

MACHEESMO

- MEALS -

THE LAST OF SUMMER

It's not technically the end of summer, but you can start to feel the shift in the temperature already and I'm starting to see some changes in what's at the markets and stores. Corn and zucchini are starting to take a back seat to gourds and peppers. In other words, it's almost fall.

This is sort of a last ditch effort of a meal plan to use the fresh vegetables available. You should still be able to find this stuff ripe and cheap at the moment. If you try again in 3 weeks, it might be a different story!

Helpful Equipment:

- Baking Sheet
- Cast Iron Skillet
- Small Food Processor



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

MEAL 1

- Busted Cherry Tomato Pasta Toss

MEAL 2

- Yam Quesadillas and Fresh Corn Salsa

MEAL 3

- Cold Marinated Sirloin Bowl

JUICY TOMATO!

- Perfect Tomato Breakfast Sandwich

#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 | Busted Cherry Tomato Pasta Toss

I love fresh tomato pastas like this one this time of year. It's easy to make and really delicious. My favorite part is the fresh arugula that you fold in at the end for a spicy fresh, green kick.

Tomato Arugula Pasta

Yield: 4 Servings | Time: 25 minutes

Ingredients:

12 ounces thin spaghetti pasta
2 pints cherry tomatoes
4 cloves garlic, peeled
2 tablespoons olive oil
2-3 ounces fresh baby arugula
Salt and pepper
Parmesan cheese, grated

Directions:

1) Preheat oven to 400 degrees F. Toss cherry tomatoes and whole, peeled garlic cloves with olive oil and spread out on a baking sheet. Season with salt and pepper.

2) Bake tomatoes for 12 minutes until the tomatoes just start to burst open. Remove garlic cloves from the tomatoes and transfer them to a large bowl. Mash the tomatoes lightly with a fork.

3) Cook pasta according to package in salted, boiling water, until it's just cooked through. I think the thin spaghetti works best for this so it should cook in 5-6 minutes. Reserve 1 cup of pasta water.

4) Drain the pasta and toss in the bowl with the tomatoes. Toss with tongs to combine. If the pasta is really dry, add reserved pasta water to make a light sauce with the tomato water.

5) Right before serving, fold in arugula. Serve pasta garnished with fresh grated parmesan cheese and fresh cracked pepper.





MEAL 2 | Pinto Bean & Yam Quesadillas with Corn Salsa

These are a riff on one of my favorite taco recipes that combine chorizo with yams and poblano peppers. This recipe is even easier than those tacos though and still has a ton of flavor. The corn salsa goes great and you'll probably have leftover that you can save for a snack with chips.

Pinto Bean and Yam Quesadilla

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

Ingredients:

- 1 large yam
- 1/2 white onion, diced
- 1 jalapeno, seeded and diced
- 1 (15-ounce) can pinto beans, drained and rinsed
- 8 ounces pepper jack cheese, grated
- 1 tablespoon olive oil
- 4 large flour tortillas

Directions:

- 1) Take a fork and poke a few holes in the yam and then wrap it in a paper towel. Microwave the yam on high for five minutes. Then let the yam cool and peel and roughly cube the yam into 1/4-inch cubes.
 - 2) Add a drizzle of oil to a medium skillet over medium heat. Then add onions and diced (seeded) jalapeno. Cook for a few minutes until onions are soft and season with a pinch of salt.
 - 3) Stir in drained and rinsed pinto beans to the skillet along with cubed yams. Cook the mixture for a few minutes, just to combine flavors.
 - 4) Remove the yam mixture from the skillet and wipe it clean with a paper towel. Add a fresh drizzle of oil to the skillet and place a large tortilla down in the skillet. Add a few spoonfuls of yam mixture to the tortilla and top with some grated cheddar cheese.
 - 5) Fold the tortilla over and cook for about 3-4 minutes per side until the cheese is melted and the tortilla is lightly browned on both sides.
- If you have a large skillet, you can actually do two quesadillas at a time by making one, moving it to one side as you fold it, and then starting another in the other side of the pan.

Fresh Corn Salsa

Yield: Serves 4 | **Time:** 20 minutes.

Ingredients:

- 2 ears sweet corn
- 1 cup cherry tomatoes, quartered
- 1/4 cup chives, minced
- 1 avocado, diced
- 1/2 lime, juice only
- 1 tablespoon olive oil
- Pinch of salt

Directions:

- 1) Shuck corn and slice kernels off the cob. It's best to do this in a bowl so the kernels don't fling all over the place.
- 2) Stir sweet corn together with other ingredients. Add a drizzle of oil and season with salt.
- 3) It's best to let this sit for a few minutes before serving so the flavors can mingle.

This is obviously made to be served over the quesadillas, but it's also excellent with chips if you have leftovers.



Quesadilla Method 101

This is how I make quesadillas.

I put one tortilla in the pan, add the filling and cheese, and fold it over. Then I set the second tortilla on top of the first so it is basically half on the skillet and half on the first quesadilla. Then I fold that one over so I have two quesadillas cooking.

I'll keep those two 'dillas warm in a 250 degree F. oven while I cook the last two 'dillas.



No Fresh Corn?

If fresh corn is already out of season in your neck of the woods (SAD), then you can use frozen corn for the salsa. Just thaw it and proceed as normal.

Stay away from canned corn. It'll be too soggy for the salsa.

Fresh sweet corn is definitely best though if you can still find it.



MEAL 3 | Cold-Marinated Sirloin Bowl

This is sort of a different way to cook a steak, but it maximizes your dollar on an expensive cut and also really packs in the flavor. Give it a shot!

Sirloin Noodle Bowl

Yield: Serves 4 | Time: 1 hour

Ingredients:

Peanut Sauce:

1 clove garlic, minced
1 inch fresh ginger, minced
4 limes, juice only
3 tablespoons creamy peanut butter
3 tablespoons fish sauce
3 tablespoons rice wine vinegar
2 tablespoons brown sugar
1 tablespoon soy sauce
1 teaspoon sesame oil

Bowl Ingredients:

1 pound Sirloin steak
Salt and pepper
Olive oil
8 ounces rice noodles, cooked
1 tablespoon sesame oil
1 large cucumber, sliced
1 large carrot, grated
1 stalk broccoli, grated (opt.)
Fresh Cilantro
Scallions
Summer Sprouts
Lime wedges

Directions:

For sauce, mince garlic and ginger and juice limes. Combine all ingredients in a small food processor and pulse until smooth. You can also mince the garlic and ginger very finely and whisk together ingredients. Taste the sauce and adjust to your liking.

1) For steak, season well with salt and pepper. Heat a cast iron skillet over medium high heat and once hot, sear steak for about 4-5 minutes per side until it's cooked through medium rare. Time may vary a bit depending on the thickness of your steak. It should hit an internal temperature of about 130 degrees F. for medium rare.

2) Once steak is cooked, remove from the pan and add steak to a bowl. Drizzle a few tablespoons of the peanut sauce in with the steak, cover, and let marinate for 20-30 minutes.

3) Cook your rice noodles according to the package. When they are done, rinse with cold water to stop the cooking and toss with a tablespoon of sesame oil.

4) Slice up cucumber into half coins, grate carrot and broccoli stalk.

5) when you're ready to make the bowls, divide noodles between four bowls and drizzle in some of the reserved peanut sauce (not the sauce with the steak). Slice steak into thin strips (it should be room temperature or slightly cold).

6) Top each bowl with sliced cucumbers, grated veggies, and other toppings. Serve extra sauce on the side.



Veggie Bowls

The steak is a bonus here, but if you want to cut it out, just use tofu! Press and sear it to remove liquid and then cold marinate it just like you would the steak. Slice it thin and it goes great with all the other bowl ingredients!



Tomatoes! | Juicy Tomato Breakfast Sandwich

If I could, I would eat this sandwich probably every weekend. The only reason I don't is because I'm always trying new recipes. This is totally a keeper though and requires sink tomatoes to really work (tomatoes so ripe you have to eat them over the sink!)

Tomato Bfast Sandwich

Yield: 2 omelets | Time: 20 min.

Ingredients:

1 large ripe tomato, sliced thick
2 large eggs, medium-boiled
1/4 cup cream cheese
1-2 teaspoons sriracha hot sauce
2 scallions, chopped
2 sturdy rolls, toasted
Mayonnaise
Salt and pepper

Directions:

For eggs:

- 1) Bring about 1/2 inch of water to a boil over medium high heat in a pot big enough to hold your eggs in one layer.
- 2) When water is boiling, add eggs straight from the fridge.
- 3) Cover pot and let cook for 8 minutes exactly.
- 4) Uncover pot and run cold water over eggs for 30 seconds.
- 5) Peel eggs starting with the larger end of the egg and slowly working up the egg.
- 6) Slice eggs thick for sandwich

For sandwich:

- 1) Mash together cream cheese with sriracha and a big pinch of salt and pepper.
- 2) Slice tomatoes thick and season with a pinch of coarse salt
- 3) Toast roll. Add a smear of mayo to the bottom of the roll and top with tomato slices.
- 4) Smear other half of roll with cream cheese spread and sprinkle on chopped scallions. Add a sliced egg to each sandwich and press together.

Eat immediately. It'll be messy.





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, baby (2-3 oz.)
- Avocado (1)
- Broccoli (1 stalk - opt.)
- Carrot (1)
- Cherry tomatoes (2 pints + 1 cup), various colors are fun
- Chives (1/4 cup)
- Cilantro (garnish)
- Cucumber (1)
- Garlic, cloves (5)
- Ginger (1 inch)
- Jalapeno (1)
- Limes (6)
- Scallions (4)
- Sprouts (garnish)
- Sweet corn (2 ears)
- Tomato (1 large)
- White onion (1/2)
- Yam (1)

Meat, Poultry, Seafood

- Sirloin steak (1 lb.)

Dairy

- Cream cheese (1/4 cup)
- Eggs, large (2)
- Mayonnaise (1/4 cup)
- Parmesan cheese (1 oz.)
- Pepper jack cheese (8 oz.)

Spices and Pantry Items

- Black pepper
- Brown sugar (2 Tbsp.)
- Fish sauce (3 Tbsp.)
- Flour tortillas, large (4)
- Kosher salt
- Olive oil (5 Tbsp.)
- Peanut butter, creamy (3 Tbsp.)
- Pinto beans (1 15-oz. can)
- Rice noodles (8 oz.)
- Rice wine vinegar (3 Tbsp.)
- Sandwich rolls (2)
- Sesame oil (1 Tbsp. + 1 teas.)
- Soy sauce (1 Tbsp.)
- Spaghetti, thin (12 oz.)
- Sriracha sauce (2 teas.)