

Less is More - Really!: **September 2020**

real family  **real food**

Shopping List

Please buy organic when and if you can.

1 lb ground pork
6 medium chicken breast, boneless, skinless
8 pieces of bacon

Toppings for Chili – your choice

Cheddar cheese
Avocado
White onion
Green onion
Radishes
Jalapeno
Sour cream

Dairy

2/3 cup Parmesan, gra
1/2 cup crema or sour cream

Herbs: *Always check the fridge first*

2-3 bunches basil – 3 cups of leaves, packed
1 bunch cilantro – for 1/4 cup

Frozen

2 lbs ravioli

Produce

1 onion
2 medium zucchini
6 medium heirloom tomatoes (4 for chili if not using canned)
7 juicy limes
2 heads of garlic, for 12 cloves
1 pineapple
1 head lettuce, your choice

Dry

1 (15 oz) can kidney beans
1 (14.5 oz) can diced tomatoes – if not using fresh
Orange juice, 1/4 cup
1 cup brown rice
16 oz (1 3/4 cups) chicken stock
1/3 cup pine nuts, walnuts OR almonds
Whole wheat tortillas, large

Spices

Chili powder, 1½ tablespoons
Cumin, 2 tablespoons
Smoked or Sweet paprika, 1 teaspoon

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 ¼ cup
Unsalted butter, 1 tablespoon
Vegetable oil, 3 tablespoons
Red wine vinegar, 1/2 teaspoon
Salt, Kosher
Pepper
Simple Summer Chili: **September 2020**

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Monday:

Simple Summer Chili

My crew likes chili even when its 95° outside. Here's a lighter, speedier version for summer. Top it with your favorites!

Serves: 4 Prep: 10 Cooking: 30

Ingredients

For the Chili

1 tablespoon olive oil
1 onion, chopped
1 zucchini, chopped
1 lb lean ground pork or beef
1 can low sodium kidney beans, drained
1 can diced tomatoes or 2 cups chopped fresh
1 1/2 tablespoons chili powder
1 1/2 tablespoons cumin
1 teaspoon garlic salt

Toppings (Your Choice)

Cheddar cheese
Avocado
White onion
Green onion
Thinly sliced radishes
Jalapeno or chiles
Sour cream

Cooking Instructions

1

Heat olive oil in a large pot over medium heat.

2

Add onion and zucchini.

3

Sauté until onion softens, about 5 minutes.

4

Add ground meat and stir until meat is browned.

5

Drain any excess fat from pan.

6

Add beans, tomatoes and spices.

7

Reduce heat to low for 30 minutes or as long as you have.

8

Serve topped with your crew's go to toppings.

Grilled Chili-Lime Chicken and Pineapple with Cilantro Brown Rice: **September 2020**

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Tuesday:

Grilled Chili-Lime Chicken and Pineapple with Cilantro Brown Rice

As juicy, tangy and versatile as this chicken is, the rice is even better. And, don't skip the pineapple - it will transport you to Mexico. NOTE: We are cooking extra chicken for use later in the week.

Serves: 4 Prep: 15, plus 3 hours to marinate Cooking: 30

Ingredients

For the Chicken

6 chicken breasts, boneless, skinless

3 limes juiced, 4 tablespoons

¼ cup orange juice

5 garlic cloves, minced

1 teaspoon smoked or sweet paprika

1 teaspoon cumin

3 tablespoons vegetable oil

Kosher salt

1 pineapple

Lime wedges, 2 limes

For the Rice

1 tablespoon unsalted butter

1 cup brown rice (I used basmati)

1 3/4 cups water, chicken broth, or vegetable broth

1 lime (zest and juice)

1/4 cup chopped cilantro

1/2 teaspoon salt

Cooking Instructions

Prep Opportunity

Marinate the chicken. Combine juices, garlic and spices in a large Ziploc – mash them around. Add the chicken, seal and refrigerate for 1-3 hours. The longer the better.

Core and slice the pineapple in to rounds.

1

Heat the grill to medium.

2

In a medium pot fitted with a lid, melt butter over medium heat.

3

Add rice and the zest of one lime. Stir frequently, coating and toasting the rice, for 3-5 minutes.

4

Add liquid, stir, bring to a boil, cover, and turn heat down to low.

5

Simmer for about 25 minutes or until rice has absorbed all the liquid.

6

Remove the chicken from the marinade and pat dry.

7

Lightly brush both the chicken and pineapple slices with vegetable oil.

8

Sprinkle a little salt over both sides of the chicken and pineapple.

9

Cook chicken for 5-7 minutes per side or until an internal temp of 165° is reached.

10

When you flip the chicken, grill the pineapple.

11

Fluff the rice and stir in lime juice and chopped cilantro.

12

Serve chicken over rice with pineapple.

Ricotta Ravioli with Zucchini & Pesto : **September 2020**

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Wednesday:

Ricotta Ravioli with Zucchini & Pesto

This dinner is straight from my “freezer pantry”. I always keep it stocked with quality frozen ravioli and pesto. Add a fresh veggie and it’s a one plate meal.

Serves: 4 Prep: 5 Cooking: 15

Ingredients

For the Ravioli

2 lbs ravioli, choose your favorite
1 tablespoon salt
1 medium zucchini, diced
1 teaspoon olive oil

For the Pesto

1/2 cup nuts (pine nuts, walnuts, almonds)
2 tablespoons chopped garlic (6-7 cloves)

3 cups fresh basil leaves, packed
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 cup olive oil, use the good stuff
1/2 cup fresh grated Parmesan cheese

Cooking Instructions

Prep Opportunity

Make the pesto. In the bowl of a food processor fitted with a steel blade, process the nuts for 20 seconds. Add the garlic and process another 20 seconds. Add the basil leaves, salt, and pepper and process another 20 seconds. Now, with the processor running, slowly pour the olive oil through the feed tube and process until the pesto is finely pureed – approximately 30 seconds. Add the parmesan and puree for a minute. This recipe makes approximately 2 1/2-3 cups. You can freeze the leftover in a canning jar or zip-top bag.

- 1
Set a large pot of water to boil.
- 2
Heat 1 teaspoon of olive oil in a skillet over medium heat.
- 3
Add zucchini and stir. Cook for 5 minutes or until softened a bit.
- 4
Add the pesto, bring to a simmer and reduce heat to low.
- 5
Once boiling, add salt to the water and then cook ravioli according to package instructions.

6

Once floating, transfer ravioli to skillet, toss to coat and serve.

Chicken BLT Wraps with Lime Crema: **September 2020**

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Thursday:

Chicken BLT Wraps with Lime Crema

Yup, that's wassup.

Serves: 4 Prep: 15: Cooking: 10

Ingredients

8 pieces of bacon

2 chicken breasts, cooked (we are using the Grilled Chili-Lime ones)

1-1 ½ cups lettuce, shredded

2 tomatoes, diced

1 teaspoon olive oil

½ teaspoon red wine vinegar

½ cup crema (sour cream, mayo or Greek yogurt will be good too)

1 lime zested and juiced (1 tablespoon)

4 whole wheat large tortillas

Cooking Instructions

1

Fry the bacon.

2

Slice the chicken.

3

Toss the lettuce and tomato with oil and vinegar.

4

In a small bowl, combine the crema, zest and juice.

5

Lay out the tortillas.

6

Pile each with lettuce and tomato.

7

Top with bacon and chicken.

8

Drizzle with crema.

9

Wrap and eat!