

MACHEESMO

- MEALS -

FAST FEASTS

OK. Summer isn't over. It's really not, but school has started in most places and that means the end is near. I don't have kids, but still feel the crunch near the end of summer. Fast meals that fill you up are at a premium!

The meals in this plan capitalize on the last breaths of summer and start to maybe tetter into fall territory. Most importantly though, they are all quick to make and some (like the cobb salad) can even be made well in advance as the ingredients work fantastically chilled.

Helpful Equipment:

- Baking Sheet
- Baking Dish
- Blender



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

MEAL 1

- Summer Cobb Salad

MEAL 2

- Lamb Pita Nachos

MEAL 3

- Grilled White Fish Tacos

TACO BRUNCH!

- Shredded Sweet Potato Breakfast Tacos

#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 | Summer Cobb Salad

I have a hard time making a meal out of just a salad sometimes, but that's far from the case with this beautiful, big salad. It's really hardy and has plenty of flavor to go around. Not only can I make a meal out of this, but I like to save the leftovers and wrap them up in a large tortilla for lunch the next day!

Summer Cobb Salad

Yield: 4 Servings | **Time:** 40 minutes

Ingredients:

1 lb boneless, skinless chicken breasts
1 lemon, juice only
1 lime, juice only
2 ears sweet corn
3 tablespoons olive oil, divided
8 ounces bacon, crispy
4 ounces blue cheese, crumbled
1 vine ripe tomato, diced
1/2 red onion, sliced thin
2 large eggs, hard-boiled
1 avocado, sliced thin
Romaine lettuce
Olive oil, for drizzling
Salt and pepper
Chili powder

Directions:

1) In a small bowl, whisk together two tablespoons olive oil with lime juice and lemon juice. Season with a pinch of salt and pepper and add chicken breasts. Let them marinate while you preheat grill (or oven) to medium-high heat (350 degrees F.)

2) Shuck ears of corn and rub them with olive oil and season with a pinch of salt, pepper, and chili powder.

3) Grill or roast chicken and corn until the chicken is cooked through and a bit charred on the outside (7-8 minutes per side). The corn can cook about as long. It should be nicely charred as well.

4) Cook bacon until crispy either in a skillet over medium heat or baked in a 350 degree oven for 15 minutes.

5) Hard boil eggs by bringing a large pot of water to a boil. Add eggs and turn the heat off the pot. Cover and let eggs sit for 16 minutes. Then rinse with cold water and peel.

6) Construct salads by chopping some romaine lettuce and dividing it between plates. Top with chopped chicken and bacon, corn (cut off the cob), half a hard boiled egg, crumbled blue cheese, and chopped vegetables.

7) Drizzle each salad with olive oil and season with salt and pepper.



Veggie Version

Instead of chicken, season two portobello mushrooms with the lemon and lime and grill those. Slice and serve those over the salad and maybe double up on some of the other veggies like the tomato and avocado.

Still a super delicious salad!



MEAL 2 | Lamb Pita 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.



MEAL 3 | Grilled White Fish Tacos

Cooking the fish for these tacos in foil packs keeps it from drying out and man does it make one good taco. And, the meal is so fast you can almost make them on a whim.

Grilled Fish Tacos

Yield: 8-10 tacos | **Time:** 30 min

Ingredients:

1 1/2 pounds white fish filets (like cod)
1 tablespoon unsalted butter
1 tablespoon olive oil
Coarse salt and pepper

Spicy Cabbage Slaw:

1/2 head green cabbage
2 carrots, shredded
1/2 red pepper, sliced thin
4 scallions, minced
1 jalapeno, seeded and minced
1/3 cup sour cream
1/4 cup white wine vinegar
Big pinch of salt and pepper

Chipotle Cream:

1 cup sour cream
1 lime, juiced
2 tablespoons adobo sauce from chipotle peppers

Other needs:

8-10 medium flour tortillas
1 avocado sliced thin
4 ounces queso fresco, crumbled
Fresh cilantro

Directions:

1) For slaw, shred cabbage finely with a knife or in a food processor. Grate carrots and slice red peppers thin. Then mince jalapeno and scallions and add to a bowl.

2) Stir in sour cream and white wine vinegar and season well with salt and pepper. Let this sit for 20 minutes or so while you prep tacos.

3) For cream mixture, stir lime juice and adobo sauce into sour cream. Just use the sauce from the chipotle can (not the actual peppers).

4) To prepare the fish, preheat grill to medium-high heat. Season fish well with salt and pepper, drizzle with olive oil, and place a few pats of butter on the fish. Wrap white fish filets in foil tightly.

5) Grill the fish wrapped in foil for about 5 minutes per side until it's cooked through, but light and flakey. It'll be hard to overcook it because of the foil wrapping.

6) When you're ready to make a taco (or 8), grill tortillas for 10 seconds just to warm them up. Then add some slaw to a tortilla and top with some flaked fish, a spoon of spicy sauce, and any other toppings you want (avocados, queso fresco, and cilantro).

You'll have leftover slaw which is great just to eat as a side dish!





B-Fast! | Shredded Sweet Potato Tacos

These ended up being one of my favorite dishes I made this summer, especially for breakfast. Again, they are really fast to make and are super flavorful. The sweet potatoes pair perfectly with a little spice and some scrambled egg.

Sweet Potato Tacos

Yield: 8 tacos | Time: 30 min.

Ingredients:

1 large sweet potato, peeled and shredded
1 red chili, seeded and chopped
1 teaspoon cumin seeds
2 tablespoons olive oil
4 large eggs, scrambled
8 (6 inch) corn tortillas
4 ounces pepper jack cheese, grated
1/2 cup sour cream
1 lime, juice only
Tomatillo salsa
Fresh cilantro
Salt and pepper

Directions:

- 1) Peel and grate sweet potato. Might as well grate the cheese as well while you have the grater out.
- 2) In a large skillet over medium heat, add a drizzle of olive oil and the grated sweet potato. Stir in the diced red chili and cumin and season with salt and pepper. Cook until sweet potatoes are tender, but not soggy, maybe 4-5 minutes.
- 3) Meanwhile, whisk eggs together in a small bowl. Add a drizzle of oil to a small skillet over medium heat and add eggs. Cook eggs until they are fluffy, but still just slightly under-cooked. They will continue to cook after you remove them from the heat. Season eggs with salt and pepper.
- 4) Lay out tortillas on a baking sheet and sprinkle with cheese. Bake tortillas for a few minutes at 350 degrees F. to warm tortillas and melt cheese.
- 5) Stir together sour cream and lime juice.

Top tortillas with shredded sweet potato mixture, some egg, more cheese, tomatillo salsa, a drizzle of sour cream, and top with fresh cilantro. Serve while warm!





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

- Avocado (2)
- Cabbage, green (1/2 head)
- Carrots (2)
- Cilantro (garnish)
- Corn, sweet (2 ears)
- Cucumber (1)
- Jalapeno (3)
- Lemons (2)
- Limes (3)
- Mint (2 Tbsp.)
- Red chili (1)
- Red onion (1)
- Red pepper (1 1/2)
- Romaine lettuce (1 head)
- Scallions (4)
- Sweet Potato (1)
- Tomato (1)

Meat, Poultry, Seafood

- Bacon (8 oz.)
- Chicken, boneless skinless (1 lb.)
- Fish, white - like cod (1 1/2 lb.)
- Lamb, ground (1 lb.)

Dairy

- Blue cheese (4 oz.)
- Butter, unsalted (1 Tbsp.)
- Eggs, large (6)
- Feta cheese (6 oz.)
- Greek yogurt (2 cups)
- Queso fresco (4 oz.)
- Pepper Jack cheese (4 oz.)
- Sour cream (2 cups)

Spices and Pantry Items

- Black pepper
- Chili powder (garnish)
- Chipotle in Adobo sauce (1 can)
- Corn tortillas, small (8)
- Cumin, ground (2 teas.)
- Flour tortillas, medium (8-10)
- Hot sauce (garnish)
- Kalamata olives (1/4 cup)
- Kosher salt
- Olive oil (2/3 cup)
- Pitas (12)
- Sun-dried Tomatoes (1/4 cup)
- Tomatillo salsa (1 cup)
- White wine vinegar (1/4 cup)