



# nourished kitchen

## meal plans} summer: week 11

### 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
<b>supper from the garden</b> <ul style="list-style-type: none"> <li>spinach souffle</li> <li>green salad with tomatoes</li> <li>glazed carrots</li> </ul>	<b>kid-friendly supper</b> <ul style="list-style-type: none"> <li>steak bites</li> <li>roasted cauliflower</li> <li>tomato salad</li> </ul>	<b>stuffed chicken breasts</b> <ul style="list-style-type: none"> <li>stuffed chicken breasts</li> <li>marinara sauce</li> <li>sauteed summer squash with basil</li> <li>green salad with red wine vinaigrette</li> </ul>	<b>weekly extras</b> <ul style="list-style-type: none"> <li>peach chutney</li> <li>chocolate-almond cookies</li> <li>mushrooms in broth</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>roast chicken stock</li> <li>fresh whey/yogurt cheese</li> <li>roasted tomatoes</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ eggs (6 whole, 1 white)
- \_\_\_ shredded cheddar cheese (1/2 cup)O
- \_\_\_ butter (3/4 cup, 3 tbsps)SA
- \_\_\_ fresh whey (1/4 cup)SA

### meat, fish & fowl

- \_\_\_ beef round steak (1 lb)
- \_\_\_ boneless, skinless chicken breasts (4)
- \_\_\_ chicken stock (1 1/2 qts)

### fresh produce & herbs

- \_\_\_ spinach (4 cups, loosely packed)
- \_\_\_ garlic (2 cloves)
- \_\_\_ shallot (3)
- \_\_\_ mixed salad greens (16 cups, loosely packed)
- \_\_\_ tomatoes (1 1/2 lbs, plus 2)
- \_\_\_ fresh mint (1/4 cup, chopped)
- \_\_\_ carrots (1 lb)

- \_\_\_ cauliflower (1 medium head)
- \_\_\_ parsley (1/4 cup, chopped)
- \_\_\_ mushrooms (1 lb, plus 1 cup)
- \_\_\_ zucchini (1 small)
- \_\_\_ basil (1 1/4 cup, chopped)
- \_\_\_ parsley (1/4 cup, chopped)
- \_\_\_ red onion (1)
- \_\_\_ yellow onion (1)
- \_\_\_ summer squash (1 1/2 lbs)
- \_\_\_ peaches (2 lbs)
- \_\_\_ celery (4 ribs plus 1/2 cup celery leaves)

### pantry items

- \_\_\_ flour, nut flour or cheese (for flouring the souffle dish)
- \_\_\_ honey (1 tbsp)
- \_\_\_ red wine vinegar (1/2 cup, 1 tbsp)
- \_\_\_ olive oil (1 1/2 cups, 2 tbsps)
- \_\_\_ blanched almond flour (1 cup, plus extra for dredging the cookies)
- \_\_\_ cocoa powder (1/4 cup)
- \_\_\_ unrefined cane sugar (1/2 cup, 2 tbsps)SA

- \_\_\_ raisins (1/4 cup)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ cayenne pepper (pinch)
- \_\_\_ almond extract (1/4 tsp)
- \_\_\_ fennel seeds (1 tsp)
- \_\_\_ coriander seeds (1 tsp)
- \_\_\_ mustard seeds (1 tsp)

### miscellaneous & specialty

- \_\_\_ apple cider or juice (1/4 cup)
- \_\_\_ red wine (1 cup)SA
- \_\_\_ white wine (1/4 cup)SA

## menu #1} spinach souffle, green salad with tomatoes, glazed carrots

Souffles seem fussy and time-consuming, but they're neither. Like most French cuisine, souffles were born of necessity and ease, a way to use up excess eggs during the summer months when flocks of hens laid readily. Those of you with food sensitivities may avoid souffles out of concern that both flour and/or milk are used in their preparation; however, a good and sturdy souffle can be made with little more than egg and pureed vegetables, which is what we feature this week in our garden-inspired supper.



### Lighten your budget \$1.50}

Omitting fresh mint in glazed carrots will save about \$1.50.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette and store at room temperature until ready to use.  
**about 40 mins ahead:** Prepare souffle.  
**about 15 mins ahead:** Prepare carrots.  
**5 mins ahead:** Arrange salad and dress with vinaigrette at the table.



### food for thought}

**Pasture-raised eggs** are rich in wholesome and nourishing fats, offering a favorable ratio of omega-3 to omega-6 fatty acids. They are a good source of protein and richer in beta carotene, vitamin A, vitamin E and vitamin D than regular store-bought eggs.

**Tomatoes** are rich in lycopene, an antioxidant that accounts for their bright color and also known to protect against prostate cancer. They are better served cooked which renders their nutrients more bioavailable.



### spinach souffle}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 30 mins (oven)

#### ingredients

- butter\*, for greasing the souffle dish
- flour, nut flour or cheese, for flouring the souffle dish
- 4 cups loosely packed fresh spinach\*\*
- 6 eggs, separated
- ½ tsp unrefined sea salt
- pinch ground cayenne pepper
- ½ cup shredded cheddar cheese\*, optional

#### method

1. Preheat the oven to 425° F, then grease and flour a souffle dish.
2. Place spinach in a steamer basket and steam until tender, then puree in a food processor until it forms a smooth slurry.
3. Strain the cooked spinach through a fine-mesh sieve, discarding any juice.
4. Whip egg whites until they form stiff peaks and set them aside while you beat reserved spinach with egg yolks, salt and cayenne pepper. Gently fold beaten egg whites into the egg yolk mixture, then pour the mixture into a greased and floured souffle dish. Top with shredded cheese, if using.
5. Bake the souffle in an oven preheated to 425° F until puffed and golden, about 30 minutes. Serve immediately, lest it fall.



### green salad with tomatoes}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active)

#### ingredients

##### for the vinaigrette

- ¼ cup red wine vinegar

scheduled for: \_\_\_\_\_

- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- ¼ tsp unrefined sea salt
- ¼ tsp ground black pepper
- ¾ cup unrefined extra virgin olive oil

#### for the salad

- 8 cups mixed salad greens
- 2 tomatoes, quartered

#### method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and tomatoes, dress at the table with red wine vinaigrette.

NOTE: This is the same dressing recipe called for in menu #3. Save yourself time by doubling the recipe and preparing it only once this week.



### glazed carrots with mint}

**skill level:** easy | **yield:** 4 servings | **time:** under 15 mins

#### ingredients

- 1 lb carrots, peeled and chopped into ¼-inch thick rounds
- 2 tbsps butter\*
- 1 tbsp honey
- ¼ cup apple cider or juice
- ¼ cup chopped fresh mint

#### method

1. Place carrots in a steamer basket over a pot of rapidly boiling water. Steam until tender, about 6 minutes. Drain.
2. Melt butter in a skillet until it froths, then toss in steamed carrots, honey and apple cider and simmer until the liquid is thickened, about 5 minutes.

**\*Don't do dairy?** Substitute any dairy-free fat such as tallow, lard, coconut oil or olive oil. You may also substitute shredded cheese with blanched almond flour.

**\*\*Substitute frozen spinach!** Don't want to take the time to cook? Substitute frozen spinach, thawed overnight. Skip step #2 and resume the recipe at step #3.

## menu #2} steak bites, roasted cauliflower, tomato and parsley salad

An excellent way to use up round steak and other inexpensive cuts of beef, steak bits are rich in flavor, easy to prepare and are always a favorite with kids. I like to serve them with roasted cauliflower where their brown butter sauce adds a punch of flavor. Of course, the meal is completed in summer time by a rich tomato salad drizzled with unrefined extra virgin olive oil and topped by a good crackling of black pepper and sea salt.



### Lighten your budget \$1.50}

Omitting fresh parsley in glazed carrots will save about \$1.50.



### make this meal}

**up to 3 days ahead:** Thaw beef, if frozen, in the refrigerator.  
**about 25 mins ahead:** Begin roasting cauliflower.  
**about 10 mins ahead:** Prepare steak bites.  
**about 5 mins ahead:** Prepare tomato salad.



### food for thought}

**Grass-fed beef** is an excellent source of complete protein and rich in B vitamins. It offers a favorable ratio of omega-3 to omega.

**Cauliflower** is rich in indole-3 carbinols, thought to fight cancer and protect the reproductive system.

**Tomatoes** are rich in lycopene, an antioxidant that accounts for their bright color and also known to protect against prostate cancer. They are better served cooked which renders their nutrients more bioavailable.



### steak bites}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stove)

#### ingredients

- 1 lb beef round steak, trimmed and cut into 1-inch bites
- ½ tsp unrefined sea salt
- 1 tsp ground black pepper
- ¼ cup butter\*, divided
- 1 cup red wine\*\*

#### method

1. Toss steak into a mixing bowl and season with salt and black pepper.
2. Melt 2 tablespoons butter in a skillet over high heat. When it froths, toss in seasoned steak and brown the steak, about 1 minute on each side. Remove from the pan and plate on a serving dish.
3. Deglaze the pan by pouring in stock and using a metal spatula to scrape up any browned bits off the bottom of the pan, stir in butter and continue to cook until the liquid is reduced by half, about 5 minutes. Pour sauce over the steak and serve.



### roasted cauliflower}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 20 mins (resting)

#### ingredients

- florets of 1 medium head of cauliflower
- 2 tbsps butter\*, melted
- ½ tsp ground black pepper
- ½ tsp unrefined sea salt

#### method

1. Preheat oven to 425° F.
2. Spread cauliflower florets in a baking dish and top with melted butter. Season with black pepper and sea salt.
3. Roast in an oven preheated to 425° F for 20 minutes.



### tomato salad}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

- 1½ lbs heirloom tomatoes, sliced in ¼-inch rounds
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- 2 tbsps unrefined extra virgin olive oil
- 1 tbsp red wine vinegar
- ¼ cup chopped fresh parsley

#### method

1. Plate tomatoes, season with salt and pepper and drizzle with olive oil and vinegar.

\***Dairy-free?** Substitute bacon fat, tallow, refined coconut oil or olive oil.

\*\***Alcohol-free?** Substitute beef stock.

## menu #3} stuffed chicken breasts, marinara sauce, summer squash with basil, green salad with red wine vinaigrette

These chicken breasts are stuffed with summer vegetables and topped with a rich and flavorful marinara sauce. If you're pressed for time, you can always substitute a store-bought marinara sauce, but take great care to ensure that it is free from additives.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, storing at room temperature until ready to serve. Prepare marinara sauce.

**25 mins ahead:** Prepare stuffed chicken breasts.

**10 mins ahead:** Prepare squash.

**5 mins ahead:** Plate salad greens, dress with vinaigrette at the table.



### stuffed chicken breasts}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 15 mins (stove)

#### ingredients

- 4 boneless, skinless chicken breasts
- ¼ cup butter\*, divided
- 1 shallot, peeled and minced
- 1 cup sliced mushrooms
- 1 small zucchini, shredded
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh parsley
- 2 cups marinara sauce

#### method

1. Place each chicken breast between two pieces of parchment paper and then pound them with a rolling pin or wooden mallet the breasts are tender and reduced in thickness.
2. Melt butter in a skillet over moderate heat. When it froths, stir in shallot and fry until fragrant for about 3 minutes. Stir in

- sliced mushrooms, zucchini and herbs and continue cooking for about 5 minutes.
3. Evenly distribute this stuffing among the chicken breasts and roll them gently to secure the filling. Secure the chicken breasts together with tooth picks.
4. Sear the stuffed chicken in the hot skillet for about 2 minutes on each side, then pour in the marinara sauce and reduce the heat to medium-low. Simmer, covered, until the chicken is cooked through, about 10 minutes.



### marinara sauce}

**skill level:** easy | **yield:** about 1 qt | **time:** 5 mins (active), 15 mins (oven)

#### ingredients

- ¼ cup olive oil
- 1 yellow onion, peeled, finely chopped
- 4 cloves garlic, peeled and minced
- 4 rib celery, finely chopped
- 2 carrots, scraped and finely chopped
- 1 qt pureed roasted tomatoes
- 2 tbsps chopped fresh basil
- 2 tbsps chopped fresh flat-leaf parsley

#### method

1. Heat olive oil in a heavy-bottomed stock pot over medium heat. Stir in onion, garlic, celery and carrots. Fry until fragrant, about 3 minutes. Stir in pureed roasted tomatoes and simmer, uncovered, for 30 to 40 minutes.
2. Remove from heat, stir in herbs and serve.



### greens with red wine vinaigrette}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins

#### ingredients

#### for the vinaigrette

- ¼ cup red wine vinegar

scheduled for: \_\_\_\_\_

- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- ¼ tsp unrefined sea salt
- ¼ tsp ground black pepper
- ¾ cup unrefined extra virgin olive oil

#### for the salad

- 8 cups mixed salad greens
- 1 red onion, sliced thin

#### method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and vegetables, dress at the table with red wine vinaigrette.

NOTE: This is the same dressing recipe called for in menu #1. Save yourself time by doubling the recipe and preparing it only once this week.



### summer squash with basil}

**skill level:** easy | **yield:** 4 servings | **time:** 10 mins (active)

#### ingredients

- 2 tbsps butter\*
- 1 yellow onion, peeled and sliced into ¼-inch rounds
- 1½ lbs summer squash, cut into ¼-inch thick rounds
- ¼ cup white wine\*\*
- 1 cup loosely packed basil

#### method

1. Melt butter in a skillet until it froths, stir in onion and fry until fragrant, about 3 minutes. Stir in summer squash and fry an additional 2 minutes.
2. Pour in white wine and simmer, uncovered, until the liquid is largely evaporated, about 5 minutes.
3. Remove from heat and stir in basil.

\***Don't do dairy?** Substitute olive oil.

\*\***Alcohol-free?** Substitute chicken stock.

## bonus recipes} peach chutney, chocolate-almond cookies, mushrooms in broth

scheduled for: \_\_\_\_\_

We love these chocolate-almond cookies, but if you're sensitive to chocolate, you can substitute carob powder as well. The peach chutney, our ferment of the week, is excellent on burgers, or served as a side to grilled chicken and fish. This recipe for mushrooms in broth was inspired by a dish at one of my favorite local restaurants, and the flavor of a good stock really shines in this dish.



### make this meal}

up to 1 week ahead: Prepare fresh whey.  
Prepare chicken stock



### food for thought}

**Mushrooms** are rich in medicinal qualities and are thought to promote cardiovascular and cognitive health while offering a boost to the immune system. They are a good source of phytonutrients and trace minerals.

**Chicken stock** is rich in gelatin, which soothes the stomach and promotes good digestive health, and in glucosamin-chondroitin, thought to promote joint health. It is also rich in trace minerals and represents an excellent dairy-free source of calcium.

**Blanched almond flour** is rich in vitamin E and was used widely in traditional confections and pastries during the 17th and 18th centuries.



### chocolate-almond cookies}

**skill level:** easy | **yield:** 12 to 18 cookies | **time:** about 15 mins

#### ingredients

- 1 cup blanched almond flour, plus extra for dredging the cookies
- ¼ cup cocoa powder\*\*\*
- ½ cup unrefined cane sugar\*
- 1 egg white
- ¼ tsp almond extract
- ¼ tsp unrefined sea salt

#### method

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. Whisk almonds together with cocoa powder and cane sugar, then beat in egg white, almond extract and unrefined sea salt. Form into balls about 1-inch in diameter and dredge in additional almond flour as needed.
3. Arrange cookie dough on a parchment-lined baking sheet about two inches apart. Flatten the balls slightly and bake for 10 minutes in an oven preheated to 350° F.
4. After 10 minutes, remove them from the oven and allow them to cool completely before serving.



### peach chutney}

**skill level:** easy | **yield:** 1 qt | **time:** 5 mins (active), 2 days (fermentation)

#### ingredients

- 2 lbs peach, peeled, seeded and chopped
- ¼ cup raisins
- 2 tbsps unrefined cane sugar\*

- 1 tsp unrefined sea salt
- ¼ cup fresh whey\*\*
- 1 tsp fennel seeds
- 1 tsp coriander seeds
- 1 tsp mustard seeds

#### method

1. Combine all ingredients in a mixing bowl and mash together coarsely. Transfer to a mason jar and allow to ferment at room temperature for two days. Transfer to the refrigerator and consume within one month.



### mushroom in broth}

**skill level:** easy | **yield:** about 1½ qts | **time:** about 25 mins

#### ingredients

- 1 tbsp butter\*\*
- 4 ribs celery, sliced thin
- 1 small yellow onion, peeled, sliced thin
- ½ cup loosely packed celery leaves, coarsely chopped
- 1 lb mushrooms, sliced thin
- 1½ quarts chicken stock

#### method

1. Melt butter in a heavy-bottomed stock pot until it froths. Stir in celery and onion, frying until fragrant and translucent, about 6 minutes.
2. Stir in celery leaves, mushrooms and stock. Simmer for 20 minutes, then season with salt and pepper and serve.

\***On GAPS?** Substitute honey.

\*\***Dairy-free?** Substitute the brine of previously pickled vegetables or ½ package vegetable starter culture dissolved in ¼ cup water. Substitute olive oil for butter.

\*\*\* **Avoiding chocolate?** Substitute carob powder.

## supplemental recipes} chicken stock, fresh whey/yogurt cheese, roasted tomatoes



### chicken stock}

**skill level:** easy | **yield:** 2 qts | **time:** 5 mins (active), 24 hrs (slowcooker)

#### ingredients

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

#### method

1. Pick the chicken frame clean of usable 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 hours 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

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.



### roasted tomatoes}

**skill level:** easy | **time:** 5 mins (active), 2½ hrs (oven)

#### ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- ½ tsp unrefined sea salt

#### method

1. Preheat the oven to 225° F. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225° F for 2½ to 3 hours.
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

To manage your account or cancel a recurring order email your request one week in advance to [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)