

The Most Hits: **May 2021**

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### Shopping List

*Please buy organic when and if you can.*

4 salmon fillets (5-6 ozs each)

2 lbs ground beef

½ lb ground pork

2 eggs

### Dairy

4 oz Pecorino Romano cheese, 1 cup grated

4 oz Parmesan, 1 cup grated

2 cups milk

8 slices of provolone

4 oz mozzarella

### Bakery

4 burger buns

½ cup coarse breadcrumbs

4 hero/sub rolls

### Fresh Herbs

1 bunch sage, 1 tablespoon chopped

1 bunch rosemary, 1 tablespoon chopped

### Frozen

7-9 ozs brown rice

### Produce

3 onions

1 head garlic, for 8 cloves

1 head or 4 cups broccoli

3 cups green beans

1 lb small new potatoes or Yukon Golds

1 small butternut squash or 3 cups cubed

### Dry

1/3 cup real maple syrup

1/3 cup orange juice

¼ cup sliced almonds

8 oz vegetable stock

½ lb fettucine

1 jar quality, low sugar marinara sauce – such as Rao's or Trader Joe's

### Spices

Dried mustard, 2 teaspoons

Dried basil, 2 teaspoons

Oregano, 2 teaspoons  
Italian herb seasoning, 1 tablespoon  
Nutmeg, ½ teaspoon  
Garlic powder, 1 ½ teaspoons

### **From Your Pantry**

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

Olive oil, 1 cup  
Rice wine vinegar, 1 teaspoon  
Sesame oil, 1 teaspoon  
Worcestershire, 2 tablespoons  
Soy sauce, 1 ½ tablespoons  
Butter, 6 tablespoons  
Brown sugar, 2 tablespoons  
Ketchup, ½ cup  
Salt, Kosher  
Pepper

Orange-Maple Salmon : **May 2021**

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**Monday:**

## **Orange-Maple Salmon**

This is a standard request from my youngest. The fact that the whole dinner is ready in 30 minutes means she gets to have it a lot!

Serves: 4    Prep: 5, 30 minutes marinating    Cooking: 30 minutes

## **Ingredients**

### **For the Salmon**

1/3 cup real maple syrup  
1/3 cup orange juice  
1 ½ tablespoons soy sauce  
¼ cup onion, finely chopped  
1 garlic clove, minced  
4 (5-6 oz) salmon filets

### **For the Broccoli**

1 head or 4 cups broccoli florets  
1 teaspoon kosher salt  
3 cloves garlic, sliced thinly  
1 tablespoon olive oil, optional

### For the Rice

1 package frozen brown rice  
1 tablespoon butter  
½ teaspoon kosher salt

## Cooking Instructions

### Prep Opportunity

In a large sealable plastic bag, combine the maple syrup, orange juice, soy sauce, onion, and garlic. Add the salmon and seal the bag, gently massaging until the marinade is evenly distributed over the salmon filets. Marinate at room temperature for 30 minutes or in the fridge for 1 hour.

1

Preheat the oven to 375°.

2

In a baking dish, empty contents of the plastic bag (including the liquid) and arrange salmon filets in one layer.

3

Roast for 10 - 12 minutes or until salmon is tender and flakes easily when forked. (We like our salmon cooked through so I add 5-7 minutes)

4

Meanwhile, place the broccoli, garlic and salt in a shallow pan with ¾ cup of water.

5

Bring to a simmer and cover. Cook for 5 minutes – check to be sure it doesn't over cook.

6

Remove from broccoli from pan and set aside. Toss with olive oil if desired.

7

Cook the rice and toss with butter and salt.

8

Serve salmon filets with broccoli and rice.

Meatloaf Dinner: **May 2021**

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### Tuesday:

## Meatloaf Dinner

This meatloaf is no joke. It's juicy and delicious. This is my Mom's recipe and it's a great foundation - make it once according to the recipe and then make it your own. You can add shredded carrot, fresh herbs, chiles, mmm. It is also a fantastic doubler – and that's just what we are doing. See instructions below for a quick addition of cheese to make meatballs for use later this week. Care for some lily guilding? Glaze meatloaf with your favorite BBQ sauce 10 minutes before its done.

Serves: 4   Prep: 15   Cooking: 35-40

# Ingredients

## For the Meatloaf

½ cup breadcrumbs

¼ cup milk

2 lbs ground beef

½ lb ground pork

1 cup minced onion or half cup dried minced onion

2 teaspoons dried mustard

½ cup ketchup

2 eggs

2 tablespoons Worcestershire

2 teaspoons dried basil

2 teaspoons dried oregano

4 cloves garlic, minced

1 teaspoon salt (1/2 if you used fresh breadcrumbs – and way to go!!)

¾ teaspoon fresh ground pepper

## For the Beans

1 bag or 3 cups green beans, washed and trimmed

1 tablespoon butter

¼ cup sliced almonds

## For the Potatoes

1 lb new potatoes or small Yukon gold, cut in half

1 tablespoon olive oil

½ teaspoon kosher salt

¼ teaspoon pepper

## For Meatballs

1 cup grated Pecorino Romano or Parmesan

1 tablespoon dried Italian herb seasoning

1 ½ teaspoons garlic powder

# Cooking Instructions

## Prep Opportunity

Meatloaf can be assembled and refrigerated in the morning. Remove it from the fridge 20 minutes before baking.

1

Preheat oven to 425°.

2

In a small bowl, soak breadcrumbs with the milk.

3

Mix all meatloaf ingredients, including soaked breadcrumbs, in big bowl with your hands.

4

Pack half of meatloaf mixture into a 9x5x3 lightly oiled loaf pan.

5

Bake for 35-40 minutes or until firm to the touch in the center, reaching internal temp 160°.

6

Meanwhile, select a roasting pan large enough to hold potatoes in one layer without crowding.

7

Toss potatoes with olive oil, salt and pepper. Roast for 25 minutes. Nuke the beans! Either in their bag or in a covered microwave safe bowl with 3 tbs water for 3-4 minutes. Toss beans with butter, salt and almonds

8

Serve all immediately with hot with a little ketchup, hot sauce or BBQ sauce.

9

NOTE: While the meatloaf cooks, add the meatball ingredients to the remaining meatloaf mixture. Roll into 16-20 golfball sized meatball. Place them on a cookie sheet or plate and place in the freezer for 1 hour. Place frozen meatballs in a Ziploc and keep frozen for use later this week.

Butternut Squash Alfredo: **May 2021**

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**Wednesday:**

## Butternut Squash Alfredo

I nabbed this recipe off The Facebook! Ha! (my kids hate when I say The Facebook - I won't be stopping anytime soon...)

Serves: 4   Prep: 15   Cooking: 25

## Ingredients

4 tablespoons butter

1 small onion

1 tablespoon sage

1 tablespoon rosemary

3 cups butternut squash

1 cup vegetable stock

2 cups of milk, divided

1 cup Parmesan, plus extra for sprinkling

2 tablespoons brown sugar

½ teaspoon nutmeg

½ lb fettucine, broken in half

## Cooking Instructions

## Prep Opportunity

Peel and chop the squash if you bought a whole one.

1

In a large pot, over medium heat, melt the butter.

2

Add onion, sage and rosemary and sauté of 5 minutes.

3

Add squash and vegetable stock, cover and simmer for 15 minutes.

4

Mash the squash with a fork or masher in the pot.

5

Add 2 cups of milk, 1 cup parmesan, brown sugar and nutmeg and stir to combine.

6

Add salt and pepper.

7

Add pasta and stir to cover.

8

Add 2 cups milk and 2 cups water.

9

Stir continuously until pasta is cooked to al dente approximately 10 minutes – get the kids to take a shift!

10

Serve immediately with a sprinkle of cheese.

Meatball Heroes: **May 2021**

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## Thursday:

# Meatball Heroes

I know that we don't really need a recipe for this but a plan for assembly might help. So, here goes. And, no, I do not serve a vegetable with this as it's huge and I would just end up cooking and storing them – "Ain't nobody got time for that!"

Serves: 4   Prep: 5   Cooking: 25

## Ingredients

1 jar of quality, low sugar marinara such as Rao's or Trader Joe's

12-16 meatballs

4 hero or sub rolls

8 slices good provolone

4 oz shredded mozzarella

# Cooking Instructions

## Prep Opportunity

Remove meatballs from the freezer and allow to thaw in the fridge all day or on the counter for an hour.

1

Preheat broiler.

2

In a large sauce pan or pot, heat sauce over medium high heat.

3

Reduce heat to medium and add meatballs.

4

Cook until thoroughly warmed through.

5

Meanwhile, split open the rolls and layer two pieces of provolone on each.

6

Place on a sheet pan and place 6-8" from the broiler for 3-4 minutes – watch them as everyone's is different.

7

Remove from oven and place 3-4 meatballs on each roll.

8

Sprinkle with mozzarella and then back in the oven, under the broiler for another 3-4 minutes.

9

Serve heroes with a side of extra sauce.