

# MACHEESMO

## - MEALS -

## KALE-ING ME SOFTLY

**K**ale is, I think, the undisputed champ of trendy veggies these days. It seems like it's in everything and manufacturers are starting to catch on and put it in stuff that should definitely never contain kale (kale milkshake?)

But I do love kale if it's cooked correctly, especially this time of year. It's a really hearty green and can stand up to big flavors and dishes. This meal plan features a few of my favorites that use the super-hip green.

Dig in.

### Helpful Equipment:

- Baking Sheet
- Baking Dish
- Tongs



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

### — MEAL 1

- Macaroni  
Minestrone

### — MEAL 2

- Sesame Soba
- Crispy Kale

### — MEAL 3

- Tuna Noodle  
Casserole

### — OMELETS!

- Rolled Up Omelets

**#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 | Macaroni Minestrone

I love this meal because it's super hearty (and it rhymes). The leftovers for the soup (and you'll have leftovers) will keep fantastically for lunch the next day. Ideally, you can keep the macaroni and soup separately so the macaroni doesn't get too soggy.

### Macaroni Minestrone

Yield: 6-8 servings | Time: 45 min.

#### Ingredients:

1 pound macaroni, cooked al dente  
3 tablespoons olive oil  
1 yellow onion, diced  
3 stalks celery, diced  
3 cloves garlic, minced  
1 teaspoon dried thyme  
1 teaspoon red pepper flakes (optional)  
1 bay leaf  
1 pound red potatoes, 1/2-inch pieces  
4 cups vegetable stock  
2 cups water  
1 bunch kale, slivered  
1 15-oz. can white beans  
Salt and pepper

#### Directions:

- 1) Cook macaroni according to package. Once cooked, drain, rinse with cold water, and toss with a tablespoon of olive oil to keep the pasta from sticking.
- 2) In a large sturdy pot, like a Dutch oven, add a few tablespoons olive oil over medium-high heat. Add onions, celery, and garlic and cook until veggies are soft, about 4-5 minutes.
- 3) Add thyme, bay leaf, red pepper flakes, and cook for another 30 seconds.
- 4) Add stock, water, and diced potatoes, cover, and bring to a simmer. Cook until potatoes are soft, about 10 minutes. If the soup looks very thick at this point, feel free to add a bit more liquid, water or stock.
- 5) Add kale and beans and cook until kale is wilted, just a minute or two. Season the soup with salt and pepper.
- 6) To serve, spoon some macaroni into each bowl and ladle the soup over the pasta.

Store any leftovers (pasta and soup) separately so the soup doesn't get too thick.



### Soggy Pasta

I see a lot of recipes that will cook the pasta in the soup. Lately, I've been having much better success cooking the noodles separately and then ladling the soup over the noodles. This keeps the soup stock clear and you can cook the pasta until it's perfect and then drain it so it doesn't get too soggy.

The downside is it requires an extra pot, but I think it's worth the minimal extra effort.





## MEAL 2 | Soba and Kale

This soba dish has really awesome, savory flavors thanks to a simple sesame paste that gets stirred in. The crispy kale is a nice texture contrast. Leftovers are excellent although the kale won't be crispy on day two.

### Sesame Soba

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

#### Ingredients:

1/2 cup sesame seeds  
2 tablespoons pine nuts or peanuts  
1 1/2 tablespoons soy sauce  
1 tablespoon honey  
2 tablespoons sesame oil  
2 tablespoons rice wine vinegar  
Pinch of red chili flakes  
12 ounces soba, cooked  
Cooking water  
1 leek, sliced thin

#### Directions:

- 1) In a small skillet over low heat, toast nuts and seeds until fragrant and lightly browned, 3-4 minutes. Then let cool and pulse in a small food processor.
- 2) Add soy sauce, honey, sesame oil, and vinegar and pulse the mixture until it's in a rough paste. Reserve on the side.
- 3) Cook soba according to package. Drain once it is cooked but reserve 1 cup of the cooking liquid.
- 4) Add cooking liquid to the sesame paste and then toss with cooked noodles to coat.
- 5) Serve soba noodles warm topped with fresh sliced leeks (just the whites).

### Crispy Kale

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

#### Ingredients:

1 bunch kale, washed and dried  
2 tablespoons sesame oil  
1 teaspoon kosher salt

#### Directions:

- 1) Preheat oven to 350 degrees F. Cut the big ribs out of kale leaves and rinse well. Dry the leaves with paper towels. Chop into big pieces.
- 2) Toss kale with sesame oil and season with salt.
- 3) Line two baking sheets with parchment paper and lay kale leaves out. Try to get them in a single layer if possible.
- 4) Bake for 10 minutes at 350 degrees. Then check on the chips and re-arrange any that are overlapped. Continue to bake for another 5 minutes.
- 5) If the chips are cooking unevenly at this point, remove the ones that are crispy and continue to bake the ones left until they turn crispy.

Serve the kale chips on the side with the soba noodles.



### Ingredient Spotlight: SOBA

Soba noodles are made with buckwheat and are very common in Japanese cooking. These days they are very common and can be found in most grocery stores in the Asian section. They come in small bundles and I love them because of their nutty flavor. They also cook really quickly so be careful not to overcook them!



## MEAL 3 | Good Tuna Noodle Casserole

**OK.** Stick with me here. I know that just the name tuna noodle casserole can bring back memories of goopy, fishy dishes. At least that's true for my generation. But, this dish can be saved. Try this version and never look back!

### Tuna Noodle Casserole

**Yield:** Serves 4 | **Time:** 1 hr.

#### Ingredients:

8 ounces fusilli pasta  
2 tablespoons olive oil  
6 ounces Cremini mushrooms, sliced  
1 large shallot, diced  
2 cloves garlic, minced  
1/2 jalapeno, seeded and minced  
2 cups purple kale, minced  
3 tablespoons all-purpose flour  
1 cup milk  
1 cup vegetable stock  
1 cup cheddar cheese, grated  
1/4 cup sour cream  
1 teaspoon fresh thyme  
6 ounces flaked tuna fish  
1/2 cup Panko bread crumbs  
1/2 cup Parmesan cheese, grated  
Salt and pepper  
Unsalted butter, for pan

#### Directions:

1) Preheat oven to 350 degrees F. Cook pasta according to package. If anything, undercook the pasta slightly. Meanwhile, in a large pot, add oil over medium heat. Once hot, add mushrooms and cook for a few minutes until mushrooms lose their liquid and start to brown slightly.

2) Add in shallots, garlic, jalapeno, and kale to the pot and continue to cook until veggies are wilted and soft, about 3-4 minutes. Season with a pinch of salt.

3) Stir flour into the veggie mixture. Cook for a minute. The pan will be very dry at this point.

4) Slowly stir in stock and milk and continue to simmer until the mixture thickens. It should be the consistency of a light gravy.

5) Stir in sour cream, cheddar cheese, thyme, and season with salt and pepper.

6) Fold in flaked tuna, try not to over mix it at this point. Finally fold in noodles and combine everything together.

7) Transfer the casserole mixture to a buttered 2 1/2 quart baking dish. Top with breadcrumbs and parmesan cheese.

8) Bake dish at 350 degrees For 20 minutes until the top is lightly browned.

Serve while warm! If you need to reheat leftovers, you can do so in the microwave for a few minutes. Add a tablespoon of milk to it when you reheat a portion.



### Veggie Version

Instead of flaked tuna, I think this casserole is wonderful with just double the mushrooms. It's very savory and filling without the tuna. Just use a pound of 'shrooms instead of the smaller amount listed.

## Omelets! | Rolled Omelet (You Can Do It!)



This is a surprising dish because it LOOKS fancy but is actually much easier to make than a bunch of individual omelets. It takes a bit of confidence to try, but I think you'll be surprised at how doable it is. I like spinach instead of kale in this omelet because it wilts (and rolls) better. You could saute some kale though and use it if you want to stick with the theme!

### Rolled Eggs

**Yield:** Serves 4-6 | **Time:** 40 min.

### Ingredients:

8 large eggs  
3 tablespoons all-purpose flour  
1 cup milk  
1 tablespoon olive oil  
1 bunch spinach, chopped  
1 cup pepper jack cheese, grated  
Salt and pepper

### Directions:

- 1) Preheat oven to 350 degrees F. In a medium bowl, whisk together flour and milk. Crack in eggs and whisk well to combine until the mixture is a single consistency. Season eggs with a big pinch of salt and black pepper.
- 2) Chop off any large stems from spinach and rinse well. Roughly chop spinach.
- 3) In a large skillet, add a drizzle of olive oil and all the spinach over medium heat. Season spinach with a small pinch of salt and cook until spinach is wilted, about 2-3 minutes. Remove spinach from heat and let cool slightly.
- 4) Line a 9x13 baking dish with parchment paper. Press the parchment paper into the corners of the dish and make sure it wraps up the sides a bit. Pour eggs into the dish which should keep the parchment paper in place.
- 5) Distribute wilted spinach over the top of the eggs and sprinkle with grated cheese. Don't over-do it on the cheese.
- 6) Bake omelet for 18-20 minutes, rotating it once halfway through, until the eggs in the center are just set. There shouldn't be any liquid on top, but try to remove it from the oven before the eggs overcook and crack.
- 7) Let omelet cool for a minute and then lift the parchment paper out of the baking dish. Fold down parchment paper edges and start rolling omelet.
- 8) Roll omelet into a tight cylinder and then slice into 8-10 even pieces with a serrated knife. Serve immediately!





## 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

- Celery (3 stalks)
- Cremini Mushrooms (6 oz.)
- Garlic (5 cloves)
- Jalapeno (1/2)
- Kale (2 bunches)
- Kale, purple (2 cups)
- Leek (1)
- Red potatoes (1 lb.)
- Shallot (1)
- Spinach (1 bunch)
- Thyme (1 teas.)
- Yellow Onion (1)

### Meat, Poultry, Seafood

- Tuna, flaked (6 oz.)

### Dairy

- Butter, unsalted (for pan)
- Cheddar cheese (4 oz.)
- Eggs, large (8)
- Milk (2 cups)
- Parmesan cheese (2 oz.)
- Pepper jack cheese (4 oz.)
- Sour cream (1/4 cup)

### Spices and Pantry Items

- All-purpose flour (6 Tbsp.)
- Bay leaf (1)
- Black pepper
- Fusilli Pasta (8 oz.)
- Honey (1 Tbsp.)
- Kosher salt
- Macaroni Pasta (1 lb.)
- Olive oil (6 Tbsp.)
- Panko breadcrumbs (1/2 cup)
- Pine nuts (2 Tbsp.)
- SUB: Peanuts
- Red pepper flakes (1 teas.)
- Rice wine vinegar (2 Tbsp.)
- Sesame oil (4 Tbsp.)
- Sesame seeds (1/2 cup)
- Soba noodles (12 oz.)
- Soy sauce (1 1/2 Tbsp.)
- Thyme, dried (1 teas.)
- Vegetable stock (5 cups)
- White beans (1 15 oz. can)