

# MACHEESMO

## - MEALS -

## JUNE IN BLOOM

You can tell it's finally smack in the middle of awesome produce season by looking at the shopping list in this week's meal plan. It's mostly fresh veggies with a few accents from the pantry.

This meal plan features some of the veggies that I've noticed are especially fresh and ripe right now: sweet corn, lettuces, and cherries. Oh the cherries.

Even if you're a carnivore, veggies are were it's at this time of year!

### Helpful Equipment:

- Nonstick Skillet
- Griddle
- Grill
- Baking Sheet



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

### MEAL 1

- Sweet Corn Poblano Quesadillas

### MEAL 2

- Broccoli Rabe Pasta Toss

### MEAL 3

- Summer Chicken Pitas

### QUINOA!

- Cherry Studded Pancakes

**#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 | Corn and Poblano Quesdillas

You should be able to find really nice sweet corn this time of year and stuffing it in a quesadilla is a quick way to capitalize on the flavors. I like to fold in some fresh zucchini as well.

### Corn Quesadillas

Yield: 4 'dillas | Time: 30 min

#### Ingredients:

2 Cups sweet corn (3-4 ears)  
1 small zucchini, sliced thin  
1 poblano pepper, seeded and diced  
Pinch of red pepper flakes  
Pinch of fresh thyme (or dried)  
Pinch of salt and pepper  
2 Tablespoons oil  
6-8 ounces pepper jack cheese, grated  
4 ounces Cotija Cheese  
4 large (burrito sized) Flour tortillas  
Sour cream, garnish  
Avocado, garnish  
Salsa, garnish

#### Directions:

- 1) Chop zucchini and peppers and cut corn off cob.
- 2) Add oil to a large skillet over medium heat. Add corn, zucchini, and peppers to pan and cook for a few minutes until veggies are hot and slightly tender.
- 3) Add in thyme, red pepper flakes, and a pinch of salt and pepper.
- 4) Grate cheese and heat oven to 400 degrees.
- 5) On a few baking sheets, lay out each large flour tortilla. Add a small handful of pepper jack cheese to half of each tortilla.
- 6) Add half of the filling and top with more pepper jack cheese. Sprinkle on some Cotija cheese if you want as well.
- 7) Fold tortilla over and press it down well. Bake for about 8 minutes, then flip and bake for another 4 minutes.
- 8) Cut up and serve quesadillas with salsa, sliced avocado, and sour cream.



#### Expand the Meal

I think this 'dilla is pretty filling on its own, but if you feel like you need to round out the plate here, you can serve simple chips and salsa on the side with the quesadillas.

Don't make weeknight dinners more complicated than they need to be!

## MEAL 2 | Summer Italian Pasta Toss

On this meal. It's one of my absolute favorite pasta meals thanks to spicy sausage and savory broccoli rabe. If you have the time, check out the tip on roasting some cherry tomatoes to make the meal pop, but you can also just sub sun-dried tomatoes and shave loads of time off the recipe.

### Sausage and Rabe Pasta

Yield: Serves 6 | Time: 45 min

#### Ingredients:

1 pound shells pasta  
1 pound spicy Italian sausage  
1 bunch broccoli rabe  
1/2 cup sun-dried tomatoes, chopped  
2 cloves garlic, minced  
2-3 tablespoons olive oil  
1/3 cup Parmesan cheese, shredded  
1 tablespoon fresh oregano  
Salt and pepper  
Pasta water

#### Directions:

- 1) In a large saute pan, add sausage and a drizzle of oil over medium-low heat. Cook slowly so the fat renders out of the sausage slowly and they crisp up a bit. Break up sausage as it cooks.
- 3) Start a large pot of boiling water for the rabe and pasta. Season it well with salt (1 tablespoon per gallon of Kosher salt). Add broccoli rabe and blanch for 60-90 seconds until the veggie is bright green but not completely limp. Remove and let drain. Save the water for the pasta.
- 4) Once sausage is mostly browned all around add garlic. If the pan is very dry, add a drizzle of oil. Cook for 4-5 minutes to finish cooking sausage. Stir frequently so garlic doesn't burn.
- 5) Add broccoli rabe to the pan and continue to cook over medium-low heat.
- 6) Cook pasta according to package.
- 7) Add 2/3 cup of pasta water to the sausage mixture. Stir in tomatoes
- 8) When pastas is done, drain it and immediately to pan with sausage. Season with fresh oregano, salt, and pepper.
- 9) Toss ingredients together and serve immediately with parmesan cheese.

### Vegetarian Version

If you want to leave out the sausage, that's not a problem. Double the broccoli rabe and add a good pinch of crushed red pepper for some spice.



### Roasting Tomatoes

This recipe includes sun-dried tomatoes, but if you have the time, pick up a pint of really ripe cherry tomatoes.

Preheat oven to 400 degrees Fahrenheit. Chop cherry tomatoes in half and lay them out, cut side up, on a baking sheet. Sprinkle with olive oil and salt and roast for 20 minutes until they are wilted and slightly charred. Let cool.

Use those roasted tomatoes in the recipe instead of the sun-dried tomatoes.



## MEAL 3 | Garam Masala Chicken Pitas

For a simple grilled chicken sandwich, this guy brings some serious flavor. The recipe makes four full pita sandwiches, but it's not a terrible idea to double it as these guys make perfect lunches.

### Indian Spiced Chicken Pitas

Yield: 4 sandwiches | Time: 30 min.

#### Ingredients:

2 large chicken breasts (1 lb.)  
1 tablespoon garam masala  
1 teaspoon kosher salt  
2 tablespoons olive oil  
1 cup Greek yogurt  
1 small cucumber, peeled and seeded  
1 tablespoon fresh mint  
1 lemon, juice only  
4 whole wheat pitas  
Romaine lettuce  
Fresh tomato  
Red onion, sliced thin

#### Directions:

1) Add chicken breasts to a small bowl and season with garam masala and salt. Drizzle olive oil over the chicken and really rub in the spices. Let sit for at least a few minutes or prepare in advance.

2) Heat grill to medium-high heat. Add chicken and grill for 7-8 minutes per side until the chicken is cooked through in the thickest part of the breast. Remove and cover with foil to let rest for a few minutes.

3) For yogurt sauce, peel cucumber and scoop out seeds from the center. Then chop. Stir cucumber into yogurt along with mint, lemon juice, and a pinch of salt.

4) To make sandwiches, cut each pita in half and microwave for 10 seconds. Stuff pita with a romaine lettuce leaf. Then add a big spoonful of yogurt sauce. Top with sliced chicken, sliced tomato, and red onion.

Store any leftovers separately. A made pita sandwich will get soggy.

#### No Grill?

Don't fret if you don't have a grill. Butterfly the chicken breasts in half so they are thinner and will cook evenly. Season them the same as in the recipe. Add them to a skillet over medium-high heat with a drizzle of olive oil.

Pan sear the chicken until it's nicely browned and cooked through, about 6-8 minutes per side. Chop into the chicken to make sure it's cooked through. Then slice and serve on the pitas.



#### Vegetarian Version

A classic vegetarian sandwich for this situation is a falafel.



Mash 2 cans of drained chickpeas with 1/2 small red onion, a few cloves of garlic, a handful of parsley, 2 teaspoons of garam masala, and 2 tablespoons flour. Season the mixture with salt and pepper. Form small balls of the mixture and pan fry them until golden brown. Use those in the sandwiches!



## Cherry Breakfast |

Cherries are incredibly ripe right now. They are at their prime and it would be ashame to not use them in some great meals this time of year. Anyone who is a Ben and Jerry's ice cream fan will know that cherries and chocolate go together just fine.

### Chocolate Cherry Pancakes

**Yield:** Serves 3-4 | **Time:** 30 min.

#### Ingredients:

2 Cups all-purpose flour  
2 Tablespoons sugar  
1/2 Teaspoon salt  
1/2 Teaspoon baking powder  
1/2 Teaspoon baking soda  
2 large eggs  
1/2 Cup buttermilk  
1 cup milk  
3 Tablespoons melted butter  
20 (apprx.) cherries, pitted and quartered  
4-6 ounces milk chocolate, Whipped Cream  
Maple Syrup

#### Directions:

- 1) Combine all the dry ingredients in a bowl and then whisk in the wet ingredients which you should mix together separately.
- 2) Let pancake batter rest for 10-15 minutes in the fridge. Prep the cherries and chocolate.
- 3) Heat up some butter or oil in the pan or on the griddle over medium heat. When it is hot, add a few TBSP of batter and cook a small pancake. The batter should spread out evenly. If it stays in one spot, the batter is too thick and you need to add more milk. If it runs all over the pan, it is too thin and you need to whisk in some more flour.
- 5) Pour the pancake (1/3 cup), and then after it has been cooking for 2 minutes (it will start to set up), sprinkle cherries and chocolate on top.
- 6) When you start to see good sized bubbles forming on the surface of the batter and 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 4ish minutes and the second side will only need one or two minutes.
- 8) Top with a little whipped cream and syrup and you are in heaven.





## 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.

**Note:** Included in the list is ingredients for one batch of normal pesto and one batch of watercress pesto.

### Fresh Produce

- Avocado (1)
- Broccoli rabe (1 bunch)
- Cherries (20)
- Cucumber (1 small)
- Garlic (2 cloves)
- Lemon (1)
- Mint (1 Tbsp.)
- Oregano, fresh (1 Tbsp.)
- Poblano pepper (1)
- Red onion (1/2)
- Romaine lettuce (garnish)
- Sweet corn (3-4 ears)
- Thyme (garnish)
- Tomato (1)
- Zucchini (1 small)

### Meat, Poultry, Seafood

- Chicken, boneless skinless (1 lb.)
- Sausage, Italian (1 lb.)

### Dairy

- Butter, unsalted (3 Tbsp.)
- Buttermilk (1/2 cup)
- Cotija cheese (4 oz.)
- Eggs (2)
- Greek yogurt (1 cup)
- Milk (1 cup)
- Parmesan cheese (2 oz.)
- Pepper jack cheese (8 oz.)
- Sour cream (garnish)
- Whipped cream (garnish)

### Spices and Pantry Items

- All-purpose flour (2 cups)
- Baking powder
- Baking soda
- Black pepper
- Garam Masala (1 Tbsp.)
- Kosher salt
- Maple syrup
- Milk chocolate chips (6 oz.)
- Olive oil (7 Tbsp.)
- Pitas, whole wheat (4)
- Red pepper flakes
- Salsa (garnish)
- Shells Pasta (1 lb.)
- Sugar (2 Tbsp.)
- Sun-dried tomatoes (1/2 cup)
- Tortillas, large flour (4)