

Everyone Could Use Reminder: **February 2019**

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Shopping List

Please buy organic when and if you can.

4 ozs prosciutto, sliced

6 chicken breasts, de-boned, skin on

Dairy

4 ozs Gruyere or swiss, grated

4 ozs cheddar, grated

2 cups low-fat milk

½ lb mozzarella, firm, to be shredded

Bakery

1 lb pizza dough, I like whole wheat

Produce

½ lb Brussels sprouts, shredded

1 small head iceberg or butter lettuce

1 orange

1 avocado

4 lemons

1 lime

2 large onion

½ lb snap peas

2-3" piece of ginger

1 head of garlic, for 2 cloves

1 ¾ lbs butternut or acorn squash

2 tart green apples

3 green onions

1 red bell pepper

1 carrot

1 cup pea shoots

1 cup mung bean sprouts

Dry

12 oz small pasta – rotini or elbows

32 oz (4 cups) vegetable stock

12 oz soba or rice noodles

½ cup smooth peanut butter

2 tablespoons peanuts, chopped

Spices

Herbes de Provence, 2-3 teaspoons

Crushed red pepper flakes, pinch

Dried thyme, ½ teaspoon

Turmeric, 1 teaspoon

Chinese 5 Spice, ½ teaspoon

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, ¾ cup

Sesame oil, 1 teaspoon

Balsamic vinegar, 2 tablespoons

Rice vinegar, 1 teaspoon

Dijon mustard, 1 ½ teaspoons

Worcestershire, 1 tablespoon

Soy sauce or tamari, 1 tablespoon

Cider vinegar, 1 tablespoon

Sriracha, dash

All purpose Flour, 3 tablespoons

Butter, unsalted, 3 tablespoons

Salt, Kosher

Pepper

Prosciutto and Brussels Sprouts Pizza: **February 2019**

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Monday:

Prosciutto and Brussels Sprouts Pizza

Serves: 4 Prep: 15 Cooking 30

Ingredients

For the Pizza

2+ tablespoons olive oil, extra for prepping the pan and dough

1 lb whole wheat pizza dough, at room temp

½ lb Brussels sprouts, sliced thin

4 ounces prosciutto

½ lb mozzarella cheese, firm

kosher salt and black pepper

2 tablespoons fresh lemon juice

Crushed red pepper, for serving

2 tablespoons balsamic vinegar, optional

For the Greens

1 small head iceberg lettuce, torn

1 orange sectioned

1 avocado

2 tablespoons fresh lemon juice

3 tablespoons extra virgin olive oil
¼ teaspoon each kosher salt and pepper

Cooking Instructions

Prep Opportunity

Slice sprouts, I like the food processor fitted with the slicing blade.

Shred the cheese if you bought it whole.

Chop ½ of the prosciutto into 1” square pieces.

Bring dough to room temperature.

1

Heat oven to 450° - set bottom rack in the lowest position.

2

Lightly oil a large rimmed baking sheet.

3

Stretch the dough into a large oval and place on the prepared sheet; brush with 1 tablespoon of the oil. Tip: I like to use a Silpat/silicone mat and a floured rolling pin for rolling out my dough. Once it reaches the desired size, invert onto the baking sheet.

4

In a large bowl, toss the sprouts, prosciutto, and mozzarella with 1 tablespoon of olive oil and ½ teaspoon each salt and black pepper.

5

Place the mixture on the middle of the dough and spread out over it. Shred the remaining prosciutto and scatter over the top.

6

Bake until the mozzarella has melted and the crust is golden brown,

7

15 minutes.

8

Drizzle with 1 tablespoon of the lemon juice and balsamic vinegar.

9

In a large bowl, whisk 3 tablespoons of oil, 2 tablespoons of lemon juice and ¼ teaspoon each salt and black pepper. Add the greens and toss to coat.

10

Serve with the pizza and cracked red pepper, for sprinkling.

Baked Chicken and Speedy Mac n Cheese: **February 2019**

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Tuesday:

Baked Chicken and Speedy Mac n Cheese

Basic and tasty - this dinner just works. I use quinoa elbows for the mac - we really like them!

NOTE: Sock away two of the chicken breasts for use later in the week.

Serves: 4 Prep:15 Cooking: 35

Ingredients

For the Chicken

6 chicken breasts, de-boned, skin-on
1 lemon, quartered
1 onion, quartered
2 tablespoons olive oil
2 teaspoons kosher salt
1 teaspoon pepper
2-3 teaspoons Herbs de Provence

For the Mac

1 tablespoon kosher salt
12 oz pasta such as rotini or elbows
3 tablespoons unsalted butter
2 tablespoons all purpose flour
2 cups low-fat (2%) milk
4 oz grated cheddar(1 ¼ cups)
4 oz grated Swiss or Gruyere (1 ¼ cups)
1 ½ teaspoons Dijon mustard
1 tablespoon Worcestershire sauce
½ teaspoon dried thyme
Freshly ground black pepper
1.5 oz finely grated Parmesan(1 ½ cups)

For the Snap Peas

8 oz snap peas
1 teaspoon kosher salt

Cooking Instructions

Prep Opportunity

Marinate the chicken. In a zip-top sealable bag, combine olive oil
Salt pepper and herbs. Add chicken, seal and mix around to coat the chicken. Refrigerate until ready
to bake.

1

Preheat oven to 400°.

2

Set a pot of water to boil for the pasta.

3

Add salt to the pot and cook pasta according to package instructions until just tender. Drain.

4

Place chicken, lemon and onion in a baking dish or on a rimmed cookie sheet and bake for 25-30 minutes (depending upon the size) or an internal temperature of 165° is reached.

5

Meanwhile, over medium heat, melt the butter in a 12" ovenproof skillet, I like cast iron.

6

Whisk in the flour until well combined -10 seconds.

7

Whisk in the milk, in a steady stream and continue to cook, whisking constantly, until the mixture thickens - 2 minutes.

8

Add the Cheddar, Swiss, mustard, Worcestershire sauce, and thyme and whisk until the cheese is melted and is smooth- 2 minutes.

9

Stir in the drained pasta and coat with the cheese sauce.

10

Remove from the heat, just slide to a cool burner, season to taste with salt and pepper.

11

Sprinkle the Parmigiano-Reggiano evenly over the top. Wait for chicken to finish baking.

12

Set a covered pan with snap peas, salt and $\frac{3}{4}$ cup water over medium heat. Simmer for 4 minutes. Drain.

13

Remove chicken from the oven and heat the broiler.

14

Position a rack about 3-4" from the broiler and broil until the top is browned, 3 - 4 minutes.

15

Serve chicken with mac and snap peas – and, if you are at my house, nothing touching!! Oy Winter Squash and Apple Soup: **February 2019**

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Wednesday:

Winter Squash and Apple Soup

The fragrant spices and luscious texture make this soup absolutely irresistible. The original recipe called for acorn squash but they are a pain to peel so I went with butternut. I used a boxed cornbread mix tonight but, if you like to make it from scratch, here's a [buttermilk cornbread](#) we like to do.

TIP: This soup is a great first course that can be made well in advance – it holds well in the fridge for a few days and freezes well beautifully. Have a little stock on hand to thin if necessary.

Serves: 4-6 Prep: 10 Cooking: 40

Ingredients

2 tablespoons olive oil
1 large yellow onion, finely chopped
2 teaspoons minced fresh ginger
2 cloves garlic, minced
1 teaspoon ground turmeric
½ teaspoon Chinese five-spice powder
1¾ lbs butternut squash peeled, seeded, and cut into ½" cubes
2 tart green apples peeled, cored, and cut into ½" cubes
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper, to taste
4 cups vegetable stock
1 tablespoon fresh lime juice

Cooking Instructions

Prep Opportunity

If you purchased whole squash, you can peel, seed and chop it ahead and keep covered in the fridge.

1

Heat olive oil in a large heavy bottomed saucepan or pot over medium-high heat.

2

Add onion, and cook, stirring often, until lightly browned, about 10 minutes.

3

Meanwhile preheat oven and mix your cornbread according to the package or recipe instructions.

4

Add ginger and garlic to the onions and cook, stirring, for 1 minute.

5

Add turmeric, five-spice powder, squash, apples, and salt and pepper and stir until fragrant, about 2 minutes.

6

Add stock, raise the heat and bring to a boil.

7

Once boiling, cover, reduce heat to medium and cook, stirring occasionally, until squash and apples are tender, about 15 minutes.

8

Bake the cornbread.

9

Using an immersion blender or food processor, puree the soup and then return it to the saucepan.

10

Stir in the lime juice and keep warm until the cornbread is ready to serve.

Chicken & Peanut Noodle Bowl: **February 2019**

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Thursday:

Chicken & Peanut Noodle Bowl

Got 20 minutes? You've got dinner that doesn't taste like leftovers at all. The chopped peanuts are optional as they are a pain – we just happen to be big baseball fans and always seem to have them around. Please don't use cocktail peanuts. TIP: I've made this with almond butter too - tasty!

Serves: 4 Prep: 10 Cooking: 10

Ingredients

12 oz soba or rice noodles (vermicelli or spaghetti is great too)
1 teaspoon salt
1/3 cup thinly sliced green onions
2 tablespoons thin red bell pepper strips
1 carrot, shredded or grated
1 cup sliced cooked chicken
1/2 cup smooth peanut butter
1 tablespoon soy sauce
1 tablespoon cider vinegar
Dash of Sriracha
1 cup pea shoots
1 cup mung bean sprouts
1 teaspoon rice vinegar
1 teaspoon sesame oil
Chopped peanuts, optional

Cooking Instructions

- 1
Set a pot of water with 1 teaspoon salt to boil.
- 2
Meanwhile slice green onions, bell pepper, carrots and chicken.
- 3
Cook noodles according to package directions. Vermicelli or spaghetti will take longer than soba or rice noodles.
- 4
In a medium bowl, whisk together peanut butter, soy sauce, vinegar, and Sriracha. Set aside.
- 5
Remove 1 cup of the boil water from the noodles.
- 6
Drain cooked noodles and add to the bowl with peanut sauce.
- 7
Toss to coat, adding some of the boiling liquid as needed.
- 8
In a small bowl, pea shoots and bean sprout with oil and vinegar.

9

Next move is your call. You can either fold the green onions, bell pepper, carrots and chicken into the noodles or place on top.

10

Divide evenly between four bowls and top with chopped peanuts (optional), shoots and sprouts.