



nourished kitchen

meal plans} summer: week 5

about your ingredients}

Dairy: Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

Pantry Items: Choose organic, local and raw when and where possible.

Fresh Produce: Choose organic, local vegetables when possible.

Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
<p>Mexican-inspired Supper</p> <ul style="list-style-type: none"> • Carne Asada • Grilled Peppers and Onions • Sweet Corn Salad^{SA} • Watermelon Agua Fresca <p>Serve with the ferment of the week: Raw Tomatillo Salsa!</p>	<p>One-dish Meal</p> <ul style="list-style-type: none"> • Asian-style Chicken Salad • Ginger Vinaigrette 	<p>Summer Picnic Supper</p> <ul style="list-style-type: none"> • Oven-fried Chicken Drumsticks • Carolina Slaw • Sliced Tomatoes • Sliced Watermelon 	<p>bonus recipes</p> <ul style="list-style-type: none"> • Raw Tomatillo Salsa • Manhattan Clam Chowder • Cinnamon Peach Ice Cream <p>supplemental recipes</p> <ul style="list-style-type: none"> • Fresh Chicken Broth • Fresh Whey / Yogurt Cheese

shopping list

dairy & eggs

- ___ buttermilk (1 quart)^{SA}
- ___ fresh whey (1/4 cup)^{SA}
- ___ cream (1 quart)^{SA}
- ___ whole milk (2 cups)^{SA}
- ___ eggs (4 yolks)
- ___ butter (1 tbsp)^{SA}

meat, fish & fowl

- ___ flank steak (1 1/2 lbs)
- ___ cooked chicken (4 cups, shredded)
- ___ chicken drumsticks (4)
- ___ chicken stock (2 cups)
- ___ clams (4 cups, in their liquor)
- ___ bacon (4 oz)^{SA}

fresh produce & fresh herbs

- ___ garlic cloves (14)
- ___ jalapeno peppers (4 to 5)
- ___ limes (9)

- ___ cilantro (2 cups, chopped)
- ___ red onions (4)
- ___ red bell peppers (5)
- ___ sweet corn kernels (3 cups)
- ___ tomatoes (6)
- ___ watermelon (2 medium)
- ___ celery (7 ribs)
- ___ snow peas (1/4 lb)
- ___ carrots (4)
- ___ scallions (1 bunch)
- ___ salad greens (6 cups)
- ___ oranges (1)
- ___ shallot (1)
- ___ ginger (1 1-inch knob)
- ___ thyme (1/4 cup, 1 tbsp, chopped)
- ___ cabbage (1 medium)
- ___ green bell pepper (1)
- ___ carrots (4)
- ___ tomatillos (2 lbs)
- ___ peaches (4)
- ___ yellow onion (1)
- ___ bay leaves (2)
- ___ parsley (1/4 cup, chopped)

pantry items

- ___ unrefined sea salt
- ___ extra virgin olive oil (1 1/2 cups, 2 tbsps)
- ___ sesame seeds (2 tbsps)
- ___ raw honey (1 cup, 1 tbsp)
- ___ any variety flour (2 cups)
- ___ cider vinegar (1/2 cup)
- ___ chopped tomatoes (3 cups)

spices, extracts & dried herbs

- ___ ground cumin (1 1/2 tsps)
- ___ paprika (1/2 tsp)
- ___ dry mustard (1 tbsp)
- ___ celery seeds (1 tsp)
- ___ vanilla extract (2 tsps)
- ___ ground cinnamon (1 tbsp)
- ___ crushed red pepper (1/4 tsp)

miscellaneous & specialty

- ___ carbonated mineral water

menu #1} Carne Asada, Grilled Peppers and Onions, Sweet Corn Salad, Watermelon Agua Fresca

There's nothing quite like a well-seasoned steak straight from the grill. In the summer time when it's hot outside, I minimize cooking indoors and prefer to spend most of my time cooking and eating outside: picnics and the like. While I prefer to grill flank steak for carne asada, you can also pan-fry it using a hot cast iron skillet.



Lighten your budget \$10

Substituting green bell peppers for red should save about \$5. Substituting bottled lime juice should save about \$5.



Make it ahead:

3 Days Ahead: Thaw beef in the fridge.

2 to 8 Hours Ahead: Marinate beef and peppers, separately.

30 Minutes Ahead: Grill steak.

20 Minutes Ahead: Prepare Corn Salad.

10 Minutes Ahead: Grill Peppers & Onions; Allow steak to rest.

5 Minutes Ahead: Prepare Agua Fresca.



Carne Asada} skill level: easy | yield: 4

servings | time: 5 minutes (active), 2 to 8 hours (marinade), 20 minutes (grill), 10 minutes (resting)

ingredients

- 6 cloves garlic, peeled and coarsely chopped
- 1 jalapeno pepper, seeded if desired and chopped
- juice of 3 limes
- 1 bunch cilantro, chopped
- 1 tsp ground cumin
- 1/2 cup extra virgin olive oil
- 1 1/2 lbs flank steak

method

1. Whisk chopped garlic and jalapeno pepper into a large mixing bowl with

lime juice, chopped cilantro, ground cumin and extra virgin olive oil. Place flank steak into the marinade and allow it to marinate at least 2 and up to 8 hours, making sure that the steak is well-coated.

2. Preheat the grill and remove flank steak from the marinade, discarding an excess liquid.
3. Grill the steak over a moderately hot flame (or in a cast iron skillet) until done to your liking (anywhere from 10 to 20 minutes), transfer to a cutting board and allow the meat to rest for 10 minutes before slicing in strips. Serve over a bed of grilled peppers and onions.



Grilled Peppers and Onions} skill

level: easy | yield: 4 servings | time: 5 minutes (active), 2 to 8 hours (marinade), 5 minutes (grill)

ingredients

- 1/4 cup extra virgin olive oil
- 1/2 tsp ground cumin
- 1/2 tsp unrefined sea salt
- 2 large red onions, peeled and quartered
- 4 bell peppers, seeded and quartered

method

1. Whisk olive oil, cumin and sea salt together and toss in red onions and bell peppers, allowing them to marinate for 2 to 8 hours.
2. Preheat the grill and skewer the vegetables. Grill the vegetables over a moderately high flame until barely cooked - 5 to 7 minutes, turning as necessary. Serve with Carne Asada.

scheduled for: _____



Sweet Corn Salad} skill level: easy |

yield: 4 servings | time: 5 minutes (active), 10 minutes (stove)

ingredients

- 3 cups sweet corn kernels*
- 2 tomatoes, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 red onion, chopped
- 1/2 cup chopped fresh cilantro
- juice of 2 limes
- 2 tablespoons extra virgin olive oil

method

1. Bring a kettle of water to boil. Toss in sweet corn and boil until tender - about 8 minutes. Transfer to an ice bath to chill.
2. Toss corn, tomatoes, bell pepper, onion and cilantro with lime juice and olive oil. Adjust seasoning with salt and pepper and serve.



Watermelon Agua Fresca} skill

level: easy | yield: 4 servings | time: 5 minutes (active)

ingredients

- the seeded flesh of 1 5- to 6-lb watermelon (about 8 cups, cubed)
- juice of 3 limes
- carbonated mineral water, as needed
- ice

method

1. Toss seeded watermelon into a blender and process until smooth, stir in lime juice and pour into a pitcher filled with mineral water, stir to combine and serve over ice.

*Don't do grains? Substitute 3 cups diced crookneck squash for corn.

menu #2} Asian-style Chicken Salad, Ginger Vinaigrette

On Monday evenings during the summertime, our community hosts free outdoor concerts and we always pack a super-simple, but nourishing dinner. Chicken salad served over greens always seems to be a hit.



Make it ahead:

3 Days Ahead: Cook chicken, shred it and store it in a resealable container in your fridge. Prepare vinaigrette, store at room temperature, shake vigorously before serving.
5 Minutes Ahead: Toss salad together and dress with Ginger Vinaigrette.



How this meal nourishes:

Pasture-raised Chicken is richer in vitamin A, vitamin E and beta carotene than conventionally raised chicken. It is also a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

Ginger is rich in antioxidants, and is traditionally held to ease upset stomachs.

Olive Oil is an excellent source of vitamin E as well as many potent antioxidants. It is also a good source of monounsaturated fatty acids, thought to promote heart health.



Asian-style Chicken Salad} skill

level: easy | yield: 4 servings | time: 5 minutes
(active)

ingredients

- 4 cups shredded cooked chicken
- 3 ribs celery, sliced thin
- 1/2 lb shredded napa cabbage
- 1/4 lb snow peas, trimmed and sliced thin
- 4 medium carrots, scraped and cut into matchsticks
- 1 bunch scallions, sliced thin
- 6 loosely packed cups mixed salad greens
- 2 tablespoons sesame seeds, optional
- Ginger Vinaigrette, as needed

method

1. Toss cooked chicken, sliced celery, shredded cabbage, snow peas, carrots and scallions together and plate over mixed salad greens. Dress with sesame seeds and Ginger Vinaigrette.



Ginger Vinaigrette} skill level: easy |

yield: 4 servings | time: 5 minutes (active)

ingredients

- juice of 1 orange
- 1 shallot, peeled and finely minced
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp raw honey
- 1/2 cup unrefined extra virgin olive oil

method

1. Whisk orange juice, minced shallot, grated ginger and honey together, then whisk in unrefined extra virgin olive oil. Store in a salad dressing cruet or mason jar at room temperature until ready to serve, shake well before dressing salad.

menu #3} Oven-fried Chicken Drumsticks, Carolina Slaw, Sliced Tomatoes, Sliced Watermelon

This simple summer meal is perfect for picnics: prepare everything ahead, pack it in a basket and head for the lake or park. The Oven-fried Chicken Drumsticks can be prepared using any variety of flour including whole-grain, all-purpose, nut flours or gluten-free flours.



Lighten your budget \$4

Substituting dry thyme for fresh will save about \$1. Omitting bell pepper will save about \$3.



Make it ahead:

3 Days Ahead: Thaw chicken in fridge. Prepare dressing for slaw and store in the fridge.

2 to 24 Hours Ahead: Prepare Carolina Slaw.

8 to 12 Hours Ahead: Marinate Oven-fried Chicken Drumsticks.

45 Minutes Ahead: Prepare Chicken Drumsticks.

10 Minutes Ahead: Slice tomatoes and watermelon, to serve.



How this meal nourishes:

Grass-fed Lamb is rich in the mineral zinc which helps to support immune system function. It is also rich in conjugated linoleic acid, a healthy fat that mitigates the risk of metabolic syndrome as well as some forms of cancer.

Tomatoes are rich in lycopene, an antioxidant that is more bioavailable in cooked foods.

Yogurt is an excellent source of food enzymes as well as beneficial bacteria. When made from grass-fed milk, it is also a good source of fat-soluble vitamins and healthy fats including conjugated linoleic acid and trans-palmitoleic acid.



Oven-fried Chicken Drumsticks} skill level: easy | yield: 4 servings

| time: 5 minutes (active), 8 to 12 hours (marinade), 45 minutes (oven)

ingredients

- 4 chicken drumsticks
- 1 quart buttermilk*
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp paprika
- 1 tbsp chopped fresh thyme
- 2 cups flour (any variety, including gluten-free flours and nut flours)

method

1. Place drumsticks into a mixing bowl and cover with buttermilk. Cover and transfer to the refrigerator and allow the chicken to marinate for eight to twelve hours.
2. After 8 to 12 hours, preheat the oven to 400 F. Whisk together salt, pepper, paprika, thyme and flour together.
3. Remove chicken from the marinade and dredge in seasoned flour. Transfer to a baking dish and bake in an oven preheated to 400 degrees Fahrenheit for 45 minutes, turning once. Chicken should register an internal temperature of 170 F.

scheduled for: _____



Carolina Slaw} skill level: easy | yield:

4 servings | time: 5 minutes (active), 2 to 24 hours (refrigeration)

ingredients

for the dressing

- 1/2 cup apple cider vinegar
- 1/4 cup honey
- 1/4 cup olive oil
- 1 tbsp dry mustard
- 1 tsp celery seeds

for the slaw

- 1 medium cabbage, cored and sliced thin
- 1 red onion, sliced thin
- 1 green bell pepper, seeded and sliced thin
- 4 carrots, peeled and shredded

method

1. Whisk vinegar, honey, oil, mustard and celery seed together in a saucepan over medium heat until the dressing comes to a boil. Remove from heat and cool completely.
2. Toss cabbage, onion, bell pepper and carrots together. Add dressing and toss until well-coated. Refrigerate for at least 2 and up to 24 hours before serving.



Serve this meal with sliced tomatoes and sliced watermelon.

*Don't do dairy? Whisk together 1 quart water with 2 tablespoons apple cider vinegar and 1 tsp salt and use in place of buttermilk.

weekly extras} Raw Tomatillo Salsa, Manhattan Clam Chowder, Cinnamon Peach Ice Cream

Serve this week's ferment - a raw tomatillo salsa - over carne asada for particularly nourishing dish. Of course, peach ice cream is also a favorite and don't worry if you and yours cannot tolerate fresh cream, coconut milk makes an excellent substitute and offers a unique twist on such a classic dish.



Lighten your budget \$2

Substituting an additional tomato for 1 bell pepper in the gazpacho should save \$2.



Make it ahead:

Tomatillo Salsa needs to ferment for 3 to 5 days.



Raw Tomatillo Salsa} skill level:

easy | yield: 1 quart | time: 5 minutes (active),
3 to 5 days (fermentation)

ingredients

- 2 lbs tomatillos, husked, rinsed and quartered
- 6 cloves garlic, peeled and cloves crushed
- 3 to 4 jalapeno or serrano chili peppers, seeded (if desired) and minced
- 1 cup chopped fresh cilantro
- 2 tsps salt
- juice of 1 lime
- 1/4 cup fresh whey*

method

1. Combine all ingredients in a food processor and process until smooth.
2. Transfer to a mason jar or vegetable fermenter and ferment at room temperature for 3 to 5 days.

3. Transfer to cold storage and use up within 2 weeks



Manhattan Clam Chowder} skill

level: easy | yield: 4 servings | time: 40 minutes

(stove)

ingredients

- 1 tbsp butter*
- 4 ounces bacon**, coarsely chopped
- 1 yellow onion, peeled and chopped
- 4 ribs celery, chopped
- 3 carrots, scraped and chopped
- 2 cloves garlic, peeled and chopped
- 2 bay leaves
- 1/2 tsp crushed red pepper
- 2 cups chicken stock or broth
- 3 cups peeled, seeded and coarsely chopped tomatoes
- 4 cups clams in their liquor
- 1/4 cup chopped parsley
- 1/4 cup chopped thyme

method

1. Melt butter in a heavy-bottomed saucepan. Toss in bacon and fry until crisped, remove from pan and add chopped onion, chopped celery, chopped garlic and carrots. Fry until fragrant. Stir in bay leaves, crushed red pepper, chicken stock, tomatoes and clams.
2. Simmer the soup for 20 to 30 minutes, stir in parsley and thyme and continue simmering for an additional ten minutes. Season with unrefined sea salt and ground black pepper, as needed.

scheduled for: _____



cinnamon peach ice cream} skill

level: easy | yield: 4 servings | time: 5 minutes

(active), freeze time depends on ice cream maker

ingredients

- 1 quart cream
- 2 cups whole milk
- up to 1/2 cup honey
- 4 egg yolks
- 2 teaspoons vanilla extract
- 1 tablespoon ground cinnamon
- 4 peaches, skinned, pitted and coarsely chopped

method

1. Whisk cream, milk, honey, vanilla extract, cinnamon and egg yolks together until uniformly combined. Fold in chopped peaches and freeze according to ice cream makers manufacturer's instructions.

***Don't do dairy?** Substitute olive oil, coconut oil, tallow, bacon fat or lard for butter. Substitute coconut milk for cream and milk. Substitute the brine of previously fermented vegetables or 1/2 package vegetable starter cultured dissolved into 1/4 cup water for fresh whey.
****Don't do pork?** Substitute an additional 2 tablespoons butter or other fat..

weekly extras} chicken stock, fresh whey / yogurt cheese



chicken stock} skill level: easy | yield:

2 quarts | time: 5 minutes (active), 24 hours

(slowcooker)

ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

method

1. Pick the chicken frame clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24-hrs or longer. Strain the broth through a fine mesh sieve, transfer to the fridge and pick off any solidified fat before using.



fresh whey / yogurt cheese} skill

level: easy | yield: 1 quart | time: 5 minutes

(active), 24 hours (straining)

ingredients

- 1 quart yogurt

method

1. Line a sieve with cheesecloth and set over a bowl. Pour yogurt into the sieve and allow it to strain overnight and up to 24 hours. Reserve whey for fermentation and use strained yogurt as you would any yogurt.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email jenny@nourishedkitchen.com.

To manage your account or cancel a recurring order email your request one week in advance to

support@nourishedkitchen.com

***Don't do dairy?** Substitute coconut milk for cream.

****Don't do grains?** Substitute 1/4 cup coconut flour for 1/2 cup regular flour. Increase eggs by 1.