

“DE-LITES”

This week's meal plan is all about light recipes that are easy to make and easy to digest. Our family recently suffered from a highly contagious stomach flu and I wanted to recover with simple recipes that were very gentle on my stomach. It's always a good idea to give your body a break with very simple and light meals. I also feature the basic nourishing recipes every home should be making as often as possible: homemade chicken soup (or stock) and traditional sauerkraut, lacto-fermented to provide beneficial bacteria, enzymes, vitamins and minerals. Maybe you'll feel light enough this week to flutter to the gym, too!



LEMON CHICKEN WITH BROCCOLI RABE

WHAT'S FOR DINNER

- Persillade Chicken Sauté
- Potato, Leek, Egg and Spinach Gratin
- Lemon Chicken with Broccoli Rabe
- Cheese Soufflé

EXTRAS

- Balsamic Strawberries with Vanilla Cream
- Salad Dressing: Lemon Vinaigrette

NOURISHING ADDITIONS

(Recipes and shopping list items not included.)

- Sauerkraut
- Homemade Chicken and Vegetable Soup

SUGGESTED EXTRAS

- Use the meat from homemade chicken and vegetable soup for simple breakfast or dinner foods. Sip on the delicious and ultra-nourishing chicken stock all week as a beverage or snack!

PLANNING NOTES

- Balsamic strawberries require a few hours of marinating time, up to overnight.
- If using whey for Sauerkraut instead of lemon juice and extra salt, separate raw milk at room temperature for 2-3 days until fully separated. Separately store whey and curds to use for recipes.
- Sauerkraut takes at least 3 days to ferment.
- Simmer homemade chicken and vegetable soup all day in a slow cooker or overnight.
- Consider purchasing a whole chicken and cutting pieces out for the “Persillade Chicken” recipe, then using the remaining parts to make homemade chicken and vegetable soup



CHEESE SOUFFLÉ



PERSILLADE CHICKEN SAUTÉ



BALSAMIC STRAWBERRIES WITH VANILLA CREAM



POTATO, LEEK, EGG AND SPINACH GRATIN



HOMEMADE CHICKEN AND VEGETABLE SOUP

PERSILLADE CHICKEN SAUTÉ

Total Time: 40 minutes

Ingredients:

½ cup flat-leaf parsley, packed
 2 garlic cloves, finely chopped
 6-10 pieces of chicken
 salt and pepper
 extra virgin olive oil
 2 tablespoons butter
 ½ cup white wine

Create a “Persillade” by grinding the parsley with garlic in a mini food processor or blender.

Season chicken with salt and pepper. Bring a few tablespoons of oil and butter to high heat in a large skillet or saucepan. Sear chicken for 5-7 minutes per side until a crispy golden crust forms. Deglaze pan with wine and stir in Persillade mixture, reserving about 2 teaspoons as a garnish. Cover for 15-20 minutes, until chicken is thoroughly cooked. Season sauce with more salt and pepper, if needed, then sprinkle with remaining Persillade and serve immediately with a simple side salad or steamed vegetables seasoned with sea salt and butter.

POTATO, LEEK, EGG AND SPINACH GRATIN

Total Time: 1 hour

Ingredients:

6 eggs, hard boiled and sliced in half lengthwise (**see directions below*)
 6 tablespoons butter, divided
 2 leeks, dark green and whites removed, chopped, and rinsed well
 2-4 potatoes, peeled and chopped into small cubes
 2 garlic cloves, finely minced
 salt and pepper
 ¼ cup white wine
 12 oz. spinach leaves
 ¼ cup arrowroot powder or flour
 1 cup milk
 ½ cup dry breadcrumbs
 Parmesan cheese
 Extra virgin olive oil

**To hard boil eggs, place whole eggs in a saucepan and cover with water. Bring to a boil for 2 minutes, then turn off heat and cover for 10 minutes. Cool eggs in cold water then peel.*

Preheat oven to 400°F.

Heat 4 tablespoons butter in a large saucepan and sauté leeks, potatoes, and garlic for 10-12 minutes, until soft and beginning to brown. Season liberally with salt and pepper, then add wine and spinach to pan. Press spinach down and cover until spinach is fully wilted. Stir mixture well, removing bits from bottom of pan, then stir in remaining 2 tablespoons of butter until melted. Stir in arrowroot powder or flour into pan until it is no longer visible and evenly sticking to vegetables. Slowly add milk to pan while stirring. Bring to a low simmer, stirring often, until mixture has become thick. Transfer mixture to a buttered baking dish or gratin pan. Place sliced eggs, yolk side up, around top of mixture. Sprinkle evenly with breadcrumbs and Parmesan cheese. Drizzle top of gratin with oil, then bake for 15-20 minutes, until top is golden brown. Let cool for 10 minutes, then serve.

LEMON CHICKEN WITH BROCCOLI RABE

Total Time: 20 minutes

Ingredients:

6-8 boneless chicken thighs
salt and pepper
extra virgin olive oil
½ cup lemon juice (*about 2 lemons*)
2 teaspoons flat-leaf parsley, finely chopped
1 garlic clove, finely chopped
2 tablespoons butter
1 bunch of broccoli rabe (*as much as needed*)

Season chicken with salt and pepper. Heat oil in a large skillet or saucepan for 3-4 minutes per side, until golden. Remove chicken from pan then slice into strips and set aside. Deglaze pan with lemon juice, then stir in parsley and garlic. Let sauce simmer for 3-4 minutes, until slightly reduced. Add broccoli rabe and strips of chicken to pan and continue simmering for 3-5 minutes, until broccoli rabe is bright green and softened and chicken is fully cooked. Remove from heat then stir butter into sauce. Season as needed with salt and pepper, then serve immediately.

CHEESE SOUFFLÉ

Total Time: 40 minutes

Ingredients:

4 tablespoons butter, divided
¼ cup dry breadcrumbs
1 cup milk
2 teaspoons mustard (*Dijon or yellow*)
3 tablespoons arrowroot powder or flour
salt and pepper
½ cup cheese, grated, such as cheddar, fontina, or other hard cheese
½ cup Parmesan cheese, finely grated
4 eggs, separated, plus 1 egg white

Preheat oven to 375°F.

Coat the inside of a soufflé dish or multiple small soufflé dishes with butter and coat with breadcrumbs, shaking out excess. Heat milk in a saucepan until simmering, then whisk in mustard, arrowroot powder or flour, remaining butter, and salt and pepper, to taste. Whisk until mixture is smooth and thick, then remove from heat and add cheese, reserving 2-4 tablespoons Parmesan cheese, until melted and smooth. Add egg yolks to cheese mixture while whisking. In a large bowl, beat egg whites with an electric mixer or strong arm until stiff peaks form. Fold egg whites into cheese mixture until just incorporated, then pour into soufflé dish(es) until just below level with the top. Sprinkle soufflés with Parmesan cheese, then place soufflé dish(es) on baking sheet and bake for 25 minutes, until puffed and golden on top. Serve immediately with a simple side salad drizzled with this week's salad dressing.

BALSAMIC STRAWBERRIES WITH VANILLA CREAM

Total Time: 15 minutes (*not including marinating time*)

Ingredients:

4-6 cups strawberries, tops removed and sliced
1 cup Balsamic vinegar
¼ cup sugar, plus 2 tablespoons
1 cup heavy whipping cream
1 teaspoon vanilla extract OR beans scraped out of a fresh vanilla bean

Place sliced strawberries in a large bowl and toss with vinegar and ¼ cup sugar. Cover and refrigerate for at least 2 hours, up to 8 hours. Strain strawberries from marinating liquid, and transfer marinating liquid to a small saucepan. Place strawberries in a serving dish, or multiple serving dishes. Bring vinegar mixture to a soft boil and let simmer until reduced into a syrup.

Meanwhile, whip cream with 2 tablespoons sugar and vanilla using an electric mixture or strong arm until soft peaks form. Serve strawberries topped with cream and drizzled with balsamic syrup. Yummm!!!!

LEMON VINAIGRETTE

Ingredients:

2 teaspoons mustard
1 teaspoon salt
½ teaspoon pepper
1 teaspoon honey
2/3 cup lemon juice (*1-2 lemons*)
pinch of lemon zest
1 cup extra virgin olive oil

Place all ingredients except oil in a small bowl and whisk until smooth and blended. While whisking, slowly drizzle in oil until emulsified, then pour remaining oil in a steady stream, while whisking. Season as needed, then serve immediately or store refrigerated for up to 2 weeks.

HOMEMADE SAUERKRAUT

Prep Time: 15 minutes

Inactive Prep Time: 3 days

Servings: Yields 2 cups

Ingredients:

1 medium cabbage, cored and shredded
1 tablespoon caraway seeds
1 tablespoon salt
4 tablespoons whey, or 1 additional tablespoon of salt and 2 tablespoons lemon juice

Place ingredients in large bowl and mash for 10 minutes with large spoon or meat pounder until juices are released and cabbage size is reduced drastically. Transfer mixture to air-tight glass jar and set out at room temperature for 3 days. Transfer to refrigerator. Sauerkraut will last up to 3 months.

HOMEMADE CHICKEN AND VEGETABLE SOUP

Watch this recipe at www.RealFoodFamily.com/videos or on our 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 meat-mimicking monosodium glutamate and hydrolyzed vegetable protein soup mixes. 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.westonprice.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.) Add meat back to soup. Add vegetables and fresh herbs and let simmer until vegetables are soft. 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!*). Mash or blend the finished soup with an immersion blender and strain into a large bowl. Let cool completely before transferring to freezer bags or containers. **Tip: store in multiple small containers for convenience.*