



# TRIPLE “P” PLAN: PARMESAN, POTATOES, AND PORK CHOPS

# Macheesmo Meals



**This** plan has more in common than the fact that all the meals have ingredients that start with the same letter. The truth is that they also all happen to be some of my favorite fall meals.

I think when you take a look at these meals and also the time involved to make them, you’ll be blown away. Especially the pork chop recipe, which looks very elaborate, actually takes almost no time to throw together.

Like last week, there’s a great chopped salad this week that can be eaten for multiple days.

### Helpful Equipment:

- Baking sheet
- Baking rack
- Tongs
- Cast Iron Skillet
- Crockpot



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

 MEAL 1	 MEAL 2	 MEAL 3	 BONUS!
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## MEAL 1 | Parmesan Chicken Tenders + Chopped Kale Salad

These chicken tenders are baked instead of fried and taste approximately ten times better than some of the fast food versions. Also, even if you think you don't like kale, try this salad please. I've served it to people who supposedly don't like kale and they go back for seconds.

### Parmesan Chicken Tenders

**Yield:** Serves 4 | **Time:** 40 minutes.

#### Ingredients:

- 1 1/2 lb. chicken cutlets
- 1/2 cup milk
- 1 large egg
- 1 cup bread crumbs
- 1 cup grated Parmesan cheese
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil

#### Quick Honey Mustard Sauce:

- 1/4 cup Dijon mustard
- 2 tablespoons honey

#### Directions:

- 1) Preheat oven to 450 degrees F. In a small bowl whisk together milk and eggs. In a wide dish, stir together bread crumbs, Parmesan cheese, salt, and pepper.
- 2) Cut chicken cutlets into about 2 ounce strips. I usually shoot for about 3 inches long and 1/2 inch wide.
- 3) Add all chicken strips to the egg mixture and coat well.
- 4) Transfer chicken tenders to the bread crumb mixture and press them into it to coat well.
- 5) Place tenders on a baking sheet and drizzle with oil. To make sure the tenders don't stick, you can line the sheet with parchment paper or use a baking rack to suspend the tenders.
- 6) Bake tenders for 25 minutes until they are golden brown. Flip once halfway through.
- 7) Serve tenders while warm with honey mustard sauce.

### Chopped Kale Salad

**Yield:** Serves 8 | **Time:** 20 minutes.

#### Ingredients:

- 1 large bunch kale, chopped (about 8 cups)
- 1 large red pepper, chopped
- 1 cup shredded carrots
- 1/4 cup dried apricots, chopped
- 2 scallions, chopped
- 1 apple, peeled and diced
- 1/2 lemon, juice only

#### Quick Apple Cider Vinaigrette:

- 1/4 cup olive oil
- 2 tablespoon apple cider vinegar
- 1/2 lemon, juice only
- 1/2 teaspoon kosher salt
- Pinch of sugar

#### Directions:

- 1) Whisk together dressing ingredients.
- 2) Wash kale well and cut out the thick inner ribs from the kale. Chop kale finely.
- 3) Add all other chopped veggies to the kale in a large salad bowl.
- 4) For apple, peel and dice. Then toss apple with lemon juice and add apples to salad.
- 5) Serve salad with vinaigrette.

Leftover salad will keep great for a day or two in the fridge but don't dress it until you serve it.



### Plan This Meal!

40 minutes ahead - Preheat oven and dredge chicken tenders. Coat with bread crumbs.

30 minutes ahead - Start baking chicken tenders.

20 minutes ahead - Make salad and dressing.

5 minutes ahead - Make honey mustard dipping sauce. Serve the tenders while warm with the salad on the side.



### Eggplant Switcheroo

If you want to make a vegetarian tender that has some great flavor, try it with eggplant. Cut a large eggplant into strips of similar size. Then salt the eggplant pieces lightly and press them down between something with some weight. Let them press for 15 minutes. Rinse the strips under cold water and dry them.

Coat the eggplant strips in the egg and then parmesan mixture.

Bake similarly as the chicken until they are browned.

I would serve these with a warm marinara sauce, but the honey mustard sauce is good also.



## MEAL 2 | Fall Potato Soup

I can't believe I haven't made a potato dish yet for any meal plan. What is wrong with me!? Not only is this soup delicious, but it's quick to make, filling, and about as cheap as a dish can get. Don't skimp on the toppings!

### Fall Potato Soup

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

#### Ingredients:

- 3 pounds new potatoes, washed and cubed
- 2 tablespoons olive oil
- 1 large leek, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon red pepper flakes
- 1 teaspoon dried thyme
- 1 quart vegetable stock (plus you might need some water)
- 1/2 cup heavy cream (optional)
- Salt and pepper

#### Toppings:

- Tortilla Strips
- Sour Cream
- Hot Sauce
- Cheddar cheese

### Crockpot!

This soup is made for the crockpot. You can literally just throw everything in the pot in the morning, put it on low, and 8 hours later, dinner is ready.

#### Directions:

- 1) Cube potatoes into 1-1 1/2 inch cubes. It's okay to leave the skin on with new potatoes.
- 2) Add olive oil to a sturdy large pot over medium-high heat. Once hot, add diced leek, celery, and garlic. Cook until veggies are soft and fragrant, 4-5 minutes.
- 3) Add vegetable stock and enough water to almost cover the ingredients. Add in potatoes and seasonings.
- 4) Cover and bring soup to a simmer, then turn heat down to low and simmer, covered, for 20 minutes until potatoes are soft.
- 5) If using, stir in cream at the end and season soup with salt and pepper.
- 6) Serve with various toppings.

**To make tortilla strips**, just cut about 10 corn tortillas into long strips. Bake them at 350 degrees on a sheet pan for 15-20 minutes, stirring occasionally. Let them cool and they will get very crispy.



#### Plan This Meal!

40 minutes ahead - Chop veggies for soup.

30 minutes ahead - Start veggies in the oil and then bring soup to a simmer.

20 minutes ahead - Prepare toppings for soup.

5 minutes ahead - Serve soup with any toppings you want with salad on the side.



#### Kale Salad Add-ins

Kale can be a bit bitter when raw, but not overly bitter. It's important to chop the kale really finely to reduce the bitterness in each bite. Also, adding some fruit to the salad helps balance the flavors. Here are a few other ideas for fun add-ins:

- Avocados
- Sliced red onions
- Dried cranberries
- Dried cherries
- Cherry tomatoes
- Fresh figs

## MEAL 3 | Apricot Pork Chops and Butter Beans

This was my favorite meal of this meal plan, if I'm being honest. The chops are slightly spicy and sweet and perfect on a fall day. The butter beans are just a nice light side dish. Most importantly, this dish tastes like a 2-3 hour dish, but takes 45 minutes start to finish.

### Apricot Pork Chops

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

#### Ingredients:

- 4 pork chops, bone-in or boneless
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 tablespoon neutral oil
- 2 tablespoons unsalted butter
- 1 sweet onion, sliced thin
- 1/2 cup dried apricots, chopped
- 1/4 cup whiskey or brandy
- 2 tablespoons apricot jam
- 2 cups water
- 1/2 teaspoon red pepper flakes
- 2 scallions, chopped (garnish)

#### Directions:

- 1) Stir together cumin, paprika, salt, and pepper. Rub chops well with spice mixture. It's best to do this in advance if possible.
- 2) Add apricots to a small bowl with whiskey or brandy to steep.
- 2) Heat a large cast iron skillet over medium-high heat. Add a drizzle of oil and sear pork chops for five minutes per side. They might not be cooked all the way through, but that's okay.
- 3) Remove pork chops from the pan and add butter. Turn heat down to medium-low. Add onions. Cook for a few minutes. Add apricots and steeping liquid. Use liquid to scrape up any bits on the pan.
- 4) Add apricot jam to the pan and stir together. Then add water and red pepper flakes. Bring mixture to a simmer. Let simmer for a few minutes to thicken.

### Butter Bean Veggie Toss

**Yield:** Serves 4 | **Time:** 20 minutes

#### Ingredients:

- 1 (15-ounce) can butter beans
- 1 large head broccoli, chopped
- 1 red pepper, sliced
- 1 tablespoon unsalted butter
- Salt and pepper

#### Directions:

- 1) Fill a medium pot with 1 inch of water and pinch of salt. Cover and bring to a simmer.
- 2) Cut florets off of broccoli stalk. Add broccoli to simmering water, cover, and steam for 90 seconds. Drain broccoli.
- 3) Wipe out pot and place over medium heat. Melt butter and add red peppers. Cook for 2 minutes to soften them a bit.
- 4) Toss in drained beans and steamed broccoli. Toss to warm and combine. Season with salt and keep warm until serving.
- 5) Add chops back to pan, cover partially, and cook chops in sauce for 8-10 minutes. Sauce should turn very thick.
- 6) Serve pork chops with apricot sauce and garnished with chopped scallions.



### Plan This Meal!

**In Advance** - You can rub the pork chops in advance without an issue.

35 minutes left - Sear pork chops in a cast iron skillet with a drizzle of oil.

20 minutes left - Remove chops and start apricot sauce.

15 minutes left - Steam broccoli and finish veggie toss.

10 minutes left - Add chops back to apricot sauce, cover, and steam for 8-10 minutes. Serve it!



### Veggie Alternative

This is a tough dish to make veggie friendly. The pork chops are hard to substitute. If I had to pick something though, I would do this dish with tempeh because it can hold up to the slightly spicy rub and will pair well with the somewhat sweet sauce.

## **BONUS!** | Crockpot Chili and a Fall Dessert!

I haven't included many crockpot recipes in the meal plans because it has been too hot, but anything you can cook in a crockpot is great because it works while you are doing something else.

### **Crockpot White Chili**

**Yield:** Serves 6-8 | **Time:** 6-8 hours

#### **Ingredients:**

- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 pound chicken, chopped
- 1 15-ounce can white beans, drained
- 1 4-ounce can diced green chiles
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper (opt.)
- 2-3 cups chicken stock
- Salt, to taste

#### *Toppings:*

Grated cheese  
Avocado  
Diced scallions  
Tortilla chips  
Lime wedges

#### **Directions:**

- 1) Add all ingredients to a crockpot with stock. If you like a really thick chili, go with 2 cups of stock.
- 2) Turn crockpot on low for 8 hours or on high for 6 hours.
- 3) Taste chili after it is done and adjust seasoning to your liking.
- 4) Serve the chili with any toppings you like!

**NOTE:** If your chili is too liquidy after it's done, let it continue to cook uncovered for 30 minutes or so and it should thicken.

### **Baked Apples**

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

#### **Ingredients:**

- 2 Pink Lady apples
- 1/4 Cup granola
- 1/4 Cup brown sugar
- 1/4 Teaspoon cinnamon
- Pinch of salt
- 2 Teaspoons butter
- 2 cups vanilla ice cream

#### **Directions:**

- 1) Preheat oven to 350 degrees F.
- 2) Core the apples with an apple corer or a paring knife and a spoon. Cut a good sized whole in the stem side of the apple.
- 3) Take a spoon and scrape out the bottom and edges until there are no seeds left in the apple.
- 4) Combine the granola, brown sugar, cinnamon, and salt in a small bowl. Stuff the apples with the filling dividing it evenly.
- 5) Set the stuffed apples in a baking dish with about a cup of water. Also add a teaspoon of butter on top of each apple.
- 6) Bake for 30 minutes.
- 7) Let cool for five minutes, then slice apples in half. Serve apple halves with a scoop of ice cream!



#### **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).



#### **Fresh or Leftover Chicken**

You can definitely use leftover chicken (or turkey) for the chili, but if you don't have any, it's fine to use uncooked chicken since it cooks for so long in the crockpot.

When I make it I actually just toss in skinless chicken (breasts or thighs or a mix), then when the chili has cooked, I remove the chicken and chop it and add it back in.





## 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, pink lady (3)
- Avocado (1)
- Broccoli (1 head)
- Carrots, shredded (1 cup)
- Garlic (5 cloves)
- Kale (1 large bunch)
- Leek (1)
- Lemon (1)
- Lime (1)
- New potatoes (3 lb.)
- Red pepper (2)
- Scallions (1 bunch)
- Sweet yellow onion (2)

### Meat, Poultry, Seafood

- Chicken Cutlets (1 1/2 lb.)
- Chicken, skinless (1 lb.)
- Pork chops (4)

### Dairy

- Butter, unsalted (4 Tbsp.)
- Cheddar cheese (garnish)
- Eggs (1 large)
- Heavy cream (1/2 cup)
- Milk (1/2 cup)
- Parmesan cheese (1 cup)
- Sour cream (garnish)

### Spices and Pantry Items

- Apple cider vinegar (2 Tbsp.)
- Apricot jam (2 Tbsp.)
- Bay leaves (2)
- Black pepper
- Bread crumbs (1 cup)
- Brown sugar (1/4 cup)
- Butter beans (1 15-oz. can)
- Chicken stock (1 qt.)
- Chili powder (1 teas.)
- Cinnamon
- Corn tortillas (10 small)
- Cumin, ground (2 teas.)
- Dijon mustard (1/4 cup)
- Dried apricots (3/4 cup)
- Dried thyme (1 teas.)
- Granola (1/4 cup)
- Green chiles (1 4-oz. can)
- Honey (2 Tbsp.)
- Hot sauce
- Kosher salt
- Neutral oil (1 Tbsp.)
- Olive oil (1/2 cup)
- Paprika (1 teas.)
- Red pepper flakes (1 1/2 teas.)
- Sugar
- Tortilla chips (garnish)
- Vanilla ice cream (2 cups)
- Vegetable stock (1 qt.)
- Whiskey (1/4 cup)
- White beans (1 15-oz. can)