

Island Chef Catering

Meal Prep

Sides

Brown Rice

Jasmine Rice

Yellow Rice and Green Peas

Roasted Yukon Gold Potatoes

Roasted Sweet Potatoes

Vegetable Quinoa

Whole Wheat Israeli Couscous (Brunoise Vegetables)

Steam Broccoli

Broccoli Rabe

Braised Kale

Grilled Vegetables

Sautéed Spinach (Olive Oil and Garlic)

Sautéed String Beans (Olive Oil and Garlic)

Steamed Asparagus

Roasted Cauliflower

Roasted Butternut Squash

Butternut Squash Puree

Mash Potatoes

Spaghetti

Whole Wheat Spaghetti

Penne Pasta

Ratatouille

Balsamic Roasted Eggplant

Spaghetti Squash

Zucchini Noodles