

# MACHEESMO

## - MEALS -

## LIGHT AND WARMING

**There's** always a tendency this time of year to make really heavy dishes that warm the soul and take off the chill. Macaroni and cheese, heavy pastas... you get the idea.

But the two are not always linked and there are plenty of light and healthy dishes that can still warm you up on a crisp fall night. These are some of my favorite dishes that will fight the cold and maybe help you keep the heat off for a few extra days!

Stay warm, people!

### Helpful Equipment:

- Cast Iron Skillet
- Dutch Oven



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

### MEAL 1

- Salmon Coconut Noodle Bowls

### MEAL 2

- Weekday Lentil Stew

### MEAL 3

- Chicken and Mushroom Soup

### B-FAST!

- Savory Dutch Baby

**#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 | Salmon and Soba in a Coconut Broth

Ok. Little secret... this is the recipe I submitted when I applied to be a writer for The Kitchn. Guess what... I got the gig so yea... the recipe is good!

### Salmon Coconut Soba

Yield: Serves 4 | Time: 40 minutes

#### Ingredients:

10 oz. soba noodles  
2 tablespoons olive oil  
3 cloves garlic, minced  
2 inches fresh ginger, minced  
2 cups vegetable stock  
1 15 oz. can lite coconut milk  
Dash of fish sauce  
1 lb. salmon (either one large filet or 4 smaller cuts)  
Neutral oil  
Salt and pepper  
1 cup shredded carrots  
1 cup frozen sweet peas, thawed  
Red chiles, garnish (optional)  
Cilantro, garnish

#### Directions:

- 1) Cook soba according to package. You can cook soba in advance, drain it, rinse the noodles with cold water, and toss with one tablespoon oil to keep the noodles from sticking. Then blanch noodles in hot water to reheat before serving.
- 2) For broth, add olive oil to a medium pot over medium heat. Add garlic and ginger and cook for two minutes until fragrant. Add vegetable stock, coconut milk, and a dash of fish sauce and simmer for about five minutes, stirring occasionally, to let flavors combine. Keep warm over low heat.
- 3) For salmon, drizzle filets with oil and season with salt and pepper. Preheat oven to 350 degrees F. Heat a large, oven-safe skillet over medium-high heat. Once hot, add salmon, skin-side up and sear for 3 minutes. Flip filets. Transfer skillet to oven and bake salmon for 5-6 minutes until it's just cooked through.
- 4) To serve, divide soba noodles between four bowls. Top with thawed peas and grated carrots. Top each bowl with a salmon filet and ladle coconut broth over the salmon and noodles. Garnish bowls with minced red chiles and cilantro and serve immediately!



#### Veggie Version

If salmon isn't your thing, any sturdy fish would work in this dish, but also you could just sear a thin slice of tofu and top the noodles with that!



## MEAL 2 | A Simple Lentil Stew

If you don't regularly cook with lentils, you are missing out! They cook quickly, are super-filling, packed with protein, and go with lots of other flavors. This is one of my favorite stews. You would think it simmered for hours, but it's really quick to make.

### Weekday Lentil Stew

**Yield:** Serves 4 | **Time:** 40 min.

#### Ingredients:

2 tablespoons olive oil  
1 medium white onion, diced  
2 medium carrots, peeled and diced  
1 1/2 cups green lentils  
1 (28-ounce) can diced tomatoes  
2 cups water  
2 cups vegetable broth  
1 bunch Swiss chard  
Salt and pepper

#### *Cumin Spiced Yogurt:*

1 cup Greek yogurt  
1 teaspoon ground cumin  
1/2 lemon, juice only  
Pinch of salt

#### Directions:

**For cumin yogurt:** Mix ingredients together in a small bowl and store in the fridge until needed.

1) For stew, add olive oil to a large pot over medium heat. Once oil is hot, add onions and carrots and a pinch of salt.

Cook vegetables until they begin to soften, about 5 minutes.

2) Add lentils, tomatoes with liquid, water, and broth to the pot and bring to a simmer. Let simmer until lentils are soft, about 10-15 minutes. If the stew ever looks very dry, add more water. Depending on the exact lentils you use, you might need a bit more.

3) Rinse the Swiss chard and cut out the thick rib in the leaves. Very roughly chop the leaves. Add chard to the pot and cook for another minute or two so the greens are wilted.

4) Season with salt and pepper and serve with cumin yogurt on top.





## MEAL 3 | Chicken and Mushroom Soup

This soup has simple, clean flavors but is surprisingly filling without having a lot of carbs in it. Instead of heavy pasta or something as a filler, I like to use wild rice which is really healthy but will still keep you full.

### Chicken and 'Shroom Soup

Yield: Serves 4 | Time: 45 min.

#### Ingredients:

1/2 cup wild black rice, cooked  
1/2 pound chicken breast, shredded  
2 tablespoon olive oil  
10 ounces sliced mushrooms  
1/2 cup yellow onions, diced  
1/2 red pepper, diced  
1 carrot, diced  
1 clove garlic, minced  
1 teaspoon fresh thyme  
1 quart chicken stock  
Salt and pepper  
Fresh parsley, garnish

#### Directions:

1) Boil wild rice until it's cooked, but still has a slight bite to it. Don't cook the rice in the stock for your soup because it'll make the stock black!

2) Shred leftover chicken or poach a chicken breast in simmering water for 15 minutes until chicken is just cooked. Then remove and shred.

3) Meanwhile, slice mushrooms and dice other veggies. For mushrooms, I like a mix of shiitake, oyster, and cremini mushrooms.

4) In a large pot add olive oil followed by sliced mushrooms and a pinch of salt. Cook until mushrooms release their liquid and are lightly browned, about 6-7 minutes.

5) Add diced onions, carrots, and red peppers and continue to cook until veggies are softened, another 4-5 minutes.

6) Add garlic and thyme and cook for 30 seconds. Then add stock, cooked rice, and shredded chicken. Simmer for 5 minutes, partially covered. Season with salt and pepper.

Serve soup with fresh parsley as a garnish.



#### Veggie Version!

The chicken isn't overwhelming in this soup and is easy to substitute. If you want to eliminate it, just double the rice and mushrooms and continue with the recipe!

## Dutch Baby Time | Savory Dutch Baby

This is normally made as a slightly sweet pancake, but I like to make a savory version of it with a little cheddar cheese and scallion!

### Croissant Sandwiches

Yield: Serves 2 | Time: 45 min.

#### Ingredients:

1 cup cheddar cheese, grated  
4 scallions, whites and greens separated  
3 tablespoons butter, divided  
1/2 cup milk  
2 large eggs  
1/2 cup all-purpose flour  
1 tablespoon sugar  
Pinch of kosher salt  
Pinch of chili powder  
Pinch of black pepper  
Hot sauce, garnish

#### Directions:

- 1) Preheat oven to 450 degrees F. Melt butter in the microwave in short bursts. Add two tablespoons of the butter to a 10-12 inch cast iron skillet. Reserve 1 tablespoon of butter for the batter.
- 2) Chop scallions into whites and greens. Leave the greens in large pieces and slice into strips. Then dunk the strips into cold water. As they chill, they will curl up!
- 3) Dice the scallion whites and add to the cast iron skillet with the butter. Stick the skillet in the oven for 10 minutes to preheat.
- 4) Meanwhile, add the milk, eggs, flour, sugar, salt, and a pinch of chili powder to a blender and blend on high for 30 seconds until the batter is very smooth. Pulse in the remaining 1 tablespoon of butter very last.
- 5) Remove skillet from the oven and sprinkle half the grated cheese directly into the pan. Then quickly pour in the batter and sprinkle the last of the cheese on top of the batter. Return to the oven and bake for 25-30 minutes. If you're using a 12 inch skillet, 25 minutes should be perfect. With a smaller skillet, you might need to bake it longer as your pancake will be thicker.
- 6) Remove pancake from oven and let cool briefly. Then cut into quarters and sprinkle with curly green scallions (dry them off first). Serve with hot sauce (or syrup actually).





## 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

- Carrots (3)
- Carrots, shredded (1 cup)
- Cilantro (garnish)
- Garlic (4 cloves)
- Ginger (2 inches)
- Lemon (1)
- Mushrooms (10 oz.)
- Parsley, fresh (garnish)
- Red chiles (garnish Optional)
- Red pepper (1/2)
- Scallions (4)
- Swiss chard (1 bunch)
- Thyme, fresh (1 teas.)
- Yellow onions (1/2 cup)
- White onion (1)

### Meat, Poultry, Seafood

- Chicken breast (1/2 pound)
- Salmon (4 4 oz. filets)

### Dairy

- Butter, unsalted (3 Tbsp.)
- Cheddar cheese (4 oz.)
- Eggs, large (2)
- Greek yogurt (1 cup)
- Milk (1/2 cup)

### Spices and Pantry Items

- All-purpose flour (1/2 cup)
- Black pepper
- Chicken stock (1 qt.)
- Chili powder
- Coconut milk (1 15 oz. can)
- Cumin, ground (1 teas.)
- Diced tomatoes (1 28-oz. can)
- Fish sauce
- Green lentils (1 1/2 cups)
- Hot sauce
- Kosher salt
- Olive oil (8 Tbsp.)
- Peas, sweet frozen (1 cup)
- Soba noodles (10 oz.)
- Sugar (1 Tbsp.)
- Wild rice (1/2 cup)
- Vegetable stock (1 qt.)