

# Real Food Weekly

ISSUE 38

## “SUMMER OF COLORS”

*If there's one world that represents the food available at this time of year, it is COLOR! I tried to think of color as I prepared this week's meal plan and recipes. This week's bright summer flavors, full of fresh fruits and vegetables, remind me of my youth- spending long summer days at the beach, snacking on fresh raw peaches, watermelon, bell peppers...then cooling off with fresh lemonade. This week I show you how to add beneficial probiotics to homemade lemonade with lacto-fermentation...resulting in “sparkling” mango and blueberry lemonade (Yummm!) Enjoy the colors this week!*



GRILLED SUMMER SALAD



ROASTED SHRIMP RATATOUILLE



PEACH BERRY ZABAGLIONE



CHICKEN FAJITA SAMMIES



GREEN BEANS



SPARKLING LEMONADES

### WHAT'S FOR DINNER

- Salmon with Herb Butter and Green Beans
- Chicken Fajita Sammies
- Grilled Summer Salad
- Roasted Shrimp Ratatouille

### EXTRAS

- Peach Berry Zabaglione
- Preserved Lemon Vinaigrette

### NOURISHING ADDITIONS (RECIPE REVIEW)

- “Sparkling” Mango Lemonade and Blueberry Lemonade
- Easy Lacto-Fermented Ketchup

### SUGGESTED EXTRAS

*(Recipes and shopping list items not included.)*

- If you have leftover “Roasted Shrimp Ratatouille”, this dish would make amazing tacos.

### PLANNING NOTES

- This week's recipes include using “Lacto Fermented Lemons”, featured in previous meal plans. If you don't have any homemade, you can purchase Moroccan preserved lemons from a specialty food store, or simply use the zest of 1 lemon, then add an extra teaspoon of salt to recipe.
- The “Sparkling...” lemonades and easy ketchup take 2-4 days to ferment.

# Shopping List

## Summer of Colors

### MY EXTRA MEALS THIS WEEK:

**Be sure to check for ingredients you already have!**

If you are new to **Real Food Weekly**, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry. Go to [www.RealFoodFamily.com/substitutes](http://www.RealFoodFamily.com/substitutes) if you'd like a list of substitutes for various ingredients.

**PRODUCE:**

Onions- 4-6

Garlic

3-4 bell peppers

Green beans

Corn cobs- 2-3

Carrots- 4-6

Tomatoes- 7-10

Cucumber-1

Zucchini- 2-3

Additional vegetables for steaming as side dishes (*optional*)

**\*Consider extra lettuces and veggies for salads, tacos, etc.**

**FRUIT:**

Lemon- 2, plus 8-16 more for extra recipes (*lemonade*)

**For extra dessert recipe:**

Peaches

Strawberries

**For nourishing additions recipes:**

(*lemons- above*)

mango

blueberries (*frozen okay*)

**\*Consider extra fruit for snacks.**

**FRESH HERBS:**

Flat-leaf parsley

Dill

**MEAT AND FISH:**

Salmon filets, as needed per person

4-6 boneless chicken thighs

4-8oz. steak per person, such as Rib-eye, New York, Skirt, or Flank

1-2 pounds wild raw shrimp, peeled and de-veined

**\*If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.**

# Shopping List

Summer of Colors

## MY NOTES:

### EGGS AND DAIRY:

Butter  
Cheddar cheese

#### *For extra recipes:*

eggs

#### *For nourishing additions recipes:*

wey made from separated raw milk or yogurt

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

### PANTRY:

Extra virgin olive oil  
Salt and pepper  
Garlic powder  
Dry white wine  
White vinegar  
Sourdough bread  
Honey

#### *For extra dessert recipe:*

Sugar

Champagne (*optional, white wine may be used*)

#### *For nourishing additions recipes:*

Organic ketchup

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

### SPECIALTY:

Moroccan preserved lemons *\*optional*, if you haven't made  
Lacto-Fermented Lemons from previous meal plans

### **GRILLED SALMON WITH HERB BUTTER AND GREEN BEANS**

Total Time: 30 minutes

*Ingredients:*

½ cup butter, at room temperature  
1 tablespoon flat-leaf parsley, finely chopped  
3 teaspoons dill, finely chopped  
zest and juice of 1 lemon  
salmon filets, as needed per person  
salt and pepper  
green beans, stems removed

Place butter, herbs, lemon zest and juice in a small bowl with a teaspoon of salt and beat with a fork until evenly blended.

Preheat outdoor grill, or indoor grill pan. Brush herb butter evenly over salmon to coat, then grill for 3-5 minutes per side, depending on thickness. Remove from heat and brush with additional herb butter and sprinkle with salt and pepper.

Meanwhile, steam or boil green beans in salted water. Gently toss green beans with remaining herb butter, then sprinkle with salt and pepper and serve with salmon filets.

### **GRILLED FAJITA SAMMIES**

Total Time: 30 minutes

*Ingredients:*

2 tablespoons butter  
extra virgin olive oil  
1-2 onions, sliced  
2-3 bell peppers, core and seeds removed, and sliced  
2 garlic cloves, finely chopped  
1 tablespoon flat-leaf parsley, finely chopped  
4-6 boneless chicken thighs, chopped  
¼ cup dry white wine  
salt and pepper  
sourdough bread slices, or tortillas (*for traditional fajitas*)  
slices of cheddar cheese

Melt butter and a few tablespoons oil in a large skillet and sauté onions and bell peppers and soft and beginning to brown, about 10 minutes. Stir in garlic, parsley and chicken and sauté for an additional 5-8 minutes. Deglaze pan with wine, stirring to remove bits from bottom of pan. Simmer until liquid thickens and chicken is fully cooked. Season liberally with salt and pepper.

Meanwhile, heat bread slices (*or tortillas*) with cheese, then assemble fajitas with chicken and vegetable topping.



### **GRILLED SUMMER SALAD**

Total Time: 30 minutes

*Ingredients:*

4-8oz. steak per person, such as Rib-eye, New York, Skirt, or Flank  
salt and pepper  
garlic powder  
extra virgin olive oil  
2-3 corn cobs  
1 onion, cut into thick slices  
2 carrots, grated  
1 bell pepper, thinly sliced  
3-4 tomatoes, seeded and roughly chopped  
1 cucumber, peeled and chopped  
2 tablespoons flat-leaf parsley, roughly chopped  
½ cup “Preserved Lemon Vinaigrette” (*from this week’s recipes*)

Preheat outdoor grill, or indoor grill.

Coat steak and corn with olive oil and season liberally with salt, pepper and garlic powder. Grill steak for 3-6 minutes per side, depending on thickness. At the same time, grill corn and onions until browned with grill marks. Remove from heat and let cool for a few minutes.

Meanwhile, place carrots, bell pepper, tomato, cucumber and parsley in a large mixing bowl and gently toss. Thinly slice steak and add to bowl. Slice corn off of the cobs then add corn and onions to bowl. Pour vinaigrette into bowl and gently toss to mix ingredients, then serve.

### **ROASTED SHRIMP RATATOUILLE**

Total Time: 30 minutes

*Ingredients:*

3-4 carrots, thinly sliced  
2-3 zucchini, thinly sliced  
4-5 tomatoes, halved and seeded  
2 onions, sliced  
salt and pepper  
garlic powder  
6 tablespoons butter, melted  
1-2 pounds wild raw shrimp, peeled and de-veined

Preheat oven to 425°F.

Place carrots, zucchini, tomatoes and onions on a large baking dish. Season liberally with salt, pepper and garlic powder. Pour melted butter over vegetables and use hands to gently toss until coated with butter and seasonings. Bake for 1-15 minutes, until beginning to brown. Remove baking dish from oven and gently turn vegetables. Add shrimp to pan and return to oven for 7-10 minutes, until shrimp is pink and curled. Remove pan from oven and season, if needed, then serve.

### **PEACH BERRY ZABAGLIONE**

Total Time: 20 minutes

#### *Ingredients:*

1-2 fresh peaches, cut into thin slices  
8-10 strawberries  
zest of 1/2 lemon, with a little squeeze of juice  
1 tablespoon honey  
6 egg yolks (*\*Save whites in freezer for future meringues or other use*)  
¼ cup sugar  
3-4 tablespoons champagne or white wine

Preheat broiler in oven on low setting.

Puree strawberries in a food processor with the honey. Place peaches evenly around the base of a tart pan or round dish. (*Individual crème brulee pans would work well, too.*) Pour strawberry mixture evenly over peaches.

Bring a few inches of water to a low simmer in a small saucepan. In a glass bowl, vigorously whisk yolks with sugar until smooth. Add wine or champagne to bowl and place bowl over simmering water, vigorously whisking until mixture thickens and forms ribbons when poured. Evenly pour custard over peaches and strawberries.

Place custard under broiler for 30-45 seconds, until custard is set. Serve immediately.

### **PRESERVED LEMON VINAIGRETTE**

*\*If you haven't made the "Lacto Fermented Lemons", featured in previous meal plans, you can purchase Moroccan preserved lemons from a specialty food store, or simply use the zest of 1 lemon, then add an extra teaspoon of salt to recipe.*

#### *Ingredients:*

1 tablespoon "Lacto Fermented Lemons", chopped (*rinds only*)  
2 teaspoons honey  
1 teaspoon salt  
½ teaspoon pepper  
2 tablespoons white vinegar  
½ cup extra virgin olive oil

Place ingredients, except oil, in a small food processor and pulse until smooth. While pulsing, slowly add oil until thick and emulsified. Serve immediately or store for up to 2 weeks.

### **“SPARKLING” MANGO LEMONADE AND BLUEBERRY LEMONADE**

*Ingredients:*

***For Mango Lemonade:***

zest of 4 lemons, juice of 8 lemons  
8 cups water  
½-¾ cup sugar  
1 mango, peeled and pureed in a blender  
¼ cup whey, made from separated raw milk or yogurt  
1 teaspoon sea salt

***For Blueberry Lemonade:***

Zest of 4 lemons, juice of 8 lemons  
8 cups water  
¾ - 1 cup sugar  
2 cups blueberries, pureed in a blender  
¼ cup why, made from separated raw milk or yogurt  
1 teaspoon sea salt

Prepare lemonade by place all ingredients for lemonade, except whey and salt, in a small saucepan and simmer until sugar is dissolved. Taste and add sugar or water, as needed, to adjust flavor. Pour into an airtight container through a fine mesh sieve. *(To avoid spilling, you may strain lemonade into a larger container, then carefully pour into the airtight container.)* Stir whey and salt into lemonade until evenly mixed. Cover and leave at room temperature for 2-4 days, then transfer to refrigerator. Open container to release air every few days to avoid an explosion.

### **EASY LACTO-FERMENTED KETCHUP**

Total Time: 5 minutes, plus 2-4 days

*Ingredients:*

2 cups organic ketchup  
2-4 tablespoons whey, made from separated raw milk or yogurt  
2 teaspoons sea salt

Whisk ingredients until evenly mixed in a small bowl. Transfer to an airtight container, cover and leave at room temperature for 2-4 days. Keep in refrigerator for several weeks or months.