

MACHEESMO

- MEALS -

BEETS ME!

I've been on a total beet kick lately so I figured I would try to spread the beet love by inspiring you all to try out some fun beet dishes this week (or whenever you need some meal plan help).

I used to be convinced that I hated beets because all I ever knew was the canned variety. Once I started cooking with real, fresh beets though, I changed my tune and I think you will also.

On a completely unrelated note, for those that are comedy fans, one of my favorite sketch shows, Portlandia, has a great scene related to beets. [Check it out here](#) (sound).

Helpful Equipment:

- Baking Sheet
- Cast Iron Skillet
- Tongs



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

MEAL 1

- Roasted Chicken with Golden Beets

MEAL 2

- Wild Rice Wraps

MEAL 3

- Golden Beet Bowtie Pasta

HASH IT OUT!

- Red Flannel Hash

#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 | Roasted Chicken with Beets

This time of year I love cranking up the oven and roasting sheets full of things, specifically in this case, chicken with crispy skin and golden beets. Other days it might be cookies, but let's focus. This is a full plate of great food that is really just tossing some things with spices and sticking them in the oven. Easy peasy.

Roast Chicken with Beets

Yield: Serves 4 | **Time:** 40 minutes

Ingredients:

2 pounds chicken (breasts and legs)
2 tablespoons olive oil
1 teaspoon garam masala
1/2 teaspoon paprika
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
4 golden beets, peeled and cubed
2 tablespoons olive oil
Salt and pepper
1 1/2 cups couscous
Fresh cilantro, garnish

Yogurt Sauce:

1 cup plain yogurt
1 lime, juice only
1/2 teaspoon ground cumin
Salt and pepper

Directions:

- 1) Preheat oven to 400 degrees F. Toss chicken (I prefer skin-on) with olive oil, garam masala, paprika, salt, and pepper and lay out on a baking sheet.
- 2) Peel beets and cut them into wedges or cubes no bigger than 1/2 inch. Toss beets with olive oil and a big pinch of salt and pepper. Scoop beets onto a separate baking sheet.
- 3) Roast chicken and beets for 25-30 minutes until the chicken is cooked through and registers 165 degrees F. The beets should be tender as well at this point and lightly browned on the edges.
- 4) Meanwhile, cook couscous according to package and stir together yogurt sauce ingredients.

Serve chicken and beets over couscous with yogurt sauce and garnished with fresh cilantro.



Vegetarian Option

If you want to make this a vegetarian meal, slice some extra firm tofu into long, 1/2-inch thick blocks. Season them with the same spice mixture and bake them drizzled with olive oil.

Bake the tofu pieces until they are crispy around the edges, about 25-30 minutes, and serve them with the yogurt sauce.



MEAL 2 | Wild Rice Wraps

These wraps have a longish prep time (especially for a wrap) but it's all because of the wild rice really. If you are short on time, use a faster cooking rice and problem solved!

Wild Rice Wraps

Yield: 8 Wraps | Time: 1 hour

Ingredients:

2 beets, roasted and cubed
Olive oil, for beets
Salt and pepper
1 Cup dry wild rice, cooked according to package
Chicken stock or veggie stock, for rice (probably need 3-4 cups)
8 oz. goat cheese
Fresh baby spinach
8 large flour tortillas

Directions:

- 1) Preheat oven to 375 degrees F. Peel beets and chop them into cubes. Toss cubed beets with olive oil and season with salt and pepper. Roast beets for 35-40 minutes until they are tender.
- 2) Remove beets and let cool briefly. Then chop up a bit finer so they can fit in the wraps easily.
- 3) While the beets roast, cook wild rice according to package in a mixture of water and stock.
- 4) When rice is cooked, stir in beets.
- 5) To make wraps, spread about one ounce of goat cheese on tortilla. Top with spinach and rice/beet mixture. Roll up and serve!



Boiling Rice

I recommend NOT following the directions when you are making rice (unless it's instant rice). Instead, just boil the rice in plenty of water and a little stock almost like you would with pasta. Taste it regularly and when it is almost cooked through, drain off all the liquid, cover it, and let it steam for five minutes from the residual heat. You'll be left with perfect rice without the worry of overcooking!

MEAL 3 | Beets and Bowties

Instead of roasting the beets, these are quickly sauteed after cutting them into strips which really reduces the cooking time. Toss them with some freshly cooked pasta for a great, hearty dinner.

Beets and Bowties

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.





Flannel Brunch | Red Beet hash

This time of year, I like to not only wear flannel, but also COOK flannel. This finished hash has a wonderful bright red color that's warm and inviting.

Flannel Hash

Yield: 4 Servings | Time: 35 min.

Ingredients:

2 small russet potatoes
2 medium beets
12 ounces ham, sliced
3 tablespoons olive oil
Salt and pepper
Fresh parsley
4-8 Eggs, fried

Directions:

- 1) Poke potatoes and beets with a fork. Add them to a large microwave safe bowl, cover with a few paper towels, and microwave on high for 6-7 minutes until they are tender. Then remove and let them cool slightly.
- 2) Peel potatoes and beets and slice into 1/2 inch matchsticks.
- 3) Chop ham into similar-sized matchsticks. In a large skillet (Cast iron works great) add 1 tablespoon of olive oil over medium-high heat. Add ham and cook until it's starts to brown, about 5 minutes.
- 4) Move ham to the outer edges of the pan and add potatoes. If pan is dry add another good drizzle of oil. Cook potatoes until they start to get crispy, about 6 minutes.
- 5) Stir ham and potatoes together and add beets. Continue to cook until beets everything is nicely browned. If the pan is ever dry, add more oil to it to avoid sticking.
- 6) Season hash with salt and pepper and finish it with fresh parsley. Serve it with lightly fried eggs.





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 (2 cups)
- Beets, golden (6 med.)
- Beets, red (4 med.)
- Cilantro, garnish
- Lime (1)
- Parsley, garnish
- Potatoes, Russet (2)
- Sweet onion (1)

Meat, Poultry, Seafood

- Chicken, breasts and legs (2 lb.)
- Ham, steak (12 oz.)

Dairy

- Eggs, large (4-8)
- Goat cheese (12 oz.)
- Yogurt, plain (1 cup)

Spices and Pantry Items

- Black pepper
- Bow tie pasta (12 ounces)
- Chicken stock (1 qt.)
- Couscous (1 1/2 cups)
- Cumin (1/2 teas.)
- Flour tortillas, large (8)
- Garam Masala (1 teas.)
- Kosher salt
- Olive oil (2/3 cup)
- Paprika (1/2 teas.)
- Pine nuts (1/2 cup)
- Red pepper flakes (1/2 teas.)
- Wild rice (1 cup)