

# FALL GREEN CUISINE!



## Greens

get overlooked sometimes in the fall with all the apples and gourds floating around. The nice thing about sturdy, fall greens though is that they aren't flimsy like summer lettuces. They can take a beating which means they are great for braised dishes, roasts, and stews.

It's still not winter, but these are slightly warmer dishes than some of the previous meal plans. In addition to the dinners, the rice wraps are a fantastic lunch option and having some cabbage salsa in the fridge is a healthy, quick snack.

# Macheesmo Meals

### Helpful Equipment:

- Baking Sheet
- Slotted spoon
- Good Vegetable Peeler
- Tongs
- Meat Thermometer
- Immersion Blender
- Dutch Oven



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

 MEAL 1	 MEAL 2	 MEAL 3	 BONUS!
<ul style="list-style-type: none"> <li>• Squash &amp; Kale Stew</li> <li>• Parmesan Toasts</li> </ul>	<ul style="list-style-type: none"> <li>• Braised Broccoli Rabe w/ Andouille</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken Thighs with Chard</li> <li>• Bread Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Rice &amp; Spinach Wraps</li> <li>• Cabbage Salsa</li> </ul>



## MEAL 1 | Squash & Kale Stew with Parmesan Toasts

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.

### Squash & Kale Stew

**Yield:** Serves 4-6 | **Time:** 45 minutes.

#### Ingredients:

- 1/2 butternut squash, peeled and diced
- 3/4 cup elbow macaroni
- 3 tablespoons olive oil
- 1 medium white onion, diced
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1 bunch kale, chopped
- 1 quart vegetable broth
- 1 15-ounce can cannellini beans
- Salt and pepper, to taste

#### Directions:

- 1) Peel butternut squash and then dice it into 1/4-inch cubes. Cook pasta according to directions.
- 2) Add oil to a large pot over medium heat. Once hot, add onions and cook for a few minutes until they are soft.
- 3) Add garlic, oregano, red pepper flakes, and cubed squash. Cook for a minute or two to combine flavors.
- 4) For kale, cut out any large stems and roughly chop. Add kale to pot, cover, and let steam for a minute.
- 5) Add vegetable stock to pot and bring to a simmer. Let simmer for about 10 minutes, until squash is soft.
- 6) Add cooked, drained pasta, and drained beans to the stew. Season with salt and pepper.

### Parmesan Toasts

**Yield:** Serves 6 | **Time:** 15 minutes.

#### Ingredients:

- 1 small baguette, sliced
- 1/4 cup olive oil
- 1/2 cup Parmesan, grated
- Crushed black pepper

#### Directions:

- 1) Preheat oven to 400 degrees F. Slice baguette into 1/4 inch slices.
- 2) Drizzle baguette slices with olive oil.
- 3) Sprinkle toasts with grated Parmesan cheese.
- 4) Bake toasts at 400 degrees Fahrenheit for 8-10 minutes.



### Peeling Butternut Squash

Butternut squash are particularly tricky to peel. A good veggie peeler is definitely worth the money. You can also use a paring knife to carefully wittle off the outer layer.

I use a sturdy veggie peeler and peel the squash down until it's bright orange. Then cut the squash into cubes and proceed with recipe.

You can actually freeze the leftover squash wrapped in plastic wrap for a few months.



### Plan This Meal!

45 minutes ahead - Peel and chop butternut squash. Start stew.

20 minutes ahead - Prep Parmesan Toasts. Continue to simmer stew.

5 minutes ahead - Finish stew and serve everything!



## MEAL 2 | Braised Broccoli Rabe with Andouille

Broccoli rabe is one of my favorite sturdy green veggies. It's really popular in Italian cooking, but I like to put a little Cajun twist on this dish by adding Andouille sausage. You can easily substitute any spicy sausage though since rabe and spice go well together.

### Braised Broccoli Rabe with Andouille

**Yield:** Serves 6 | **Time:** 40 min.

#### Ingredients:

- 1 pound (or bunch) broccoli rabe, blanched and chopped
- 1 pound (3-4 links) spicy Andouille sausage, with casing
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 3 sprigs fresh rosemary
- 1 teaspoon red pepper flakes
- 3 2/3 cups vegetable broth (save 1/3 cup for meal 3)
- 2 cups water
- 1 pound bowtie pasta
- 1/2 cup pecans, toasted
- Salt and pepper
- Hot sauce, garnish



#### Veggie Option

Use any spicy veggie sausage in place of the Andouille or you can also just leave the sausage out entirely. It's a very filling dish with just the veggies and pasta.

#### Directions:

- 1) Chop off the tough stems of the rabe. I usually cut off about 2-3 inches of stems.
- 2) Blanch rabe in 2 quarts boiling, salted water for about a minute. Drain rabe and run under cool water to stop cooking. Roughly chop the rabe.
- 3) Add sausages to a skillet over medium heat and cook until sausages are seared and cooked through, about 15 minutes. Turn regularly so sausage cooks evenly. When sausage are done, let cool and then chop into rounds.
- 3) In a large pot, add oil, garlic, red pepper flakes, and rosemary. Set over low to medium-low heat for 2-3 minutes until it's very fragrant.
- 4) Remove rosemary sprigs and add vegetable broth and 2 cups water. Turn up heat and bring to a boil.
- 5) Add pasta and rabe, partially cover, and simmer for about 15 minutes (depends on pasta cooking time... add a few minutes to time on box). Make sure the braising liquid is almost or slightly covering the pasta and rabe. If not, add more water.
- 6) When pasta is almost done, stir in cooked sausage to the pot.
- 7) Meanwhile, lightly toast pecans in a dry pan over low heat until fragrant, about five minutes, stirring regularly.
- 7) Serve pasta and rabe with pecans and maybe a dash of hot sauce.



#### Plan This Meal!

40 minutes ahead - Blanch broccoli rabe and chop. Start cooking sausage.

30 minutes ahead - Start braising pot with garlic and rosemary.

20 minutes ahead - Add rabe and pasta to pot and simmer until pasta is cooked.

5 minutes ahead - Toast pecans and add sliced, cooked sausage to the braised rabe pot. Serve immediately!



#### Blanching Broccoli Rabe

Quickly blanching sturdy greens make them a lot easier to work with. It's fairly easy to do. Just bring a few quarts of water to a simmer with about 2 teaspoons of kosher salt. Once simmering, add broccoli rabe, cover, and cook for about a minute.

Quickly drain rabe and rinse with cold water to stop the cooking. Then roughly chop the rabe and proceed with the recipe.



## MEAL 3 | Braised Chicken Thighs with Bread Salad

This is a little twist on a classic roast chicken from the famous Zuni Cafe in San Francisco. This method trims some time off the prep and adds some hearty greens to the dinner without losing much.

### Chicken Thighs with Chard and Bread Salad

**Yield:** 4 Servings | **Time:** 45 minutes

#### Ingredients:

- 2 tablespoons olive oil
- 2-2.5 pounds chicken thighs (about 6), skin on and bone-in
- 1/2 pound bread (1 small baguette), cubed
- 1 bunch chard, chopped
- 2 shallots, sliced
- 1/4 cup currants
- 1/2 teaspoon dried thyme
- 1/3 cup vegetable stock or water
- Salt and pepper

#### Directions:

1) Add drizzle of olive oil to a large dutch oven over medium high heat. Season chicken thighs with salt and pepper and add chicken thighs, skin-side down and sear for 5-6 minutes until browned.

2) Meanwhile, in a large bowl, toss together cubed bread (slightly stale is best), chopped chard, shallots, currants, thyme, and vegetable stock or water. Season with a pinch of salt.

3) Remove chicken from dutch oven. There should be some oil in the pan still, but if their isn't, add another drizzle of oil. Transfer bread and chard mixture to the dutch oven. Then nuzzle chicken thighs into the greens.

4) Cover dutch oven and bake at 350 degrees F. for 25 minutes.

5) Uncover dutch oven after 25 minutes. Turn oven up to 400 degrees F., return dish to oven without lid, and bake for another 10-12 minutes until chicken is browned and cooked through.

6) Serve chicken with lots of the bread salad underneath which essentially turns into a stuffing.



#### Plan This Meal!

45 minutes left - Season and sear chicken thighs. Toss together the bread salad mixture.

35 minutes left - Remove seared chicken and add bread mixture to dutch oven. Add chicken thighs and braise in oven.

10 minutes left - Remove lid and continue to bake. Serve everything together.



#### No Dutch Oven?

If you don't have a sturdy dutch oven for this dish, you can still make it. Just sear the chicken in a skillet and add everything to 9x13 baking dish drizzled with oil. Cover with foil and bake as directed.



#### Veggie Option

I think if I was going to substitute the chicken for something here it would be tempeh which is sturdy and can hold up to the bread and greens. You can still sear the tempeh and then nuzzle it into the greens. Add an extra two tablespoons of oil to the braising dish since you won't have any chicken fat rendered out.

## **BONUS!** | Wraps and Salsa!

These rice wraps are the perfect weekday lunch: healthy and filling. The salsa is different than most salsa and is actually better if you can let it chill for a day in the fridge. It's great for game day.

### **Rice and Spinach Wraps**

**Yield:** 8 wraps | **Time:** 1 hour 15 min.

#### **Ingredients:**

- 2 beets, roasted and cubed
- 1 cup dry wild rice, cooked according to package
- 8 ounces goat cheese
- 2 cups baby spinach or arugula
- 8 large flour tortillas

#### **Directions:**

- 1) Roast beets at 350 degrees on a baking sheet for 60-75 minutes until knife tender.
- 2) When cool, peel beets and cube them into 1/4-inch cubes.
- 3) Cook wild rice according to package.
- 4) When rice is cooked, stir in beets. Season rice with salt and pepper.
- 5) To make wraps, spread about one ounce of goat cheese on tortilla. Top with spinach and rice/beet mixture. Roll up and serve or chill for later.

### **Cabbage Salsa**

**Yield:** 10 cups salsa | **Time:** 20 min.

#### **Ingredients:**

- 1 small head green cabbage, chopped
- 1 large white onion, diced
- 2 jalapenos, seeded and minced
- 1 cup diced radish
- 1 15-ounce can diced tomatoes
- 1/4 cup fresh cilantro, minced
- 2 limes, juice only
- 1 teaspoon kosher salt
- Tortilla chips, for serving

#### **Directions:**

- 1) Chop cabbage very finely. You can use a food processor for this, but it only takes about five minutes by hand and gives you more control.
- 2) Stir cabbage with onion, jalapenos, radish, tomatoes (with juice), cilantro, and lime juice.
- 3) Season with salt and let sit for 20-30 minutes before serving so flavors can meld. Overnight is best.

Serve with tortilla chips and store leftovers in fridge for up to five days.



#### **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).



#### **To Boil or Roast?**

I like to roast the beets for the wraps. Roasting them concentrates their sugars and makes them really rich and flavorful.

The downside is that it takes about an hour to roast them.

If you're in a rush, you can peel the beets, roughly cube them and boil them until they are tender. That will only take a few minutes but you'll lose some flavor in my opinion.



## 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

- Baby spinach (2 cups)
- Broccoli rabe (1 bunch)
- Butternut squash (1/2)
- Cilantro (1/4 cup)
- Garlic (7 cloves)
- Green cabbage (1 small head)
- Jalapenos (2)
- Kale (1 bunch)
- Limes (2)
- Radishes (1 cup - about 6)
- Red beets (2 med.)
- Rosemary (3 sprigs)
- Shallots (2)
- Swiss chard (1 bunch)
- White onions (2)

### Meat, Poultry, Seafood

- Andouille sausage (1 lb.)
- Chicken thighs (2.5 lbs)

### Dairy

- Goat cheese (8 oz.)
- Parmesan cheese (1/2 cup)

### Spices and Pantry Items

- Black pepper
- Bowtie pasta (1 lb.)
- Bread (1 lb. - 2 small baguettes or 1 large)
- Cannellini beans (1 15-oz. can)
- Diced tomatoes (1 15-oz. can)
- Dried currants (1/4 cup)  
Sub: Raisins
- Dried oregano (1/2 teas.)
- Dried thyme
- Elbow macaroni (3/4 cup)
- Hot sauce
- Kosher salt
- Large flour tortillas (8)
- Olive oil (1/2 cup)
- Pecans (1/2 cup)
- Red pepper flakes (1 1/2 teas.)
- Tortilla chips (1 bag)
- Vegetable stock (2 qt.)
- Wild rice (1 cup)