

MACHEESMO

- MEALS -

TAKE THE CHILL OFF

Last weekend we had our first chill of fall. It didn't freeze or anything, but it was at least sweater weather for a few days. One night we actually had to turn on our heater because it was so chilly!

It may or may not be starting to chill down where you live, but it's not far away. This meal plan isn't about hearty winter fare, but it does include some great meals that are just warm enough to take off some of that early chill.

Dig in!

Helpful Equipment:

- Grill
- Cast Iron Skillet



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

MEAL 1

- Lemon Chicken Fettuccine
- Arugula Salad

MEAL 2

- Quick Soba Hot Pot

MEAL 3

- Golden Beet Pasta Toss

BAKED EGGS!

- Squash Baked 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 | Lemon Chicken Fettuccine

The chicken in this meal is pretty optional. The light, creamy pasta with loads of fresh lemon is plenty filling. The salad rounds out the plate nicely and gives some freshness to the meal!

Lemon Fettuccine

Yield: 4 Servings | Time: 35 minutes

Ingredients:

12 ounces fettuccine, cooked al dente
2 tablespoons unsalted butter
1 large shallot, minced
1 large egg yolk
1 cup milk
1/2 cup heavy cream
1 lemon, zest and juice
1/4 cup Parmesan cheese, grated
Salt and pepper

2 medium chicken breasts (opt.)
2 tablespoons olive oil
Salt and pepper
Red pepper flakes

Directions:

- 1) Butterfly the chicken breasts horizontally, down the middle, so they open in half. Drizzle chicken with olive oil and season with salt, pepper, and a pinch of red pepper flakes.
- 2) Cook chicken on a medium-high grill for 5-6 minutes per side until chicken is cooked through. Alternatively, you can pan sear the chicken in an oven safe skillet over medium-high heat for 3 minutes per side and then transfer to a 350 degree oven to finish cooking for 5-6 minutes.
- 3) Cook pasta according to directions in salted water. Be sure to use a lot of water or the fettuccine will stick together. Reserve 2 cups of pasta cooking water.
- 4) In a small bowl, whisk together yolk, milk, grated cheese, and cream. Add lemon zest and lemon juice.
- 5) In a medium to large pot, add butter over medium heat. Once butter is melted, add shallot and cook until it's soft, 2-3 minutes.

Tomato Arugula Salad

Yield: 4 Servings | Time: 10 minutes

Ingredients:

2-3 ounces baby arugula
1 ripe tomato, chopped
1 avocado, sliced
1/4 red onion, sliced thin
Olive oil
Red wine vinegar
Salt and pepper

Directions:

- 1) Add arugula to a medium bowl and toss with a tablespoon or two of olive oil and vinegar just to coat the leaves.
- 2) Divide arugula between plates and pile high with tomatoes, avocado, and onions.
- 3) Season salad with a pinch of salt and pepper.



Veggie Fettuccine

You can just leave out the chicken and make this delicious pasta vegetarian. If you wanted to kick it up a notch, you could top the pasta with sauteed sliced mushrooms which will go fantastically with the lemon flavor.

- 6) Reduce heat to medium-low and whisk in the yolk and cream mixture. Heat 2-3 minutes, stirring regularly until sauce thickens.
- 7) Add cooked pasta to the sauce and toss to combine. If the sauce is really thick, add reserved cooking water by the 1/3 cup to loosen the sauce.
- 8) Season finished pasta with salt, pepper, and extra cheese. Serve with seared chicken, sliced thin.



MEAL 2 | Quick Soba Hot Pot

You might think that the term hot pot means this dish will be super spicy or super-warming. It can be both but it's necessarily either. To be honest, this is a lighter hot pot than most and takes under an hour to make. While the broth is nice and warming, the veggies are crisp and refreshing.

Soba and Tofu Hot Pot

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

Ingredients:

- 1 (15-ounce) pack extra firm tofu
- 1 quart vegetable stock
- 1 quart water
- 2 inches fresh ginger, chopped
- 6 cloves garlic, smashed
- 4 dried small red chilis (like arbol)
- 9-10 ounces soba noodles
- 1 tablespoon sesame oil
- 2 bulbs baby bok choy
- 1 red pepper, sliced thin
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- Fresh cilantro
- Sriracha chili sauce

Directions:

- 1) Drain tofu and cut it in half horizontally. Place the tofu between two pieces of paper towel. Press the tofu with some weight to press out liquid. Let press for 10 minutes.
- 2) Add stock and water to a large pot with chopped ginger, smashed garlic cloves, and dried chilis. Bring to a simmer and simmer, uncovered for 15 minutes.
- 3) In a separate pot, cook soba noodles according to package. When done, drain soba, rinse with cold water, and toss with a tablespoon of sesame oil.
- 4) When tofu is pressed, add olive oil to a large skillet over medium-high heat. Add tofu to the pan and cook for 4 minutes per side until tofu is lightly browned on both sides.
- 5) When tofu is crispy on the outside, remove it from the pan and chop tofu into 1/2-inch cubes.
- 6) Cut bok choy in half down the middle and place it in large skillet that you cooked the tofu in. Place it cut-side down in the pan and add an extra drizzle of oil if the pan is dry. Cook bok choy for about 3 minutes until it's charred on the cut side. Remove and chop.
- 7) Build bowls by dividing soba, tofu, bok choy, and raw sliced red peppers between each bowl. Spoon in simmering stock (without add-ins) and a dash of soy sauce in each bowl. Garnish each bowl with cilantro, sesame oil, and Sriracha chili sauce.



The Leftover Hot Pot

I make hot pots like this a lot because they are incredibly flexible. If you have any leftover veggies (raw or cooked) or any meat, you can probably get away with adding it to a bowl.

Just some ideas:

- Shredded chicken or pork
- Wilted spinach or leafy green
- Sauteed mushrooms
- Roasted salmon or any sturdy fish, flaked
- A hard boiled, soft boiled, or fried egg
- Any raw pepper, sliced thin

MEAL 3 | Golden Beet and Bowties

Beets are excellent in the fall. Long gone are the days when I thought beets were only in cans of bright red goop. For this recipe I don't even recommend using fresh red beets (although you can). They will just stain the whole thing pink and it will look kind of strange. Golden beets are the way to go!

Golden Beet Pasta

Yield: Serves 4 | Time: 30 min.

Ingredients:

12 ounces bow tie pasta
2 medium golden beets, cut into matchsticks
1 sweet onion, sliced
2 tablespoons olive oil
1/2 teaspoon red pepper flakes
4 ounces goat cheese
1/2 cup pine nuts, toasted
Salt and pepper

Directions:

- 1) Cook pasta according to package in salted water. Reserve 1 cup of pasta water when you drain the pasta.
- 2) Peel the beets and cut them into matchsticks. Slice the onions into strips.
- 3) In a large skillet, add olive oil over medium heat. Add the onions and beets. Season with a pinch of red pepper flakes, salt, and pepper and cook until beets are tender and slightly browned on the edges, about 10 minutes.
- 4) When pasta is cooked, add drained pasta to the skillet along with 1/2 cup pasta water. Toss together. Add other 1/2 cup of pasta water if the pasta seems really dry.
- 5) Toast pine nuts in a small skillet over low heat until lightly browned and fragrant.
- 6) Divide pasta between bowls and top with crumbled goat cheese and pine nuts.





EGGS! | Baked Squash

Shredding squash is one of my favorite ways to prepare it. It's easy to do and in a dish like this, the squash and egg kind of co-mingle as they bake. The finished dish can almost be eaten right out of the skillet!

Squash Baked Eggs

Yield: Serves 2 | **Time:** 1 hr.

Ingredients:

2 Roma tomatoes, diced
1 cup shredded yellow squash (1 small)
1 cup shredded zucchini (1 small)
1/4 medium red onion, sliced thin
1 clove garlic, minced
2 tablespoon olive oil
2-3 ounces goat cheese
2 large eggs
1 tablespoon chopped basil
Salt and pepper
Red pepper flakes (opt.)

Directions:

- 1) Preheat oven to 375 degrees Fahrenheit.
- 2) Dice tomatoes and shred zucchini and squash. Mix veggies together in a colander and sprinkle with about 1 teaspoon Kosher salt. Let sit for at least 20 minutes so some liquid drains out of the veggies.
- 3) In a small (6-inch works great) cast iron skillet, add a drizzle of oil and the sliced onion and minced garlic over medium heat. Season with salt and pepper and cook for a few minutes until veggies soften.
- 4) Add in salted veggies and cook until veggies soften more and water is mostly evaporated.
- 5) Stir in goat cheese and make two small wells in the mixture. Crack in eggs.
- 6) Drizzle with olive oil and bake dish at 375 degrees F. for 10 minutes for slightly runny eggs and 12 minutes for just set eggs.
- 7) Remove from oven and season with red pepper flakes, salt, and pepper and sprinkle with fresh basil.

Serves 1-2 depending on hunger. Will definitely serve two with bread.



Feeding Four

This recipe is really great for a low key breakfast for two, but it can easily be adapted to feed more. Just double the ingredient list and upgrade your skillet to a 12-inch cast iron skillet. Everything else should be the same!



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)
- Basil (1 Tbsp.)
- Beets, golden (2)
- Bok choy, baby (2)
- Cilantro (garnish)
- Garlic (7 cloves)
- Ginger (2 inches)
- Lemon (1)
- Onion, sweet (1)
- Red onion (1/2)
- Red pepper (1)
- Shallot (1)
- Tomato (1)
- Tomato, Roma (2)
- Yellow squash (1 small)
- Zucchini (1 small)

Meat, Poultry, Seafood

- Chicken breasts (2)

Dairy

- Butter, unsalted (2 Tbsp.)
- Cream (1/2 cup)
- Eggs, large (3)
- Goat cheese (6 oz.)
- Milk (1 cup)
- Parmesan cheese (1/4 cup)

Spices and Pantry Items

- Black pepper
- Bowtie pasta (12 oz.)
- Fettuccine (12 oz.)
- Kosher salt
- Olive oil (1/2 cup)
- Pine nuts (1/2 cup)
- Red chiles, dried (like Arbol) (4)
- Red pepper flakes (garnish)
- Red wine vinegar (dash)
- Soba noodles (8-10 oz.)
- Soy sauce (2 Tbsp.)
- Sesame oil (1 Tbsp.)
- Sriracha chili Sauce (garnish)
- Tofu, extra firm (15 oz.)
- Vegetable stock (1 qt.)