

What'll You Have?: **April 2021**

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Shopping List

Please buy organic when and if you can.

Turkey Sliders : **April 2021**

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Monday:

Turkey Sliders with Strawberry Poppy Seed Salad

These are a Real Family Real Food favorite and a great twist on the burger. Give yourself a break and buy a quality frozen bag of sweet potato fries - they are a great go-to product.

Serves: 4 Prep: 15 Cooking: 30

Ingredients

For the Sliders

2 bunch flat-leaf spinach, thick stems removed, leaves chopped (about 4 cups)

4 scallions, thinly sliced

1 garlic clove, finely chopped

1 pound ground turkey

3/4 teaspoon ground cumin

Kosher salt, freshly ground pepper

3 tablespoons olive oil

12 slider buns or small dinner rolls, split, lightly toasted (for serving)

Mayonnaise, sliced red onion, and pickle slices (for serving)

For the Fries

1 bag quality frozen sweet potato fries

Cooking Instructions

Prep Opportunity

The patties can be mixed and formed up to a day ahead. Keep covered in the fridge.

1

Preheat oven and bake the fries according to instructions.

2

Combine spinach, scallions, garlic, turkey, cumin, salt and pepper in a medium bowl.

3

Using a fork, mix gently just to combine.

4

Form into twelve 1" thick patties.

5

Heat oil in a large skillet over medium-high heat.

6

Working in 2 batches, cook patties until golden brown and cooked through (resist the temptation to press down on patties with your spatula while cooking), about 5 minutes per side.

7

Transfer burgers to a plate.

8

Serve turkey burgers on buns with mayonnaise, onion, pickles and fries on the side.

Pan Roasted Chicken & Dealmaker Salad: **April 2021**

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Tuesday:

Pan Roasted Chicken & Dealmaker Salad

OK, pour, dip, toss anything in this dressing and your kids will gobble it up – it's "The Dealmaker". I came to me by way of "the Nana" - and one of her pals. This recipe makes a bit extra.

Serves: 4 Prep: 15 Cooking: 25

Ingredients

For the Chicken

2 lbs chicken thighs, bone in, skin-on

1-2 tablespoons olive oil

1 teaspoon Kosher salt

¼ teaspoon pepper

For the Dealmaker Dressing

4 packed cups basil

3-4 cloves of garlic, sliced

4 tablespoons honey

2 tablespoons lemon juice

2 tablespoons Dijon mustard

5 tablespoons balsamic vinegar

6 tablespoons olive oil

For the Salad

8-10 ozs mixed baby greens

½ cup pine nuts

½ cup Feta cheese

½ cup dried cranberries

Cooking Instructions

Prep Opportunity

Make the dressing. Pack leaves in the bowl of your food processor. Add garlic, honey, lemon juice, Dijon, balsamic vinegar and olive oil. Puree for 1 minute. Refrigerate.

1

Preheat oven to 400°.

2

Heat a large ovenproof skillet over medium high heat.

3

Coat chicken with olive oil, salt and pepper.

4

Place chicken skin side down in the pan and cook 5 minutes.

5

Flip pieces over and transfer the skillet to the oven. Roast for 12-15 minutes.

6

Make the dressing if you didn't do it earlier.

7

Toss greens with 3 tablespoons of dressing.

8

Divide dressed greens among 4 plates.

9

Top greens with feta, cranberries, and pine nuts. Drizzle extra dressing if desired.

10

Once chicken is removed from the oven, let it sit for 5 minutes and serve with salad.

Pasta Primavera: **April 2021**

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Wednesday:

Pasta Primavera

The local zucchini and other late Spring veggies are starting to turn up at the market up so let's use them. The trick to this pasta is sautéing the vegetables first. It really develops their inherent sweetness and reduces the water content thus not watering down the sauce. This is another opportunity to make it your own by adding your family's favorites.

Serves: 4 Prep: 10-15 Cooking: 15

Ingredients

1 lb dried spaghetti
1 tablespoon olive oil
1 small onion, diced
2 cloves garlic, minced
8-10 mushrooms, sliced
2 zucchini, 2 cups large dice
6-8 asparagus, shaved lengthwise with a vegetable peeler
1 teaspoon kosher salt
½ cup ricotta cheese
¼ cup parmesan, finely grated
freshly ground black pepper
2 tablespoons basil, chopped

Cooking Instructions

Prep Opportunity

Veggies can be chopped ahead.

- 1
Set a pot of water to boil for the pasta.
- 2
Meanwhile, in a large skillet, over medium heat, sauté onions for 5 minutes.
- 3
Add garlic and stir for 30 seconds.
- 4
Add mushrooms and zucchini. Sprinkle with salt and cook, stirring a few times, for 8-10 minutes or until they have lost their water but not their crunch.
- 5
Check water and once boiling add 1 tablespoon of salt and the pasta. Cook 6-7 minutes for al dente.
- 6
Spread the shaved asparagus over the top of the vegetables in the pan and set aside.
- 7
Reserve ½ cup of the pasta water.
- 8
Drain pasta and transfer to the skillet with the vegetables.
- 9
Add ricotta, Parmesan and basil. Loosen the ricotta with a bit of the reserved pasta water if needed. Start with 1-2 tablespoons.
- 10
Toss gently and serve immediately.

Grilled Chicken Chimichangas: **April 2021**

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Thursday:

Grilled Chicken Chimichangas

This is the sort of thing that has always intimidated me. We don't do much frying here at my house so I'm not too good at it. These were SO easy and SO fun and SO yummy. I purchased double the ingredients cuz I thought for sure I would screw it up and I didn't! The extras went right into school lunchboxes. Boom.

Serves: 4 Prep: 20 Cooking: 20

Ingredients

For the Chimichangas

- 2 leftover cooked chicken, shredded or chopped
- 1 (15 oz) can pinto beans, rinsed and drained
- ¼ cup finely chopped onion
- ¼ cup snipped fresh cilantro
- 2-3 teaspoons adobo sauce from canned chipotle peppers in adobo sauce
- 8 (12") flour tortillas
- Vegetable oil for frying

For the Guacamole

- 2 ripe avocados
- 1 lime, juiced (1 ½ tablespoons)
- 2 tablespoons white onion, chopped fine
- ½ teaspoon kosher salt
- 1 tablespoon salsa

Toppings

- 1 cup Mexican crema or sour cream
- 1 cup (4 oz) crumbled queso fresco or cotija
- 1 cup salsa

1 watermelon

Cooking Instructions

Prep Opportunity

The chimichangas can be made ahead and stored in the fridge until you are ready to make dinner. I like to secure them with toothpicks to hold them in place.

1

Make the guacamole. Cut and scoop out avocado halves. Place them on a plate and sprinkle with salt, Mash with a fork and transfer the mashed avocados to a small bowl.

2

Add 1 tablespoon salsa, juice of 1 lime and 1 tablespoon onion – chopped fine. Stir to combine. Set aside,

3

In a medium bowl combine chicken, pinto beans, onion, cilantro, and adobo sauce; mix well. Set aside.

4

Wrap tortillas in paper towels and microwave on high for 30 seconds or until just warmed. This makes them easier to roll without cracking.

5

Place about $\frac{1}{2}$ - $\frac{3}{4}$ cup of the meat-bean mixture just below center of each tortilla.

6

Fold bottom edge of each tortilla up and over the filling. Fold sides in and over filling. Roll up and secure with wooden toothpicks.

7

In an extra-large skillet heat about $\frac{1}{2}$ " of vegetable oil over medium heat to 365°.

8

Fry filled tortillas, flap side down, a few at a time, for 3 to 4 minutes or until golden brown, crispy, and heated through, turning once.

9

Meanwhile, slice the watermelon.

10

Drain chimichangas on paper towels.

11

To serve, top chimichangas with crema, guacamole, queso fresco, and salsa.