

There's Good Food in Every Aisle: **December 2017**

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Shopping List

Please buy organic when and if you can.

12 chicken drumsticks and/or thighs

3 lbs pork tenderloins – typically 3 loins

Dairy

¼ cup heavy cream

1 tub crema or sour cream for soup and burritos

4-6 ozs Monterey Jack cheese, shredded

Bakery

4-8 large flour tortillas

Fresh Herbs

1 bunch flat-leafed parsley, ½ cup chopped

1 bunch marjoram, ¼ cup chopped

Frozen

1 small bag for 1 cup peas

Produce

3 onions

2 medium shallots

1 onion

2 ribs of celery

10-12 oz bag green beans

1 lemon

4 limes

1 poblano pepper (or 1 small can diced green chiles)

8 oz crimini mushrooms

8 oz mixed greens

1 small head iceberg lettuce

1 avocado

Dry

1/3 cup apricot preservers

24 oz chicken stock

¼ cup dried apricots (4-5)

¼ pine nuts

Marsala wine, ¾ cup

1 ½ cups wild rice or wild rice blend

1 can Trader Joe's Cuban beans

15 oz can red kidney beans

15 oz can white kidney beans

15 oz can sweet corn

1 can Trader Joe's fire roasted red diced tomatoes
1 jar Trader Joe's red salsa
15 oz black beans
1 bag tortilla or corn chips

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, $\frac{3}{4}$ cup

White wine vinegar, 2 teaspoons

Dijon mustard, smooth or grainy, 2 tablespoons

Unsalted butter, 3 tablespoons

All purpose flour, 1 tablespoon

Hot sauce

Salt, Kosher

Pepper

Apricot Glazed Chicken with Quinoa and Green Beans: **December 2017**

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Monday:

Apricot Glazed Chicken with Quinoa and Green Beans

This dinner is a family favorite of one our first members and I know why – it's easy and delish! The glaze works just as well with bone-in thighs or breasts. Leftovers will make for a good snack or lunch for kids home from school- so, consider doubling the recipe. Tip: I'm using prewashed, bagged beans because I am short on time tonight.

Serves: 4 Prep: 10 Cooking: 40-50

Ingredients

For the Chicken

1 tablespoon olive oil

$\frac{1}{2}$ cup apricot preserves, low sugar

2 tablespoons grainy Dijon mustard

12 chicken drumsticks and/or thighs

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

For the Quinoa

1 $\frac{1}{2}$ cups reduced-sodium chicken broth

1 medium-size onion, chopped

2 large ribs celery, chopped $\frac{3}{4}$ cup quinoa

¼ cup dried apricots (3-4), chopped

¼ cup toasted pine nuts

For the Beans

1 bag fresh green beans, prewashed

2 teaspoons olive oil

¼ teaspoon kosher salt

1 lemon

Cooking Instructions

1

Heat oven to 400°.

2

In a small bowl, stir together olive oil, preserves and mustard. Set aside 2 tablespoons of this mixture to dress the quinoa.

3

Place the chicken in a roasting pan and season with ¼ teaspoon of salt and 1/8 teaspoon of pepper. Bake at 400° for 20 minutes.

4

When chicken has cooked 20 minutes, brush on remaining apricot-mustard mixture and bake for an additional 20 to 25 minutes or until internal temperature registers 170 °.

5

While chicken continues to cook, make quinoa. Place chicken broth, onion, celery, quinoa, ½ teaspoon salt and 1/8 teaspoon pepper in a medium-size saucepan. Bring to a boil; reduce heat to medium-low and simmer, covered, for 15 minutes.

6

Stir the apricots into the quinoa during the last 2-3 minutes of cooking time. Remove from heat and stir in reserved apricot- mustard mixture.

7

Nuke your beans. Toss with olive oil, salt and a squeeze lemon juice.

8

Remove chicken from oven and let rest – the glaze is hot.

9

On a baking sheet, toast the pine nuts for 4 minutes – if they are not already toasted.

10

Top quinoa with toasted pine nuts and serve with drumsticks and a side of beans.

Pork Medallions in Marsala & Mushroom Pan Sauce with Wild Rice: **December 2017**

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Tuesday:

Pork Medallions in Marsala & Mushroom Pan Sauce with Wild Rice

Wanna know something? Wild rice isn't really rice – it's an aquatic grass. Yup, grass not rice. It's indigenous to Great Lakes region and the Chippewa and Sioux relied on it as a staple in their diet. It's high in protein, complex carbs and potassium, B vitamins and fiber. Even better? It's low in sodium and fat. I could go on and on but you will love it with a little olive oil, salt and pepper. If your kids have never tried it, they can tonight! But be prepared and have some back-up nuker rice too – just sayin'.

Serves: 4 Prep: 20 Cooking: 45

Ingredients

For the Pork

3 pounds pork tenderloin (about 3 tenderloins)

Kosher salt and freshly ground black pepper

3 tablespoons extra-virgin olive oil

3 tablespoons unsalted butter

2 medium shallots, finely diced

8 ounces cremini mushrooms, thinly sliced

1 heaping tablespoon all purpose flour

$\frac{3}{4}$ cup dry Marsala

1 $\frac{1}{2}$ cups homemade or lower-salt chicken broth

$\frac{1}{4}$ cup heavy cream

1 cup frozen peas, thawed

$\frac{1}{4}$ cup Italian flat-leaf parsley, chopped

For the Rice

1 $\frac{1}{2}$ cups wild rice

2 tablespoons extra-virgin olive oil

$\frac{1}{4}$ cup chopped fresh flat-leaf parsley

$\frac{1}{4}$ cup chopped fresh marjoram, optional

$\frac{1}{4}$ teaspoon each kosher salt and freshly ground pepper

For the Greens

2 teaspoons white wine or champagne vinegar

2 tablespoons good olive oil

8 ozs mixed greens

Salt and pepper

Cooking Instructions

Prep Opportunity

Trim the tenderloin of silverskin and any excess fat. Slice off the tapered ends and approximately 2-3" off the other ends. Plan your cuts so that you have three 6" tenderloins remaining. Cut the ends into 1" cubes and store tightly in a resealable bag for use Thursday. Cut each of each of the tenderloins into three 2" thick pieces - 'medallions'. You should get 9 pieces. Be mindful to make sure they are the same size. Flip each medallion onto a cut side and press down with the palm of

your hand to flatten just slightly. Season the meat with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and refrigerate.

Slice mushrooms and thaw peas.

Rinse rice in a colander and remove any extraneous material.

1

Bring a large saucepan of water to a boil – about 3/4's full. Stir in wild rice and 1 teaspoon Kosher salt, reduce to a simmer, and cook until wild rice is tender, about 40 minutes.

2

In a small bowl, combine vinegar, olive oil to dress the greens. Set aside.

3

Prep the shallots and herbs.

4

Measure flour, Marsala, stock, and cream. Be ready to cook!

5

Heat the olive oil and 1/2 tablespoon of the butter in a large sauté pan over medium high/high heat. Get your splatter guard if you have one.

6

When the butter is melted and foaming, add half of the medallions and sear until nicely browned, 2 to 3 minutes.

7

Flip and cook the other side until the pork is browned and slightly firm to the touch, about another 2 minutes. They are ready to turn when you can lift them easily. If they are sticking, they aren't ready to turn.

8

Transfer medallions to a plate and cover loosely with foil. Add 1/2 tablespoon butter to the pan and repeat with the remaining medallions.

9

Melt 1 tablespoon butter in the pan over medium heat. Immediately add the shallots and a pinch of salt and sauté for about 30 seconds, using a wooden spoon to scrape up any browned bits in the pan.

10

Add the mushrooms, 1/2 teaspoon salt and sauté until all of the mushroom liquid has evaporated and the mushrooms are golden, about 3 minutes.

11

Raise heat to medium high, sprinkle with the flour and add the Marsala.

12

Once the Marsala has almost completely evaporated, 30 seconds or so, add the chicken broth and reduce by half, about 3 minutes.

13

Stir in the cream, peas and parsley.

14

Return the pork to the pan, nestling them between all the mushrooms and cook, flipping the pork once, until it's firm to the touch and still a little pink in the middle (cut into a piece to check), about 5 minutes.

15

Drain wild rice, transfer it to a bowl, and stir in olive oil, salt, pepper, parsley, and marjoram.

16

Dress the greens - season with salt and pepper - and divide among plates.

17

Serve pork, mushrooms and peas over rice with pan sauce.

Hearty Pantry Soup: **December 2017**

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Wednesday:

Hearty Pantry Soup

When I was served this soup at a pal's house, I gobbled it up and politely asked for the recipe. My hostess giggled and walked me to the pantry. 99% of the ingredients can be found at Trader Joe's and come right out of a can or jar. I always make sure that I have these items on hand – always. It's good after 20 minutes but even better after 30. Got a minute the night before? Put them all on a pot, cover and store in the fridge. Heat when you are ready.

Serves: 4 Prep: 10 Cooking 15-20

Ingredients

1 can Cuban beans
1 can red kidney beans
1 can white kidney beans
1 can sweet corn
1 can fire roasted diced tomatoes
1 jar red tomato salsa
2 juicy limes

tortilla or corn chips

sour cream

hot sauce

Cooking Instructions

1

Combine the first 6 ingredients in a pot over medium heat.

2

Cook for 15-20 minutes.

3

Stir in juice of one lime and simmer a few minutes more.

4

Serve topped with a dollop of crema or sour cream and chips.

Burrito Bar: **December 2017**

Thursday:

Burrito Bar

This is a good one for nights when we can't all be together, at one table, at the same time. I like to prep all toppings/fillings prior to the first round of dinner and keep them in resealable containers for the next shift – I am NOT cooking 3 times.

Serves: 4 Prep: 20 Cooking: 20

Ingredients

For the Pork

1-1 ½ lbs pork tenderloin - 1" cubed
8 soft flour tortillas

For the Beans

16 ozs. black beans
1 poblano pepper, diced or 1 4 oz can green chiles

Toppings/Filling

Crema or sour cream
1 avocado, halved, pitted, peeled, and chopped
Limes, quartered
Lettuce, shredded
4-6 ozs Monterey Jack, shredded for at least 1 cup

Cooking Instructions

- 1
Preheat oven to 350°.
- 2
Cube the pork tenderloin.
- 3
Shred lettuce, quarter limes, and shred cheese.
- 4
Heat oil in a skillet over medium high heat. Add pork and cook for 2-3 minutes until just brown.
- 5
Remove from heat and tent with foil.
- 6
Drain beans of approximately ½ of their liquid and together with chiles, warm through over medium heat.

7

Warm the tortillas by placing them, stacked, in a foil pouch in the oven for 5-7 minutes. Don't let them become dried out and crisp - you will not be able to roll them properly.

8

Present pork, beans and all your filling options for your crew. This is where they get creative – everything inside? Just pork and crema inside with everything else on top? All cheese burrito?