

MACHEESMO

- MEALS -

MAY DAY!

First day of May! This is the time of year that farmer's markets start opening up in Colorado. You maybe live in an area where they start a bit earlier or later, but you should be able to start getting some great produce these days.

This meal plan centers around two pasta dishes, both of which are super fast to make. One features lots of fresh, bright veggies and the second is Mediterranean inspired with some serious savory flavors.

Find a market this weekend and enjoy some great produce!

Helpful Equipment:

- Small Food Processor
- Blender
- Griddle



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

MEAL 1

- Tri-Color Primavera

MEAL 2

- Curry Chicken Salad

MEAL 3

- Summer Puttanesca

SANDWICH!

- Spring Veggie Pita Grilled Cheese

#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 | Tri-Color Primavera

If the colors in this recipe aren't enough for you to try it, then the prep time should do it. It seriously takes 20 minutes to make. So fresh and quick!

Tri-Color Pasta

Yield: Serves 4 | Time: 20 min

Ingredients:

12 ounces fusilli pasta
1/4 pound sugar snap peas
1 carrot, sliced thin
1 small red pepper, sliced thin
1 small yellow pepper, sliced thin
1/4 cup olive oil
3 cloves garlic, minced
1 pint cherry tomatoes
1/2 teaspoon red pepper flakes
4 ounces goat cheese
Fresh mint
Salt and pepper

Directions:

- 1) Bring a large pot of salted water to a boil.
- 2) In a medium skillet, add olive oil, minced garlic, halved cherry tomatoes, and red pepper flakes. Place skillet over medium heat and let cook until tomatoes start to wilt, 4-5 minutes. Remove from heat.
- 3) Add fusilli to the boiling water. Cook until almost done.
- 4) Add sugar snap peas and sliced peppers to the water with the pasta to blanch for the last minute of cooking.
- 5) Reserve 1 cup of pasta cooking water, then drain pasta and veggies. Add pasta back to pot over low heat with veggies.
- 5) Stir in olive oil and cherry tomato mixture. Add enough pasta cooking water to make a light sauce in the pot. Season with salt and pepper.
- 6) Once pasta is mixed, divide between four bowls and garnish with goat cheese and fresh mint. Serve immediately!



MEAL 2 | Curry Chicken Salad

I eat this salad every chance I can get! The chicken is so flavorful and the salad is fresh and easy to toss together. If you can't find pomegranates this time of year in your area (they are on they way out), try sprinkling a few dried cranberries or fresh cherries on top! I included a recipe for a quick loaf of bread to serve with the salad, but personally I think the salad is fairly filling on its own.

Chicken Curry Salad

Yield: Serves 4 | Time: 15 min.

Ingredients:

- 4 (4-oz.) chicken cutlets, cooked
- 5 ounces arugula
- 1/2 red onion, sliced thin
- 1 pint cherry tomatoes, halved
- 1 cup pomegranate seeds
- 1/2 cup yogurt
- Cumin seeds, garnish

Mango Curry Dressing:

- 1/4 cup olive oil
- 1/4 cup mango chutney
- 1/2 lemon, juice only
- Pinch of salt

Directions:

1) Combine the dressing ingredients in a small food processor and pulse until well combined. Some chunks are okay. If you don't have a food processor you can just mash the mango chutney with a fork and whisk the ingredients together.

2) Add arugula to a medium bowl and toss with about half of the dressing. It should be very lightly dressed.

3) Divide arugula between plates and top with sliced chicken, sliced onion, cherry tomatoes, pomegranate seeds, yogurt and cumin seeds. Serve with extra dressing on the side.



Salt and Pepper Bread

Yield: Serves 4 | Time: 15 min.

Ingredients:

- 1 small loaf French bread
- 2 tablespoons butter, melted
- 1 teaspoon kosher salt
- 2 teaspoons black pepper

Directions:

1) Preheat oven to 400 degrees F. Cut bread in half horizontally. Melt butter and brush each half of bread with butter.

2) Sprinkle bread with salt and pepper. Use a liberal hand!

3) Bake bread for 6-7 minutes until the edges are getting crusty. Remove, slice and serve!

Vegetarian Version

My favorite vegetarian option for a salad like this is tempeh. It's sturdy enough to stand up to the curry dressing and easy to prepare. Just slice it up and sear it in a skillet over medium heat with a drizzle of oil.

Preparing Pomegranate

These days you can find pomegranate seeds sold individually but it'll be a lot cheaper to harvest them yourself from the strange fruits.

To do this, just cut a large pomegranate into quarters and then submerge one quarter in cold water. With the pomegranate underwater, break up the flesh and seeds will sink. Then you can drain off the water and any white pith and you'll have just clean seeds.

One large pomegranate will give you more than enough seeds for these salads.



MEAL 3 | Summer Puttanesca

This is a fairly low ingredient pasta dish for the flavors it brings. It's just jam-packed with savory things that are completely filling. My suggestion is to use the best tomatoes you can find. If you can find really ripe, delicious Roma tomatoes, substitute 2-3 pounds of those for the cherry tomatoes in the recipe.

Quick Puttanesca

Yield: Serves 4 | Time: 35 minutes

Ingredients:

1 pound rigatoni (or campanelle)
3 tablespoons olive oil
4 garlic cloves, minced
1 tablespoon anchovy paste
1/4-1/2 teaspoon red pepper flakes
1/2 teaspoon dried oregano
2 pints cherry tomatoes
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. 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!



Ingredient Spotlight: Anchovies



A small spoonful of anchovy paste brings a ton of flavor to this pasta dish. If it's not your thing though, you can just leave it out. There is plenty of other savory flavors going on in this dish.



Pita Sandwich! | Veg-Packed Pitas

This is probably the healthiest grilled cheese you'll see. I call it a grilled cheese because it has lots of cheese and you make it on a griddle (or skillet), but it's really more of a veggie sandwich due to the wide variety of fresh veg in it.

Veggie Pitas

Yield: 2 Sandies | Time: 30 min.

Ingredients:

1/2 onion, sliced
4 mushrooms, sliced
1 poblano pepper, sliced
4-6 ounces pepper jack cheese
1 tomato sliced
1/2 avocado, sliced
Bean sprouts
2 pitas (I like the long ones, they allow for maximum filling.)
Olive or vegetable oil
Kosher salt

Directions:

- 1) Prepare all of your ingredients. Slice your veggies, avocado, tomato, and cheese.
- 2) Add a few tablespoons of vegetable or olive oil to a griddle or pan and add your onions, mushrooms and peppers. Cook for a few minutes over medium-high heat until they are softened. Season with a pinch of salt.
- 3) Split them into two even piles and put your cheese on top of them. Turn heat down to low.
- 4) Slice pita in half and add it to your griddle cut-side down to it can toast lightly. Once toasted, flip and top one side of the pita with the avocado and tomato.
- 5) When your cheese is melted over the veggies, add the whole stack to the pita.
- 6) Top with sprouts and slice and serve.





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

- Arugula (5 oz.)
- Avocado (1/2)
- Bean sprouts
- Carrots (1)
- Cherry tomatoes (4 pints)
- Garlic (7 cloves)
- Lemon (1/2)
- Mint, fresh
- Mushrooms (4)
- Parsley, fresh
- Poblano pepper (1)
- Pomegranate seeds (1 cup)
- Red onion (1/2)
- Red peppers (1 small)
- Sugar snap peas (1/4 lb.)
- Tomato (1)
- Yellow onion (1/2)
- Yellow peppers (1 small)

Meat, Poultry, Seafood

- Chicken cutlets (4 4 oz.)

Dairy

- Butter, unsalted (2 Tbsp.)
- Goat cheese (4 oz.)
- Parmesan cheese
- Pepper jack cheese (6 oz.)
- Yogurt (1/2 cup)

Spices and Pantry Items

- Anchovy paste (1 Tbsp.)
- Black pepper (2 teas. + garnish)
- Capers (1/4 cup)
- Cumin seeds
- Dried oregano (1/2 teas.)
- French bread (1 loaf)
- Fusilli pasta (12 oz.)
- Kalamata olives (1/2 cup)
- Kosher salt (1 teas. + garnish)
- Mango chutney (1/4 cup)
- Olive oil (3/4 cup + drizzle)
- Pita breads (2)
- Red pepper flakes (1 teas.)
- Rigatoni (1 lb.)