

Happy Father's Day: **June 2017**

**real family**  **real food**

### Shopping List

*Please buy organic when and if you can.*

1 lb large shrimp

8 bone-in, skin-on chicken thighs

12 large eggs

### Fresh Herbs

1 bunch oregano, 2 teaspoons chopped

1 bunch chives, ¼ cup chopped

1 bunch Italian parsley, 2 tablespoons chopped

### Dairy

4 ozs Fontina cheese

4-6 ozs tzatziki

half & Half, 3 tablespoons

### Bakery

4 Middle Eastern style pitas

### Frozen

1 small bag of peas

### Produce

1 yellow onion

1 small shallot

1 red bell pepper

1 head garlic, for 8 cloves

1 acorn or delicate squash

1 fennel bulb

½ lb red seedless grapes

8 ozs broccoli rabe or Tuscan kale

2 leeks

2 bunches of watercress

1 head butter lettuce

4 lemons

1 small head iceberg lettuce

1 large tomato

1 cucumber

### Dry

2 cups instant brown rice – like an Uncle Ben's

1 (14 oz) box/can low sodium chicken broth

½ cup sundried tomatoes packed in olive oil

### Spices

Saffron threads, ¼ teaspoon, optional  
Paprika, 3 teaspoons  
Cumin, 2 tablespoons  
Cayenne, ¼ teaspoon  
Turmeric, ½ teaspoon  
Cinnamon, pinch  
Red pepper flakes, ¼ teaspoon

### **From Your Pantry**

\*\*\*ALWAYS CHECK THIS LIST – IT CHANGES\*\*\*

Olive oil, 1 ½ cups  
Vegetable or Grapeseed oil, ¼ cup  
White or red wine vinegar, 2 tablespoons  
Brown sugar, 1 tablespoon  
Dijon mustard, 1 tablespoon  
Salt, Kosher  
Pepper

Shrimp with Lemon Saffron Brown Rice: **June 2017**

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**Monday:**

## **Shrimp with Lemon Saffron Brown Rice**

Super tasty, hearty and ready in a jiffy – perfect for a Monday night. I must admit that I was a bit of a snob when it came to minute brown rice, but not anymore! There are no chemical additives, cooks up in minutes and it has a good amount of fiber (2 grams) and protein (5 grams).

Serves: 4    Prep: 5    Cooking: 15

## **Ingredients**

1 tablespoon extra-virgin olive oil  
½ cup chopped yellow onion  
½ cup chopped red bell pepper (original recipe calls for a green pepper)  
1 teaspoon garlic, chopped  
1 lb large shrimp, peeled and deveined  
2 cups uncooked instant brown rice  
½ cup water  
1 ½ teaspoon fresh oregano, chopped  
½ teaspoon salt  
¼ teaspoon saffron threads, crushed (optional but yummy)  
½ teaspoon paprika  
¼ teaspoon freshly ground black pepper

1 (14 ounce) can, low-sodium chicken broth  
1 cup frozen green peas, thawed  
2 ½ tablespoons fresh lemon juice

## Cooking Instructions

1  
Heat oil in a large heavy bottomed pot or Dutch oven over medium-high heat.

2  
Add onion and bell pepper. Sauté 3 minutes or until tender, stirring frequently.

3  
Add garlic and cook 30 seconds, stirring constantly.

4  
Add shrimp to pan and cook 30 seconds, stirring frequently.

5  
Add rice, water, oregano, salt, saffron (if using), paprika, pepper and chicken broth.

6  
Bring it all to a boil and cover pan.

7  
Reduce heat to medium low and simmer 5 minutes or until rice is done.

8  
Remove from heat.

9  
Stir in peas and lemon juice.

10  
Serve immediately.

One Pan Chicken Dinner: **June 2017**

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**Tuesday:**

## One Pan Chicken Dinner

I found this one on The Facebook! I enjoyed it with a pal who "doesn't like squash" - she loved it!

NOTE: We are roasting extra chicken for use later in the week.

Serves: 4    Prep: 20    Cooking: 25 - 35

## Ingredients

1 tablespoon brown sugar  
1 tablespoon ground cumin  
2 teaspoons kosher salt  
2 teaspoons freshly ground black pepper

¼ teaspoon cayenne pepper

1 acorn or delicata squash (about 1 ½ lbs), halved lengthwise, seeded, cut into ¼" half moons

1 fennel bulb (about ½ lb), cut in half lengthwise, sliced into ¼" wedges with core intact

½ lb seedless red grapes (about 1 cup)

1 tablespoon olive oil

8 skin-on, bone-in chicken thighs (about 2 lbs)

## Cooking Instructions

### Prep Opportunity

This whole dinner can be prepped and ready to pop in the oven when it's convenient for YOU. Just assemble on the sheet pan, cover with plastic wrap and keep in the fridge.

1

Preheat oven to 425°.

2

Mix brown sugar, cumin, salt, pepper, and cayenne in a small bowl.

3

Toss squash, fennel, Brussels and grapes with oil in a large bowl.

4

Sprinkle vegetables with half of spice mixture and transfer to rimmed sheet pan in a single layer.

5

Place chicken in the same large bowl and sprinkle with the remaining spice mixture. Toss to coat.

6

Arrange, skin side up, on top of vegetables.

7

Roast for 25 minutes or until skin is browned and an instant-read thermometer inserted into the thickest part of chicken registers 165°.

8

Great news! This dish is just as yummy at room temp as hot from the oven.

Italian Frittata and Watercress Salad: **June 2017**

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### Wednesday:

## Italian Frittata and Watercress Salad

This is another doctor's office find that I have made for years. It's super versatile. You can use your favorite cheese and veggies. It's pretty big so plan on leftovers...or seconds!

Serves: 4 to 6   Prep: 15   Cooking: 20

## Ingredients

### **For the Frittata**

2 teaspoons olive oil  
8 ounces broccoli rabe or Tuscan kale, trimmed and cut into 1 inch pieces  
Salt and ground black pepper  
12 large eggs  
3 tablespoons half and half  
4 oz Italian Fontina cheese, cut into ¼ inch cubes  
½ cup oil packed sun dried tomatoes, minced  
1 garlic clove, minced  
¼ teaspoon red pepper flakes

### **For the Salad**

¼ cup vegetable or grapeseed oil  
2 leeks, white parts only, sliced into very thin rings  
2 bunches of watercress (10 ounces), thick stems discarded  
2 cups butter lettuce  
¼ cup very finely chopped chives, for garnish

### **For the Vinaigrette**

3 tablespoons olive oil  
2 tablespoons red or white wine vinegar  
1 tablespoon Dijon mustard  
1 small shallot, diced, optional  
½ teaspoon kosher salt

## **Cooking Instructions**

### **Prep Opportunity**

Crisp the leeks. Heat 3 tablespoons of vegetable oil in a large, heavy skillet. Add half the leeks, season with salt and pepper and cook over moderate heat until lightly browned, about 2 minutes; transfer to paper towels. Remove vinaigrette from the fridge and allow it to come to room temp.

1

Adjust rack about 5-6" from broiler element and heat broiler.

2

Heat oil in 12" ovensafe nonstick or castiron skillet over medium heat until shimmering.

3

Add broccoli rabe and ¼ teaspoon salt and cook until beginning to brown and soften, 6 to 8 minutes.

4

Meanwhile, whisk eggs, half and half, ½ teaspoon salt, and ¼ teaspoon pepper together, then stir in cheese and sun dried tomatoes; set aside.

5

Add garlic and pepper flakes to skillet and cook until fragrant, about 30 seconds. Add egg mixture and cook, stirring with spatula until it starts to set but eggs are still very wet, about 2 minutes.

6

Spread eggs and smooth the top

7

Place skillet under broiler and cook until surface is puffed and spotty brown, yet center remains slightly wet and runny when cut into with pairing knife, 3 to 4 minutes. Watch it!

8

Remove skillet from broiler and let stand until eggs in middle are just set, about 5 minutes.

9

Add the watercress and lettuce to the bowl along with half of the fried leeks, chives, and season with salt and pepper and toss well.

10

Toss with 2-3 tablespoons of vinaigrette.

11

Use rubber spatula to loosen frittata from skillet, then slide onto cutting board, slice into wedges, and serve with salad.

Chicken Shwarma Pita: **June 2017**

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**Thursday:**

## Chicken Shwarma Pita

This is my oldest daughter's new favorite dish. She craves Mediterranean the way some folks crave sushi - she's just gotta have it! As a result, she has become quite a connoisseur and this preparation met with two thumbs up. Cool!

Serves: 4   Prep: 20   Cooking: 10

## Ingredients

### For the Chicken

2 lemons, juiced

½ cup plus 1 tablespoon olive oil

6 cloves garlic, peeled, smashed and minced

1 teaspoon kosher salt

2 teaspoons freshly ground black pepper

2 teaspoons ground cumin

2 teaspoons paprika

½ teaspoon turmeric

A pinch ground cinnamon

Red-pepper flakes, to taste

2-3 cups shredded or cubed cooked chicken

### For the Pitas

4 soft pitas

½ head lettuce  
1 tomato, diced  
½ cucumber, sliced  
1 cup tzatziki or yogurt ( with lemon juice and garlic)  
2 tablespoons chopped fresh parsley

## Cooking Instructions

- 1  
Preheat oven to 400°.
- 2  
Stack pitas, wrap in tin foil and pop in the oven for 10 minutes or so.
- 3  
Prepare a marinade for the chicken.
- 4  
Combine the lemon juice, 1/2 cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon and red-pepper flakes in a large bowl, then whisk to combine. Add the chicken, and toss well to coat.
- 5  
Chop lettuce, tomato and cucumber.
- 6  
Heat a large skillet over medium high heat.
- 7  
Add chicken, without the extra liquid, to the skillet and sauté until heated through.
- 8  
Divided chicken and layer on each pita.
- 9  
Continue with tomatoes, cucumbers, tzatziki, parsley and really anything you desire like hot sauce, olives, or feta.
- 10  
Fold and eat.