

Lunchtime Blues? NO MORE!: **September 2016**

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Shopping List

Please buy organic when and if you can.

Tequila Lime Fish Tacos: **September 2016**

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Monday:

Tequila Lime Fish Tacos

Fish tacos are a go-to around here so when I find a new recipe for them I'm pretty psyched. The combo of tequila and cilantro bring a bright, summery flavor.

Serves: 4 Prep: 15 Cooking: 20

Ingredients

For the Tacos

3 cloves garlic
1 cup cilantro leaves
2 limes, zested
2 teaspoons ground cumin
1 teaspoon freshly ground black pepper
1/3 cup tequila
1 lb tilapia fillets
1 tablespoon olive oil
8 smaller round corn or flour tortillas
1 cup green cabbage, shredded
2 limes, quartered

Lime Crema

1/4 cup plain yogurt or sour cream
1 lime, juiced

For the Peppers

Shishito peppers
Olive oil
Kosher or sea salt

Cooking Instructions

Combine the garlic, cilantro, lime zest, cumin, salt, pepper and tequila in a small food processor or blender for approximately 20 seconds.

2

Put the tilapia fillets into a 1 gallon resealable bag, add the tequila marinade and move around to coat each fillet.

3

Set aside, at room temperature, for 15 - 20 minutes.

4

In a large skillet, heat 1 tablespoon of olive oil over medium high heat.

5

Once the oil is hot, add the shishito peppers and cook for 4 minutes. Flip them over and cook for another 2-3 minutes. Transfer to papertowel and sprinkle with salt.

6

Add another tablespoon of oil to the skillet and fry the fillets until just cooked through 3 - 4 minutes per side.

7

Cut into strips and serve in warm tortillas with crema, shredded cabbage, lime wedges and peppers. Slow Cooker Kalua Pork, Tropical Rice and Bok Choy: **September 2016**

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Tuesday:

Slow Cooker Kalua Pork, Tropical Rice and Bok Choy

We spent Spring Break '15 on the north shore of Kauai and there was this awesome food truck that we visited over and over. This is exactly what they told me to do to - you can find the red salt at most west coast grocery stores as well as Cost Plus. If you can find fresh pineapple - go for it! NOT: there will be extra pork for use later in the week.

Serves: 4 Prep: 15 Cooking: 13 hours on LOW, 30 minutes

Ingredients

For the Kalua Pork

4-5 lb pork shoulder bone-in or out

3 slices of thick cut smoked bacon

1½ tablespoons of Hawaiian Alaea Red Salt OR 1 ½ tablespoons Kosher salt and ½ teaspoon smoked paprika

4 garlic cloves, sliced in ½ lengthwise

For the Bok Choy

4 bok choy bulbs, split lengthwise

2 cloves of garlic, sliced

For the Rice

- 1 package frozen brown rice
- 2 teaspoons coconut aminos or low sodium soy sauce
- 1 mango diced
- ½ cup pineapple, diced
- 2 teaspoons cilantro, minced

Cooking Instructions

- 1
Prep the roast by removing the skin and/or fat layer.
 - 2
Using a paring knife, poke small holes in the roast and insert the garlic pieces into them.
 - 3
Salt the entire roast with the red salt or smoked paprika and salt mix.
 - 4
Lay the bacon slices in the bottom of the slowcooker.
 - 5
Place the roast on top of the bacon.
 - 6
Cooked the roast for about 13-14 hours LOW.
 - 7
When the pork is finished cooking, shred it with two forks and ladle a bit of the cooking liquid over to keep it moist. Set aside.
 - 8
To prepare the bok choy, bring 1 ½ cups of the pork cooking liquid to a simmer in a large pan fitted with a lid.
 - 9
Lay the bok choy in the pan, cut-side down, cover and cook for 4-5 minutes until just wilted. Drain.
 - 10
Meanwhile, microwave the rice.
 - 11
Mix cooked rice with coconut aminos, mango, pineapple and cilantro.
 - 12
Serve shredded pork alongside tropical rice and bok choy.
- Farfalle with Zucchini and Lemon: **September 2016**

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Wednesday:

Farfalle with Zucchini and Lemon

Sometimes family favorites are found when you are just cleaning out the fridge! Check this one out.
Serves: 4 Prep: 5 Cooking: 20

Ingredients

6 tablespoons olive oil
1 small onion, thinly sliced
2 garlic cloves, finely chopped
2 tablespoons chopped fresh rosemary
1 tablespoon chopped fresh flat-leaf parsley
1 lb small zucchini, cut into ½" rounds
1 lemon, finely zested
1 lb dried fusilli or farfalle
salt and pepper
4 tablespoons grated Parmesan cheese, to serve
2 large, colorful heirloom tomatoes, ½" slices

Cooking Instructions

Prep Opportunity

Chop the zucchini and store in airtight container.

- 1
Set a large pot of lightly salted water to a boil.
- 2
Add the pasta, return to a boil, and cook for 8-10 minutes, or until tender but still firm to the bite.
- 3
Meanwhile, in a large skillet over low-medium heat, heat the oil.
- 4
Add sliced onion and cook, stirring a few times, for about 10 minutes, until golden.
- 5
Increase the heat to medium-high and add the garlic, rosemary, and parsley. Cook for just a few seconds, stirring.
- 6
Add the zucchini and lemon zest. Cook for 5-7 minutes, stirring occasionally, until just tender.
- 7
Season to taste with salt (1/4 tsp) and pepper (1/4 tsp). Remove from the heat.
- 8
Remove ½ cup of pasta water and set aside.
- 9
Drain the pasta and transfer to a warmed serving dish. Tip: drain the water into the serving bowl, let sit for 30 seconds, pour the pasta water out and replace with cooked pasta.
- 10
Briefly reheat the zucchini sauce if too cool.
- 11
Pour over the pasta and toss well to mix. Add a little of the reserved pasta water to loosen.
- 12
Sprinkle with the Parmesan cheese and serve alongside or over the tomato slices.

Kalua Pork Sliders: **September 2016**

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Thursday:

Kalua Pork Sliders

Don't be fooled by these by their size, after 3 of these my crew is stuffed!

Serves: 4 Prep: 30 Cooking: 0!

Ingredients

2 cups shredded Kalua Pork
1 dozen King Hawaiian buns or slider buns
1 apple, julienned
2 cups green cabbage, shredded
3 scallions, julienned
2 tablespoons real mayo
A pinch of Kosher or sea salt
1 tablespoon cider vinegar or coconut aminos

Cooking Instructions

Prep Opportunity

In a mixing bowl, whisk the mayo, salt and vinegar. Add the cabbage, apple and scallions. Refrigerate for 20-30 minutes.

1

Slice the buns.

2

Layer the pork and cabbage slaw.

3

Enjoy!