

REAL FOOD WEEKLY

May 11, 2013
ISSUE 81

Whole Food Meal Plans from
www.RealFoodFamily.com



CILANTRO-LIME SHRIMP AND
CARAMELIZED FENNEL SAUTÉ



CILANTRO-LIME CHICKEN OVER
VEGGIE QUINOA



GRILLED LAMB STEAKS WITH QUICK
POTATO AND SQUASH GRATIN



ORANGE COCONUT ALMOND
CAKE WITH CINNAMON
MASCARPONE CREAM

pictured:
COCONUT VEGGIE NOODLE BOWLS WITH PEANUT SAUCE

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 Saute
- Coconut-Veggie Noodle Bowls with Peanut Sauce (grain-free option)

EXTRAS

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

NOURISHING ADDITIONS

- Coconut Whipped Cream

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.

SUGGESTED EXTRAS

(Specific recipes in quotations may be found at www.RealFoodFamily.com. Ingredients for these suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy.)

BREAKFAST:

- Caribbean breakfast: fried or poached eggs with rice and beans

LUNCH AND DINNER:

- "Potato Dinner Scramble with Simple Side Salad" (in this week's recipes)
- Create a lunch bowl with beans, veggies, rice (optional), and leftover meat topped with "Cilantro Lime Sauce" and cheese.

SNACKS AND EXTRAS:

- Buy some organic strawberries in season right now and serve with the "Coconut Whipped Cream" from this week's recipes.
- Trader Joe's sells lightly sweetened coconut chips that are delicious and a perfect sweet snack.

NUTRITION NOTES

- This week focuses on lime and coconut. Coconut is a food that has been villainized because of its saturated fat content. Traditional cultures, particularly Pacific island cultures, thrived on coconut and those who have remained untouched by industrial foods maintain exceptional health. Once you understand that saturated fat does NOT cause heart disease and is actually essential for nourished health, you will find that coconut is one of the only plant-based foods that offers this kind of nutrition. Coconut oil is a highly stable cooking fat, meaning you can use it to cook at high temperatures. The flesh can be used in many ways, such as shredded coconut for snacking or coconut flour for grain-free baking options. Coconut milk is hydrating and helps you absorb all the vitamins and minerals you absorb. Some studies are beginning to show that liberal use of coconut oil in the diet may help with diabetes and even Alzheimer's. As the mainstream medical world is discovering the true benefits of coconut, I not only say "we (the holistic world) told you so!" but also, "jump in and enjoy eating and cooking with coconut!"

Shopping List

May 11, 2013

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)

White wine- optional

2 cans or jars of whole-fat organic coconut milk- optional,
for extra recipe

creamy peanut butter

soy sauce

1 pound spaghetti (I recommend Jovial Foods' Einkorn Pasta
- www.realfoodfamily.com/einkorn-pasta) *grain-free option
uses spaghetti squash and/or zucchini

FOR EXTRA CAKE RECIPE:

Sugar

Almond meal (ground almonds)

Coconut flour

Cinnamon

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

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.

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 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.

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 VEGGIE NOODLE BOWLS WITH PEANUT SAUCE

**Grain-free option using spaghetti squash or zucchini strips. Spaghetti Squash will add 45 minutes to cooking time.*

Total Time: 25 minutes

Ingredients:

coconut oil

1 fennel bulb, cored and thinly sliced

1 cup mushrooms, sliced

1 bell pepper, seeded and thinly sliced

6-8 asparagus, sliced into thin strips

3-4 garlic cloves, finely chopped

1 teaspoon fresh ginger, grated (1/2 teaspoon dry ginger substitute)

1 cup coconut milk

1/2 cup soy sauce

1/2 cup creamy peanut butter

1 pound spaghetti (I recommend Jovial Foods'

Einkorn Pasta- www.realfoodfamily.com/einkorn-pasta)

(directions below)

****For grain-free (no pasta), or to add extra vegetables to this meal, steam bake spaghetti squash (directions below), or create zucchini noodles using a vegetable peeler***

****To steam bake spaghetti squash, preheat oven to 375°F. Slice squash in half, lengthwise, and scoop seeds out. Place squash, flesh-side down, in a large baking dish and fill with 1-2 inches of water. Bake for 30-45 minutes, until squash is soft. Let cool a little, then use a fork to pull the "noodles" out of the squash.***

Bring a large stockpot of water to a rolling boil while preparing the vegetables.

Heat a coating of oil in a large skillet or saucepan and saute fennel, mushrooms, bell pepper and asparagus for 8-10 minutes, until lightly browned. Add garlic and a liberal amount of salt and pepper and saute for 3 minutes. In a small bowl, whisk ginger, coconut milk, soy sauce and peanut butter together until smooth. Add the peanut sauce to the vegetables and let simmer together while cooking the pasta.

Add a small handful of salt to the boiling water and cook pasta for 8-10 minutes, until soft, but not mushy. Transfer the pasta to the vegetables and sauce using a slotted spoon or kitchen tongs. Let cook together for a few minutes, stirring to evenly coat the pasta with vegetables and sauce, then serve.

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.

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.

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.

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, leaving 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!

HOMEMADE CHICKEN STOCK

Total Time: 4-8 hours (mostly inactive cooking time)

***Watch this recipe on Real Food Family's 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 pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. 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.westonaprice.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.)

TO MAKE AN EASY CHICKEN AND VEGETABLE SOUP:

Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. 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!). Let stock cool completely before transferring to freezer bags or containers.

***Tip: store in multiple small containers for convenience.**