

REAL FOOD WEEKLY

March 16, 2013
ISSUE 74

Whole Food Meal Plans from
www.RealFoodFamily.com



MINISTRONE SOUP



*LAMB AND PESTO CHEESE PIZZA
BALLS WITH GREEN BEANS AND
MARINARA*



*PARMESAN CHICKEN FINGERS
WITH BROCCOLI RABE*

Shopping List

March 16, 2013

MY NOTES:

Be sure to check for ingredients you already have!

If you are new to **Real Food Weekly**, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry. Need to find top-quality ingredients? Check out the "Marketplace" at RealFoodFamily.com. Go shopping for the best ingredients and support us at the same time!

PRODUCE:

- Carrots
- Celery
- Pearl onions (frozen okay)
- Asparagus (or other seasonable vegetable)
- Green beans
- Onions
- Garlic
- 2-3 stalks of broccoli rabe per person
- butter lettuce (only for grain-free option in pizza balls recipe)

FOR EXTRA MINESTRONE SOUP RECIPE:

- Zucchini- 2-3

***Consider extra lettuces and veggies for salads, tacos, etc.**

FRUIT

- Lemons- 3-4

***Consider extra fruit for snacks.**

FRESH HERBS:

- Basil (buy 2 bunches if making pesto)
- Mint

MEAT AND FISH:

- 6-10 pieces of chicken, skin-on
- 2 pounds chicken tenders (or breast meat cut into thin strips)
- ground lamb- 1 pound (ground beef may be used instead)
- 1-2 pounds white fish, such as sole, cod, sea bass, halibut
- chicken stock (consider making homemade chicken stock)

FOR HOMEMADE MARINARA RECIPE:

- Chicken liver (optional)

***If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.**

Shopping List

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My NOTES:

EGGS AND DAIRY:

Butter
Eggs
Cheese- such as mozzarella or fontina
Parmesan cheese

***Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes**

PANTRY:

Salt and Pepper
Extra virgin olive oil
White wine (*chicken stock may be used instead*)
white vinegar, such as white balsamic or white wine
Frying fat such as organic lard, tallow, coconut oil
or olive oil

1 pound pizza dough (*look for whole ingredients only from the market or your favorite pizza shop*)

***If eating grain-free, butter lettuce is the grain free substitute for the pizza dough**

dry breadcrumbs (*coconut flour for grain free option*)

pine nuts

flour or arrowroot powder (*arrowroot is grain-free and is available in bulk at health food stores*)

dried oregano

FOR EXTRA MINISTRONE SOUP RECIPE:

Couscous or quinoa

FOR HOMEMADE MARINARA RECIPE:

Balsamic vinegar

Tomato paste

32 oz diced tomatoes 32 oz. diced tomatoes
(*2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best*)

dash of sugar (*optional*)

***Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.**

STEWED CHICKEN AND ONIONS

Total Time: 1 hour (4-8 hours in a slow cooker)

Ingredients:

2-3 tablespoons olive oil, coconut oil or other frying fat, such as organic lard or tallow

6-10 pieces of chicken, skin-on

1 ½ cups celery

1 ½ cups carrots

salt and pepper

¾ cup white wine (or chicken stock)

2-3 cups chicken stock (or water)

2-3 cups pearl onions, skinned (frozen and thawed okay)

3 tablespoons butter

4 tablespoons flour and/or arrowroot powder

3 egg yolks

juice of ½ lemon

¼ cup basil, finely chopped

asparagus (as much as needed for a steamed vegetable side dish)

Heat oil or frying fat in a large stockpot. Sear chicken for 5-10 minutes per side, until a golden crust forms that easily pulls off of the pan. Set chicken aside, then add celery and carrots to the pan and sauté for 5 minutes. Deglaze the pan with the wine, stirring to remove bits from the bottom of the pan. Add the chicken and pearl onions back to the pan, then pour in enough chicken stock to come 1-inch below the chicken, then simmer until the chicken is fully cooked and tender, about 30 minutes. *(*At this point transfer mixture to a slow cooker if you are using one and cook the chicken on low heat for 4-8 hours, then continue with recipe.)*

Carefully transfer the chicken and vegetables to a serving dish using a slotted spoon. Return the stock to heat and let simmer until reduced to 1 ½ cups. In a small pan, melt the butter and whisk in the flour for 2-3 minutes. Stir this roux into the reduced stock and let thicken. Remove the sauce from heat and whisk in the egg yolks and lemon juice. Stir in the basil and season, as needed, with salt and pepper.

Meanwhile, bring a saucepan full of water to a rolling boil and season with a small handful of salt. Boil asparagus until bright green and softened. Transfer to a serving dish using a slotted spoon. Serve the chicken and vegetables over the asparagus, topped with the thickened sauce and a sprinkling of finely chopped basil *(optional)*.

LAMB AND PESTO CHEESE PIZZA BALLS WITH GREEN BEANS AND MARINARA

Total Time: 45 minutes

***Grain-free option uses lettuce leaves instead of pizza dough.**

Ingredients:

**2 cups frying fat such as organic lard, tallow, olive oil or coconut oil
(not needed for grain-free option)**

Olive oil

1 onion, chopped

2 garlic cloves, finely chopped

1 pound ground lamb (or beef, if desired)

1 cup cheese, grated, such as mozzarella or fontina

½ cup basil pesto (homemade recommended- from this week's recipes)

1 pound pizza dough (look for whole ingredients only from the market or your favorite pizza shop)

***butter lettuce (only if making this recipe grain-free)**

green beans (as much as needed)

butter

salt and pepper

marinara sauce (homemade recommended- from this week's recipes)

Heat frying fat in a small stockpot over medium heat until it sizzles when food is dropped in. Manage the heat to keep it at this temperature, making sure that it does not smoke.

Meanwhile, sauté onion in olive oil for 5 minutes, then add garlic and lamb until the meat is fully cooked. Transfer this mixture to a bowl to cool.

Toss grated cheese with pesto in a mixing bowl. ***If you are making the grain-free version of this, place the cheese over the hot meat immediately so it will melt.**

Using flour to keep pizza dough from sticking to your hands, pull small handfuls of dough and flatten into a ¼-inch-thick disc. Place a spoonful of meat mixture in the center of the dough, then top the meat with a spoonful of the pesto-coated cheese. Fold the pizza dough over the filling, pinching the seams to form a sealed ball.

***If you are making grain-free bites, skip this step and simply stuff the lettuce leaves, folding the sides to form sealed wraps.**

Fry the stuffed pizza dough balls in the frying fat for 2-4 minutes per side until the balls are golden and puffed. Transfer to a serving dish using a slotted spoon until all the balls are done.

Meanwhile, bring a saucepan of water to a boil and add a small handful of salt. Boil green beans until bright green and softened. Drain green beans, then dot them with butter and toss until they are coated with melted butter. Drizzle the buttered green beans with salt and pepper.

Serve the pizza balls (or stuffed lettuce wraps) with green beans and a drizzle of marinara.

PAN SEARED FISH WITH PINE NUT AND MINT CRUST

Prep Time: 10 minutes
Cook Time: 10-14 minutes

Ingredients:

1 cup dry breadcrumbs (coconut flour for grain free option)
1/2 cup pine nuts
zest of 1 lemon
1 tablespoon mint, finely chopped
Salt and Pepper
2 eggs
2 tablespoons lemon juice
1-2 pounds white fish, such as sole, cod, sea bass, halibut
1/4 cup butter

Place breadcrumbs, pine nuts, lemon zest, mint, and salt and pepper, to taste, in mini food processor and pulse until finely ground, then place in large deep dish. Whisk eggs and lemon juice with salt and pepper, to taste, in large bowl. Carefully dredge fish in egg mixture, shaking to remove excess. Coat fish with breadcrumb mixture, patting to coat well. Heat butter in large skillet. Fry fish for 5-7 minutes per side until fish is flaky and crust is golden.

PARMESAN CHICKEN FINGERS WITH BROCCOLI RABE

Total Time: 30 minutes

Ingredients:

2 pounds chicken tenders (or breast meat cut into thin strips)
salt and pepper
2 eggs
1/4 cup flour or arrowroot powder
1/2 cup dry breadcrumbs (coconut flour may be used for grain-free option)
1/2 cup Parmesan cheese, finely grated
2 teaspoons dried oregano
1/4 cup butter, plus extra as needed
extra virgin olive oil
2-3 broccoli rabe per person

Preheat oven to 375°F.

Beat eggs with salt and pepper in a small dish. Whisk arrowroot, breadcrumbs, and Parmesan in another dish. Grease a large baking dish with butter. Toss chicken pieces in egg mixture, then coat with dry mixture, shaking to remove excess. Place chicken tenders in baking dish, and repeat with remaining chicken. Drizzle liberally with oil, then bake for 20-25 minutes until golden brown.

When chicken is 10-15 minutes from being done, fill a saucepan with an inch of water and bring to a boil. Add a handful of salt, then add broccoli for 5-7 minutes until bright green and tender. Strain water, then add broccoli back to pan and stir in butter until melted. Toss to coat broccoli with butter. Season as needed, and serve with chicken.

MINISTRONE SOUP

Total Time: 25 minutes

Ingredients:

2 tablespoons butter
1 onion, chopped
2-3 zucchini, chopped
1-2 carrots, chopped
salt and pepper
1 ½ cups marinara sauce
4 cups chicken stock
½ cup couscous or quinoa
chopped leftover meat from other recipes (optional)
grated cheese, optional
basil pesto, optional

Heat butter in stockpot and sauté onions for 5 minutes. Add zucchini and carrots and sauté for 5 minutes, then season with salt and pepper. Stir in marinara, stock, couscous or quinoa, and leftover meat. Let simmer for 15-20 minutes until vegetables are soft and couscous/quinoa is cooked. Top with cheese and a dollop of pesto (optional), and serve.

PESTO VINAIGRETTE

Ingredients:

¼ cup basil pesto (Homemade Basil Pesto recommended)
¼ cup white vinegar, such as white balsamic or white wine
1 cup extra virgin olive oil
salt and pepper

Whisk pesto and vinegar until evenly mixed in a small bowl. While whisking, slowly drizzle in olive oil until the mixture is emulsified, then continue whisking the olive oil into the dressing. Season, as needed, with salt and pepper. Use immediately or store in the refrigerator for up to 2 weeks.

HOMEMADE MARINARA

Ingredients:

Extra virgin olive oil
1 chicken liver (optional)
¼ cup basil pesto (or pureed basil and garlic)
2 tablespoons balsamic vinegar
¼ cup tomato paste
32 oz. diced tomatoes (2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best)
salt and pepper
dash of sugar (optional)

Heat a few tablespoons oil in a large stockpot and sauté liver (optional) and pesto. Stir in vinegar, tomato paste and canned tomatoes, and season liberally with salt, pepper, and a dash of sugar. Bring sauce to a simmer then puree with an immersion blender until smooth. (Use a regular blender if you don't have an immersion blender, then return sauce to pot.) Simmer over low heat for 30-60 minutes. Use immediately or let cool and store in the refrigerator.

BASIL PESTO- BASE RECIPE

**This recipe is used as a base recipe for other recipes, and therefore is not prepared like a traditional basil pesto. This pesto is very basic and excludes pine nuts and lemon zest.*

Ingredients:

1 large bunch of basil
2-3 garlic cloves, roughly chopped
salt and pepper
½ cup extra virgin olive oil
½ cup Parmesan cheese, finely grated

Place basil and garlic in a small food processor or blender and season liberally with salt and pepper. Pulse until finely chopped, then continue pulsing while slowly drizzling in olive oil. Transfer pesto to a small storage container and stir in Parmesan until evenly mixed. Use immediately or store in refrigerator.

HOMEMADE CHICKEN STOCK

Total Time: 4-8 hours (mostly inactive cooking time)

***Watch this recipe on Real Food Family's YouTube Channel!**

Every home, I repeat, every home should frequently have a pot of homemade chicken and vegetable soup brewing in the kitchen. Slowly made stocks are one of the leading traditional foods we can nourish ourselves with. Stock making, like many traditional food preparations, is becoming a lost art. Homemade soup stocks have been replaced by pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. It isn't just a myth that good chicken soup will make you feel better. "Good broth will resurrect the dead," says a South American proverb. When made properly- with all the bones and organs- a good meat stock is full of minerals and soothing gelatin. Soups can be a wonderfully filling meal, or sipped as hot drink throughout the day. It is also a great way to get kids to eat multiple vegetables- just chop them up into small pieces.

From www.westonaprice.org/food-features/515-broth-is-beautiful.html:

Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. "Soup is a healthy, light, nourishing food" said Brillant-Savarin, "good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion."

It's so tasty, too! So why don't you join the thousands of happy-pappy people, and... Make it!

Ingredients:

2 tablespoons butter or olive oil

1 onion, sliced

1 whole chicken or 6-8 pieces of bone-in chicken parts (legs work well and are inexpensive), also include organ pieces if provided

2 garlic cloves, minced

1 teaspoon of mixed dried herbs, such as Herbs de Provence

Salt and Pepper

2 tablespoons vinegar (optional- to help break down gelatin)

2-4 cups of chopped vegetables, such as carrots, zucchini, broccoli, cauliflower, etc.

¼ cup fresh herbs, such as basil or flat leaf parsley, chopped (optional)

Heat butter or oil in a large stockpot. Sauté onions for 5 minutes, until translucent. Add chicken and garlic, letting chicken brown a little. Add enough water to fill stockpot. Season generously with salt and pepper, and add dried herbs and vinegar (optional). Cover and let simmer for 3-6 hours. Remove any foam that forms on the top of your stock. Carefully remove chicken parts and separate bones and cartilage from meat. (You may cut large bones with sharp kitchen shears and add back to soup to continue simmering, extracting even more nourishing minerals from within the bones. Make sure to remove these bones before serving.)

TO MAKE AN EASY CHICKEN AND VEGETABLE SOUP:

Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. Season with salt and pepper, as needed, and serve.

Your soup/stock should keep in your refrigerator for up to a week. A good stock has a golden shimmer when warm, and forms into a solid gelatin when cold. You may wish to use this recipe to make a large batch of rich stock to store in your freezer. Simply make the recipe, saving the meat for other uses (like tacos, omelets, or sandwiches!). Let stock cool completely before transferring to freezer bags or containers.

***Tip: store in multiple small containers for convenience.**