

Meal Plan Menu

Thursday:

Make a fresh salad with your lettuce mix and garnish with radishes. You can supplement with some of the spinach and arugula or save them for another day.

Salad Dressing

Submitted by Tiffany Thompson

50% olive oil (1/3 cup usually)

50% apple cider vinegar (1/3 cup usually)

~1-2 T soy sauce

~1-2 T tahini

Garlic (1-2 cloves?) and lemon juice (1 T?) to taste

—the official bottle calls for toasted sesame seeds, parsley, and chives which I usually don't add...but would be excellent additions

Friday:

Chicken Florentine

Recipe by Giada De Laurentiis from foodnetwork.com

Ingredients:

4 boneless, skinless chicken breasts

salt and freshly ground black pepper

all-purpose flour, for dredging

6 tablespoons (3/4 stick) unsalted butter

2 tablespoons shallots, sliced

1 tablespoon chopped garlic

1 1/2 cups dry white wine

1 cup of whipping cream

1 tablespoon of chopped, fresh Italian parsley

2 (10 oz) packages frozen cut-leaf spinach, thawed and drained (OR USE YOUR DELICIOUSLY FRESH SPINACH!!!!!!)

Directions:

Sprinkle the chicken with salt and pepper. Dredge the chicken in the flour to coat lightly. Shake off any excess flour. Melt 2 tablespoons of butter in a heavy large skillet over medium heat. Add the chicken and cook until brown, about 5 minutes per side. Transfer the chicken to a plate and tent with foil to keep it warm.

Melt 2 tablespoons of butter in the same skillet over medium heat. Add the shallots and garlic and saute until the shallots are translucent, stirring to scrape up any browned bits on the bottom of the skillet, about 1 minute. Add the wine. Increase the heat to medium-high and boil until the liquid is reduced by half, about 3 minutes. Add the cream and boil until the sauce reduces by

half, stirring often, about 3 minutes. Stir in the parsley. Season the sauce, to taste, with salt and pepper. Add the chicken and any accumulated juices to the sauce, and turn the chicken to coat in the sauce.

Meanwhile, melt the remaining 2 tablespoons of butter in another large skillet over medium heat. Add the spinach and saute until heated through. Season the spinach, to taste, with salt and pepper. Arrange the spinach over a platter. Place the chicken atop the spinach. Pour the sauce over and serve.

Saturday:

Stuffed Zucchini (or Yellow Squash) Boat

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

Ingredients:

2 zucchini or yellow squash
12 oz. pork sausage
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
1 cup corn
4.5 oz. jar mushrooms, drained
1 cup tomatoes, peeled, seeded and chopped
1/4 cup grated Parmesan cheese
1 tbsp. parsley flakes
1 cup shredded mozzarella cheese

Directions:

Trim ends from zucchini and cook in boiling water for 10 minutes. Slice each in half lengthwise. Cut thin slices from the bottom so each half will sit upright. Remove seeds, leaving 1/2 inch pulp on all sides. Place on ungreased jelly roll pan. Set aside. In large skillet, brown sausage, onion and peppers; drain well. Stir in corn, mushrooms, tomato, Parmesan cheese and parsley flakes. Spoon sausage mixture evenly into zucchini halves. Cover with foil. Bake at 350° for 25-35 minutes or until thoroughly heated. Remove foil. Sprinkle mozzarella cheese on each filled zucchini. Broil 6-8 inches from heat for 2-3 minutes or until cheese melts.

Variation: Brown 1 lb. hamburger, 1 cup chopped onion, and 1 cup chopped sweet peppers. Add 2 cups cooked rice and 1-2 cups spaghetti sauce, white sauce or cheese sauce. Sprinkle with cheese if desired. Stuff squash with your favorite casserole ingredients or casserole leftovers.

Sunday:

Today is a good day to eat leftovers before more cooking!

Monday:

Try this stuffed cabbage recipe below. Even though the recipe calls for Savoy cabbage, I think that the Napa cabbage will work just as well.

Vegetarian Stuffed Cabbage

From Eating Well magazine

To make ahead: Prepare through step 10, cover and refrigerate for up to 1 day. Let stand at room temperature for about 30 minutes before baking.

Ingredients:

Cabbage and Filling —

1 cup water
1/2 cup short grain brown rice
1 tsp extra virgin olive oil plus 2 Tbsp, divided
1 large Savoy cabbage, 2-3 pounds
1 lb baby bella mushrooms, finely chopped
1 large onion, finely chopped
4 cloves garlic, minced
1/2 tsp dried rubbed sage
1/2 tsp crumbled dried rosemary
1/2 tsp salt, divided
1/4 tsp freshly ground pepper plus 1/8 tsp, divided
1/2 cup red wine
1/4 cup dried currants
1/3 cup toasted pine nuts, chopped

Sauce —

2 Tbsp extra virgin olive oil, divided
1 small onion, chopped
2 cloves garlic, minced
1/4 tsp salt
1/4 tsp freshly ground pepper
1 28-oz can no salt added crushed tomatoes
1/2 cup red wine

Directions:

1. To prepare cabbage and filling: Combine water, rice, and 1 tsp oil in a medium saucepan; bring to a boil. Reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is just tender, 40-50 minutes. Transfer to a large bowl and set aside.
2. Meanwhile, half fill a large pot with water and bring to a boil. Line a baking sheet with a clean kitchen towel and place near the stove.
3. Using a small, sharp knife, remove the core from the bottom of the cabbage. Add the cabbage to the boiling water and cook for 5 minutes. As the leaves soften, use tongs to gently remove 8

large outer leaves. Transfer the leaves to the baking sheet and pat with more towels to thoroughly dry. Set aside.

4. Drain the remaining cabbage in a colander for a few minutes. Finely chop enough to get about 3 cups. (Save any remaining cabbage for another use.)

5. Heat 1 and 1/2 Tbsp oil in a large skillet over medium-high heat. Add mushrooms, onion, garlic, sage, rosemary, and 1/4 tsp each salt and pepper; cook, stirring, until the mushrooms have released their juices and the pan is fairly dry, 8 to 10 minutes. Add wine and cook, stirring, until evaporated, about 3 minutes more. Add the mixture to the cooked rice along with currants and pine nuts.

6. Heat the remaining 1/2 Tbsp oil in the skillet over medium-high. Add the chopped cabbage, the remaining 1/4 tsp salt and 1/8 tsp pepper; cook, stirring, until the cabbage is wilted and just beginning to brown, 3 to 5 minutes. Add to the rice mixture.

7. To prepare sauce: Heat 1 Tbsp oil in a large skillet over medium heat. Add onion, garlic, salt and pepper and cook, stirring, until starting to soften, 2 to 4 minutes. Add tomatoes and wine; bring to a simmer and cook until slightly thickened, about 10 minutes.

8. Preheat oven to 375 F.

9. To stuff cabbage: Place a reserved cabbage leaf on your work surface; cut out the thick stem in the center, keeping the leaf intact. Place about 3/4 cup filling in the center. Fold both sides over the filling and roll up. Repeat with the remaining 7 leaves and filling.

10. Spread 1 cup of the tomato sauce in a 9×13 inch baking dish. Place the stuffed cabbage rolls, seam side down, on the sauce. Pour the remaining sauce over the rolls and drizzle with the remaining 1 Tbsp oil.

11. Bake, uncovered, basting twice with the sauce, until hot, about 45 minutes.

Serves 4, 2 rolls each.

Tuesday:

Quiches are pretty quick and easy to make. Try this recipe below for an arugula bacon quiche. It is even quicker if you prefer to use pre-made frozen crusts. Also, if you have any radishes, spinach or summer squash to use up, quiches are great vehicles for using up any spare veggies you have sitting around. And since most pre-made frozen crusts come in packages of two, you can always double the recipe, make two and freeze one for later!

Arugula and Bacon Quiche

Ingredients:

Crust —

1 1/2 cups all purpose flour
1/2 teaspoon salt
6 tablespoons (3/4 stick) chilled unsalted butter, cut into 1/2-inch pieces
3 tablespoons chilled solid vegetable shortening, cut into small pieces
4 tablespoons ice water

Filling —

6 bacon slices, cut into 1/2-inch pieces
1/2 cup chopped shallots (onions work similarly)
8 ounces arugula, stems trimmed, leaves coarsely chopped (about 5 1/2 cups)
2 teaspoons balsamic vinegar
1 cup whipping cream
3 large eggs
1/2 teaspoon salt
1/4 teaspoon ground black pepper
3/4 cup shredded Gruyere cheese (about 2 1/2 ounces)

Directions:

For crust: Blend flour and salt in processor. Add butter and shortening. Using on/off turns, process until mixture resembles coarse meal. Mix in enough ice water to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic and chill until dough is firm enough to roll out, about 30 minutes. Roll out dough on floured surface to 12-inch round. Transfer to 9-inch-diameter tart pan with removable bottom. Trim dough overhang to 1 inch. Fold overhang in and press, forming double-thick high-standing sides. Pierce crust all over with fork. Freeze crust 30 minutes. (Can be made 1 day ahead. Cover and keep frozen.)

Position rack in center of oven and preheat to 400°F. Bake crust until golden brown, piercing with fork if crust bubbles, about 20 minutes. Transfer crust to rack. Reduce temperature to 375°F.

For filling: Cook bacon in heavy medium skillet over medium-high heat until crisp, about 5 minutes. Using slotted spoon, transfer to paper towels and drain. Add shallots to same skillet and saute until tender, about 2 minutes. Add arugula and saute until just wilted, about 1 minute. Remove from heat. Add balsamic vinegar; toss to combine.

Sprinkle arugula mixture, then bacon over crust. Whisk cream, eggs, salt and pepper in large bowl to blend. Stir in cheese. Pour mixture into crust.

Bake quiche until filling is slightly puffed and golden, about 35 minutes. Let stand 10 minutes. Cut in wedges.

Wednesday:

Today is a leftovers and clean your fridge out to get ready for the next round of delicious veggies day!