasts
- 6 ounces Asiago cheese (other cheese can be substituted)
- 1/2 cup olive oil
- 2 cups Italian breadcrumbs
- 1 large white onion, sliced thickly lengthwise

## PAIRS WELL WITH

Steamed green beans seasoned with sea salt

Angel hair pasta with olive oil and grated parmesan cheese

Your favorite red wine

## DIRECTIONS

01

Preheat oven to 350 degrees F. Spray a baking pan lightly with cooking spray.

02

Cut chicken breasts into strips; dice cheese into 2-inch cubes.

03

Wrap each chicken strip around a cheese cube and secure with a toothpick.

04

Dip chicken in olive oil and then roll in bread crumbs.

05

Place chicken in the baking pan, drizzle lightly with olive oil and place sliced onions on top

06

Bake for 15 to 20 minutes, or until chicken is fully cooked through, cheese has melted, and bread crumbs are golden brown. Serve.





# SCOTCHAROOS

*Lizzie McCarthy, Office Operations Specialist*

## INGREDIENTS

- 1 cup sugar
- 1 cup peanut butter
- 1 cup corn syrup
- 6 cups Rice Krispies cereal
- 1 cup semi-sweet chocolate chips
- 1 cup butterscotch chips

## ABOUT LIZZIE

I'm an oxford comma enthusiast, love a good Rom Com, vanilla candles, hot weather, and frozen drinks. I have a soft spot for cheesy Hallmark Christmas movies.

## DIRECTIONS

01

In large saucepan, combine sugar and corn syrup. Heat to dissolve sugar and bring to boil. Immediately remove from heat. Stir in peanut butter. For quicker process, melting can be done in the microwave.

02

Add Rice Krispies and mix until well blended. Press into buttered 9X13 inch pan.

03

Melt together the chocolate chips and butterscotch chips in a microwave safe bowl or in a saucepan on the stove.

04

Spread combined mixture over top of Rice Krispies mixture. Cool. Cut into bars.



# LOADED VEGAN TACO FRIES

*James Dickman, Chief Technology Officer*

## INGREDIENTS

- 2 cups frozen french fries cooked
- 1 can black beans, drained and rinsed
- 1/4 red onion, diced
- 1/4 cup frozen corn, thawed
- 1 jalapeño, sliced in rounds
- 1 green onion, diced
- 1 avocado, diced
- 1/2 tomato, deseeded and diced
- cilantro to taste
- lime juice to taste
- vegan ranch to taste

## DIRECTIONS

01

Cook fries according to package instructions.

02

Place cooked fries on a large plate or platter.

03

Top with remaining ingredients and serve.

## ABOUT JAMES

I enjoy all things soccer, playing guitar/mandolin, drinking IPAs and occasionally captaining a jet boat at the Lake of the Ozarks.



# CANDIED PECANS

*Andrew Ellison, Software Engineer*

## INGREDIENTS

- 3 cups pecan or walnut halves
- 1 cup sugar
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/3 cup orange juice
- 1 tablespoon vanilla

## ABOUT ANDREW

I'm a swammer, that is, a former swimmer and love animals. I have two cats named Storm and Stripes, a snake named Dr. Squiggles, and a puppy named Luna. I love to bake and watch Netflix shows.

## DIRECTIONS

01

Combine all ingredients in a nonstick (very important that this is nonstick) pan.

02

Stir continuously over low to medium heat until most of the liquid has boiled away and the mixture becomes sticky and almost dry (about 10 minutes).

03

Quickly pour onto parchment paper or a nonstick baking sheet.

04

Spread out and allow to cool





# NOT YO MAMA'S BANANA PUDDING

*Andrew Ellison, Software Engineer*

## INGREDIENTS

- 1 (14-ounce) can sweetened condensed milk
- 1 (12-ounce) container frozen whipped topping, thawed, or equal amount sweetened whipped cream
- 2 bags Pepperidge Farm Chessmen cookies
- 6 to 8 bananas, sliced
- 2 cups milk
- 1 (5-ounce) box instant French vanilla pudding
- 1 (8-ounce) package cream cheese, softened

## FAVORITE THINGS

My favorite book is *Billions and Billions* by Carl Sagan. When I'm not baking desserts, I enjoy snacking on Miss Vickie's kettle cooked chips and eating Reese's peanut butter cups which are obviously the world's best candy.

## DIRECTIONS

01

Line the bottom of a 13 by 9 by 2-inch dish with 1 bag of cookies and layer bananas on top.

02

In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.

03

Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.

04

Fold the whipped topping into the cream cheese mixture.

05

Add the cream cheese mixture to the pudding mixture and stir until well blended.

06

Pour the mixture over the cookies and bananas and cover with the remaining cookies.

07

Refrigerate until ready to serve.



# SOUTHWEST TEXAS STYLE CHILI

*Jason Wargel, VP - Operations*

## INGREDIENTS

- 2 1/2 pound(s) boneless beef top sirloin steak
- 2 tablespoon(s) vegetable oil
- 2 medium onions, chopped
- 3 clove(s) garlic, finely chopped
- 2 cans of beans
- 1 cup Sweet Baby Rays BBQ Sauce
- 1 tablespoon(s) chili powder
- 1 tablespoon(s) ground cumin
- 1 teaspoon(s) salt
- 1 package(s) (10-ounce) frozen whole-kernel corn

## DIRECTIONS

01

Throw all ingredients in a crock pot, and cook until onions are almost gone, around 4-5 hours.

## ABOUT JASON

I am a hockey fanatic and enjoy escaping to Table Rock Lake as often as I can in the summer months. The picture above is one of the rare times you will catch me without a baseball hat on.



# SKILLET GNOCCHI MAC AND CHEESE

*CJ Tate, Software Engineer*

## INGREDIENTS

- 1/2 teaspoon kosher salt, plus more for the pasta water
- 2 (16-ounce) packages fresh or frozen potato gnocchi
- 6 tablespoons (3/4 stick) unsalted butter
- 1/3 cup all-purpose flour
- 3 cups whole or 2% milk
- 8 ounces shredded sharp cheddar cheese (about 2 1/2 packed cups)
- 2 teaspoons Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika
- 3/4 cup grated parmesan cheese, divided
- Finely chopped fresh basil or parsley leaves, for serving

## DIRECTIONS

01

Arrange a rack in the top third of the oven (about 6 to 8 inches from the broiler element), and heat to 400°F. Meanwhile, bring a large pot of salted water to a boil. Add the gnocchi and cook until al dente, about 3 minutes or according to package instructions. Drain and set aside.

02

Melt the butter in a 10- or 12-inch cast iron or other ovenproof high-sided skillet over medium heat. Sprinkle in the flour and whisk until fragrant, 1 to 2 minutes. While whisking constantly, slowly pour in the milk and continue whisking until smooth. Switch to a wooden spoon and continue cooking, stirring constantly, until the sauce is noticeably thickened and coats the back of the spoon, about 2 minutes.

03

Remove the pan from the heat. Stir in the cheddar one handful at a time until melted and smooth. Stir in the mustard, pepper, salt, paprika, and half the Parmesan. Add the cooked gnocchi and stir gently until the gnocchi is evenly coated with sauce. Top with remaining Parmesan.

04

Bake until the sauce is bubbling, 10 to 12 minutes. Turn on the broiler and broil until the top is golden-brown, 2 to 4 minutes. Remove from the oven and rest for 5 to 10 minutes. Top with basil or parsley before serving.





# PORK AND BEAN SANDWICH

*Charlie Eaton, VP - Product Design*

## INGREDIENTS

- 3 lbs pork butt
- 3 cans of baked beans
- 1/2 cup thick cut apple smoked bacon, diced
- Yellow mustard
- Choice of bread

### Memphis Rub

- ¼ cup paprika
- 2 tbsp. garlic powder
- 2 tbsp. chili powder
- 1 dash cayenne pepper (add more to make spicy)
- 1½ tbsp. salt 1½ tbsp. black pepper
- 1 tbsp. onion powder
- 1 tbsp. celery seeds
- 2 tbsp. brown sugar
- ½ tbsp. dried oregano
- ½ tbsp. dried thyme
- ½ tsp. cumin
- 1 tsp. ground allspice

## ABOUT CHARLIE

I love coffee, drinks (the alcoholic kind), shoes, and cooking for people, oh, and the dart board.

## DIRECTIONS

DAY BEFORE:

01

Mix the Memphis Rub ingredients in a container. Cover the pork butt in a thin layer of yellow mustard and then cover it in a generous layer of the rub. Place in a container and store in the fridge for 24 hours.

DAY OF:

02

Add the baked beans and diced bacon in the crockpot and mix. Then add the pork butt to the crockpot. Set on low and cook for 4-5 hours until the meat is tender and will pull apart.

03

Once the meat is tender, remove the pork butt, shred it and set it aside for a moment.

04

Take a third of the beans out of the pot with a slotted spoon, as to not take any liquid with them. Put them in a bowl and mash them. Then return the mashed beans and the pork back in the crockpot and mix thoroughly.

05

Let cook for another 30 minutes. to let the shredded pork and mashed beans soak up some liquid.

06

Serve on open face bread of choice.