

Where the Rubber Meets the Road: **July 2020**

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### Shopping List

*Please buy organic when and if you can.*

8 ozs sweet Italian sausage, loose

8 ozs hot Italian sausage, loose

6-8 (3 ½ - 4 lbs) boneless, skinless chicken breast

### Fresh Herbs

1 bunch Italian flat-leaf parsley, 2-3 tablespoons chopped

1 bunch cilantro, ¼ cup cilantro, chopped

2-3 bunches basil, 5 cups packed

### Dairy

¾ cup Parmesan, finely grated

4 ozs feta cheese, crumbled

8 ozs fresh mozzarella, diced or bocconcini

½ cup feta, crumbled

### Produce

4 medium zucchini

2 heads garlic, for 12 cloves

1 small red Bermuda onion

1 red bell pepper

6 juicy limes

2 lemons

1 pineapple

1 bunch green onions, for 2 stalks

5-6 cups mixed seasonal greens (any combo of Romaine, butter, iceberg, arugula, etc.)

¼ cup fresh orange juice

### Dry

½ cup panko – breadcrumbs

1 jar (2 cups) quality tomato sauce or marinara

1 cup brown rice

16 oz chicken or vegetable stock

8 oz dried pasta – gemelli, cavatapi or you favorite

Balsamic vinegar, 1 cup

½ cup Kalamata olives, pitted

½ cup sundried tomatoes packed in oil

½ cup pinenuts

½ cup dried cranberries

### Spices

Smoked or sweet paprika, 1 teaspoon

Cumin, 1 teaspoon

## From Your Pantry

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

Butter, 1 tablespoon

Canola or vegetable oil, 3 tablespoons

Olive oil, 1 cup

Balsamic vinegar, 2 tablespoons

Honey, 4 tablespoons

Dijon mustard, 2 tablespoons

Salt, Kosher

Pepper

Sausage Stuffed Zucchini: **July 2020**

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**Monday:**

# Sausage Stuffed Zucchini

Although you can get zucchini all year round, it's zucchini season and you can tell the difference. It's sweet, hearty and delicious. The addition of sausage doesn't hurt either. Wink.

Serves: 4   Prep: 15   Cooking: 30

## Ingredients

4 medium zucchini

8 ounces sweet loose Italian sausage

8 ounces hot loose Italian sausage

1 clove garlic, minced

1 small red Bermuda onion, diced

1 bell pepper, diced

Kosher salt and freshly ground black pepper

$\frac{3}{4}$  cup Parmesan, finely grated

$\frac{1}{2}$  cup breadcrumbs, preferably panko

2 tablespoons fresh parsley, chopped

2 cups quality marinara or tomato sauce

## Cooking Instructions

1

Preheat the oven to 400°.

2

Cut zucchini in half lengthwise.

3

Scoop out the flesh with a spoon so they resemble boats.

4  
Place the zucchini in a baking dish or on a rimmed cookie sheet dish.

5  
Chop the zucchini flesh and set aside.

6  
In a large pan, over medium-high heat, cook the sausage for 5 minutes, breaking it up into small pieces as it cooks.

7  
Add the garlic, onion, chopped zucchini, bell pepper and ½ teaspoon salt and ¼ pepper.

8  
Cook 4 minutes longer.

9  
Meanwhile, combine the Parmesan, breadcrumbs and parsley in a small bowl. Mix well.

10  
Using a slotted spoon, mound the sausage mixture into the zucchini boats.

11  
Sprinkle the breadcrumb mixture over top.

12  
Bake until golden - 20 minutes.

13  
While the zucchini bakes, heat the tomato sauce on the stovetop.

14  
To serve, ladle sauce into a shallow dish and carefully place the zucchini boats on top. Careful – they are hot!

Grilled Chili-Lime Chicken and Pineapple with Cilantro Brown Rice: **July 2020**

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**Tuesday:**

## **Grilled Chili-Lime Chicken and Pineapple with Cilantro Brown Rice**

As juicy and flavorful as this chicken is, the rice is even better!

NOTE: We are cooking extra chicken for use later in the week.

Serves: 4    Prep: 15, plus 3 hours to marinate    Cooking: 30

### **Ingredients**

#### **For the Chicken**

4-6 chicken breast, boneless, skinless

3 limes juiced, 4 tablespoons

¼ cup orange juice

5 garlic cloves, minced  
1 teaspoon smoked or sweet paprika  
1 teaspoon cumin  
3 tablespoons vegetable oil  
Kosher salt  
1 pineapple  
2 more limes, sliced to wedges

### **For the Rice**

1 tablespoon unsalted butter  
1 cup brown rice (I used basmati)  
1 3/4 cups water, chicken broth, or vegetable broth  
1 lime (zest and juice)  
1/4 cup chopped cilantro  
1/2 teaspoon salt

# Cooking Instructions

### **Prep Opportunity**

Marinate the chicken. Combine juices, garlic and spices in a large Ziploc – mush them around. Add the chicken, seal and refrigerate for 1-3 hours. The longer the better.

Core and slice the pineapple in to rounds.

1

Heat the grill to medium.

2

In a medium pot fitted with a lid, melt butter over medium heat.

3

Add rice and the zest of one lime. Stir frequently, coating the rice, for 3-5 minutes.

4

Add liquid, stir, bring to a boil, cover, and turn heat down to low.

5

Simmer for about 25 minutes or until rice has absorbed all the liquid.

6

Remove the chicken from the marinade and pat dry.

7

Lightly brush the chicken and pineapple slices with vegetable oil.

8

Sprinkle a little salt over both sides of the chicken.

9

Cook chicken for 5-7 minutes per side or until an internal temp of 165° is reached.

10

When you flip the chicken, grill the pineapple.

11

Fluff the rice and stir in lime juice and chopped cilantro.

12

Serve chicken over rice with pineapple.

Balsamic Pasta Salad : July 2020

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**Wednesday:**

## Sundried Tomato Pasta Salad

We are carbo loading for the big swim meets around here - this one is great for kids and adults alike. Its just as good cold as it is hot. It's hot here so we are serving it cold.

Serves: 4   Prep: 10   Cooking: 10

### Ingredients

#### For the Vinaigrette

2 teaspoons green onion ( white part only)  
1 small clove garlic, minced  
1/3 cup extra virgin olive oil  
3 tablespoons balsamic vinegar  
1 teaspoon chopped fresh tarragon, basil, or dill  
1/4 teaspoon salt  
Freshly ground black pepper to taste

#### For the Salad

8 oz pasta – gemelli, cavatapi, or your favorite  
½ cup Kalamata olives, pitted and chopped  
8 oz mozzarella, diced or bocconcini  
½ cup sundried tomatoes packed in oil, chopped  
½ cup basil, torn

### Cooking Instructions

#### Prep Opportunity

This dish is great as a cold pasta salad. The whole thing can be made ahead. The dressing can be prepared ahead and will keep in the fridge for a week or so. I prefer to both make and store it in a mason jar. Place all ingredients in the jar and shake to combine. It will separate as is so be sure to shake well just before using.

- 1  
Set a pot of well-salted water to boil.
- 2  
Add pasta and cook to al dente – 7 minutes or so.
- 3  
Meanwhile, chop the olives, tomatoes and mozzarella (if necessary).
- 4

Drain pasta and place in a large bowl.

5

Toss with XX vinaigrette.

6

Add remaining ingredients and toss to combine.

7

Serve hot or chilled.

Chicken Salad with Dealmaker Dressing: **July 2020**

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**Thursday:**

## Chicken Salad with Dealmaker Dressing

The temperature is climbing towards 100° outside and this no-cook salad is perfect for a hot night. The bright, fresh dressing and crispy cold greens are filling without leaving you feeling too full.

Serves: 4   Prep: 20   Cooking: 0

## Ingredients

### 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

2 grilled or baked chicken breasts, skin removed and sliced

5-6 cups mixed seasonal greens (any combo of Romaine, butter, iceberg, arugula, etc)

½ cup pine nuts

½ cup Feta cheese

½ cup dried cranberries

## Cooking Instructions

### Prep Opportunity

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

Place all salad ingredients, except the chicken, in a large bowl.

2

Toss with 3 tablespoons of dressing. You can always add more.

3

Plate salad in shallow bowls and top with chicken.