

MACHEESMO

- MEALS -

CRISP AND CRUNCHY

Many people think of flavor first when they are planning a meal. And don't get me wrong, flavor is important. That should go without saying.

But, sometimes people forget about texture! For me, texture is almost as important as flavor. If a meal is one dimensional in the texture department, I probably won't love it.

This time of year, there are tons of crispy and crunchy foods that are easy to come by. This meal plan highlights some of those meals!

Helpful Equipment:

- Grill
- Cast Iron Skillet



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

MEAL 1

- Grilled Vegetable Tortilla Pizzas

MEAL 2

- Burrito Bowls

MEAL 3

- Rainbow Spring Rolls

BRUNCH!

- Home Fries and Eggs

#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 | Grilled Vegetable Pizzas

You can actually use pizza dough for this recipe, but using flour tortillas is a great trick that I use if I'm in a rush (and have extra tortillas). It makes the pizza super-easy to make and the tortillas get really crispy and delicious. It's like half-quesadilla and half-pizza. What's not to love about that?

Grilled Tortilla Pizza

Yield: 4 Pizzas | **Time:** 30 minutes

Ingredients:

4 medium flour tortillas
1 poblano pepper, chopped
1 red pepper, chopped
1 yellow pepper, chopped
1 small red onion, chopped
2 tablespoons olive oil
1 cup pizza sauce
10-12 ounces monterey jack cheese
Salt and pepper

Directions:

1) Chop peppers and onions into 1-inch strips. Toss with olive oil and season with salt and pepper. Preheat grill to medium-high heat.

2) Add vegetables to a grill pan (or wrap them in foil) and grill them for 5-6 minutes until they are just soft, but still have some crunch to them.

3) Add flour tortillas to the grill and grill for 45 seconds until they start to puff and brown on one side.

4) Flip tortillas and remove from heat so they don't burn. To the already grilled side, add a few tablespoons of pizza sauce, 3/4-1 cup of grated cheese, and pile on the cooked vegetables.

5) Season each pizza with a pinch of salt and pepper and return to the grill. Cover and grill for 4-5 minutes until cheese is melted and tortilla is really crispy.

Remove each pizza from grill and chop into quarters. Serve immediately!



Pizza Sauce

You can use any pizza sauce for this recipe, but if you want to mix up a quick homemade version, start with 1 cup of tomato sauce.

Stir in 1 teaspoon of dried oregano, 1/2 teaspoon red pepper flakes, 1/2 teaspoon garlic powder, a drizzle of olive oil, and a big pinch of salt and pepper. Adjust sauce to your liking and use on the pizzas!



MEAL 2 | Burrito Bowls

The crispy and crunchy part of these simple, homemade burrito bowls is the corn strips. If you make these and leave those off, you didn't get the recipe from me! They are my favorite part of the whole bowl.

Burrito Bowls

Yield: Serves 4 | Time: 1 hour

Ingredients:

2 cups uncooked rice
1 lime
2 15-ounce cans black beans, drained and rinsed
2 ears corn, roasted
6 ounces cheddar cheese, grated
8 corn tortillas
6 ounces salsa
2 avocados
Fresh cilantro
Olive oil
Chili powder
Salt and pepper

Directions:

1) Cook rice using your favorite method. I like to boil mine in water until tender and then drain it and return it to the hot pan. Squeeze in a lime and cover it and let it steam for 5 minutes (off the burner). Then fluff with a fork.

2) For the corn, drizzle with olive oil and season with salt, pepper, and a pinch of chili powder. Roast at 350-375 degrees F. until lightly charred in places, about 15 minutes, turning a few times during roasting.

3) Cut corn off of cobs. Stir together with drained and rinsed black beans. Season with a pinch of salt and pepper if needed.

4) For tortilla strips, cut into 1/2 inch strips and spread out on a baking sheet. Drizzle with oil, salt and pepper. Roast at 350 for 10-15 minutes until they are browned and turning crispy. Remove from oven and let cool completely. They will get crispier as they cool.

5) To make a bowl, pile rice into a bowl. Add some black beans and corn and top with grated cheese (just a small handful). If you want the cheese very melted, microwave on high for 20-30 seconds.

Top each bowl with salsa, 1/2 an avocado, corn strips, and cilantro. Chow down.



Make ahead Option

If you are making the spring rolls in meal three and want some extra rice for serving, make a double batch of rice for this meal and store the leftovers for that meal!

Lunch Option

This is also one of my favorite weekday lunch options.

If you have extra, store the rice, beans, and cheese mixture in an airtight container. When you're ready for lunch, microwave that to warm it up and melt the cheese. Then top with any toppings you have on hand.

Impress your coworkers!



MEAL 3 | Rainbow Rolls and Rice

I think this probably wins the award for the crunchiest meal possible, except maybe something super-fried. This is way healthier though and so colorful! To be honest, I can easily make a meal out of just the spring rolls, but to round out the plate, I sometimes serve these with rice on the side.

Rainbow Spring Rolls

Yield: 14 big Rolls | Time: 30 min.

Ingredients:

1 red pepper, sliced thin
1 yellow pepper, sliced thin
2 carrots, grated
1 avocado, sliced thin
1/2 small purple cabbage, sliced thin
Rice paper wrappers

Spicy Peanut Sauce:

2 cloves garlic, minced
2 teaspoons sesame oil
4 tablespoons creamy peanut butter
2 teaspoons soy sauce
2 tablespoons Hoisin sauce
1 teaspoon Sriracha chili sauce
1/2 teaspoon red pepper flakes
1/2 cup water
2 teaspoons brown sugar

Rice, for serving

Directions:

- 1) For peanut sauce, combine all ingredients in a small saucepan over medium heat. Bring to a simmer and stir until mixture thickens and is a single consistency. If the sauce is very thick, add more water. If it's too thin, let it cook down a bit more.
- 2) Wash all the veggies and slice then very thin. For the carrots, use a grater to shred them or just buy shredded carrots. For the cabbage, buy a small one and cut it into quarters, then cut out the center stem and slice it into thin strips.
- 3) To make a roll, get a plate of warm water ready and add a single wrapper to the plate. Let it sit for 5-10 seconds and flip it. Once it has loosened, but isn't completely soggy, move it to a clean surface.
- 4) Add veggies in any order you like to one half of the wrapper. Leave about an inch around the edges to make rolling easier.
- 5) Tuck the sides of the wrapper over and start rolling it away from you. As you roll, keep tension on the wrapper so the roll stays nice and tight. Once your roll is done, slice it in half and put it on a plate. If you mess one up, don't worry about it. Just start over.

Serve the rolls with the spicy peanut sauce which is good warm or at room temperature.

You can also serve rice on the side for a carb. If you do that, feel free to drizzle some of the peanut sauce on the rice. It's that good.



Rolling with Confidence

Rolling spring rolls isn't that hard once you get the hang of it. Be sure to have a few spare rice papers in case you mess up one or two (which you will if it's your first time).

It's basically like rolling a burrito though. Make sure to wet your rice paper in warm water for about 5 seconds per side and then lay it out on a clean surface. Don't over-fill the wrapper, but don't be shy either. You want them nice and full.

Don't worry if your wrappers have a few tears in them either. They will still roll fine unless the tears are huge!



Crispy Brunch|



Making diner-quality home fries can actually be harder than you might think, but have no worries. Follow this recipe and you'll be greeted by soft, but still crispy potatoes that go great with a few eggs.

Home Fries and Eggs

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

Ingredients:

2 pounds red potatoes, chopped
1 teaspoon seasoned salt
1 teaspoon black pepper
1 teaspoon paprika
1/2 teaspoon garlic powder
3 tablespoons vegetable oil
4-8 large eggs, fried
Ketchup or hot sauce

Directions:

- 1) In a small bowl, stir together salt, pepper, paprika, and garlic powder. Cube potatoes into about 1/2-inch cubes. You can leave the skin on.
- 2) Bring a medium pot of salted water to a simmer. Add potatoes and boil until tender, about 6-8 minutes. Then drain potatoes.
- 3) Add oil to a large cast iron skillet (or heavy skillet) over medium heat. Add the drained potatoes and spread them out over the surface of the pan. Let sit for five minutes.
- 4) Stir potatoes once they are starting to crisp up a bit. Add half of the seasoning mix to the potatoes. Continue to let the potatoes cook over medium heat. Don't over-stir them. Let them sit and get crispy.
- 5) Keep cooking for 10-15 more minutes until the potatoes are nicely crisp. Add the rest of the spice seasoning near the end of cooking.

Serve the potatoes while warm with one or two eggs per plate and ketchup or hot sauce if that's your thing.



How to Fry an Egg

Most home cooks make one crucial mistake when frying eggs: they crank up the heat.

Eggs cook better over a medium heat.

To fry them, heat a skillet (non stick works great) over medium heat with a drizzle of oil or small knob of butter. Once hot, crack in your eggs and cook until the whites are almost set (maybe 2 minutes).

Then you can carefully flip the eggs and cook for another 15-30 seconds on the second side or just cover your skillet with a plate and let them steam for 20-30 seconds for perfect sunny side up eggs.



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

- Avocados (3)
- Carrots (2)
- Cilantro (garnish)
- Garlic (2 cloves)
- Lime (1)
- Poblano pepper (1)
- Purple cabbage, small (1/2 head)
- Red onion, small (1)
- Red pepper (2)
- Red potatoes (2 lb.)
- Sweet corn (2 ears)
- Yellow pepper (2)

Meat, Poultry, Seafood

Vegetarian meal plan!

Dairy

- Cheddar cheese (6 oz.)
- Eggs, large (4-8)
- Monterey Jack cheese (10-12 oz.)

Spices and Pantry Items

- Black beans (2 15-oz. cans)
- Black pepper
- Brown sugar (2 teas.)
- Chili powder
- Corn tortillas, 6-inch (8)
- Flour Tortillas, 8-10 inches (4)
- Garlic powder (1/2 teas.)
- Hoisin sauce (2 Tbsp.)
- Hot sauce, garnish
- Ketchup, garnish
- Kosher salt
- Olive oil (1/4 cup)
- Paprika (1 teas.)
- Peanut butter, creamy (4 Tbsp.)
- Pizza sauce (1 cup)
- Red pepper flakes (1/2 teas.)
- Rice, long grained white (4 cups)
- Rice paper wrappers (14 + a few for mistakes)
- Salsa (6 oz.)
- Seasoned salt (1 teas.)
- Sesame oil (2 teas.)
- Soy sauce (2 teas.)
- Sriracha chili sauce (1 teas.)
- Vegetable oil (3-4 Tbsp.)