



## APPLE PICKIN' GOOD TIMES!

**I didn't have** apple orchards around me while I was growing up. The first time I actually went out and picked apples was well after college. I was a bit overwhelmed and did the amateur thing of picking more apples than any sane person (even a food blogger) could use.

I got a bit appled-out that year, but in general, I love apples this time of the year. They are actually incredibly versatile. You can do so much with apples that has nothing to do with PIE. This week's meal plan features quick and interesting savory dishes (mostly) that use beautiful, in-season apples.

# Macheesmo Meals

### Helpful Equipment:

- Baking Sheet
- Slotted spoon
- Whisk
- Tongs
- Meat Thermometer
- Immersion Blender



You can click on these to zap you to Amazon and see my recommendation for each.

### MEAL 1

- Curried Apple Soup
- Arugula Salad

### MEAL 2

- Grilled Sesame Chicken
- Asian Sesame Slaw

### MEAL 3

- Roasted Bratwurst with Onions, 'Kraut, and Apples
- Leftover Slaw from Meal 2!

### BONUS!

- Quick Apple Turnovers
- Roast Beef Apple Wraps



## MEAL 1 | Curried Apple Soup and Arugula Salad

It's hopefully starting to cool off a bit where you live and soup is the first thing that comes to mind for me. It's a bit early still for a heavy, totally warming soup. This one is actually lighter than you might think. With the salad though, it's a nice, light dinner.

### Curried Apple Soup

**Yield:** Serves 4-6 | **Time:** 30 minutes.

#### Ingredients:

- 2 tablespoons olive oil
- 1 medium white onion, diced
- 1 stalk celery, chopped
- 1 tablespoon curry powder
- 4 medium carrots, peeled, and chopped
- 3 Gala apples, peeled, cored, and chopped
- 4 cups vegetable broth
- 1/3 cup heavy cream, garnish
- 1/4 cup fresh chopped parsley, garnish
- Salt, to taste
- (OPT.) 1 tablespoon curry paste

#### Directions:

- 1) Dice onions and celery. Peel carrots and chop them into 1/2-inch pieces. Peel apples, core them, and roughly chop them.
- 2) Add oil to a large pot over medium heat. Once hot, add onions, and celery and cook for a minute or two so the veggies start to sweat. Season with a pinch of salt.
- 3) Add curry powder and continue to cook for another minute until fragrant. Then add carrots, apples, and broth. Bring to a simmer.
- 4) Simmer soup for 10 minutes until carrots are tender.
- 5) Let soup cool a bit and then transfer to a blender (or use an immersion blender) to blend the soup. You will most likely need to blend it in a few batches. Blending the soup while hot is very dangerous as it can explode so please let it cool before blending and pulse slowly to start it out.
- 6) Once blended, return soup to pot and heat. Taste soup for salt and add curry paste if you want extra heat. Serve garnished with a drizzle of cream and fresh parsley.

### Quick Arugula Salad

**Yield:** Serves 4 | **Time:** 10 minutes.

#### Ingredients:

##### *Quick Lemon Dressing*

- 1 lemon, juice only
- 2 tablespoons apple cider vinegar
- 1/3 cup olive oil
- Dash of hot sauce
- Salt and pepper

- 4 cups arugula
- 1 cup cherry tomatoes, quartered
- 1/4 red onion, sliced thin
- 1 avocado, diced
- 2 ounces Parmesan cheese, slivered

#### Directions:

- 1) Squeeze lemon juice into a medium bowl, removing seeds. Whisk in vinegar and slowly drizzle in olive oil while whisking to form a dressing. Season dressing with a dash of hot sauce and a pinch of salt and pepper.
- 2) Add clean arugula to a large bowl and toss with a few tablespoons of dressing.
- 3) Divide arugula between plates and top with cherry tomatoes, avocado, red onion, and slivered Parmesan cheese.



### Leftover Dressing?

It's important not to over-dress a salad like this. I recommend tossing the arugula with a tablespoon or two of dressing. It should lightly coat the leaves without pooling in the bowl.

You will probably have leftover dressing and that's fine. It keeps well for weeks in the fridge.



### Plan This Meal!

30 minutes ahead - Peel and dice veggies for soup. Start cooking onions.

20 minutes ahead - Add carrots and apples to soup with stock and bring to a simmer.

10 minutes ahead - Make salad.

5 minutes ahead - Blend soup, reheat it slightly, and serve everything!



## MEAL 2 | Grilled Chicken with Asian Sesame Slaw

When you make the slaw for this recipe, it's going to be more than you could ever eat in one meal. That's just fine because we will actually eat it in meal 3 also. It's just that good! The potatoes help round out this meal so you have some slaw leftover for tomorrow.

### Grilled Sesame Chicken

Yield: 4 Servings | Time: 30 min.

#### Ingredients:

- 1 pound chicken breasts (about 2 large breasts)
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon black pepper

#### Directions:

- 1) Whisk together last five ingredients. If chicken is very thick, slice in half horizontally. Add chicken breasts and let sit for at least 10-15 minutes. You can use skin on or skinless breasts.
- 2) When you're ready, add chicken breasts to a medium-high grill and cook for about 8 minutes per side. Chicken breasts can vary greatly in thickness so your time may vary. Use a meat thermometer to ensure doneness (165 degrees F.) or cut into one to ensure it's cooked through.
- 3) Remove chicken and cover with foil until ready to eat.

### Asian Sesame Slaw

Yield: 8 Servings | Time: 20 min.

#### Ingredients:

- 1/4 cup apple cider vinegar
- 2 tablespoons sesame oil
- 2 tablespoon honey
- 1 teaspoon kosher salt
- 8 cups nappa cabbage (about 1 large head)
- 3 honey crisp apples, peeled, cored, and sliced thin.
- 1 red pepper, sliced thin
- 1/2 red onion, sliced thin
- 1 Serrano pepper, seeded and minced

#### Directions:

- 1) Whisk together vinegar, oil, honey, and salt.
- 2) Chop cabbage as thinly as possible and toss with dressing.
- 3) Add other ingredients and stir well to combine. Taste the slaw. It might need extra salt or a little extra vinegar or oil depending on your tastes.

### Grilled Sriracha Potatoes

Yield: Serves 4 | Time: 30 minutes.

#### Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon Sriracha chili sauce
- 1/4 teaspoon kosher salt
- 1 1/2 pounds new potatoes, 1/2-inch cubes
- 2 cloves garlic, smashed

#### Directions:

- 1) Whisk together first three ingredients. Toss with potatoes and garlic and divide between two foil packets.
- 2) Grill foil packets over medium-high heat, flipping every five minutes or so, until the potatoes are cooked through, about 20 minutes.



### Plan This Meal!

In Advance - You can marinate the chicken, make the slaw, and even prepare the potato packets in advance. Don't make the slaw more than a day ahead though since we are using it for two meals.

30 minutes ahead - Heat grill and start potatoes. They take the longest to cook.

25 minutes ahead - Start slaw.

20 minutes ahead - Toss chicken on the grill. Finish slaw if you need to.

5 minutes ahead - Everything should be done at the same time!



### No Grill?

You can make this meal easily without a grill. Preheat the oven to 350 degrees Fahrenheit.

Roast potatoes in the oven until tender (and a bit crispy) and sear chicken breasts in a skillet over high heat for a few minutes per side. Then transfer to an oven-safe baking dish and bake until they register 165 degrees F. in the thickest part. Use a meat thermometer to make sure you hit the right temp.



### Veggie Option

Any grilled veggie would be great with the slaw and potatoes, but personally I recommend tossing two 8-ounce blocks of tempeh with the same dressing as the chicken.

Grill the tempeh over medium-high heat until it has nice grill marks, about five minutes per side. Slice it up and serve it over the slaw with potatoes on the side.

## MEAL 3 | Roasted Bratwursts with the works!

This is the heartiest meal in this week's meal plan I think. It's very filling and perfect for a crisp fall day. The apples are kind of hidden in the saurkraut mixture, but they give it a nice sweetness that you'll definitely love. If you make this meal before Meal 2, just be sure to make the slaw as well.

### Roasted Bratwursts

**Yield:** 6 Servings | **Time:** 45 minutes

#### Ingredients:

- 6 pork bratwursts in casing
- 2 lager beers
- 1 large white onion, sliced
- 2 cups saurkraut (about 1 16-ounce jar)
- 3 Golden Delicious apples, sliced thin
- 1/2 teaspoon red pepper flakes
- 2 tablespoons unsalted butter, melted
- 6 sturdy hot dog buns, toasted
- Whole grain mustard
- Ketchup, if that's your thing



#### Directions:

- 1) Preheat oven to 400 degrees Fahrenheit. In a medium pot, add beers and brats and bring to a simmer covered. Simmer for 10 minutes until the brats are cooked through.
- 2) In a 9x13 roasting pan, stir together sliced onions, saurkraut, and sliced apples. Add a pinch of red pepper flakes and bake for 15 minutes while the brats simmer.
- 3) Stir the saurkraut mixture to make sure it's cooking evenly. Remove brats from beer and nuzzle them into the saurkraut mixture. Brush the 'kraut and brats with butter.
- 4) Return to oven and roast for 18-20 minutes until brats are starting to brown and the edges of the veggies are getting browned.
- 5) Serve brats in toasted buns piled high with the saurkraut mixture and mustard. Serve slaw from meal two on the side!



#### Plan This Meal!

45 minutes left - Preheat oven, start brats boiling.

40 minutes left - Start roasting veggies.

20 minutes left - Remove brats from liquid and add to roasting pan. Return to oven.

5 minutes left - Toast buns! Serve everything piled high with leftover slaw on the side!



#### Sour on Saurkraut?

Some people don't like saurkraut, but in my opinion, it's the best part of a good sausage. If you don't want to use it though, toss in another apple and an extra sliced onion so the caramelized veggies are plentiful.



#### Veggie Option

There are a wide range of veggie sausages available these days. I've even seen some tofu brats at places like Whole Foods and Sprouts market. That's an easy one-for-one switch to veggify this meal.

To be honest, the 'kraut/apple mixture is where it's at anyway.

## **BONUS!** | Turnovers and Wraps!

These are two quick dishes that both highlight apples. The turnovers are kind of a cheater's apple pie except you can eat it for breakfast. The roast beef wraps might sound strange, but they are the perfect fall party or game day appetizer.

### **Quick Apple Turnovers**

**Yield:** 4 Turnovers | **Time:** 40 min.

#### **Ingredients:**

- 2 Fuji or Granny Smith apples, peeled, cored, and sliced thin.
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 14 ounces puff pastry, thawed
- 1 egg + 1 tablespoon water (egg wash)
- Coarse sugar (topping)

#### **Directions:**

- 1) Peel and core apples, then slice into thin planks. Add apples to a colander with sugar, lemon juice, cinnamon, nutmeg, and a pinch of salt. Toss together and let drain for 10 minutes.
- 2) Thaw puff pastry according to package and preheat oven to recommended baking temperature (probably 375 degrees F.)
- 3) Cut four 4x4 squares out of the puff pastry. Working with one square at a time, add about 1/3-1/2 cup of filling to the center and fold the pastry over itself, forming a filled triangle. Pinch the edges closed and transfer turnover to a baking sheet lined with parchment paper. Repeat with other squares.
- 4) When all turnovers are shaped, cut a few slits in the top of each turnover with a serrated knife, brush each turnover with egg wash, and sprinkle each one generously with coarse sugar.
- 5) Bake the turnovers at recommended temperature until the puff pastry is golden browned, about 20-22 minutes. Let cool briefly, but serve warm.

### **Roast Beef Wraps**

**Yield:** About 16 wraps | **Time:** 15 min.

#### **Ingredients:**

- 1/2 pound sliced deli roast beef
- 1 large apple, peeled, cored, and cut into small strips
- 2 ounces arugula (about two cups)
- 2 tablespoons prepared horseradish

#### **Directions:**

- 1) Cut each piece of roast beef in half. Peel your apple and core it and then cut it into 1/8-inch matchsticks. Just do your best. They don't have to be perfect.
- 2) Working with one half piece of roast beef at a time, smear it lightly with horseradish (go very light on it). Add 2 apple sticks to the center and a tiny handful of arugula.
- 3) Roll the roast beef around the apple and arugula tightly. Repeat with other roast beef pieces.
- 4) Serve wraps immediately or chill until needed.



#### **Veggie Options**

If you don't want to make the wraps out of roast beef, grab a package of spring roll wrappers from the Asian section of your grocery store (they will most likely be on the bottom shelf). Use those to make fun apple and arugula spring rolls!



#### **Feedback!**

I'm always anxious for feedback. If you have any feedback of any individual meal or the meal plans as a whole, please let me know! You can email me directly at [nick@macheesmo.com](mailto:nick@macheesmo.com).



## SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

### Fresh Produce

- Apples (3 Gala, 3 Honey Crisp, 3 Golden Delicious, 2 Fuji, 1 any type)
- Arugula (6 cups - about one large container)
- Avocado (1)
- Carrots (4)
- Celery (1 stalk)
- Cherry tomatoes (1 cup)
- Fresh Parsley (1/4 cup)
- Garlic (2 cloves)
- Lemon (2)
- Napa Cabbage (8 cups - 1 large head)
- New potatoes (1 1/2 lb.)
- Red onion (3/4)
- Red pepper (1)
- Serrano pepper (1)
- White onion (2)

### Meat, Poultry, Seafood

- Chicken breasts (1 lb.)
- Pork Bratwurst (6 links)
- Roast beef, deli (8 oz.)

### Dairy

- Butter, unsalted (2 Tbsp.)
- Egg (1)
- Heavy Cream (1/3 cup)
- Parmesan cheese (2 oz.)

### Spices and Pantry Items

- Apple cider vinegar (1/4 cup + 2 Tbsp.)
- Beer (2 12-ounce cans)
- Black pepper
- Cinnamon (1/2 teas.)
- Coarse sugar
- Curry paste (1 Tbsp.) (opt.)
- Curry powder (1 Tbsp.)
- Honey (2 Tbsp.)
- Horseradish (2 Tbsp.)
- Hot dogs (6 sturdy ones)
- Hot sauce
- Ketchup (opt.)
- Kosher salt
- Mustard, whole grain
- Nutmeg, ground
- Olive oil (3/4 cup)
- Puff pastry (14 ounces)
- Red pepper flakes
- Rice wine vinegar (1 Tbsp.)
- Saurkraut (2 cups - about 16 ounces)
- Sesame oil (3 Tbsp.)
- Soy sauce (1 Tbsp.)
- Sriracha (1 Tbsp.)
- Sugar (1/4 cup)
- Vegetable broth (1 qt.)

**Apple Note:** I listed specific types of apples for the recipes, but don't feel overwhelmed by them. The recipes can mostly use any apple variety really. If anything, the turnovers probably need a specific kind since they are baked, but other than that you can use what you can find.



## COUPONS

To be honest, I'm not a huge coupon user. I find that most of them are for processed foods that you will almost never find in these meal plans. As I develop more plans though I will try to contact companies and get a few coupons for products that are in the recipes. Hopefully, they can save you a few bucks!



Colavita makes nice products and I frequently use their vinegar and olive oil. On the shopping list this week, you can find their red wine vinegar, white vinegar, and olive oil. To request coupons for their products, send your address and name to [usa@colavita.com](mailto:usa@colavita.com).



Pepperidge Farm makes a very good puff pastry product that is reasonably priced and available nationwide in the freezer section of most stores. You can sign up for news, coupons, and recipes on their [News & Offers page](#).