

It Seems Like Everybody is Cooking!: **February 2018**

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Shopping List

Please buy organic when and if you can.

2-2 ½ lbs skinless salmon

6 ozs or 6 pieces thick cut bacon

4lb pork loin roast, tied

Dairy

8 oz slices Gruyere cheese

8 oz brie cheese

1 stick butter, unsalted

Herbs: *Always check the fridge first*

1 bunch of cilantro, for 2 tablespoons minced

1 bunch basil, for ¼ cup chopped

1 bunch rosemary, 4 teaspoons chopped

Bakery

8 slices sourdough bread

Produce

2 lemons

8 oz butternut squash

8 oz Brussels sprouts

1-2 heads of garlic, for 12 cloves

1 large shallot

½ cup red seedless grapes

2 medium onions

2 cups arugula or baby spinach

2 green apples

10 oz shitake mushrooms

1 small head Napa cabbage

6 oz snow peas

1 red bell pepper

3" piece fresh ginger

6 scallions

2 9 oz packages of Chinese egg noodles for lo mein

Dry

½ cup pecans

1 cup quinoa

24 oz chicken broth

24 oz vegetable broth

2 cups French green lentils

Asian oyster sauce – 4 tablespoons

Spices

Bay leaf, 1
Cumin, 1 teaspoon
Ground coriander, ½ teaspoon
Red pepper flakes, ½ teaspoon
Sesame seeds, 3 teaspoons

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 cup
Vegetable, 2 tablespoons
Toasted sesame oil,
Mustard, your favorite for grilled cheese
Soy sauce, 4 tablespoons
Salt, Kosher
Pepper
Pan Roasted Salmon with Bacon, Brussels & Butternut: **February 2018**

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Monday:

Pan Roasted Salmon with Bacon, Brussels & Butternut

We are crispy salmon fans in my house. In fact, this dish is how I got my kids to eat salmon in the first place. It may read very plain when you first review the recipe but, trust me, it's fantastic. Don't skimp on the salt and pepper. And, roasting bacon with the veggies? C'mon now.

Serves: 4 Prep: 10 Cooking: 30

Ingredients

For the Salmon

2 – 2 ½ lbs skinless salmon, cut into 3" wide fillets if you need to fit in your pan
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon olive oil
1 lemon, quartered

For the Roasted Veggies

8 oz butternut squash, 1" cubed
8 oz Brussels sprouts, trimmed and halved
3 teaspoons olive oil
1 teaspoon Kosher salt
½ teaspoon pepper

6 oz (6 pieces) thick cut bacon, chopped into 1" pieces

Cooking Instructions

Prep Opportunity

Chop the veggies and bacon.

1

Preheat oven to 400°.

2

Place squash and Brussels sprouts in a small baking dish. Toss with oil olive salt and pepper.

3

Dot with the bacon being careful to nestle a few pieces in between the veggies.

4

Roast in the oven for 15 minutes.

5

Meanwhile, salt and pepper the salmon.

6

Heat 1 tablespoon olive oil in a large nonstick, oven proof pan over medium high heat.

7

Once oil is hot, place salmon in pan and cook – don't touch it! – 4 minutes. Turn it over and place in the oven for 4 minutes.

8

Toss the veggies and roast 4 minutes more.

9

Remove salmon and veggies from the oven.

10

Serve salmon and roasted veggies together with a squeeze of lemon.

Roast Pork Loin and Pecan-Grape Quinoa : **February 2018**

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Tuesday:

Roast Pork Loin and Pecan-Grape Quinoa

My house smells so good when I make this dinner. Everyone asks "Yum, what's for dinner?" when they come through the door! NOTE: There will be leftover pork for use later in the week.

Serves: 8 Prep: 15 Cooking: 1 hour

Ingredients

For the Pork Loin

4 large garlic cloves, minced

4 teaspoons chopped fresh rosemary or 2 teaspoons dried
1 ½ teaspoons coarse salt
½ teaspoon ground black pepper
1 (4 lb) boneless pork loin roast

For the Quinoa

1 cup quinoa
1 cup chicken stock
4 tablespoons butter, total
5 tablespoons olive oil, total
½ cup pecans, coarsely chopped
½ cup finely chopped shallots
2 cloves garlic, finely chopped
½ teaspoon ground coriander
½ cup red grapes, halved
3 tablespoons basil, chopped

Cooking Instructions

- 1
Preheat oven to 400°.
- 2
Line a roasting pan with foil.
- 3
Prepare the roast by mixing together garlic, rosemary, salt and pepper. Rub all over pork.
- 4
Place pork in the pan, fat side down and roast pork 30 minutes.
- 5
Flip roast to fat side up. Roast about 25 minutes longer or until thermometer inserted into center of pork registers 155°.
- 6
Meanwhile, make the quinoa. Combine chicken stock with 1 cup of water in a saucepan and bring to a boil.
- 7
Add quinoa, cover and simmer 12-15 minutes until the grains appear translucent and release their germ ring. Remove from heat and set aside.
- 8
Heat 1 tablespoon butter and 1 tablespoon olive oil over medium heat.
- 9
Add pecans and sauté until lightly browned -5 minutes.
- 10
Add shallot, garlic and coriander, and cook until 3-4 minutes more.
- 11
Remove from heat and gently stir in cooked quinoa and 1 tablespoon butter.
- 12
Add grapes and basil. Taste and season with salt and pepper.

13

Remove pork from oven; let stand 10 minutes.

14

Cut pork crosswise into ½" thick slices. Arrange pork slices on plates accompanied by quinoa. Pour pan juices over top.

Apple Grilled Cheese and Lentil Soup : **February 2018**

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Wednesday:

Apple Grilled Cheese and Lentil Soup

Serves: 4 Prep: 20 Cooking: 45 (mostly inactive)

Ingredients

For Lentil Soup

2 cups French green lentils
2 teaspoons extra-virgin olive oil
1 medium yellow onion, finely diced
2 garlic cloves, minced
2 cups fresh arugula or spinach, stemmed and torn
1 teaspoon ground cumin
1 bay leaf
1 juicy lemon, zested and juiced
1 ½ teaspoons Kosher salt
½ teaspoon cracked red pepper flakes
3 cups low-sodium vegetable or chicken broth
2 tablespoons cilantro, chopped

For Apple Grilled Cheese

1 onion, thinly sliced
8 slices good sourdough bread
4 tablespoons butter
Mustard – Dijon, whole grain, or honey mustard
½ pound sliced Gruyère cheese
½ pound Brie, chilled and sliced
2 apples, cored and thinly sliced

Cooking Instructions

Prep Opportunity

The onions and lentils can be made earlier in the day.

1

In a large pot, over medium-high heat, combine lentils with 5 cups water and bring to a boil. Reduce heat to medium-low and simmer until lentils are tender, about 30 minutes.

2

While the lentils are cooking, melt butter in a skillet over medium heat. Add onions and sauté for 10 minutes. Remove from skillet and set aside.

3

Start the grilled cheese. Butter the bread slices on one side. On the unbuttered side of four slices, assemble ingredients in the following order: mustard, a layer of both cheeses, apple slices, onions. Add another layer of mustard to the remaining four unbuttered sides.

4

Once lentils are ready, drain, transfer to a bowl and set aside.

5

In the same pot over medium heat, warm the oil, add onion and garlic and sauté, stirring occasionally until golden, about 6 - 8 minutes.

6

Add arugula or spinach and cook, stirring, for 2 minutes more.

7

Add the lentils, cumin, lemon zest, broth, and 2 cups water to the onion, garlic, and arugula. Let simmer uncovered for about 15 minutes, stirring occasionally.

8

Place sandwiches in the skillet, over medium heat, with a brick or in a panini press and cook until golden brown on both sides.

9

Stir cilantro into the soup and taste for salt.

10

Serve soup immediately with the grilled cheese sandwiches.

Pork Lo Mein : **February 2018**

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Thursday:

Pork Lo Mein

This lo mein is a Real Family Real Food favorite as it's flexible and filling. You can add any leftover meat from the day before - and of course veggies too. Tip: have all of your ingredients prepped/chopped/measured before you start. It's a quickie.

Serves: 4 Prep: 15 Cooking: 20

Ingredients

2 tablespoons vegetable oil

10 ounces shiitake mushrooms, stemmed and thinly sliced

2 cups cooked, boneless pork chop or tenderloin, chopped to 1" pieces or 1/4" slices
1 small head Napa cabbage, sliced crosswise into 1/4-inch-wide shreds
6 ozs snow peas
1 red bell pepper, cored and thinly sliced
1 tablespoon grated ginger
3 garlic cloves, minced
1/3 cup low-sodium chicken broth
4 tablespoons soy sauce
4 tablespoons oyster-flavored sauce
2 9-ounce packages fresh Chinese egg noodles
2 tablespoons toasted sesame oil
6 scallions, thinly sliced
Coarse sea salt and freshly ground black pepper
3 teaspoons sesame seeds

Cooking Instructions

Prep Opportunity

Have all the veggies and pork sliced and ready to go.

1

Set a pot of water to boil.

2

In a nonstick skillet, heat oil over high heat until shimmering. Add mushrooms and cook until browned, about 4 minutes.

3

Add pork and stir 1 minute.

4

Stir in cabbage, snow peas and bell pepper and cook until cabbage wilts, about 2 minutes. Keep stirring - it really helps the cabbage.

5

Stir ginger and garlic into pan and cook until fragrant, just 30 seconds.

6

Stir in broth, soy sauce, and oyster sauce and bring to a simmer. Remove from heat, cover, and set aside.

7

Add 1 teaspoon of salt and egg noodles to boiling water and cook, stirring often, until noodles are slightly underdone, or about 2 minutes.

8

Drain the noodles and return them to the now empty pot.

9

Toss noodles with sesame oil.

10

Add pork/cabbage mixture to the pot, return to medium-high heat, and cook until noodles are heated through, only 1 minute.

11

Stir in scallions, season with salt and pepper to taste.

12

Serve in deep bowl with a sprinkle of sesame seeds on top.