

Meal Plan Menu

Thursday:

Breakfast for dinner! Kohlrabi hashbrowns, with sauteed braising mix and eggs.

Kohlrabi Hash Browns

From “*Farmer John’s Cookbook*”

This makes a unique bed for serving just about any meat, or try it with eggs instead of traditional potato hash browns.

Ingredients:

4 medium kohlrabi bulbs, peeled
2 eggs, lightly beaten
1 small onion, chopped (about 1/3 cup)
2 Tbs dried bread crumbs
1 tsp salt
1/2 tsp ground ginger
1/3 tsp dried red pepper flakes
freshly ground black pepper
2 Tbs olive oil
2 Tbs butter
plain yogurt or sour cream (optional)

Directions:

1. Grate the kohlrabi and wrap it in a dish towel. Squeeze out excess moisture.
2. Combine eggs, onion, bread crumbs, salt, ginger, red pepper in a large mixing bowl. Add black pepper to taste. Stir until well blended.
3. Heat the oil and butter in a large, heavy skillet. Add the kohlrabi and press down firmly with a sturdy spatula. Do not stir. Let the kohlrabi cook until brown, 5-7 minutes. (If the kohlrabi is in a layer thicker than 1/4 inch, you may want to stir it up after the last 5-7 minute to let the inner part cook and brown.) Serve with yogurt or sour cream.

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Sauteed Braising Mix

All you need is some olive oil, salt, pepper and garlic if you like. Heat a skillet on medium. Add the olive oil. Add the braising mix (either whole leaves or coarsely chopped up) and season with salt, pepper and garlic. Just cook for a few minutes until wilted down.

Friday:

This chard casserole is pretty delicious. Pair it with a meat or protein of your choice!

Chard Casserole

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

Ingredients:

2 lbs. chard
1 tsp. salt, divided
5 tbsp. butter, divided
3 tbsp. flour
2 cups milk
1/4 cup shredded swiss cheese
1/4 cup grated parmesan cheese
1/4 cup soft bread crumbs

Directions:

Wash chard well; drain. Cut off stalks and cut into 1 inch pieces. Coarsely chop leaves. Bring 1 inch water to a boil in a large kettle. Add chard stalks and 1/2 tsp. salt. Reduce heat. Cover and cook 3 minutes. Stir in chard leaves and cook 2 minutes. Drain well. Melt 3 tbsp. butter. Stir in flour and 1/2 tsp. salt. Gradually stir in milk until smooth. Stir constantly until mixture boils and thickens. Remove from heat and stir in chard and cheese. Turn into a 2 quart casserole. Top with bread crumbs and remaining butter. Bake at 425° approximately 20 minutes.

Saturday:

If you can't tell already...I'm a fan of sauteing veggies. Its a quick and easy way to prepare your veggies and it only takes a few ingredients. BUT you could also make a pizza tonight and do chopped summer squash as one of your toppings. [See last week's newsletter for a pizza making recipe.](#)

Sunday:

Roast chicken (or a ready to go rotisserie chicken) with sauteed kale or collards.

Roast Chicken

Ingredients:

1 (3 lb.) whole chicken, giblets removed
salt and pepper to taste
1 tbsp. onion powder or to taste
1/2 cup margarine, divided
1 stalk celery, leaves removed

Directions:

Preheat oven to 350F. Place chicken in a roasting pan and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tbsp. margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior. Cut the celery into 3 or 4 pieces and place in the chicken cavity. Bake uncovered 1 hour and 15

minutes in the preheated oven, to a minimum internal temperature of 180F. Remove from heat and baste with melted margarine and drippings. Cover with aluminum foil and allow to rest about 30 minutes before serving.

Once you're done with the chicken bones, don't throw them away!! See below for a chicken stock recipe

Sauteed Kale or Collards

This can be cooked just like the sauteed braising mix. I always think the easiest thing is just olive oil, salt, pepper and garlic. And it cooks pretty quick too!

Chicken Stock

Ingredients:

leftover bones/skin from a cooked or raw chicken carcass
celery (especially the tops)
onions
carrots
parsley
salt
pepper

Directions:

Put the leftover bones and skin from a chicken carcass into a large stock pot. Add vegetables like celery, onion, carrots and parsley. Cover with water. Add salt and pepper; about a teaspoon of salt, 1/4 tsp of pepper. Bring to a boil and immediately reduce heat to bring the stock to barely a simmer. Simmer partially covered at least 4 hours, occasionally skimming off any foam that comes to the surface. Remove the bones and vegetables with a slotted spoon, and strain the stock through a fine mesh sieve. If making stock for future use in soup you may want to reduce the stock by simmering an hour or two longer to make it more concentrated and easier to store. This can easily be measured into freezer safe containers and saved for a future use!

Monday:

Today is a good day to eat some leftovers.

Tuesday:

An easy and good meal is rice, beans and a vegetable. Try this recipe below for your D'avignon breakfast radishes.

French Breakfast Radishes Sautéed in Butter

From the blog [coolcookstyle](#)

Ingredients:

Butter

Olive oil

1 bunch of French breakfast radishes, trimmed and halved lengthwise

Salt

Chives

Directions:

In a skillet large enough to accommodate all the radishes, melt a big knob of butter with a little bit of olive oil. When the butter begins to foam, add the radishes. Season them with salt and sauté them until the radishes lose their opacity and they all begin to turn translucent. Transfer the radishes to a serving dish and snip fresh chives over them before serving.

Wednesday:

Another leftovers/clear your fridge for more delicious veggies coming your way on Thursday!