

SAY HELLO TO MY FRIEND THE FARMER'S MARKET!

Macheesmo Meals



Helpful Equipment:

- Food processor
- Large baking dish
- Slotted spoon
- Whisk
- Tongs
- Mesh Strainer
- Griddle



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

Farmer's Markets

are all the rage these days and with good reason. You can find some fantastic produce for reasonable prices. The produce will be ripe and flavorful. If you have a market around you, this is the time of year to really explore it because most produce is available this time of year.

To tell you the truth though, even the produce you'll find in the stores these days will be at its best. This week's meal plan features recipes that use some really good produce that is common in most locations. Zucchini, sweet corn, peaches, and cherries are all featured prominently! Dig in! If you can get your hands on more local or regional produce, feel free to visit the forums and we can figure out how to integrate them!

MEAL 1

- Tex-Mex Zucchini Boats
- Homemade Guacamole and Chips

MEAL 2

- Farmer's Market Stir-Fry
- Cilantro Rice

MEAL 3

- Grilled Pork Tenderloin with Peach Salsa
- Green Bean and New Potato Grill Packs

BONUS!

- Chocolate Cherry Pancakes
- Blue Cheese and Fig Appetizers



MEAL 1 | Tex-Mex Zucchini Boats with Guacamole

Zucchini is always in ample supply this time of year. Make sure to use medium-sized ones for this meal. You don't want the super-huge or very tiny ones. The boats aren't exactly a meal on their own so I usually serve them with chips and guacamole (or salsa)!

Tex-Mex Zucchini Boats

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

Ingredients:

- 4 medium zucchini, halved and scooped
- 1 pound lean ground beef
- 1/2 medium white onion, diced
- 1/2 red pepper, diced
- 1 jalapeno, seeded and minced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 2 tablespoons olive oil
- 2 cups shredded cheddar cheese
- Salt and pepper
- Fresh cilantro, garnish
- Hot sauce, garnish

Directions:

- 1) Preheat oven to 350 degrees F. Half the zucchini horizontally and scoop out the center flesh of the zucchini. You should leave about 1/4-inch of zucchini around the edges.
- 2) In a large skillet, add a drizzle of olive oil over medium-high heat. Add the ground beef and cook until well-browned, about 6-8 minutes. Then add veggies and spices and continue to cook until veggies are slightly soft, about 4 more minutes. Season the filling with salt and pepper.
- 3) Lay out zucchini boats in a large 9x13 baking dish. Drizzle the zucchini with olive oil and divide 1 cup of shredded cheese between the zucchini. Then fill each boat with beef filling.
- 4) Bake zucchini at 350 degrees F. for 20 minutes. Remove and sprinkle each boat with more shredded cheese and return to the oven until cheese is melted, a few minutes more. Serve boats immediately with fresh cilantro and hot sauce!

Homemade Guacamole

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

Ingredients:

- 2 ripe avocados
- 1 clove garlic, minced
- 1/4 red onion, minced
- 1 Serrano pepper, seeded and minced
- 2 tablespoons fresh cilantro, minced
- 1/2 lime, juice only
- 1 tablespoon olive oil
- Salt and pepper
- Tortilla chips

Directions:

- 1) Mince the garlic, red onion, and Serrano pepper very finely.
- 2) Half the avocados and remove the seeds. Scoop into a small bowl.
- 3) Mash avocados and stir in minced veggies, chopped cilantro, lime juice, olive oil, and season with salt and pepper.
- 4) Serve guacamole with tortilla chips!



Veggie Substitutions

If you want to substitute for the ground beef in the zucchini filling, slice a 14-ounce block of extra firm tofu in half and press it between a few paper towels for 10 minutes. Crumble it and add it to the filling... cooking it until it browns slightly.



Avocado Tips

When selecting avocados, look for ones that give when pressed, but aren't very mushy. If you can only find hard ones, store them in a paper bag together and they will ripen in a day or two.

If you want to make the guacamole in advance, you can store it with plastic wrap pressed onto the surface of the guacamole to prevent it from browning.



Plan This Meal!

In advance - You can make a lot of this meal in advance including the guac and the boat filling.

45 minutes ahead - Preheat oven, prep zucchini, start filling.

30 minutes ahead - Fill zucchini and bake them.

20 minutes ahead - Make guacamole.

5 minutes ahead - Finish zucchini with extra cheese and serve everything!



Mega Make Ahead!

If you are really crunched for time, you can make almost this entire meal in advance. You can make the zucchini filling, fill the boats, and store them in the fridge. Then all you have to do is bake them! You can obviously make the guacamole in advance also.



MEAL 2 | Farmer's Market Stir-Fry

This meal takes advantage of all the delicious produce that's available this time of year. In fact, I don't even recommend adding any meat to it. The veggies are really filling and make a fantastic quick dinner.

Farmer's Market Stir-Fry

Yield: 4 Servings | Time: 30 min.

Ingredients:

- 10 crimini mushrooms (about 8 oz.), sliced
- 12-16 stalks asparagus, chopped
- 1 cup sugar snap peas
- 1/2 red pepper, diced
- 2 ears sweet corn
- 1-2 Serrano pepper, minced
- 2 inches fresh ginger, minced
- 4 cloves garlic, minced
- 3 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame seed oil
- 1 teaspoon corn starch or 1 TBSP flour
- 1/4 cup vegetable stock or water
- 1 teaspoon sriracha

Directions:

- 1) Make sure all the veggies are minced and prepped before starting to cook. Also whisk together soy sauce, sesame oil, corn starch or flour, stock or water, and sriracha in a small bowl. Heat a large skillet or wok over high heat.
- 2) Once pan is hot, add vegetable oil followed by mushrooms, asparagus, snap peas, red peppers, and corn kernels. Cook for 3-4 minutes over high heat until veggies are slight soft and getting charred.
- 3) Make a little well in the middle of the veggies and add another small drizzle of oil. Add mince garlic, ginger, and peppers to the middle. Cook for 30 seconds.
- 4) Add sauce to the mix and cook for a minute until sauce thickens.
- 5) Serve stir-fry immediately over cilantro rice or keep warm over low heat.

Cilantro Rice

Yield: 4 Servings | Time: 20 min.

Ingredients:

- 1 1/2 cups long grain white rice
- 2 tablespoons minced cilantro
- 1/2 lime, juice only
- Pinch of salt

Directions:

- 1) Add rice to a medium pot and rinse it a few times with cold water. Then fill the pot with water so it's a few inches above the rice. Cover and bring to a simmer over high heat.
- 2) Once simmering, turn heat down to medium and cook for a few minutes. Then start trying the rice until it's cooked, but has a slight bite to it.
- 3) When the rice is mostly cooked through (5-8 minutes depending on variety), drain rice through a mesh strainer, and return to the pan. Cover, remove from heat, and let rice steam for 5 minutes.
- 4) Fluff the rice with a fork and stir in cilantro, lime juice, and season with salt.

Boiling Rice

I recommend NOT following the directions when you are making rice (unless it's instant rice). Instead, just boil the rice in plenty of water like you would pasta. Taste it regularly and when it is almost cooked through, drain off all the water, cover it, and let it steam for five minutes from the residual heat. You'll be left with perfect rice without the worry of overcooking!



Plan This Meal!

The most important note about making this meal is to make sure and have all your stir-fry ingredients ready to go before you start cooking since everything cooks so fast. Slice the mushrooms, chop the asparagus and red peppers, remove the corn kernels from the cob. Mince garlic, ginger, and Serrano peppers and whisk together sauce ingredients.

20 minutes ahead - Start rice. Keep a close eye on it while it is boiling or it might overcook.

10 minutes ahead - Start stir-fry. Dinner is served 10 minutes later!



Prepping Ginger

Fresh ginger is kind of a pain to prep. The easiest way to prep it is to use a spoon to gently scrape off the skin of the ginger. The spoon makes it easier to work into the cracks of the ginger root.

Once the ginger root is peeled, you can either use a microplane to grate the ginger or cut the ginger into planks, then strips, and then a very tiny dice. Feel free to go heavy on the ginger for a dish like this stir-fry. It adds great flavor.



MEAL 3 | Pork Tenderloin and Grill Packs

This entire meal can be made on the grill which is nice in the late summer heat, but if you don't have a grill, don't let that discourage you. Everything can also be made in the oven.

Grilled Pork Tenderloin with Peach Salsa

Yield: 4 Servings | Time: 1 hour

Ingredients:

- 2 small pork tenderloins (1.5 pounds total)
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon Adobo sauce from Chipotle
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon kosher salt
- 1 teaspoon crushed black pepper

Directions:

- 1) Whisk together last 8 ingredients and marinate pork tenderloins in the mixture for at least 20 minutes, but can be made in advance.
- 2) Heat grill to medium high heat and add pork tenderloins to the grill. Cover the grill and cook tenderloins for about 18-20 minutes, turning a few times as they cook. Cook the tenderloin until it reaches 145 degrees Fahrenheit in the thickest part.
- 3) Remove tenderloins from grill and wrap with foil. Let rest for 5 minutes.
- 4) Slice tenderloins into 1/4 coins and serve with peach salsa.

Peach and Mint Salsa

Yield: 4 Servings | Time: 10 min.

Ingredients:

- 3 ripe peaches, diced
- 1/4 medium red onion, sliced thin
- 1/4 cup fresh mint, minced
- 1 tablespoon olive oil
- Salt and pepper

Directions:

- 1) Stir together ingredients and season with salt and pepper. Store in the fridge until needed.

Potato and Green Bean Packets

Yield: 4 Servings | Time: 30 min.

Ingredients:

- 1 1/2 pounds new potatoes, quartered
- 1 pound fresh green beans
- 2 cloves garlic, chopped in half
- 2 tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- Salt and pepper

Directions:

- 1) Quarter new potatoes and clean green beans by clipping off the ends and rinsing under cold water. Toss potatoes and green beans with olive oil and season with red pepper flakes and a big pinch of salt and pepper.
- 2) Lay out two pieces of aluminum foil and divide potatoes and green beans between the two pieces. Add garlic to both packets, cover with foil, and wrap tightly.
- 3) Add packets to the grill and cook for about 15-20 minutes, flipping a few times as they cook. Be careful when opening the packets as steam will be very hot.



Plan This Meal!

Make ahead - This meal doesn't actually take an hour to make if you marinate the tenderloins in advance. You could do them the day before or the morning you want to cook them.

45 minutes ahead - Preheat grill and prepare veggie packets.

30 minutes left - Start cooking tenderloin and veggie packets. Make salsa.

10 minutes left - Let tenderloin rest, then slice and serve everything together.



Veggie Substitutions

If you want a substitute for the pork tenderloin in this meal, I recommend tempeh. Marinate a pound of it and grill it until it has nice grill marks. Slice it thin and serve it with the salsa.



No Grill?

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

Sear pork tenderloins 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 145 degrees F. in the thickest part. Use a meat thermometer to make sure you hit the right temp.

The veggie packets can be roasted for 20 minutes until the veggies are soft.



BONUS! | Pancakes and A Quick Fig Appetizer

These waffles will rock your world and if you are ever in need of a quick appetizer this time of year, it's hard to go wrong with this quick fig dish.

Chocolate Cherry Pancakes

Yield: Serves 4 | Time: 30 min.

Ingredients:

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 large eggs
- 1 cup milk
- 1 cup buttermilk
- 1/4 cup unsalted butter, melted and cool
- 6 ounces semi-sweet chocolate chips
- 20-25 fresh sweet cherries, pitted and quartered
- Maple syrup, for serving

Quick Whipped Cream:

- 1 cup heavy whipping cream
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

Directions:

- 1) Whip the whipping cream ingredients to make a fresh whip cream. Refrigerate until needed.
- 2) Combine all the dry ingredients in a bowl and mix wet ingredients separately. Then stir wet ingredients into dry.
- 3) Let pancake batter rest for 5-10 minutes in the fridge. Prep the cherries and chocolate.
- 4) Heat up a small dab butter in a large skillet or on the griddle over medium heat. When hot, add a 1/3 cup of batter per pancake. If the batter is too thick, add more milk. If batter is thin whisk in some more flour.
- 5) While pancake is cooking, sprinkle a spoonful of cherries and chocolate on top of each pancake.

Fresh Figs and Blue Cheese

Yield: Serves 4 | Time: 10 min.

Ingredients:

- 10-12 fresh figs, halved
- 4 ounces blue cheese, crumbled
- Honey
- Coarse salt

Directions:

- 1) Preheat broiler to high. Slice figs in half and broil them for 1-2 minutes on high, cut-side up, until they are warm and slightly browned around the edges.
- 2) Sprinkle on blue cheese and drizzle with honey. Season with a very tiny pinch of coarse salt.
- 3) Serve them up!

- 6) When you start to see good sized bubbles forming on the surface of the batter, the edges around the pancake start to firm up and you'll be able to easily maneuver a spatula under it, flip the pancake.
- 7) The first side will need probably 4 minutes and the second side will only need 1-2 minutes. Serve with whipped cream and syrup.



Pitting Cherries

If you don't have a cherry pitter, a quick way to pit cherries is to get an empty soda bottle and a chopstick. Position the cherry on the mouth of the bottle and poke the chopstick through the center of the cherry. The chopstick will push out the cherry pit and then you can use the cherry and discard the bottle full of pits!



Feedback!

This is my second meal plan and I'm 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.



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

- Asparagus (1 bunch)
- Avocados (2)
- Cherries, sweet (20-25)
- Cilantro (1/2 cup)
- Crimini mushrooms (8 oz.)
- Figs (10-12)
- Garlic (9 cloves)
- Ginger (2 inches)
- Green beans (1 lb.)
- Jalapeno (1)
- Limes (1)
- Mint (1/4 cup)
- New potatoes (1.5 lb.)
- Peaches (3)
- Red onion (1/2)
- Red pepper (1)
- Serrano peppers (2-3)
- Sugar snap peas (1 cup)
- Sweet corn (2 ears)
- White onion (1/2)
- Zucchini (4)

Meat, Poultry, Seafood

- Ground beef (1 lb.)
- Pork Tenderloin (1.5 lb.)

Dairy

- Blue cheese (4 oz.)
- Butter, unsalted (1/4 cup)
- Buttermilk (1 cup)
- Cheddar cheese, shredded (2 cups)
- Eggs (2)
- Heavy whipping cream (1 cup)
- Milk (1 cup)

Spices and Pantry Items

- All-purpose flour (2 cups + 1 tbsp.)
- Baking powder (1/2 teas.)
- Baking soda (1/2 teas.)
- Black pepper
- Chili powder (1 tbsp.)
- Chipotle peppers in Adobo
- Cumin, ground (2 teas.)
- Garlic powder (1 teas.)
- Honey (1/4 cup)
- Hot sauce
- Kosher salt
- Olive oil (1/2 cup)
- Paprika (1 teas.)
- Red pepper flakes (1/2 teas.)
- Semi-sweet chocolate chips (6 ounces)
- Sesame seed oil (1 tbsp.)
- Soy sauce (2 tbsp.)
- Sriracha (1 teas.)
- Sugar (3 tbsp.)
- Tortilla chips
- Vanilla extract (1 teas.)
- Vegetable oil (3 tbsp.)
- Vegetable stock (1/4 cup) (OPT.)
- White rice, long grain (1.5 cups)



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 the their products, send your address and name to usa@colavita.com.