

“LIME AND THE COCONUT”

This week's recipes feature mostly limes and cilantro, with coconut in the extra recipes. If you don't like cilantro, you can substitute with flat-leaf parsley, but you will have a softer flavor. Enjoy these fresh and relaxing flavors of late spring!



CILANTRO-LIME CHICKEN OVER VEGGIE QUINOA



POTATO DINNER SCRAMBLE



CILANTRO-LIME SHRIMP AND CARAMELIZED FENNEL SAUTÉ



GRILLED LAMB STEAKS WITH QUICK POTATO AND SQUASH GRATIN



ORANGE COCONUT ALMOND CAKE WITH CINNAMON MASCARPONE

WHAT'S FOR DINNER

- Cilantro-Lime Chicken Over Veggie Quinoa
- Grilled Lamb Steaks with Quick Potato and Squash Gratin
- Cilantro-Lime Shrimp and Caramelized Fennel Sauté
- Leftovers Creation ~ Potato Dinner Scramble with Simple Side Salad

EXTRAS

- Orange Coconut Almond Cake with Cinnamon Mascarpone
- Cilantro Lime Sauce
- Salad Dressing ~ Cilantro Lime Dressing

NOURISHING ADDITIONS

- Coconut Whipped Cream

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- A delicious lunch bowl could include cooked brown rice, black beans, veggies, and leftover meat topped with the “Cilantro Lime Sauce” and cheese. Warm it up to melt the cheese!

PLANNING NOTES

- You may wish to serve the “Cilantro-Lime Shrimp and Caramelized Fennel Sauté” over leftover “Veggie Quinoa” with a side salad (as pictured).
- Chicken stock is an optional ingredients for making quinoa. Homemade is best, so plan to make it if you don't have some on hand. (Recipe at www.RealFoodFamily.com)

MY NOTES:

EGGS AND DAIRY:

Eggs- 2 per person, *plus 6 for extra recipe*

Butter

Sour cream- 16-20 ounces

Cheese- cheddar or fontina

Parmesan cheese

For extra cake recipe: mascarpone cheese

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

PANTRY:

Salt and pepper

Extra virgin olive oil

White wine or white balsamic vinegar

Quinoa (*organic is best*)

Chicken stock (*optional- homemade is best, water may be substituted*)

White wine- optional

1 can or jar of whole-fat organic coconut milk- optional, for extra recipe

For extra cake recipe:

Sugar

Almond meal

Coconut flour

Cinnamon

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

CILANTRO-LIME SHRIMP AND CARAMELIZED FENNEL SAUTÉ

Total Time: 25 minutes

**Consider serving this dish with a side salad.*

Ingredients:

¼ cup butter
1 onion, sliced
1 fennel bulb, cored and sliced
salt and pepper
water or white wine
1 pound raw shrimp
½ cup **Cilantro-Lime Sauce** (*from this weeks' recipes*)

Heat butter in a large skillet and sauté onions and fennel for 15-20 minutes over low-medium heat until soft and golden. If the pan gets too dry, add a tablespoon of water or wine to deglaze pan. Season with salt and pepper, then sauté shrimp for 3 minutes, until pink and curled. Remove from heat and stir in Cilantro-Lime Sauce.

CILANTRO-LIME SAUCE

Ingredients:

1 large bunch or 2 small bunches of cilantro
2 garlic cloves, roughly chopped
1 teaspoon salt
½ teaspoon pepper
1 jalapeno (*optional- only if you want spice, and only as much as you'd like*)
12 oz. sour cream

Place all ingredients, except sour cream, in a food processor. Pulse into a rough puree, then stir evenly into sour cream. Serve immediately or store in refrigerator for up to 2 weeks.

GRILLED LAMB STEAKS WITH QUICK POTATO AND SQUASH GRATIN

Total Time: 45-60 minutes

**This recipe uses an outdoor grill but lamb steaks can also be seared in a pan.*

Ingredients:

6-8 red potatoes, cleaned well and chopped into cubes
(*not peeled*)
4 strips of bacon
Lamb steaks- as much as needed
Extra virgin olive oil
Salt and pepper
Juice of 2 limes
2-3 zucchini or yellow squash, chopped
1 cup cheese, grated, such as cheddar or fontina
1 cup sour cream
¼ cup Parmesan cheese, finely grated

Preheat oven to 400°F.

Place potatoes in a large stockpot of water and bring to a boil for 5 minutes, until potatoes are almost cooked.

Sear bacon in a hot skillet until dark and crispy.

Place lamb in a ziplock bag or covered container and coat with oil, lime juice, and a liberal amount of salt and pepper. Let sit while finishing potatoes.

Place almost-cooked potatoes in a large mixing bowl. Crumble bacon and add it with the fat to the bowl, then add squash, grated cheese, sour cream, and a liberal amount of salt and pepper. Toss to evenly mix, then transfer to a buttered baking dish. Top with Parmesan cheese and bake for 30-40 minutes, until top is beginning to brown.

While potatoes are cooking preheat outdoor grill, unless you plan to sear lamb in a pan. When potatoes are 15 minutes from being done, grill (*or sear*) for 3-5 minutes per side, depending on thickness, for medium-rare. Let meat stand for 5 minutes before serving with potatoes.

CILANTRO-LIME CHICKEN OVER VEGGIE QUINOA

Total Time: 45 minutes

Ingredients:

1 whole chicken, cut into pieces (or 6-10 chicken pieces)

salt and pepper

¼ cup butter

¼ cup extra virgin olive oil

1 cup Cilantro-Lime Sauce, divided in half

For Veggie Quinoa:

¼ cup butter

½ onion, chopped

2 garlic cloves, finely chopped

1 zucchini or yellow squash, chopped

1 bell pepper, seeded and chopped

1 ½ cups quinoa

2 ½ cups chicken stock or water

Season chicken with salt and pepper. Heat butter and oil in a large saucepan or skillet (*with cover*) and sear chicken for 3-5 minutes per side, until crisp golden crust forms. Reduce heat to low and pour half of Cilantro-Lime Sauce over chicken. Cover and let simmer for 25-30 minutes, until chicken pieces are fully cooked. Pour remaining sauce over chicken before serving.

For quinoa, melt butter in a medium stockpot and sauté onions for 5 minutes. Add garlic, squash and bell pepper and sauté until beginning to brown. Add quinoa and stock/water and bring to a boil. Lower heat then cover and let simmer until quinoa has sprouted and is soft. Season as needed, then serve with chicken.

POTATO DINNER SCRAMBLE WITH SIMPLE SIDE SALAD

Total Time: 20 minutes

**Dinner scrambles are quite common in our house, usually made with any leftover that will surely, or may possibly, go well with eggs and cheese.*

Ingredients:

2 eggs per person

salt and pepper

2-4 tablespoons butter

¼ cup leftover potato gratin per person

grated cheese, such as cheddar or fontina

Mix eggs in a large bowl and season liberally with salt and pepper. Melt butter in a large nonstick skillet and sauté leftovers until warm. Add eggs to pan and slowly stir until eggs are set. Top with grated cheese and serve with a side of veggies and/or salad.

ORANGE COCONUT ALMOND CAKE WITH CINNAMON MASCARPONE CREAM

Total Time: 1 hour, 15 minutes

Ingredients:

6 eggs, separated
½ cup sugar, plus 2 tablespoons
dash of salt
zest of 3 oranges, plus juice to use separately
¼ cup butter
1 cup almond meal (*ground almonds*)
1 cup coconut flour
1 cup mascarpone cheese, at room temperature
2 teaspoons cinnamon

Preheat oven to 350°F.

Separate egg yolks from whites, placing in separate mixing bowls. Using an electric mixer, beat egg yolks with sugar, salt, and orange zest until very pale in color and sugar has dissolved (*pinch mixture with fingers to confirm that sugar has dissolved*). In a small skillet, sauté almond meal in butter over low heat, until slightly toasted. Mix almond meal with coconut flour in a small bowl, whisking well to eliminate clumps of almond flour. Add almond and flour mixture to egg yolk mixture, stirring to blend well. Using a clean mixer, beat egg whites until stiff peaks form. Slowly fold beaten egg whites into batter just until blended. Pour batter into a well-buttered 10 or 12-inch cake dish. Bake for 1 hour, then let cool completely.

Place orange juice and 2 tablespoons sugar in a small saucepan and simmer until reduced by half. Use a knife or fork to gently poke holes in top of cake. Evenly pour orange syrup over cake and spread until syrup is absorbed into cake. Gently turn cake out on a serving plate.

In a small bowl, whisk mascarpone with cinnamon until smooth. Evenly spread mascarpone mixture over cake, then serve.

COCONUT WHIPPED CREAM

**This is a cheater-recipe for a non-dairy whipped cream with a coconut flavor. It is almost like ice cream and many different flavors can be added for a delicious treat! Organic whole-fat coconut milk is very good for you, too!*

Ingredients:

1 can or jar of whole-fat organic coconut milk

Optional additions:

Evaporated cane juice/ sugar
Vanilla
Lemon, Lime, or Orange zest
Cinnamon

Place can or jar in the refrigerator overnight. Scoop the solid coconut milk out of the can or jar, leaning the milky liquid. Place coconut milk and optional additions in a bowl and whip with an electric mixer or strong arm until stiffened. Enjoy immediately!

CILANTRO LIME DRESSING

Ingredients:

½ cup Cilantro-Lime Sauce
2 tablespoons white balsamic or white wine vinegar
¾ cup extra virgin olive oil
salt and pepper

Whisk Cilantro-Lime Sauce in a large bowl. While whisking, slowly drizzle in oil until mixed and emulsified. Season with salt and pepper, as needed, then serve immediately or store refrigerated for up to 2 weeks.