

## CHEF MD RUNDOWN

**Feeddate/Time:** Saturday, September 7, 2013 @ 1130-1200ET/  
SD07 \*Feed-For-Record\*

### Rundown:

Cut 1 - Pasta Shells with Sweet Melty Butternut Squash, Shopping	:55
Cut 2 - Pasta Shells with Sweet Melty Butternut Squash, Cooking	2:00
Cut 3 - Navy bean and Collard Green Soup, Shopping	1:00
Cut 4 - Navy bean and Collard Green Soup, Cooking	2:15
Cut 5 - Vegetable and Bean Burritos, Shopping	1:05
• <a href="#">Zesty and Gluten Free Vegetable &amp; Bean Burritos with Ripe Avocado</a>	
Cut 6 - Vegetable and Bean Burritos, Cooking	2:10
• <a href="#">Zesty and Gluten Free Vegetable &amp; Bean Burritos with Ripe Avocado</a>	
Cut 7 - Mustard and Almond Roasted Chicken Thighs with Toasty Brussels Sprouts & Honeyed Yogurt, Shopping	1:00
Cut 8 - Mustard and Almond Roasted Chicken Thighs with Toasty Brussels Sprouts & Honeyed Yogurt, Cooking	2:10

**Feeddate/Time:** Saturday, October 5, 2013 @ 1130-1200ET/  
SD07 \*Feed-For-Record\*

Cut 1 - Easy Gluten Free Quinoa Tabouleh, Shopping	:55
Cut 2 - Easy Gluten Free Quinoa Tabouleh, Cooking	2:15
Cut 3 - Miso Glazed Double Sesame Mahi Mahi, Shopping	:55
Cut 4 - Miso Glazed Double Sesame Mahi Mahi, Cooking	2:00

Cut 5 - Moroccan Chicken and Two Bean Salad Shopping	:55
Cut 6 - Moroccan Chicken and Two Bean Salad Cooking	2:30
Cut 7 - Simple Sopa Azteca Shopping	1:00
Cut 8 - Simple Sopa Azteca Cooking	2:00

**11/2/13 @1130-1200ET/SD07 CHEF 0300K1**

Cut 1 - Mussels in White Wine and Garlic, Shopping	:55
Cut 2 - - Mussels in White Wine and Garlic, Cooking	2:05
Cut 3 - Hummus Sandwiches, Shopping	1:00
Cut 4 - Hummus Sandwiches, Cooking	2:05
Cut 5 - Spicy Creole Gumbo with Shrimp and Brown Rice, Shopping	:50
Cut 6 - Spicy Creole Gumbo with Shrimp and Brown Rice, Cooking	2:00
Cut 7 - Hearty Vegetarian Lasagna, Shopping	1:15
Cut 8 - Hearty Vegetarian Lasagna, Cooking	2:40

**12/7/13 @1130-1200ET/SD07 CHEF 0400K1**

Cut 1 - Chicken Parmesan in a Tomato Mushroom Reduction, Shopping	1:00
Cut 2 - Chicken Parmesan in a Tomato Mushroom Reduction, Cooking	3:25
Cut 3 - Fragrant & Easy Indian Lentil and Butternut Squash Stew, Shopping	:55
Cut 4 - Fragrant & Easy Indian Lentil and Butternut Squash Stew, Cooking	2:20
Cut 5 - Vegetarian Chili Verde, Shopping	:50

Cut 6 - Vegetarian Chili Verde, Cooking	2:15
Cut 7 -Thai Style Pea Pod & Double Peanut Pizza, Shopping	1:05
Cut 8 - Thai Style Pea Pod & Double Peanut Pizza, Cooking	2:15

**1/4/14 @1130-1200ET/SD07                      CHEF 0500K1**

Cut 1 - Braised Chicken with Spinach, Tomato, Garlic & White Wine, Shopping	:45
Cut 2 - Braised Chicken with Spinach, Tomato, Garlic & White Wine, Cooking	2:55
Cut 3 - Spaghetti Frittata with Toasty Walnuts and Cheese, Shopping	1:05
Cut 4 - Spaghetti Frittata with Toasty Walnuts and Cheese, Cooking	2:50
Cut 5 - Three Bean Salad and Tacos, Shopping	1:25
Cut 6 - Three Bean Salad and Tacos, Cooking	1:45
Cut 7 - Unfried Crispy Chicken with Tabasco & Pecans, Shopping	1:05
Cut 8 - Unfried Crispy Chicken with Tabasco & Pecans, Cooking	2:10

**2/1/14 @1130-1200ET/SD07                      CHEF 0600K1**

Cut 1- Poached Trout with Herbed Mustard Sauce, Shopping	1:20
Cut 2- Poached Trout with Herbed Mustard Sauce, Cooking	3:00
Cut 3 - Poached Chicken & Asian Pear Salad, Shopping	1:00
Cut 4 - Poached Chicken & Asian Pear Salad, Cooking	2:50
Cut 5- Quinoa–Stuffed Whole Zucchini with Cheese, Shopping	1:20
Quinoa-Stuffed Whole Zucchini with Cheese	
Cut 6- Quinoa–Stuffed Whole Zucchini with Cheese, Cooking	2:50
Cut 7- Escabeche (Pickled Vegetables) Shopping	1:00

Cut 8 - Escabeche (Pickled Vegetables) Cooking 2:20

**3/1/14 @1130-1200ET/SD07 CHEF 0700K1**

Cut 1 - Toasted Barley Pilaf with Squash, Salsa & Feta Cheese, Shopping 1:15

Cut 2- Toasted Barley Pilaf with Squash, Salsa & Feta Cheese, Cooking 3:05

Cut 3 - Dark Chocolate Fruit Dip, Shopping 1:20

Dark Chocolate Fruit Dip

Cut 4 - Dark Chocolate Fruit Dip, Cooking 2:30

Dark Chocolate Fruit Dip

Cut 5 - Garlicky Green Lentil East Indian Dal & Lentil Burger Wraps, Shopping 1:10

Cut 6 - Garlicky Green Lentil East Indian Dal & Lentil Burger Wraps, Cooking 3:50

Cut 7- Baked Quinoa-Stuffed Acorn Squash, Shopping :50

Cut 8 - Baked Quinoa-Stuffed Acorn Squash, Cooking 2:25

**4/5/14 @1130-1200ET/SD07 CHEF 0800K1**

Cut 1 - Simple Mediterranean Bouillabaisse, Shopping 1:10

Cut 2 - Simple Mediterranean Bouillabaisse, Cooking 3:30

Cut 3 - Roasted Beet Salad with Bleu Cheese and Tarragon, Shopping 1:25

Cut 4 - Roasted Beet Salad with Bleu Cheese and Tarragon, Cooking 2:45

Cut 5 - Chicken Vesuvio, Shopping 1:40

Cut 6 - Chicken Vesuvio, Cooking 3:40

Cut 7 - Salsa, Black Bean & Avocado Omelet for Two, Shopping	1:00
Cut 8 - Salsa, Black Bean & Avocado Omelet for Two, Cooking	2:10

**5/3/14 @1130-1200ET/SD07      CHEF 0900K1**

Cut 1 - Red Beans and Brown Rice, Shopping	1:05
Cut 2 - Red Beans and Brown Rice, Cooking	2:30
Cut 3 - Roasted Cauliflower Soup, Shopping	1:40
Cut 4 - Roasted Cauliflower Soup, Cooking	2:45
Cut 5 - <b>Garlicky Sautéed Ham</b> , Shopping	1:15
• <a href="#">Garlicky Sauteed Kale</a>	

Cut 6 - Garlicky Sautéed Ham, Cooking	3:55
• <a href="#">Garlicky Sauteed Kale</a>	

Cut 7– Pumpkin Pecan Squares, Shopping	1:40
Cut 8– Pumpkin Pecan Squares, Cooking	3:25

**6/2/14 @1130-1200ET/SD07      CHEF 1000K1**

Cut 1 – Pan Asian Shrimp, Shopping	1:20
Cut 2 – Pan Asian Shrimp, Cooking	4:15
Cut 3 - Five Spice Turkey Tenderloin with Miso Kissed Vegetables, Shopping	1:40
Cut 4 - Five Spice Turkey Tenderloin with Miso Kissed Vegetables, Cooking	3:05
Cut 5 - Warm Stuffed Dates, Shopping	1:05
Cut 6- Warm Stuffed Dates, Cooking	3:05

Cut 7 - Dill-Flavored Borscht, Shopping	1:35
Cut 8 - Dill-Flavored Borscht, Cooking	2:10

**7/1/14 @1130-1200ET/SD07      CHEF 1100K1**

Cut 1 - Korean Tofu Stew, Shopping	1:45
Cut 2 - Korean Tofu Stew, Cooking	3:15
Cut 3 - Korean Kimchee, Shopping	1:30
Cut 4 - Korean Kimchee, Cooking	1:55