

“PEA POD”

Have you noticed how much I love the “fruits” of spring? I was inspired for this week’s recipes by spring’s brightest veggie- the pea! I’m also inspired by all things bright and green right now, so you could easily substitute peas and asparagus with other bright green veggies if you prefer. There are definitely times when my husband wishes I’d substitute the asparagus! But with this week’s Chicken and Asparagus Picatta recipe, he even enjoyed eating a little asparagus... the kids, too!



PASTA VERDE



GRILLED STEAK WITH CRISPY NUT HERB PUREE



POACHED SALMON WITH SPRING PEA BROWN RICE RISOTTO



LEMON BLUEBERRY SCONES



CHICKEN-PEA SOUP



CHICKEN AND ASPARAGUS PICATTA

WHAT’S FOR DINNER

- Chicken and Asparagus Picatta
- Grilled Steak with Crispy Nut Herb Puree
- Chicken-Pea Soup
- Poached Salmon with Spring Pea Brown Rice Risotto

EXTRAS

- Olive Oil and Herb Puree
- Lemon Blueberry Scones

NOURISHING ADDITIONS

- Crispy Nuts

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Pasta Verde- make a pasta sauce with leftover “Chicken-Pea Soup” and lots of chopped vegetables.

PLANNING NOTES

- “Crispy Nuts” are required for “Grilled Steak with Crispy Nut Herb Puree”. Nuts must be soaked and dried, a 24 hour process. Make ahead, or use raw nuts as a substitute.
- Chicken stock is needed this week. Make homemade stock ahead and use for extra meals and snacks. A whole chicken may be purchased to make stock with leftover cooked meat, but cut out chicken pieces for “Chicken-Pea Soup”.
- Pinto beans are needed for “Chicken-Pea Soup”. Soak overnight for recipe.
- Brown rice that has been soaked overnight is needed for “Poached Salmon with Spring Pea Brown Rice Risotto”.

**It’s always more nutritionally effective to soak grains and legumes with water and a little whey made from raw milk or yogurt.*

CHICKEN AND ASPARAGUS PICATTA

Total Time: 30 minutes

Ingredients:

4 tablespoons butter, divided
extra virgin olive oil
8-10 boneless chicken thighs or breast cutlets
salt and pepper
½ cup arrowroot powder or all-purpose flour
2 garlic cloves, finely chopped
½ cup white wine
½ cup chicken stock
zest and juice of 1 lemon
6-8 asparagus spears per person, bottom 1-2 inches cut off
1 tablespoon “Olive Oil and Herb Puree”
1/3 cup capers

Heat 2 tablespoons butter and a few tablespoons olive oil in a large saucepan over medium-high heat. Season chicken liberally with salt and pepper then dredge in arrowroot or flour, shaking to remove excess. Sear chicken for 4-5 minutes per side, until deep golden brown and crispy, then set aside.

Add 2 tablespoons butter to pan and sauté garlic for 1 minute. Add wine and stir to remove bits from bottom of pan. Stir in stock and lemon juice and zest. Bring to a simmer then add asparagus for 3-5 minutes, until bright green and slightly soft. Remove from pan and set aside. Let sauce continue to simmer until reduced and thickened. Stir in oil and herb puree and capers, then serve sauce over chicken and asparagus.

GRILLED STEAK WITH CRISPY NUT HERB PUREE

Total Time: 25 minutes

**This recipe calls for “Crispy Nuts”, which have been soaked and dried. Raw nuts may also be used.*

** This recipe uses an outdoor grill, but can also be grilled, seared or broiled inside.*

Ingredients:

4-8oz. steak per person, such as top sirloin, flank, etc.
extra virgin olive oil
salt and pepper
garlic powder
½ cup “Crispy Nuts”
½ cup “Olive Oil and Herb Puree”
Select vegetables, roughly chopped, such as bell peppers, zucchini, etc. (*optional*)

Preheat an outdoor grill on medium-high heat, or indoor grill pan.

Rub steak with olive oil and season liberally with salt, pepper, and garlic powder. Grill steak for 3-6 minutes per side, depending on thickness, for medium-rare. If grilling vegetables, season with oil, salt, pepper and garlic powder and grill until slightly blackened.

Meanwhile, grind nuts in a small food processor until very finely chopped. Stir nuts evenly into oil and herb puree and serve over steak and vegetables.

CHICKEN-PEA SOUP

Total Time: 30 minutes, plus

**The recipe calls for pinto beans that have been soaked (8-12 hours). Canned and drained beans may be substituted.*

Ingredients:

¼ cup butter
1 onion, chopped
2-3 cups raw chicken meat, chopped
2 ½ cups peas (*frozen and thawed okay*)
2 cups pinto beans, pre-soaked
6 cups chicken stock
1 cup heavy cream
salt and pepper
Parmesan cheese (*optional*)

Heat butter in a large stockpot and sauté onions for 8 minutes. Add chicken and sauté until browned. Stir in peas, beans and stock and bring to a simmer for 15 minutes. Using an immersion blender (*or very carefully in a blender*), puree soup until most of the peas have been pureed. Stir in cream and season, as needed, with salt and pepper. Serve soup topped with parmesan cheese (*optional*).

POACHED SALMON WITH SPRING PEA BROWN RICE RISOTTO

Total Time: 30 minutes

**This recipe calls for brown rice that has been soaked overnight.*

Ingredients:

1 salmon filet, per person
¼ cup butter, melted
½ cup white wine
2-3 garlic cloves, crushed
salt and pepper
6 strips of bacon, chopped
½ onion, chopped
¼ cup white wine
3 cups brown rice (*pre-soaked*)
½ cup chicken stock
1 cup peas (*frozen and thawed okay*)
2 teaspoons "Olive Oil and Herb Puree"
¼ - ½ cup heavy cream

Preheat oven to 400°F.

Place salmon filets in a baking dish and cover with melted butter, wine, garlic, salt and pepper. Place in oven for 15 minutes, until fully cooked.

Meanwhile, sauté bacon until crispy and remove from pan. Sauté onions in bacon fat for 5-7 minutes, then deglaze pan with wine and add rice. Stir in stock, peas, and olive and herb puree. Continue to stir until stock is absorbed. Stir in cream until risotto is thick and creamy, then serve with rice.

LEMON BLUEBERRY SCONES

Total Time: 1 hour

Ingredients:

3 cups flour
1/3 cup sugar
1 teaspoon salt
5 teaspoons baking powder
1 cup butter, cut into small pieces
2 egg, plus 1 egg for egg wash
1/2 cup buttermilk or whey made from raw milk or yogurt
zest of 1-2 lemons (*depending on desired amount of lemon flavor*)
1/2 cup blueberries, tossed in a little flour

Preheat oven to 350°F.

Place flour, sugar, baking powder and salt in a large food processor or large bowl and mix until blended. Cut butter into flour mixture until fine crumbs form. Transfer mixture to a large bowl if using a food processor. Form a well in the middle of flour mixture and mix the egg, buttermilk and lemon zest in it. Slowly stir egg mixture evenly into flour mixture just until incorporated- don't over-mix. Add blueberries when mixture is almost incorporated. Carefully free-form small handfuls of dough into clumps and place on baking sheet. In a small bowl, beat an egg with a few teaspoons of water. Brush a little of this egg wash over top of scones. Bake for 30 minutes, until slightly browned. Let cool then serve immediately.

CRISPY NUTS

Crispy Nuts are used very often in my house as a snack, or dressed up for a treat, like in this recipe. The process of making crispy nuts activates enzymes and makes nuts more digestible. After soaking, nuts are dried in a warm oven until crispy, and may be stored for up to a month in the refrigerator.

Ingredients:

2 cups nuts, such as pecans, walnuts, almonds, etc.
salt
1/4 cup whey, made from raw milk or yogurt (*optional*)

Cover nuts in water with a liberal amount of salt and whey, and soak for 12 hours. Drain nuts, spread on a baking sheet, and dry in a warm oven (*150°F*) for 8-12 hours, or until nuts are crispy.

OLIVE OIL AND HERB PUREE

Ingredients:

1 handful of flat-leaf parsley and basil
2 cloves of garlic, finely chopped
zest of 1 lemon
1 teaspoon salt
1/2 teaspoon pepper
1 cup olive oil

Puree herbs, garlic, lemon, salt and pepper in a small food processor or blender. Stir or mix in olive oil until evenly mixed. Use immediately or store in the refrigerator for up to 2 weeks.