

People Change, I'm One of Those People: **April 2016**

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Shopping List

Please buy organic when and if you can.

2 lbs small clams
3 ½ lbs chicken thighs, bone-in, skin-on and skin-on breasts
6 large eggs
Bacon, 2 slices

Fresh Herbs: *Always check the fridge first*

1 bunch flat leafed parsley, 3 tbsl
4-5 sprigs/stems fresh thyme

Dairy

3 ½ cups 2% milk
6 oz cheddar, for 2 cups
1 stick butter, unsalted

Bakery

1 baguette
5 slices quality sandwich bread or another baguette

Produce

10-12 oz red potatoes, 3-4 medium
2 medium yellow onions
2 medium shallots
1 lb parsnips
1 lb carrots
1 head of garlic, for 6-8 cloves
2 lemons
1 orange
1 head butter lettuce
1 pint grape tomatoes
1 cucumber
1 avocado
1 red bell or green pasilla pepper
1 bunch of green onions/scallions – for 6 stalks

Frozen

6 oz frozen corn, 2 cups

Dry

12 oz linguini or spaghetti, maybe try whole wheat or quinoa?
4 oz low sodium chicken stock
32 ozs fat free chicken broth
1 cup texmati or mixed wild rice

Dry white wine, for 3/4 cup
Amber lager, 1 cup
Whole grain mustard, 1 tbl

Spices

Red Pepper flakes, 1/4 teaspoon
Italian herb seasoning, 1 1/2 teaspoons
Dry mustard, 1 1/2 teaspoons

From Your Pantry

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

Olive Oil – 1 cup
AP flour, 2/3 cup
Dijon mustard – 2 tsp
Sugar, 1/2 tsp
Salt, Kosher and Sea
Pepper
Linguine with White Clam Sauce: **April 2016**

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Monday:

Linguine with White Clam Sauce

Serves: 4 Prep: 0 Cooking: 35

Ingredients

For the Pasta and Clams

2 tablespoons sea salt
12 ozs linguine or spaghetti
3 tablespoons olive oil
1 medium onion, finely chopped
4 garlic cloves, thinly sliced
1/4 teaspoon red-pepper flakes
3/4 cup dry white wine
2 pounds small clams, such as Manila, rinsed and scrubbed
2 tablespoons butter
3 tablespoons fresh flat leafed Italian parsley, coarsely chopped

For the Garlic Bread

1 small baguette, halved lengthwise
2 tablespoons butter, softened
3 cloves garlic, minced

1 ½ teaspoons Italian dried herb seasoning

Cooking Instructions

1

In a large pot, bring water and sea salt to a boil.

2

In a small bowl, prepare the garlic spread by combining butter, garlic and herbs. Spread evenly on inside of baguette. Set aside.

3

While waiting for water to boil, chop onion, garlic and parsley.

4

Add pasta to pot and cook 2 minutes less than package instructions for al dente – use a timer.

5

While pasta cooks, heat oil over medium in a Dutch oven or 5-quart heavy pot with a lid. Add onion, garlic, and red-pepper flakes. Cook, stirring occasionally, until onion is soft, 5 to 7 minutes.

6

Drain the pasta, reserving ½ cup of the cooking water. Set aside.

7

Reserve 1/2 cup pasta water and drain pasta. Set aside.

8

To the onion mixture, add wine, and bring to a boil; cook, stirring occasionally, until reduced by half, about 2 minutes.

9

Add clams; cover, and simmer, jostling the pot occasionally, until clams open wide, 3 to 5 minutes. (Important: discard any that haven't opened after 5 minutes.)

10

Meanwhile, place garlic bread under the broiler for 3-5 minutes – watch them!

11

When clams have opened, add pasta to clam mixture in pot; continue to cook about 2 minutes.

12

Remove from heat, and stir in butter and parsley. Add about half of reserved pasta water to thin sauce – more if necessary.

13

Taste a piece of pasta - season with salt if necessary.

14

To serve, divide among 4 plates placing clams, in their shells, atop the pasta. Serve garlic bread alongside.

Mustard & Lager Roasted Chicken Thighs with Carrots, Parsnips and Wild Rice: **April 2016**

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Tuesday:

Mustard & Lager Roasted Chicken Thighs

with Carrots, Parsnips and Wild Rice

Cooking with beers, ales and lagers can be tricky but this one is yummy. Be sure to choose an amber lager – preferably a bock or pilsner. Note the doubling of the chicken for soup for use another night this week.

Serve:s 4 Prep: 20 Cooking: 35

Ingredients

For the Chicken

3 ½ lbs. bone-in, skin-on chicken thighs and/or boneless, skin on breasts
1 ½ teaspoons kosher salt
½ teaspoon freshly ground black pepper
2 teaspoons olive oil
2 medium shallots, minced
1 ½ teaspoons all-purpose flour
1 cup amber lager
½ cup lower-salt chicken broth
1 tablespoon pure maple syrup, optional
1 teaspoon chopped fresh thyme
1 tablespoon whole-grain mustard
2 tablespoons unsalted butter

For the Carrots and Parsnips

1 lb parsnips
1 lb carrots
3 tablespoons good olive oil
1 tablespoon kosher salt
1 ½ teaspoons freshly ground black pepper

For the Rice

1 cup wild rice or texmati mix
1 ½ cup water
1 teaspoon butter or olive oil
½ teaspoon kosher salt
1 sprig/stem fresh thyme

Cooking Instructions

Prep Opportunity

Cut the parsnips and carrots in half lengthwise. Slice each one diagonally in 1 inch thick slices.

1

Position a rack in the lower third of the oven, set a large rimmed baking sheet on the rack, and heat the oven to 400° F.

2

Start the rice by combining all the ingredients in a medium saucepan. Bring to a boil, stir a few times and cover. Reduce heat to low and cook 12-15 minutes – depending upon the brand – check your label.

3

Place the cut vegetables on a sheet pan. Add the olive oil, salt, and pepper and toss well. Roast for 20-25 minutes.

4

Season the chicken all over with salt and pepper.

5

Heat the oil in a large heavy-duty ovenproof skillet over medium-high heat. Position the chicken in the pan skin side down in a single layer – it may be snug. If you need to work in batches do so. Cook until the skin is golden-brown, about 5 minutes. Turn the thighs and cook 2 minutes more.

6

Meanwhile, chop the shallots and thyme while chicken cooks. It's a good idea to get the rest of your ingredients measured and ready too.

7

Transfer chicken to the baking sheet with the vegetables. Roast for 8-12 minutes or until an instant-read thermometer registers 160-165°. Times will vary according to the size of the pieces.

8

Remove the rice from heat and let stand, covered, until ready to serve.

9

While the chicken roasts, make the pan sauce. Pour off all but 1 Tbs. fat from the skillet. Add the shallots and sauté 2 minutes.

10

Stir in the flour until combined.

11

Stir in the beer, chicken broth, maple syrup, and thyme. Increase the heat to high and bring to a gentle boil for 4-5 minutes, scraping up any browned bits from the skillet. Adjust heat down so it doesn't boil over.

12

Remove skillet from the heat and whisk in the mustard, then the butter. Season the sauce to taste with salt and pepper

13

Remove chicken and vegetables from the oven.

14

Serve half of the chicken sauced with carrots, parsnips and rice on the side. Reserve the remaining chicken for another night's dish.

Cheddar-Scallion Strata with Mustard-Citrus Salad: **April 2016**

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Wednesday:

Cheddar-Scallion Strata with Mustard-Citrus

Salad

Serves: 6 Prep: 10 Cooking: 30

Ingredients

For the Strata

4 tablespoons unsalted butter
3 green onions, chopped
Salt and ground black pepper
6 large eggs
1 ½ cup whole milk
1 teaspoon dry mustard
1 teaspoon minced fresh thyme
1 cup shredded sharp cheddar cheese
5 slices high-quality sandwich bread or baguette, cut into 1 inch squares

For the Dressing

1/4 cup extra virgin olive oil
2 tablespoons fresh lemon juice

2 teaspoons Dijon mustard
1/2 teaspoon grated orange zest
1/2 teaspoon minced garlic
1/2 teaspoon sugar
Kosher salt

For the Salad

1 larger head butter lettuce
1 pint grape tomatoes
1 cucumber
1 avocado

Cooking Instructions

Prep Opportunity

In a bowl, whisk together the olive oil, lemon juice, mustard, orange zest, garlic, sugar, 1/2 teaspoon salt, and 1 tablespoon water until blended. Use immediately or refrigerate, tightly covered, for up to 3 days.

1

Preheat oven to 425° and adjust rack to middle position.

2

Butter a baking dish.

3

Place green onion, cubed baguette, ½ the cheese, and ½ teaspoon salt in the prepared dish.

4

stirring a few times, until onion is lightly browned - about 6 minutes.

5

In large bowl, whisk eggs, milk, thyme, and ¼ teaspoon pepper together. Stir in remaining cheese.

6

Pour the egg mixture over the bread and onions. Gently press on top of bread to help it soak up egg mixture.

7

Bake until edges and center are puffed and edges have pulled away slightly from sides of pan - about 20 minutes.

8

Assemble the salad. In a larger salad bowl, layer torn lettuce, halved tomatoes, large diced cucumber and diced avocado.

9

Shake/whisk dressing and top the salad – don't toss until ready to plate.

10

Serve strata with salad on the side.

Cheddar Chicken Chowder: **April 2016**

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Thursday:

Cheddar Chicken Chowder

This is one of the very first soups that I learned to make when I was first married. It is adapted from *Cooking Light* magazine, which was one of my very first resources when learning to cook and eat a more healthy diet. It is great for a crowd whether you are off in the snow or at the shore. I serve it as is – nothing else is necessary – IMO.

Serves: 6 Prep: 15 Cooking: 45

Ingredients

2 bacon slices

2 teaspoons olive oil

1 lb shredded chicken (or boneless, skinless chicken breast, cut into 1" pieces)

1 cup onion, chopped

1 cup red bell or pasilla pepper, small dice

2 garlic cloves, minced

4 ½ cups fat-free chicken broth, low sodium

10-12 oz red potatoes, ½ " dice

2 cups frozen whole-kernel corn

½ cup all-purpose flour

2 cups 2% milk
1 cup (4 ounces) cheddar cheese, shredded
1 teaspoon salt
½ teaspoon pepper
2-3 tablespoons green onions, chopped

Cooking Instructions

Prep Opportunity

You could chop all ingredients except the potatoes and keep covered in the fridge. Or, you just make the whole darn thing ahead. It reheats in 15-20 minutes.

1

Heat olive oil in a Dutch oven medium-high heat. Add bacon and cook until crisp. Remove bacon from pan. Crumble; set aside.

2

Add onion, bell pepper, and garlic to the pot and cook, stirring once, for 5 minutes. (Add the chicken here if you are using raw).

3

Meanwhile, chop the potatoes.

4

Add broth and potatoes to the pot and bring to boil.

5

Cover, reduce heat to medium low, and simmer 20 minutes or until potatoes are tender.

6

Add corn and shredded chicken.

7

Place flour in a bowl. Gradually add milk, stirring with a whisk until blended well. Add to soup.

8

Cook over medium heat, uncovered, 15 minutes until thicker. Stir it around a few times to combine.

9

Stir in cheese, salt, and pepper. Stir well to melt the cheese.

10

Serve in warmed bowls topped with crumbled bacon and green onion.