

Coming?Going?: **October 2020**

real family  **real food**

Shopping List

Please buy organic when and if you can.

1 ½ lbs ground turkey

1 ½ lbs skin-on salmon fillets (aprox. 6 pieces), preferably wild caught

3 eggs

Fresh Herbs

1 bunch cilantro, ½ cup chopped

1 bunch of dill, 5 tablespoon chopped

Dairy

½ cup grated extra sharp cheddar

4 tablespoons Mexican or El Salvadoran crema or sour cream

5 oz herb & garlic goat cheese

2 oz plain goat cheese

1 small hunk Parmesan

2 oz cream cheese

3 oz Neufchaâtel cheese – like cream cheese

2 cups milk

Produce

1 medium onion

1 head garlic for 3 cloves

3 firm, ripe avocados

3 Roma tomatoes

2 beefy heirloom tomatoes

1 jalapeno

4 limes

3 lemons

1 head iceberg lettuce

8-10 yellow beets

2 cups (good handfuls) snap peas

3 medium leeks

5 oz arugula

2 ears of corn or 1 cup frozen

Bakery

1 refrigerated quality rolled piecrust

Dry

8 oz tomato sauce

1 ½ cups tortilla chips

15 oz pinto beans

6 oz pitted California black olives

6-8 oz fettucine pasta

Frozen

1 ½ cups peas

Spices

Chili powder, 1 tablespoon

Cumin, 3 teaspoons

Oregano, 2 teaspoons

Thyme, ¼ teaspoon

Paprika, 2 teaspoons

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 ½ cups

Sugar, 1 teaspoon

Maple Syrup, 2 tablespoons

All purpose flour, 3 tablespoons

Salt, Kosher

Peppe

Turkey Taco Salad: **October 2020**

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Monday:

Turkey Taco Salad

My kids saw me making one of these to drop off to a neighbor and wondered why I wasn't making it for them! They were right why not!

Serves: 4 Prep: 20 Cooking: 15

Ingredients

For the Turkey

1 medium white onion, chopped

3 garlic cloves, finely chopped

1 tablespoon chili powder

2 teaspoons ground cumin

2 teaspoons dried oregano

2 teaspoons paprika or adobo sauce

2 tablespoons olive oil

1 ½ lbs ground turkey

8 oz tomato sauce

1 teaspoon salt

¼ teaspoon black pepper

For the Salad

3 firm-ripe avocados, cut into ½” pieces

3 roma tomato, chopped

1 jalapeno (including seeds if you want the heat), finely chopped

1 lime, juiced

1 ½ cups tortilla chips, broken

1 head iceberg lettuce, thinly sliced (8 cups)

¼ lb grated extra-sharp Cheddar (1 cup)

1 (15 oz) can pinto beans, drained and rinsed

1 (6-oz) can pitted California black olives, drained

4 tablespoons Mexican or El Salvadoran crema or sour cream, optional

For the Dressing

¼ cup fresh lime juice

½ cup chopped fresh cilantro

1 teaspoon sugar

¼ teaspoon ground cumin

½ teaspoon salt

½ teaspoon black pepper

¼ cup olive oil

Cooking Instructions

Prep Opportunity

Make the dressing by whisking together lime juice, cilantro, sugar, chili powder, cumin, salt, and pepper, then add oil in a stream, whisking until emulsified.

1

In a large skillet, heat oil over medium heat.

2

Add onion and garlic. Saute for 5 minutes until softened.

3

Add chili powder, cumin, oregano, and paprika or adobo. Cook 3 minutes.

4

Add turkey and cook, stirring occasionally and breaking up lumps, until meat is cooked through, about 5 minutes.

5

Add tomato sauce, salt, and pepper and cook, stirring, until slightly thickened, about 3 minutes. Remove from heat.

6

In a small bowl, place avocado, tomato, and jalapeno. Toss with lime juice.

7

In a large bowl, layer turkey mixture, crumbled tortilla chips, beans, lettuce, avocado mixture, olives

and top with cheese.

8

Drizzle dressing over salad.

9

Serve immediately with a dollop of crema.

Pan Seared Salmon with Golden Beets and Snap Peas: **October 2020**

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Tuesday:

Pan Seared Salmon with Golden Beets and Snap Peas

I love beets. Toothy, sweet and delicious dressed with a little maple vinaigrette. But I never cook them – the baking, peeling and red hands are just too much effort. Enter the golden beet! Boil, peel and no mess. Two NOTES: We like both sides of salmon crispy and the trick is to get that pan screaming hot. We are going to have leftover salmon for use later in the week.

Serves: 4 Prep: 20 Cooking: 35

Ingredients

For the Salmon

1.5 lbs skin-on salmon fillet, preferably wild-caught, cut into 6 pieces

2 tablespoons olive oil

salt and pepper

For the Beets

8-10 yellow or golden beets, green tops removed

2 cups (good handfuls) of snap peas

¼ cup good olive oil

2 tablespoons maple syrup

Juice of 1 lemon

1 teaspoon salt

¼ teaspoon pepper

3 tablespoon fresh dill, chopped

Cooking Instructions

Prep Opportunity

The beets and snap pea side can be made ahead and chilled in the fridge.

Place a large pot with 4” of water to boil.

2

Once boiling, gently add snap peas and blanch for 2-3 minutes – they should still have some “snap”.

3

Transfer peas to a bowl of cold water for 1 minute and then to papertowel to dry.

4

Place beets in the pot and boil for 18-20 minutes. Remove from water and allow to cool for 10 minutes.

5

Meanwhile, whisk the remaining ingredients in a bowl and then pour over the snap peas.

6

Under running water, rub the skin right off the beets.

7

Quarter the beets and add to the bowl with snap peas. Chill in the fridge.

8

Pat the salmon dry with papertowl or a tea towel. Season with salt and pepper and set aside.

9

Heat your pan over medium high heat.

10

Once it's very hot, add the olive oil.

11

After 15-20 seconds, carefully lay the salmon fillets in the skillet skin side down. Cook without moving, pressing gently on fillets with a spatula to ensure skin is in full contact with pan, until skin is golden and crisp, about 5 minutes.

12

Turn them over and cook for another 3 minutes for medium. Cooking time will depend on thickness of fish and desired doneness.

13

Serve salmon with chilled beets and snap peas.

Goat Cheese and Leek Tart: **October 2020**

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Wednesday:

Goat Cheese and Leek Tart

This tart is most delicious when baked and allowed to rest until room temp so, I like to make it in the morning. Once it cools, it will keep in the fridge – just remove it for 15-30 minutes before you want to serve dinner.

Serves: 4-6 Prep: 15 Cooking: 55, plus cooling if desired

Ingredients

For the Tart

1 refrigerated pie crust
3 medium leeks, white & pale green parts only, thinly sliced
1 tablespoon extra-virgin olive oil
coarse salt & pepper
5 oz herb & garlic goat cheese, room temp
2 oz plain goat cheese, room temp
2 oz cream cheese, room temp
2 tablespoons milk
3 egg yolks
¼ teaspoon dried thyme

For the Salad

5 oz arugula
Kernels from 2 ears of cooked corn OR 1 cup frozen and thawed
2 beefy heirloom tomatoes
1 lemon
1 tablespoon good olive oil
¼ teaspoon salt
¼ teaspoon pepper
small hunk of parmesan

Cooking Instructions

Prep Opportunity

Chop and clean the leeks. Remove the dark green tops and root ends. Cut in half lengthwise, then into ¼" half moon shapes. Place chopped leeks in a bowl of cold water and swish around with your hands to loosen the dirt. Set aside for 5 minutes, allowing the dirt to settle on the bottom of the bowl. Scoop out the leeks with your hands and dry on paper towels.

1

Preheat the oven to 350° and place rack on the lowest shelf.

2

Line a baking sheet with parchment paper.

3

Toss dry leeks with oil, salt & pepper.

4

In a bowl, combine together the goat cheeses, cream cheese, milk, just two of the egg yolks.

5

Add ½ teaspoon salt & ¼ teaspoon pepper.

6

Remove the piecrust from the fridge and place on the baking sheet.

7

Spread all of goat cheese mixture on top, carefully leaving a 2" border. I like to dump it all in the center and work it out towards the sides with a spatula.

8

Pile the leeks evenly on top.

9

Fold edge of crust over the filling, overlapping and pinching the folds together to seal.

10

In a small bowl, beat together the remaining egg yolk with 1 tablespoon water.

11

Brush the exposed piecrust with the eggwash.

12

Sprinkle the top with thyme.

13

Bake until the crust is golden brown, about 45-55 minutes.

14

Let cool on a wire rack for 30 minutes.

15

Meanwhile, place arugula and corn in a bowl.

16

Add lemon juice, good olive oil, salt and pepper and toss.

17

Thickly slice tomatoes and divide among plates.

18

Top with a heaping serving of salad and a few shaves of Parmesan – using the veggie peeler.

19

Cut tart into wedges alongside.

Pasta with Salmon: **October 2020**

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Thursday:

Pasta with Salmon

Looking for a healthy pasta dinner that the whole gang will dig? This dish only looks indulgent: At 7 grams of saturated fat and 40 % of your suggested daily intake of folate, it's a winner. The sauce comes together while the water boils and the pasta cooks – another delicious quickie.

Serves: 4 Prep: 10 Cooking: 20

Ingredients

1 lb salmon fillet, roasted or poached

6-8 ozs fettucine pasta

1 ½ cups frozen peas

1 ½ cups 1 5 milk, divided

3 tablespoons all-purpose flour

3 ozs Neufchaâtel (like cream cheese)

2 tablespoons chopped fresh dill, divided

1 tablespoon fresh lemon juice

1 teaspoon grated lemon zest

Cooking Instructions

1

Break salmon into bite-size pieces. Be sure to remove the skin.

2

Cook pasta as directed on package.

3

Add peas to the pasta 3 minutes before end of cooking time; drain.

4

Meanwhile, whisk $\frac{1}{4}$ cup milk and flour in a small saucepan until smooth.

5

Whisk in remaining $1 \frac{1}{4}$ cups milk, remaining $\frac{1}{4}$ teaspoon salt and remaining $\frac{1}{8}$ teaspoon pepper.

6

Cook over medium heat, whisking, until as thick as heavy cream, 10 minutes. Remove from heat; add Neufchâtel cheese and 1 tbsp dill; whisk until cheese melts.

7

Toss pasta and peas with sauce and salmon; drizzle with lemon juice.

8

Garnish with zest and remaining 1 tablespoon dill.