

“DELIGHTFULLY FRESH”

This week features simply delicious recipes with fresh flavors of ginger, pineapple, zucchini, and more. The weather is continuing to warm up so simple yet satisfying dishes are a must! Have a delightful week!



ROASTED PERSILLADE CHICKEN ON CARAMELIZED ONIONS



BROILED SALMON, PINEAPPLE AND ZUCCHINI WITH GINGER-MAPLE GLAZE



GINGER-ALMOND CRUSTED PORK WITH CREAMY ZUCCHINI SOUP

WHAT'S FOR DINNER

- Roasted Persillade Chicken on Caramelized Onions (*with simple side salad*)
- Ginger-Almond Crusted Pork with Creamy Zucchini Soup
- Broiled Salmon, Pineapple and Zucchini with Ginger-Maple Glaze
- Grilled Steak with Wilted Spinach and Caramelized Onion, Mushroom Sauté

EXTRAS

- Zucchini and Carrot Bread
- Salad Dressing ~ Ginger Lemon Vinaigrette

NOURISHING ADDITIONS

- Homemade Sour Cream

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Use quick cook brown rice and soy sauce to make a delicious leftover rice bowl or sauté with leftover veggies and meat.

PLANNING NOTES

- Ginger root is on the shopping list this week and is freshly grated for the recipes. The best way to keep and grate ginger root is if it is frozen and kept in the freezer.
- Chicken stock is needed this week and the easiest way to work it into your shopping list is to buy a whole chicken and cut out pieces for the “Roasted Persillade Chicken”. Make a stock out of the leftover giblets and backbone. (Find a recipe for Homemade Chicken Stock at RealFoodFamily.com)
- If you'd like to make the sour cream, this takes a few days. It is the “real” way to make and enjoy Sour Cream, so it probably won't work for this week's meals, but is a good way to get yourself experience with simple traditional foods.



GRILLED STEAK WITH WILTED SPINACH AND CARAMELIZED ONION, MUSHROOM SAUTÉ



ORANGE COCONUT ALMOND CAKE WITH CINNAMON MASCARPONE

ROASTED PERSILLADE CHICKEN ON CARAMELIZED ONIONS AND MUSHROOMS

Total Time: 45 minutes

**This recipe can be served with a simple side salad topped with this week's salad dressing (pictured).*

Ingredients:

6-10 pieces of chicken
salt and pepper
extra virgin olive oil
6 tablespoons butter, divided
3 cloves of garlic, roughly chopped
1 small bunch of flat-leaf parsley
½ cup white wine
1 onion, sliced
1 cup mushrooms, sliced

Preheat oven to 375°F.

Season chicken with salt and pepper. Coat a large skillet or saucepan with oil and 2 tablespoons butter and sear chicken over medium-high heat for 5 minutes per side, until a crisp golden crust forms. While the chicken is cooking, prepare the persillade sauce by placing garlic and parsley in a food processor with a liberal amount of salt and pepper. Pulse until finely ground. Pour contents into a small bowl and stir in ½ cup olive oil until evenly mixed. Transfer seared chicken to an oiled/buttered baking dish, then pour persillade sauce evenly over chicken. Bake for 20-25 minutes, until chicken is fully cooked (*liquid runs clear when sliced*).

Return the pan used for the chicken to heat and deglaze with wine. Add remaining butter, onions and mushrooms. Simmer over low heat for about 20-25 minutes until onions and mushrooms are soft and golden, adding more wine or water if pan gets too dry. Season with salt and pepper, to taste, then serve chicken over a bed of caramelized onions and mushrooms.

GINGER-ALMOND CRUSTED PORK WITH CREAMY ZUCCHINI SOUP

Total Time: 30 minutes

Ingredients:

4-6 cups chicken stock
2-3 zucchinis roughly chopped
2 tablespoons flat-leaf parsley, finely chopped
1-2 cups sour cream
1 cup almond meal (*finely ground almonds*)
½ cup arrowroot powder or flour
4 teaspoons freshly grated ginger
salt and pepper
2 eggs
Pork Cutlets or Chops (*as much as needed- about 1 per person*)
extra virgin olive oil (*coconut oil may also be used*)

For soup, bring stock to a boil and add zucchini and parsley. Let simmer until zucchini is soft. Remove from heat and use an immersion blender (*or carefully transfer to a regular blender*) and puree the soup until smooth. Keep warm while preparing pork, then when you are ready to serve, stir in sour cream for desired creaminess (*soup should not be thick*) and season as needed before serving.

For pork, evenly mix almond meal, arrowroot powder or flour, ginger and a liberal amount of salt and pepper in a bowl. Beat eggs in a separate bowl, then heat oil over medium-high heat. Dredge pork cutlets in egg mixture then dredge in almond mixture and sear for 3-4 minutes per side until a golden crust forms. Serve immediately with soup.

BROILED SALMON, PINEAPPLE AND ZUCCHINI WITH GINGER-MAPLE GLAZE

Total Time: 20 minutes

Ingredients:

16-20 oz. salmon filet, cut into large serving-size pieces
2-3 zucchini, very thinly sliced
1 pineapple, cut into small cubes
salt and pepper
¼ cup butter
½ onion, chopped
2 tablespoons maple syrup
2 teaspoons freshly grated ginger

Preheat broiler in oven on the low setting. Spread salmon, zucchini, and pineapple in a baking dish and sprinkle evenly with salt and pepper. Sauté onions in butter until soft and partly browned. Stir in maple syrup and ginger, then pour mixture evenly over salmon, zucchini and pineapple. Broil for 8-10 minutes, until salmon is fully cooked. Serve immediately.

GRILLED STEAK WITH WILTED SPINACH AND CARMELIZED ONION AND MUSHROOM SAUTÉ

Total Time: 20 minutes

**Steak may be seared in a pan or under a broiler oven if not using an outdoor grill.*

Ingredients:

1-2 large steaks, such as New York, Ribeye, etc.
salt and pepper
extra virgin olive oil
¼ cup butter
1 onion, sliced
2 cups mushrooms, sliced, such as crimini or other small brown mushroom
2 garlic cloves, finely chopped
4-6 cups, or 1 large bunch, spinach leaves

Season steak liberally with salt and pepper, then preheat grill.

Coat a large saucepan with oil and butter and sauté onions and mushrooms for 10-15 minutes, until mostly brown. Sear steak for 5-7 minutes per side while onions are cooking, then keep steak warm while finishing onions, mushrooms and spinach.

Add garlic to onions and mushrooms for one minute, then set spinach on pan over low heat until just wilted. Gently stir to incorporate onions and mushrooms with spinach. Season, to taste, with salt and pepper, then serve over seared steak.

ZUCCHINI AND CARROT BREAD

Total Time: 1 hour, 15 minutes

Ingredients:

1 ½ cups zucchini, grated
1 cup carrot, grated
1 cup sugar
2 teaspoons cinnamon
1 teaspoon vanilla extract
3 eggs
dash of salt
3 cups flour (*I use finely ground whole wheat pastry flour*)
1 teaspoon baking soda
¼ teaspoon baking powder
1 cup butter, melted

Preheat oven to 350°F.

Place zucchini, carrot, sugar, cinnamon, vanilla extract, eggs and a dash of salt in a large bowl and mix well. Whisk flour, baking soda and powder in a separate bowl then stir into zucchini mixture until well blended. Stir melted butter into mixture until blended. Grease loaf pans with butter and pour batter evenly into pan. (*You may need to use more than one pan. I use one full size pan and one mini pan.*) Bake for one hour, until a knife dipped into loaf comes out clean. Let cool completely before slicing to serve.

GINGER LEMON VINAIGRETTE

Ingredients:

2 teaspoons freshly grated ginger
zest of 1 lemon
2 tablespoons white balsamic or white wine vinegar
1 tablespoon honey (*optional*)
salt and pepper
½- 1 cup extra virgin olive oil

Place ginger, lemon, vinegar and honey in a small bowl, season liberally with salt and pepper, then whisk until evenly mixed. While whisking, slowly drizzle in oil until thickened and smooth. Serve immediately or keep refrigerated for up to 2 weeks.

HOMEMADE SOUR CREAM

Real homemade sour cream is really more like Crème Fraiche, or European Sour Cream. This recipe is from Sally Fallon's Nourishing Traditions Cookbook, which you can find on my website on the resources page. To learn more about culturing dairy at home,

Ingredients:

1 pint good quality cream
1 tablespoon whole-milk buttermilk or commercial crème fraiche

Start with the best quality cream you can find. Raw cream is best but pasteurized will do. Do not use ultrapasteurized cream. Place in a clean glass container. Add buttermilk or crème fraiche, stir well, cover tightly and place in a warm spot for 20-24 hours. Chill well before serving.