

# MACHEESMO

## - MEALS -

## ARTICHOKE AND SPINACH MASH-UP!

One of my favorite vegetables is artichokes. They are really only seasonal in the spring if you want fresh ones, but if I'm being honest, fresh artichokes are something that I wouldn't put in a meal plan just because the work to prep them is too much for a Tuesday.

That said, I used canned artichokes all the time for delicious, rich recipes. For this meal plan, I pair artichokes with its vegetable flavor cousin spinach for a few great dishes and a spinach breakfast sandwich!

### Helpful Equipment:

- Cast Iron Skillet
- Box Grater
- Tongs



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

### MEAL 1

- Artichoke Piccata

### MEAL 2

- Bangers and Mash

### MEAL 3

- Artichoke Spinach Orzo Toss

### RICOTTA!

- Ricotta Breakfast Sandwiches

**#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 | Artichoke Lemon Piccata



This is a vegetarian take on a classic Italian dish, chicken piccata. It's faster to make, and lighter, but still totally filling enough to make a meal. Most important ingredient? Lemon zest!

### Artichoke Piccata

Yield: Serves 4 | Time: 30 minutes

#### Ingredients:

2 tablespoons unsalted butter  
2 tablespoons olive oil  
1/2 white onion, diced  
1 tablespoon all-purpose flour  
1 cup chicken stock  
2 tablespoons pesto  
1 (14-oz.) can artichokes, drained  
1/4 cup capers, drained  
1 (15-oz) can white beans, drained  
1 lemon, zest and juice  
Salt and pepper  
12 ounces capellini pasta, cooked  
Parmesan cheese, for serving  
Fresh parsley, garnish

Baguette, for serving

#### Directions:

- 1) Bring a large pot of salted water to a simmer for pasta and set it aside for later.
- 2) In a second large skillet or pot, add olive oil and butter over medium heat. Add diced onion and cook until soft, about 2 minutes.
- 3) Add flour to the pot and stir and cook flour for 30 seconds. Then stir in chicken stock and pesto and stir to combine. Turn heat down to medium low.
- 4) Add pasta to boiling water and cook until al dente, probably 2-3 minutes if you're using a thin pasta like capellini. Reserve 2 cups of pasta cooking water and drain pasta.
- 5) Add 1/2 cup of pasta water to pot with sauce and stir. Then stir in artichokes, capers, drained beans, lemon juice, and cooked pasta.
- 6) Stir together and add enough extra pasta water to form a sauce that just coats the pasta.
- 7) Divide pasta between bowls or plates and top with grated Parmesan cheese, lemon zest, and parsley. Serve with toasted baguette!



## MEAL 2 | Traditional Bangers and Mash

For those of you who don't know, bangers just means sausage. And you can really use any kind of sausage in this recipe. It doesn't have to be traditional English bangers, although if you can find those, definitely use them!

### Bangers and Mash

**Yield:** 4 Servings | **Time:** 50 min.

#### Ingredients:

8 sausage links (2 medium per person)

#### Mashed Potatoes:

2 pounds red potatoes, diced  
6 tablespoons unsalted butter  
1/2-1 cup milk  
1-2 cloves garlic (optional)  
Salt and pepper

#### Sauteed spinach:

5 ounces baby spinach  
1 tablespoon olive oil  
Pinch of salt

#### Onion Gravy:

1 large onion, sliced thin  
2 tablespoons olive oil  
2 tablespoons unsalted butter  
1 teaspoon sugar  
1 teaspoon balsamic vinegar  
2-3 cups beef stock  
1 tablespoon cornstarch  
1 tablespoon water  
Salt and pepper

#### Directions:

##### For Mash:

- 1) Cube red potatoes into one inch cubes. Leave the skin on.
- 2) Cook in boiling water for 15 minutes until they are very soft.
- 3) Drain potatoes and add in butter and 1/2 cup of milk. Mash until smooth. Stir in garlic if you're using it and season with salt and pepper. You might need to add a bit more milk to make the mash really smooth.

##### For spinach:

- 1) Add spinach to a large skillet over medium heat and drizzle with oil. Cook for a minute or two until spinach starts to wilt. Remove from heat and set aside until needed. There's no need to keep it warm.

##### For Sausage and Gravy:

- 1) Add sausage to a medium pan over medium-low heat with a small drizzle of oil. Cook slowly until the sausages are browned on all sides and cooked through. If you cook them too fast they might burst which will dry them out so try to keep them on medium-low heat.
- 2) After 20 minutes or so, the sausages should be cooked. Remove them and keep them warm in a 250 degree oven.
- 3) Add sliced onions to pan where sausage cooked. Add butter and oil and put over medium heat. Use juices from onions to scrape up any sausage bits stuck to pan. Cook for 5-6 minutes until onions are soft.
- 4) Stir in sugar, vinegar, and beef stock. Bring to a slight simmer and simmer for five minutes.
- 5) Stir together corn starch and water in a small bowl. Pour that slurry into the gravy and stir well. It should thicken immediately.
- 6) If gravy becomes too thick, add more stock to thin it out a bit. If it is too thin, just let it simmer and it should thicken. Season gravy with salt and pepper.

For each serving, give a big scoop of mash with spinach. Top with a few sausages and gravy.



### Vegetarian Bangers

These days you can find lots of great vegetarian sausages. I would recommend finding one with a little spice in it for this recipe!



## MEAL 3 | Artichoke Spinach Orzo

This quick pasta toss has some similar flavors to Meal 1 but is a bit lighter and actually even easier to make. This is a doable recipe on almost any week night.

### Orzo Pasta Toss

**Yield: Serves 4 | Time: 35 min.**

#### Ingredients:

12 ounces orzo pasta, cooked and rinsed  
1/2 red onion, diced  
1 bunch spinach, washed well  
6 ounces marinated artichokes, drained  
1/2 cup sun-dried tomatoes (in oil), diced  
2 cloves garlic, minced  
2 tablespoons olive oil  
1 cup grated pecorino cheese  
Salt and pepper

#### Directions:

- 1) Cook orzo according to package. This should involve boiling it in a few quarts of water along with a pinch of salt and a drizzle of olive oil. Boil it until it is just cooked, then drain it and rinse it quickly with cold water to stop the cooking (or it will become sticky).
- 2) In a large skillet, add a drizzle of olive oil and the diced red onion over medium-high heat. Cook for a few minutes until onion softens. Season with a pinch of salt.
- 3) Add artichokes, sun-dried tomatoes, and garlic and continue to cook for another minute or two.
- 4) Add washed spinach to the skillet along with a few tablespoons of water to help the spinach steam. Cook until spinach is wilted, just a minute or two.
- 5) Stir in orzo and season with salt and pepper. Stir well to combine.
- 6) Serve salad warm or cold with grated pecorino cheese.



## Ricotta B-Fast | Ricotta Breakfast Sandwich

**OK.** This is kind of an open faced sandwich situation, but it's one of my favorite fast breakfasts. Completely filling but still super easy to make. I like to make these sandwiches when I have just a little baby spinach left and don't know what to do with it!

### Ricotta Sandwich

**Yield:** 2 Servings | **Time:** 10 min.

#### Ingredients:

2 english muffins, toasted  
1/2 cup ricotta cheese  
4 large eggs  
1 cup baby spinach  
Olive oil  
Butter  
Salt and pepper  
Hot sauce

#### Directions:

- 1) Toast English muffin and spread on a good layer of ricotta cheese.
- 2) Drizzle muffin with olive oil, and a pinch of salt and pepper.
- 3) Top with baby spinach.
- 4) In a medium skillet, add a teaspoon or two of butter and melt over medium heat. When butter is bubbling, crack in eggs.
- 5) Cook for about 90 seconds over medium heat until the whites are mostly cooked.
- 6) Cover skillet with a lid or plate that fits and cook for another 30 seconds. Don't overcook the eggs!
- 7) Top each muffin half with an egg and a dash of hot sauce.





## 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

- Baby spinach (6 oz.)
- Garlic (4 cloves)
- Lemons (1)
- Parsley (garnish)
- Red onion (1/2)
- Red potatoes (2 lb.)
- Spinach (1 bunch)
- White onion (1 1/2)

### Meat, Poultry, Seafood

- Sausage links (8 medium or 4 large)

### Dairy

- Butter, unsalted (3/4 cup)
- Eggs, large (4)
- Milk (1 cup)
- Parmesan cheese (garnish)
- Pecorino cheese (1 cup)
- Ricotta cheese (1/2 cup)

### Spices and Pantry Items

- All-purpose flour (1 Tbsp.)
- Artichokes (14-oz can in water)
- Artichokes, marinated (6-oz. jar)
- Baguette
- Balsamic Vinegar (1 teas.)
- Beef stock (2-3 cups)
- Black pepper
- Capellini pasta (12 oz.)
- Capers (1/4 cup)
- Chicken stock (1 cup)
- Cornstarch (1 Tbsp.)
- English muffins (2)
- Hot sauce (garnish)
- Kosher salt
- Olive oil (8 Tbsp.)
- Orzo pasta (12 oz.)
- Pesto (2 Tbsp.)
- Sugar (1 teas.)
- Sun-dried tomatoes, in oil (1/2 cup)
- White beans (1 15-oz. can)