

“FRESCA”

Oh boy, it's been hot here in Southern Cali! I themed this week “Fresca” because I used fresh local flavors and bright, wholesome basic ingredients to create absolutely delicious original recipes. I get excited with every new recipe I make...that's a good thing, right? The recipes this week feature things like tomatoes and lentils, and Mediterranean things like olives and anchovies. (Anchovies are a very nourishing food because you are eating the whole fish- bones and all. For some, this doesn't sound appetizing, but I love using anchovies in recipes because they just add an intense salty flavor- nothing too fishy.) Enjoy these yummy meals!



TERIYAKI ROASTED CHICKEN AND WOK VEGGIES



SOY GLAZED SALMON WITH VEGETABLE RICE SAUTÉ

- WHAT'S FOR DINNER**
- Grilled Steak with Tomato and Olive Tapenade
 - Stovetop Seared Chicken and Lentil Casserole
 - Poached White Fish with Minted Pea Puree and Cherry Tomato Salad
 - Leftovers Creation ~ Chicken and Lentil Veggie Scramble
- EXTRAS**
- Roasted Garlic and White Bean Dip (veggies, toast, etc.)
 - Salad Dressing- Lemon Mint Vinaigrette
- NOURISHING ADDITIONS**
- Homemade Chicken and Vegetable Soup
- SUGGESTED EXTRAS**
(Recipes and shopping list items not included.)
- To make the “Chicken and Lentil Veggie Scramble” more of a full meal, you may wish to serve with Garlic-Cheese Toasts- melt minced garlic in butter and pour over slices of bread (sourdough recommended). Sprinkle with a heavy dose of finely grated Parmesan cheese and place in oven at 400°F for 5-10 minutes, until golden.
- PLANNING NOTES**
- “Stovetop Seared Chicken and Lentil Casserole” requires lentils that have been soaked overnight.
 - “Homemade Chicken and Vegetable Soup” is listed as an extra this week so you can get your chicken pieces for “Stovetop Seared Chicken...” from one or two whole chickens, then make the soup with the remaining chicken parts. Buying a whole chicken is always the best way to get the most for your money.
 - The leftover recipe, “Chicken and Lentil Veggie Scramble” uses leftover lentil sauce from the “Stovetop Seared Chicken...” recipe, so make sure to reserve the extra.
 - If you'd like to make “Homemade Chicken and Vegetable Soup” this week, it takes about 6 hours to simmer and a few hours to cool. You may wish to simmer overnight then let cool during the day, or visa versa. This can also be made in a slow cooker.



SWEET AND SOUR LEMON SHRIMP SAUTE

GRILLED STEAK AND ASPARAGUS WITH TOMATO AND OLIVE TAPENADE

Total Time: 30 minutes

**Steak can also be seared in olive oil in a hot pan if an outdoor grill is unavailable. Use the same cooking instructions.*

Ingredients:

Rib-eye or New York Steak, as much as needed for desired servings

Salt and pepper

Extra virgin olive oil

4-6+ asparagus spears per person

For Tapenade:

¾ cup pitted Kalamata olives

6-8 anchovy filets (*packed in oil preferred*)

1 garlic clove, roughly chopped

½ cup basil leaves

¼ cup flat-leaf parsley leaves

salt and pepper

¼ cup extra virgin olive oil

6-8 tomatoes, seeded and chopped into very small cubes

Preheat outdoor grill on medium-high heat.

Rub steaks liberally with salt and pepper, then toss asparagus in oil and salt and pepper. Grill steak for 3-6 minutes per side, depending on thickness, for medium-rare. Grill asparagus for 2-3 minutes per side on the outer edges of the heated grill- not directly over high flames.

Meanwhile, place olives, anchovies, garlic, basil, parsley, a sprinkle of salt and pepper, and oil in a food processor. Pulse until finely ground. Place mixture in a large bowl and gently toss with tomatoes until evenly incorporated. Season, as needed, then serve with grilled steak and asparagus.

STOVETOP SEARED CHICKEN AND LENTIL CASSEROLE

Total Time: 45 minutes, plus overnight soaking of lentils

*This recipe calls for lentils that have been soaked overnight.

*Reserve leftover lentil sauce for “Chicken and Lentil Veggie Scramble”.

*The most cost-effective way to buy the chicken for this recipe is to buy a whole chicken and cut the pieces off. Use the remaining parts of the chicken to make chicken stock or chicken soup.

Ingredients:

8-10 chicken pieces, such as thighs, legs, etc.

salt and pepper

extra virgin olive oil

¼ cup butter

1 small onion, sliced

2 ½ cups lentils, soaked overnight

6 tomatoes, seeded and chopped

2 cups spinach leaves, roughly chopped

¼ cup flat-leaf parsley, finely chopped

1 garlic clove, finely chopped

Season chicken pieces liberally with salt and pepper. Coat a large saucepan with oil and butter and sear chicken pieces over high heat for 3-5 minutes per side. Reduce heat to medium-low and spread onions, lentils, tomatoes, spinach, parsley and garlic evenly over the top of chicken, pressing ingredients in between chicken pieces. Sprinkle with a liberal amount of salt and pepper, cover and let simmer for 25 minutes, occasionally stirring casserole ingredients into a sauce. Make sure chicken is fully cooked, and serve.

POACHED WHITE FISH WITH MINTED PEA PUREE AND CHERRY TOMATO SALAD

Total Time: 30 minutes

Ingredients:

1 fish filet per person, such as cod, bass or halibut
¼ cup butter, melted, plus 2 tablespoons not melted
and cut into small pieces
¼ cup white wine
salt and pepper
2 ½ cups peas (*frozen and thawed okay*)
¼ cup heavy cream
¼ cup mint leaves, finely chopped
3 cups cherry tomatoes, sliced in half
½ cup “Lemon Mint Vinaigrette”

Preheat oven to 400°F.

Place fish filets in a baking dish and pour butter and wine evenly over fish. Sprinkle with salt and pepper, then cover and bake for 10-15 minutes, depending on thickness of fish, until fish is flaky and cooked.

Meanwhile, bring a small saucepan of water to a boil and season with a small handful of salt. Boil peas for 1 minute until bright green. Transfer to a blender or food processor. Add cream, remaining 2 tablespoons butter and mint to blender and pulse until puree is smooth and creamy. Place tomatoes in a bowl and gently toss with vinaigrette.

To serve, spread a scoop of pea puree on a plate and top with poached fish. Serve tomato salad on the side.

CHICKEN AND LENTIL VEGGIE SCRAMBLE

Total Time: 15 minutes

Ingredients:

2 tablespoons butter per person
2 eggs per person
1 tablespoon heavy cream per person
salt and pepper
1 cup leftover lentils and vegetable mixture from
“*Stovetop Seared Chicken and Lentil Casserole*”
1-2 cups cheese, grated, such as cheddar or fontina

Heat butter in a large skillet or saucepan over medium heat. Beat eggs with cream and a liberal amount of salt and pepper in a bowl. Stir in lentil and vegetable mixture. Pour mixture into pan and stir until eggs are cooked. Top with grated cheese to serve.

ROASTED GARLIC AND WHITE BEAN DIP

**Serve with veggies or toast*

Ingredients:

2 whole heads of garlic
Salt and Pepper
6-8 tablespoons Extra Virgin Olive Oil, divided
6-8 anchovy filets (*packed in olive oil preferred*)
1 cup cooked white cannellini beans or kidney beans (*soaked overnight first*), or 1 can
1/4 cup basil

Preheat oven to 375°

Slice tops off of garlic heads. Place garlic in a small covered baking dish and drizzle each head of garlic with 1 tablespoon Extra Virgin Olive Oil, then sprinkle liberally with salt and pepper. Cover and roast for 35-40 minutes until garlic is brown and soft. Let cool, then squeeze out garlic and place in mini food processor with beans, anchovies, basil, salt and pepper, to taste, and pulse until pureed. Continue to pulse while adding 2-4 tablespoons oil until smooth and creamy.

LEMON MINT VINAIGRETTE

Ingredients:

1 teaspoon honey
zest and juice of 1 lemon
2 tablespoons mint leaves, finely chopped
2 tablespoons vinegar, such as white balsamic or red wine
1 cup extra virgin live oil

Place all ingredients except oil in a mixing bowl and whisk until smooth. While whisking, slowly drizzle in oil until thick and emulsified. Serve immediately or store refrigerated for up to 2 weeks.

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.*