

# MACHEESMO

## - MEALS -

## FRESH FRUITS

**These** days you can find all kinds of fruits during any month of the year. Peaches in January? Tomatoes in December? Sure. Why not. But there really is nothing like a piece of fruit when it's *supposed* to be ripe.

Well, this is the time. Late August really is my favorite time of the year for food. Everything is ripe and colorful (and cheap). If you can, find your way to a farmer's market and pick up some really fresh fruit. These are a few of my favorite meals that really highlight some of the best fruit available right now.

### Helpful Equipment:

- Wok or Skillet
- Omelet Pan
- Cast Iron Skillet



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

### MEAL 1

- Mango Pork Stir-Fry

### MEAL 2

- Peach Grilled Cheese
- Snap Pea Salad

### MEAL 3

- Fresh Peach Chicken Salad

### OMELET TIME!

- Apple Pecan Omelet

**#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 | Mango Pork Stir-Fry

This is one of those stir-fries that's super fast to make. I like to use pork but truly any protein would be just fine in it. Don't skimp on the sauce!

### Mango Pork Stir-Fry

Yield: 4 Servings | Time: 25 minutes

#### Ingredients:

1 lb lean pork (chop or loin), sliced thin  
1/2 cup all-purpose flour  
1/4 cup neutral oil, for frying  
1 head Napa cabbage, chopped  
2 ripe mangoes, sliced  
Fresh mint, garnish (opt.)  
Rice, for serving

#### Stir-Fry Sauce:

2 inches fresh ginger, minced  
1/4 cup soy sauce  
2 teaspoons chili garlic sauce  
1 orange, rind and juice  
2 teaspoons cornstarch  
2 tablespoons water

#### Directions:

- 1) In a small bowl, whisk together sauce ingredients and set aside.
- 2) Slice pork into thin slices and toss with flour to coat.
- 3) Heat oil over medium high heat in a large skillet or wok until it's hot. Then add pork and fry for 2-3 minutes until pork is cooked through. If the pieces are sticking together, be sure to separate them with a spoon or tongs as they cook.
- 4) When pork is cooked, add sauce to the pan and let reduce slightly. Then add cabbage and cook for 30 seconds until the cabbage is just wilted.
- 5) Remove the pan from the heat so the cabbage doesn't cook down too much.
- 6) Serve the stir fry over rice with strips of mango and fresh mint. I like a little extra chili garlic sauce on top as well.



#### Veggie Version

Instead of pork, feel free to use mushrooms or an assortment of peppers and onions.

Tofu would also be a great option, but if you use tofu be sure to take the extra time to press it and remove as much water as possible so it fries nicely.



## MEAL 2 | Sandwich and a Salad

In my opinion it's tough to beat a good sandwich and salad for any meal. A lot of people think of it as a lunch situation, but I'll happily have it for a quick dinner. This is especially true if it involves a sandwich as good as this sucker! Obviously, if you aren't in a salad mood, you could serve this sandwich with a big bag of chips!

### Peach Grilled Cheese

Yield: 4 sandwiches | Time: 20 minutes

#### Ingredients:

8 slices of rustic bread  
2 very ripe peaches, peeled and sliced  
8 ounces Gruyere cheese, sliced  
Handful of baby arugula  
Unsalted butter

#### Directions:

- 1) Peel and slice your peaches, slice the cheese, slice and lightly butter the bread.
- 2) Using a large skillet or non-stick pan, add a slice of bread, buttered side down for each sandwich. Put a layer of peaches and cheese on each slice. Top with arugula and the top piece of bread, buttered side up.
- 3) Cook over medium to medium-low heat, occasionally flipping until the bread is browned and the cheese is really melted. Goopy melted. Keep an eye on it to make sure the bread doesn't burn. This will probably take 8-10 minutes.
- 4) Serve immediately.



### Snap Pea Salad

Few handfuls baby arugula  
2 cups sugar snap peas  
1 carrot, grated  
1/4 red onion, sliced thin  
Sesame seeds, garnish

#### Dressing:

2 tablespoons olive oil  
2 tablespoons red wine vinegar  
1 teaspoon mustard  
1 teaspoon honey  
Pinch of salt

Divide salad ingredients between bowls. Whisk together dressing ingredients and adjust to your liking.

Drizzle salads with dressing and serve.



## MEAL 3 | Fresh Peach Chicken Salad

This salad is my perfect late summer dinner. It's a quick dish to make and features really fresh flavors. Enjoy it while you can!

### Peach Chicken Salad

**Yield: Serves 4 | Time: 45 min**

#### Ingredients:

2 ripe peaches, cored and cut into sections  
2 chicken breasts  
5 ounces baby spinach  
4 ounces goat cheese  
1/2 Cup pecans, toasted and roughly chopped  
2 tablespoons olive oil

#### *Molasses Vinaigrette:*

2 Tablespoons balsamic vinegar  
1 Teaspoon molasses  
1 Teaspoon Dijon mustard  
1 Tablespoon shallot, minced  
1 lemon, juice only  
1/3-1/2 Cup olive oil  
Salt and pepper

#### Directions:

- 1) Whisk together all the vinaigrette ingredients or shake them together in a jar.
- 2) Cook the chicken by liberally seasoning two chicken breasts with salt and pepper. Heat 2 Tablespoons of oil in an oven safe pan. Once the oil is hot, set the chicken in the pan, skin side down. Let that cook for about 7 minutes and then flip it. Cook for 7 more minutes and then transfer to an oven to finish cooking at 350 degrees for about 15-20 minutes.
- 3) Let the chicken rest for 5 minutes and then slice it up!
- 4) Toast the pecans by setting them in a dry pan until they are warm and fragrant.
- 5) Wash and dry the greens if they aren't pre-washed.
- 6) Add a few handfuls of greens along with cheese to a large bowl. Pour a few tablespoons of dressing in the bowl and tossed everything for a bit until all the greens were well coated.
- 7) Sprinkle on the pecans, lay down your sliced peaches and chicken.





## Omelet Time! | Apple Pecan Omelet

This isn't an omelet that you'll find in your local diner. It might sound strange, but the sweet/savory flavors really work well together. Once you have this omelet, you'll be craving it!

### Apple/Pecan Omelet

Yield: 2 omelets | Time: 20 min.

#### Ingredients:

4 large eggs, whisked well  
1 apple, peeled and diced  
1/3 cup pecans, chopped  
4 ounces blue cheese, crumbled  
2 tablespoons fresh chives  
3 tablespoons unsalted butter  
Pinch of salt and pepper

#### Directions:

- 1) Peel and chop apple and chop pecans well.
- 2) Add two tablespoons of butter to a small omelet pan over medium heat. Once melted, add apples and pecans and tiny pinch of salt. Sauté until soft and the pecans are slightly toasted, about three minutes.
- 3) Remove filling from pan and wipe the pan clean. Chop chives, crumble cheese, and whisk eggs.
- 4) Add 1/2 tablespoon of butter back to the pan and let melt over medium heat. Once melted, add two whisked eggs to the pan.
- 5) Use a sturdy plastic spatula to push the cooked eggs to the center of the pan and let the uncooked eggs flow to the outside. Continue to do this until most of the egg is cooked. It should only take a minute or two.
- 6) Once most of the egg is cooked and there is just a tiny layer of uncooked egg, add fillings to half of the egg (apple, pecans, blue cheese, chives). Also season with salt and pepper.
- 7) Gently fold omelet over so the eggs cover the filling. Return to heat and cook for another 30 seconds.
- 8) Fold omelet out onto pan and garnish with chives and extra fillings. Serve immediately!





## 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

- Apple (1)
- Arugula, baby (5 oz.)
- Carrot (1)
- Chives (garnish)
- Ginger, fresh (2 inches)
- Mangoes (2)
- Mint (opt. garnish)
- Napa Cabbage (1 head)
- Orange (1)
- Peaches (4)
- Red onion (1/4)
- Shallot (1)
- Spinach, baby (5 oz.)
- Sugar snap peas (2 cups)

### Meat, Poultry, Seafood

- Chicken breasts (2)
- Pork, loin or boneless chop (1 lb.)

### Dairy

- Blue cheese (4 oz.)
- Eggs, large (4)
- Goat cheese (4 oz.)
- Gruyere cheese (8 oz.)
- SUB: Swiss cheese
- Unsalted butter (6 Tbsp.)

### Spices and Pantry Items

- All-purpose flour (1/2 cup)
- Balsamic vinegar (2 Tbsp.)
- Black pepper
- Chili garlic sauce (2 teas.)
- Cornstarch (2 teas.)
- Honey (1 teas.)
- Kosher salt
- Molasses (1 teas.)
- Mustard (2 teas.)
- Neutral oil (1/4 cup)
- Olive oil (2/3 Tbsp.)
- Pecans (3/4 cup)
- Red wine vinegar (2 Tbsp.)
- Rice, long grain white (2 cups)
- Sandwich bread, rustic (8 slices)
- Sesame seeds (opt.)
- Soy sauce (1/4 cup)