

Real Food Weekly

ISSUE 39

“ALOHA”

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 PINEAPPLE BURGERS



ICE BLENDED PINA COLADAS



PORK AND VEGGIE KEBABS



PINEAPPLE GRILLED AND BAKED CHICKEN WITH COCONUT RICE



TROPICAL SALAD

This Week's Menu

Aloha

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Grilled Pineapple Burgers
- Pineapple Grilled and Baked Chicken with Coconut Rice
- Pork and Veggie Kebabs
- Soy Glazed Salmon with Vegetable Rice Sauté

EXTRAS

- Teriyaki Sauce
- Tropical Salad

NOURISHING ADDITIONS (RECIPE REVIEW)

- Ice Blended Pina Coladas

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- This week we made a delicious egg scramble with leftover meat and veggies from the “Pork and Veggie Kebabs”... Yum!

PLANNING NOTES

- The salmon and chicken recipes this week requires softened brown rice that has been soaked or par-cooked. Soaking brown rice overnight reduces cooking time of up to 3 hours to only 45 minutes. The other option is to purchase pre-cooked organic brown rice which drastically reduces cooking time at home. Make sure pre-cooked options do not have added ingredients.
- 8-10 chicken pieces are needed this week for the dinner recipes, as well as chicken stock. We suggest to buy a whole chicken and cut the pieces out for recipes, then use the remaining parts to make a stock at the beginning of the week.

GRILLED PINEAPPLE BURGERS

Total Time: 30 minutes

Ingredients:

2 pounds ground beef
6 tablespoons “Teriyaki Sauce” from this week’s recipes, divided
2 tablespoons red onion, grated, plus 1 whole red onion, sliced into thin rings
2 teaspoons salt
1 teaspoon pepper
pineapple slices (*in rings*), one per burger
½ cup goat cheese
¼ cup butter, at room temperature
hamburger bread or buns, as much as needed
lettuce

Place beef in a large bowl and mix evenly with 2 tablespoons Teriyaki Sauce, 2 tablespoons grated onion, salt and pepper. Preheat outdoor grill, or indoor grill pan.

In a small bowl, whisk together butter and 4 tablespoons Teriyaki Sauce.

Take a small handful of beef and form into flat, round patties. Grill burgers for 3-5 minutes per side. When burgers are flipped, grill pineapples and onion slices for 1-2 minutes per side. Grill burger buns for 30 seconds per side.

To assemble and serve burgers, spread Teriyaki butter on inside of buns. Place a beef patty on the buns, then top with a tablespoon of cheese, grilled pineapple and onion, and a lettuce leaf.

PINEAPPLE GRILLED AND BAKED CHICKEN WITH COCONUT RICE

Total Time: 40 minutes

**This recipe requires brown rice that has been soaked or par-cooked. Soaking brown rice overnight reduces cooking time of up to 3 hours to only 45 minutes. The other option is to purchase pre-cooked organic brown rice which drastically reduces cooking time at home. Make sure pre-cooked options do not have added ingredients.*

Ingredients:

8-10 chicken pieces
extra virgin olive oil
salt and pepper
1 ½ cups pineapple, chopped
1 cup chicken stock
¼ cup “Teriyaki Sauce”, from this week’s recipes
1 cup par-cooked brown rice
1 can coconut milk
¾ cup water
2 teaspoons ginger, grated
1 tablespoon honey

Preheat outdoor grill or indoor grill pan, and preheat oven to 350°F.

Coat chicken in olive oil and a liberal amount of salt and pepper. Grill chicken for 5 minutes per side, to form a dark crust. Transfer chicken to a baking dish and pour pineapple, stock and Teriyaki Sauce over chicken. Place in oven and bake for 25 minutes, until fully cooked.

Meanwhile, place rice, coconut milk, water, ginger, honey and 2 teaspoons of salt in a small saucepan. Bring to a boil, then cover and let simmer over very low heat until liquid is absorbed. Serve chicken and sauce over rice.

PORK AND VEGGIE KEBABS

Total Time: 25 minutes

Ingredients:

- 1-2 Pork Tenderloins, cut into large cubes
- 1-2 zucchini, sliced into ½- inch pieces on an angle
- 1 red onion, cut into chunks
- ¼-½ cup “Teriyaki Sauce” from this week’s recipes
- *Kebab skewers, soaked in water

Preheat outdoor grill or indoor grill pan.

Assemble skewers with alternating pieces of pork, zucchini and onion. Season with a sprinkle of salt and pepper, then rub evenly with Teriyaki Sauce. Grill Kebabs for 5-7 minutes per side, until meat is fully cooked, brushing with remaining sauce while grilling. *(Pork will remain slightly pink in the center when cooked correctly.)*

SOY GLAZED SALMON WITH VEGETABLE RICE SAUTÉ

Total Time: 45 minutes, plus soak rice overnight*

**Soaking brown rice overnight reduces cooking time of up to 3 hours to only 45 minutes. The other option is to purchase pre-cooked organic brown rice which drastically reduces cooking time at home. Make sure pre-cooked options do not have added ingredients.*

Ingredients:

- 2 cups brown rice, soaked at room temperature for 7-12 hours in 4 cups of water plus 2-4 tablespoons whey, yogurt, or buttermilk *(optional)*
- 2-4 cups chicken stock *(optional)*
- salt and pepper
- butter
- Salmon steak filets *(or as much as needed for desired servings)*
- ¼ cup soy sauce
- 1 tablespoon maple syrup
- 1 garlic clove, minced
- 1 onion, chopped
- 1 bell pepper, chopped
- ¾ cup carrots, grated
- ½ cup green onions, scallions, or chives, minced

Bring soaked brown rice plus 2 teaspoons salt, to a boil with 4 cups soaking liquid OR chicken stock in a medium saucepan, then cover and reduce to a simmer until rice is soft and cooked.

Preheat oven to 450°F.

Grease a baking dish with butter, and place salmon filets skin-side down in the pan. Whisk soy sauce, maple syrup, and garlic in a small bowl until smooth. Pour sauce evenly over salmon. Place in oven and bake for 10-15 minutes until salmon is just cooked through. *(Overcooked fish will be very light pink and dry.)*

While salmon is cooking, heat ¼ cup butter in a large saucepan and sauté onion for 5 minutes. Add bell pepper and carrots and sauté for 8 more minutes. Season vegetables with salt and pepper, then stir in cooked brown rice and half of the green onions.

Serve salmon over vegetable and rice sauté, then garnish with remaining green onions.

TROPICAL SALAD

Ingredients:

2-3 avocados
2-3 mangoes
goat cheese
salt and pepper
honey
extra virgin olive oil
lemon juice or white wine or white balsamic vinegar

Slice avocados and mangoes into long thin wedges. (*To do this, slice avocados in half lengthwise around seed pit. Carefully use a knife to slice inside of shell, then use a spoon to scoop slices out of shell. For mangoes, Slice sides around seeds then slice those in half. Carefully slide a knife along the skin to remove, then slice mango into thinner slices.*)

To serve, arrange mango and avocado on a serving platter then top with pieces of goat cheese, a sprinkle of salt and pepper, and drizzles of honey, oil and lemon juice or vinegar.

TERIYAKI SAUCE

Prep Time: 5 minutes

Servings: Yields 1 cup

Ingredients:

1/2 cup soy sauce
2 tablespoons sesame oil
2 tablespoons molasses
1 tablespoon honey
1 teaspoon red chili oil
2-3 cloves of garlic, minced
1 tablespoon ginger root, grated
juice of 1/2 lemon

Whisk all ingredients, except oil, in a small bowl until smooth and blended. While whisking, slowly pour in oil until sauce is smooth and thickened. Serve immediately or store refrigerated for up to 2 weeks.

PINA COLADAS

Ingredients:

1 1/2 cups pineapple, chopped
1 can coconut milk
zest and juice of 1/2 lemon
1/4 cup honey

Place ingredients in a blender and puree until smooth. Place half of the mixture in ice cube trays and freeze. Place the remaining mixture in the refrigerator. When cubes are frozen, transfer puree and frozen cubes back to blender and puree into a smoothie. You may wish to serve by dipping the rim of your serving glasses in lemon juice, then in sugar. Top with a pineapple slice!