

MACHEESMO

- MEALS -

MEDITERRANEAN FEAST!

When meal planning, it is sometimes helpful to stick to a cuisine for a particular week because you'll end up using a lot of the same ingredients in dishes which will make your shopping list shorter.

Mediterranean dishes are some of my favorite that illustrate this concept. These recipes are super-flavorful but still only use a few fresh ingredients.

The one exception is the nachos recipe which does have a lot of topping options. It's worth it though!

Helpful Equipment:

- Food Processor
- Oven Safe Skillet
- Grill Pan
- Baking Sheets



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

MEAL 1

- Greek Chicken Salad
- Homemade Greek Dressing

MEAL 2

- Spring Puttanesca

MEAL 3

- Greek Nachos on Pita

WRAP IT UP!

- Hummus Med Wraps

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!



MEAL 1 | Good Greek Chicken Salad

This is a meal of a salad. It is not a side salad at all. While you can buy similar salad dressings in the store, I highly recommend trying this homemade version. It's worth the five minutes of work and uses all dried spices that are easily available.

Greek Chicken Salad

Yield: Serves 4 | Time: 25 min

Ingredients:

5 ounces baby spinach or other green
4 small chicken breasts
2 small tomatoes, quartered
1 small cucumber, sliced
1/2 small red onion, sliced thin
6-8 radishes, quartered
1 cup kalamata olives, chopped
1 cup marinated artichokes
4 ounces crumbled feta
Olive oil
Salt and pepper

Directions:

- 1) Drizzle chicken breasts with olive oil and season well with salt and pepper.
- 2) Cook chicken over a hot grill for 8-10 minutes per side until cooked through. Alternatively, you can sear chicken breasts in a skillet or grill pan and finish them in a 350 degree F. oven until they reach an internal temperature of 165 degrees F.
- 3) Let chicken rest briefly and then chop into big chunks.
- 4) Divide spinach or other greens between four plates. Top with chicken and other salad toppings.
- 5) Drizzle with Greek salad dressing and serve immediately!

Greek Salad Dressing

Yield: 1 cup | Time: 5 min

Ingredients:

1/2 cup olive oil
1/2 cup red wine vinegar
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon black pepper
1 teaspoon kosher salt
1 teaspoon mustard

Directions:

- 1) Shake all ingredients together vigorously in a jar or salad dressing container or whisk together in a bowl.



Vegetarian Version



This salad is really filling without the chicken, but if I were to leave it out, I would drain and rinse a can of white northern beans or chickpeas and add those to the salad!

MEAL 2 | Spring Puttanesca

This is a classic Mediterranean pasta dish that typically uses fresh or cured anchovies. I simplify it a bit by using anchovy paste which is easy to find. It's a great pasta dinner and is really filling without being too heavy.

Simple Puttanesca

Yield: Serves 4 | Time: 35 min.

Ingredients:

2 pints cherry tomatoes
4 garlic cloves, minced
1 tablespoon anchovy paste
1/4-1/2 teaspoon red pepper flakes
1/2 teaspoon dried oregano
3 tablespoons olive oil
1 pound rigatoni (or campanelle)
1/2 cup pitted kalamata olives, chopped
1/4 cup capers
Salt and pepper
Parmesan cheese, grated
Fresh parsley, garnish

Directions:

- 1) Wash tomatoes and add them to the blender or food processor. Pulse until they are finely chopped but not pureed completely. Transfer the tomatoes to a mesh strainer and let drain for about five minutes. Use a spatula to press out as much liquid as possible.
- 2) In a small bowl, stir together minced garlic, anchovy paste, red pepper flakes, oregano, olive oil, and a pinch of salt.
- 3) In a large skillet or pan, add garlic mixture over medium heat and cook until fragrant, about 2-3 minutes. Then add tomato juice and simmer until juice is cooked down. Then add tomato pulp and stir to combine.
- 4) Cook pasta according to package and reserve a cup of pasta water.
- 5) To finish sauce, fold in olives and capers. Toss sauce with drained pasta.
- 6) Season pasta with pepper (it probably won't need any salt). Garnish with parsley and Parmesan and serve immediately!



I Hate Anchovies!

Guess what? You probably don't. You can barely taste them in this dish and they give it a totally rich, savory flavor.

That said, if you just flat out refuse to use them, you can leave them out or add a table-spoons of grated Parmesan cheese which also give it some extra savory flavors.

MEAL 3 | Greek Nachos



There are many things I love about these nachos. The fresh veggies piled high and the thick pita breads that won't get soggy like chips do. My favorite, favorite thing though is that the sauce for these nachos will stay *saucy* even as it cools. These nachos are seriously good even at room temperature.

Greek Pita Nachos

Yield: Serves 4-6 | Time: 45 minutes

Ingredients:

12 pitas, cut into eights.
1 pound ground lamb
1 Teaspoon cumin
Olive oil, for drizzling on chips
Salt for chips

Feta Sauce:

2 cups Greek yogurt
1 Cup Feta Cheese
1 Lemon, juice and zest
3 Tablespoons fresh mint
2 Tablespoons olive oil

Toppings:

1 red pepper, diced
1/4 Cup sun-dried tomatoes, diced
1/2 Cup feta, crumbled
1/4 Cup kalamata olives, diced
1/2 red onion, sliced
1 cucumber, peeled, seeded, and diced
2 jalapenos, de-seeded and diced

Directions:

1) Preheat oven to 400 degrees F.

Place ingredients for feta sauce in a blender and blend. Zest off the lemon before juicing it.

2) Drizzle a bit of olive oil over the sauce (or mix it with the other ingredients). Set aside until needed.

3) Cut pita into eights without peeling them apart. Place pitas on a baking sheet and drizzle with olive oil and a pinch of salt.

4) Bake at 400 degrees for about 20-25 minutes (stirring once or twice while cooking).

5) Prepare toppings.

6) Place lamb in a skillet with a pinch of salt and cumin. Let it cook for 15 minutes, stirring a few times until it's nicely browned.

7) Divide pita chips between plates, top with lamb and drizzle over sauce. Pile high with toppings and serve immediately!



Vegetarian Version

No worries at all if you don't want to use lamb for this dish.

For a vegetarian version, just try a can of white cannellini beans mixed with a can of pinto beans. Drain the beans and rinse them well and heat them gently in a pan. They will make a great protein-packed topping for the nachos.

Wrap It Up! | Mediterranean Hummus Wraps



Crunchy veggies, smooth, creamy hummus and a wheat tortilla makes for the perfect lunch. I wouldn't make these more than a day or two in advance, but they travel well and don't take too much time to toss together.

Hummus Veggie Wraps

Yield: 4 large wraps | **Time:** 25 minutes

Ingredients:

4 large flour tortillas
1 cup hummus
1 large carrot, grated
1/2 red onion, sliced thin
1 medium cucumber, seeded and sliced
1/2 red pepper, sliced
1/2 yellow pepper, sliced
2 cups baby spinach
Salt and pepper

Directions:

- 1) Take your time to slice all veggies small and uniform. Slice red onions thin. Halve the cucumber, remove seeds with a spoon, and slice into 2 inch matchsticks. Slice peppers into same size matchsticks. Peel and grate the carrot.
 - 2) Lay out a large flour tortilla and spread with about 1/4 cup hummus. Add a layer of greens to the wrap.
 - 3) Pile on veggies. You can use a bunch of them, but make sure you can still roll the wrap up. Make sure all the veggies are aligned in the same way so it's easy to roll. Season the roll with a pinch of salt and pepper.
 - 4) Roll the wrap up working slowly to make sure the roll is nice and tight.
 - 5) Use a sharp knife to cut each roll in half for easier eating.
- Serve immediately! If you aren't serving immediately, it's best to store the wraps wrapped in plastic or foil.





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 (5 oz. + 2 cups)
- Carrot, large (1)
- Cherry tomatoes (2 pints)
- Cucumber (3)
- Garlic (4 cloves)
- Jalapenos (2)
- Lemon (1)
- Mint (3 Tbsp.)
- Parsley, garnish
- Radishes (6-8)
- Red onion, small (1 1/2)
- Red pepper (2)
- Tomatoes (2)
- Yellow pepper (1/2)

Meat, Poultry, Seafood

- Chicken breasts (4 small)
- Lamb, ground (1 lb.)

Dairy

- Feta cheese (8 oz.)
- Greek yogurt (2 cups)
- Parmesan cheese, garnish)

Spices and Pantry Items

- Anchovy paste (1 Tbsp.)
- Artichokes, marinated (1 cup)
- Black pepper
- Capers (1/4 cup)
- Cumin, ground (1 teas.)
- Dried basil (1 teas.)
- Dried oregano (1 1/2 teas.)
- Flour Tortillas, large (4)
- Garlic powder (1 teas.)
- Hummus (1 cup)
- Kalamata olives (1 3/4 cup)
- Kosher salt
- Mustard (1 teas.)
- Olive oil (1 cup)
- Pita breads (12)
- Red pepper flakes (1/2 teas.)
- Red wine vinegar (1/2 cup)
- Rigatoni pasta (1 lb.)
- Sun-dried tomatoes (1/4 cup)