

Ouch! My Wallet Hurts!: **September 2017**

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### Shopping List

*Please buy organic when and if you can.*

1 ½ lbs skinless cod filet, cut into 8 pieces – TJ's frozen is good too

6-7 lbs bone-in turkey breast 1 big or 2 smaller – my butcher sells 2 together/not split

### Dairy

2 cups fresh mozzarella

8 tablespoons butter, 1 stick

### Bakery

1 French or Italian loaf for garlic bread

Herbs: *Always check the fridge first*

1 bunch rosemary, for 2-3 tablespoons chopped

1 bunch thyme, for 5-6 sprigs

1 bunch Italian parsley – you will use the whole bunch!

### Produce

1 shallot

2 head of garlic, for 12 cloves

½ pint grape or cherry tomatoes

10-12 lemons, for juicing

8 carrots

8 stalks of celery

2 onions

2 bunches kale/5-6 cups kale

4 large Portobello mushrooms

1 head iceberg or Romaine lettuce

2 tomatoes

1 cucumber

**ADDITIONAL TOPPINGS FOR PIZZAS**, add your favorites to the list

Red onion, Bell pepper, Olives, Basil

### Dry

8 oz chicken stock

Dry white wine, for 1/3 cup

¼ cup almonds, sliced

1 ½ cups almonds, whole raw

Dijon mustard, for 4 tablespoons

4 oz tomato paste

8 oz wide egg noodles

### Frozen

Brown rice, for 1 (3 oz) bag

## Spices

Smoked paprika, ½ teaspoon  
Cracked red pepper flakes, 1/8 teaspoon  
Bay leaf, 1  
Peppercorns, whole, 2 teaspoons  
Dried Italian herb seasoning, 2 ½ tablespoons

## From Your Pantry

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

Olive oil, 1 cup  
Red or white wine vinegar, 2 teaspoons  
Kosher Salt  
Pepper  
Spanish Cod in Tomato Broth: **September 2017**

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**Monday:**

# Spanish Cod in Tomato Broth

“Mom, I could eat this every week.” Do I need to say more?

Serves: 4   Prep: 10   Cooking: 20

## Ingredients

1 (3 oz) bag frozen organic brown rice, for 2 cups cooked  
1 tablespoon olive oil  
½ teaspoon salt  
½ teaspoon smoked paprika  
½ teaspoon black pepper  
1 ½ lbs skinless cod fillet, cut into 8 pieces  
1 large shallot, sliced  
1/8 teaspoon crushed red pepper flakes  
3 large garlic cloves, very thinly sliced  
1 ½ cups halved grape tomatoes  
1 cup chicken broth  
1/3 cup dry white wine  
1 thyme sprig  
3 tablespoons chopped fresh flat-leaf parsley  
1 ½ tablespoons fresh lemon juice  
¼ cup sliced almonds

# Cooking Instructions

- 1  
In a small bowl, mix together salt, paprika, and black pepper. Sprinkle evenly over pieces of fish.
- 2  
Heat your largest skillet over medium high heat.
- 3  
Add oil to pan and coat pan evenly.
- 4  
Add fish to pan and cook 3 minutes. Gently flip fish over and move it towards the outside of the pan if possible.
- 5  
Add shallots, red pepper, and garlic; cook, stirring a few times - 4 minutes
- 6  
Stir in tomatoes, broth, wine, and thyme.
- 7  
Move some fish back towards the center and evenly distribute the sauce through the skillet. Bring to a simmer and cook - 6 minutes.
- 8  
Add 1 tablespoon parsley and lemon juice; stir gently to combine.
- 9  
Remove thyme sprig.
- 10  
Cook rice according to package instruction – usually 3 minutes.
- 11  
Combine rice, 2 tablespoons parsley, a mixture in each of 4 shallow, warmed bowls.
- 12  
Top with 1- 2 pieces of fish and tomato mixture and a little broth.
- 13  
Sprinkle with any remaining parsley.

Roast Turkey with Almond Kale Salad: **September 2017**

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**Tuesday:**

## Roast Turkey with Almond Kale Salad

This one is Real Family Real Food in a nutshell! Roast the turkey, make delicious stock from the bones and consider doubling the vinaigrette. Each of these are winners and my house smells amazing. I want to give a nod to my WLC teammate Megan for the kale salad - so easy, so delicious and my super-picky one LOVED it! NOTE: We are roasting extra turkey for use later in the week.

Serves: 4    Prep: 15    Cooking: 2-2 ½ hours

# Ingredients

## For the Turkey

6-7 lbs turkey breast, bone-in (or 2 smaller)  
4 tablespoons unsalted butter, softened to room temp  
1 teaspoon Kosher salt  
3 garlic cloves, minced  
2 tablespoons rosemary, chopped fine  
1 tablespoon lemon zest  
2 carrots, chopped in 2" lengths  
2 celery stalks, chopped in 2" lengths, leaves reserved  
1 onion, quartered

## For the Almond-Kale Salad

5-6 cups kale, torn into bite sized pieces  
2 tablespoons olive oil  
1 ½ cups almonds, rough chop  
½ teaspoon Kosher salt

## For the Vinaigrette

2-3 garlic cloves, minced  
½ cup fresh lemon juice (10-12 lemons)  
4 tablespoons Dijon mustard  
¼ cup good olive oil

## For the Stock

2 carrots, chopped  
2 stalks and leaves of celery, chopped  
1 onion quartered  
1 bay leaf  
2 teaspoons peppercorns  
1 handful Italian parsley  
3-4 sprigs of thyme

# Cooking Instructions

## Prep Opportunity

The turkey can be prepped ahead (Steps 2-4). Keep in the fridge.

The vinaigrette can be made ahead too.

Place stock ingredients in a large pot on the back burner. Now you are ready when the bones are - just cover with water and let her rip!

1

Preheat the oven to 350°.

2

In a small bowl, combine butter, salt, garlic, rosemary and lemon zest.

3

Rinse and pat dry the turkey breast(s).

4

Gently loosen the skin from the breast, creating a pocket. Rub the butter mixture under the skin, on top of the breast. Cover as much as you can.

5

Place the carrots, celery and onion in a small roasting pan.

6

Place turkey on top and roast for 12-15 minutes per pound OR until an internal temperature of 160° is reached in the thickest part of the breast.

7

Remove from the oven and allow to rest for 20 minutes.

8

Meanwhile, whisk together the vinaigrette ingredients. Alternately, you can put them all in a jar and shake.

9

In a salad bowl, dress kale with 3-4 tablespoons of the vinaigrette. Set aside.

10

In a medium skillet, heat 2 tablespoons of olive oil over medium high heat.

11

Add almonds and salt. Cook, stirring, until browned.

12

Pour almonds over salad and toss. Taste and add more vinaigrette if desired.

13

Remove breast(s) from bone.

14

Slice turkey and serve with warm salad.

15

To make the stock, place bones into the soup pot, cover with 8 cups of water. Bring to a boil and reduce heat to a simmer. Let it go for up to 2 hours. Strain and refrigerate stock.

Portobello Pizzas: **September 2017**

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**Wednesday:**

## Portobello Pizzas

Sometimes you want pizza but need it to be a little lighter - here it is! We went veggie here but pepperoni or prosciutto would be pretty darn good too.

Serves: 4   Prep: 15   Cooking: 25

## Ingredients

**For the Pizzas**

4 portobello mushrooms  
4 tablespoons olive oil  
4 tablespoons tomato paste  
1 ½ teaspoons Kosher salt  
2 cloves of garlic, chopped or thinly sliced  
1 ½ tablespoons dried Italian herb seasoning  
2 cups mozzarella cheese, shredded  
Toppings: olives, bell peppers, onions, basil, etc.

### **For the Garlic Bread**

1 loaf of French or Italian bread  
½ stick unsalted butter, softened  
1 tablespoon dried Italian herb seasoning  
½ teaspoon salt  
3 cloves of garlic, minced

### **For the Salad**

1 head iceberg lettuce  
2 tomatoes  
1 cucumber  
1 tablespoon olive oil  
2 teaspoons red or white wine vinegar  
¼ teaspoon Kosher  
¼ teaspoon pepper

## **Cooking Instructions**

- 1  
Preheat oven to 400°.
- 2  
Remove stems from mushrooms. Remove gills if you don't care for them.
- 3  
Brush mushrooms with olive oil and place on a baking sheet, top side down.
- 4  
Roast for 15 minutes.
- 5  
Meanwhile, in a small bowl, combine butter, herb seasoning, salt and garlic.
- 6  
Split the loaf of bread lengthwise and spread garlic-herb butter.
- 7  
Bake the garlic bread for 10 minutes.
- 8  
Remove mushrooms from the oven and layer tomato paste, salt, herb seasoning and garlic.
- 9  
Top with cheese and remaining toppings that you like.
- 10  
Pop back in the oven for 5-7 minutes.

11

To a salad bowl add torn lettuce, tomato, and cucumber. Toss with oil, vinegar, salt and pepper.

12

Serve pizzas immediately with salad and garlic bread.

Turkey Noodle Soup: **September 2017**

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**Thursday:**

## Turkey Noodle Soup

This hearty and homey soup is made all the better with homemade turkey stock. Well done.

Serves: 4-6    Prep: 15    Cooking: 20

### Ingredients

4 cups turkey stock

4 carrots, peeled and sliced into 1/2" coins

4 celery stalks, chopped into 1/2" pieces

1 handful celery leaves, chopped(optional)

8 ounces wide egg noodles

3 cups roasted turkey, shredded or cut into 1 " chunks

1 teaspoon salt

1/2 teaspoon black pepper

### Cooking Instructions

#### Prep Opportunity

Chop the carrots and celery.

1

In a large pot, bring stock, carrots, celery and leaves to a boil.

2

Add the noodles and cook for 6 minutes.

3

Reduce heat and add turkey meat and salt.

4

Simmer for 5 minutes.

5

Taste for seasoning and ladle into individual bowls.