



# nourished kitchen

## meal plans} summer: week 12

### 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>grilled halibut with lemon-butter sauce</li> <li>melted cherry tomatoes with herbs and onions</li> <li>roasted cauliflower with garlic</li> <li>green salad with creamy red wine vinaigrette</li> </ul>	<b>simple roast chicken for late summer</b> <ul style="list-style-type: none"> <li>roast chicken with chili peppers</li> <li>sautéed summer vegetables</li> <li>fresh tomato salad</li> </ul>	<b>cider-braised pot roast</b> <ul style="list-style-type: none"> <li>cider-braised pot roast</li> <li>late summer salad with cider vinaigrette</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>pickled zucchini spears</li> <li>sweet corn &amp; zucchini chowder</li> <li>tutti frutti late summer sauce</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>roast chicken stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/2 cup, 3 tbsps)<sup>SA</sup>
- \_\_\_ eggs (1 yolk)

### meat, fish & fowl

- \_\_\_ halibut steaks (4)
- \_\_\_ chicken (1 whole)
- \_\_\_ beef pot roast (5 lbs)
- \_\_\_ chicken stock (1 1/2 quarts)<sup>SA</sup>

### fresh produce & herbs

- \_\_\_ lemons (2)
- \_\_\_ flat-leaf parsley 3/4 cup, chopped)
- \_\_\_ garlic (1 head)
- \_\_\_ cherry tomatoes (1 lb)
- \_\_\_ basil (1/2 cup, chopped)
- \_\_\_ cauliflower (1 medium head)
- \_\_\_ shallot (2)
- \_\_\_ mixed salad greens (16 cups)
- \_\_\_ cucumber (1 small)

- \_\_\_ red onion (2 small)
- \_\_\_ yellow onion (3)
- \_\_\_ carrots (1 lb)
- \_\_\_ zucchini (2 lbs + 2 cups, diced)
- \_\_\_ crookneck squash (1/2 lb)
- \_\_\_ bell pepper (1)
- \_\_\_ tomatoes (1 1/2 lbs)
- \_\_\_ celery (1/2 lb)
- \_\_\_ thyme (1 bunch)
- \_\_\_ apples (2, plus 2 lbs)
- \_\_\_ black or red grapes (1 cup)
- \_\_\_ Anaheim pepper (1)
- \_\_\_ plums (3 lbs)
- \_\_\_ peaches (3 lbs)
- \_\_\_ pears (1 lb)
- \_\_\_ corn kernels (2 cups)<sup>SA</sup>

### pantry items

- \_\_\_ olive oil (1 3/4 cup, 2 tbsps)
- \_\_\_ red wine vinegar (1/4 cup, 1 tbsps)
- \_\_\_ apple cider vinegar (1/4 cup)
- \_\_\_ honey (1 tbsps)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ crushed red pepper (2 1/4 tps)
- \_\_\_ cumin (1 tsp)
- \_\_\_ powdered mustard (1/4 tsp)
- \_\_\_ pickling spice (2 tbsps)

### miscellaneous & specialty

- \_\_\_ white wine (1 cup)<sup>SA</sup>
- \_\_\_ apple juice or cider (1 quart, 1 cup)
- \_\_\_ horseradish, oak or grape leaf (1)<sup>O</sup>

## menu #1} grilled halibut with lemon-butter sauce, melted cherry tomatoes with basil, roasted cauliflower with garlic, green salad with red wine vinaigrette

**H**alibut is a light, white fish with an excellent nutrient profile and is particularly rich in B vitamins and, like salmon, offers a favorable ratio of omega-3 to omega-6 fatty acids. Choose wild-caught Alaskan halibut which is an “best choice” seafood as ranked by Seafood-watch.org. You can substitute any sustainably caught fish for the halibut in this dish.



### Lighten your budget \$21}

Substituting cod for halibut should save about \$18. Substituting 1/2 the amount of dried herbs for fresh should save about \$3.



### make this meal}

**about 30 mins ahead:** Prepare roasted cauliflower with garlic.

**about 15 mins ahead:** Begin grilling halibut and preparing lemon-butter sauce.

**about 5 to 10 mins ahead:** Prepare vinaigrette and plate salads, dress at the table. Prepare melted cherry tomatoes.



### food for thought}

**Wild-caught Alaskan halibut** is rich in B vitamins, particularly niacin, vitamin B6 and vitamin B12 and in omega-3 fatty acids. It is a “best choice” sustainable seafood as ranked by the Monterey Bay Aquarium’s Seafood-watch.org.

**Cauliflower** is a cruciferous vegetable, like broccoli, that is rich in indole-3 carbinols, thought to support reproductive health in women while **also mitigating the risk of certain cancers.**

**Butter** is rich in vitamin A and conjugated linoleic acid.



### grilled halibut with lemon-butter sauce}

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

#### ingredients

##### for the halibut

- 4 halibut steaks (4- to 6-oz each)
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

##### for the lemon-butter sauce

- 1/4 cup butter
- juice of 2 lemons
- 1/4 cup chopped fresh flat-leaf parsley

#### method

1. Preheat the grill.
2. Season fish with salt and pepper, then grill on each side for about 4 minutes.
3. Meanwhile, melt butter in a saucepan and whisk in lemon juice. Remove from heat and stir in parsley. Serve over grilled fish.



### roasted cauliflower with garlic}

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

#### ingredients

- florets of 1 medium head of cauliflower
- 2 tbsps butter\*, melted
- 4 cloves garlic, peeled and coarsely chopped
- 1/2 tsp ground black pepper
- 1/2 tsp unrefined sea salt

#### method

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

\*Don't do dairy? Substitute olive oil, lard, tallow, palm or coconut oil.

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



### melted cherry tomatoes with basil}

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

#### ingredients

- 2 tbsp olive oil
- 2 cloves garlic, peeled and minced
- 1 lb cherry tomatoes
- 1/2 cup chopped fresh basil
- 1/4 cup chopped fresh flat-leaf parsley

#### method

1. Heat olive oil in a skillet and toss in garlic, stirring until the garlic releases its fragrance.
2. Toss in cherry tomatoes, basil, and parsley, stir-frying for 2 to 3 minutes.



### green salad with creamy red wine vinaigrette}

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

#### ingredients

##### for the vinaigrette

- 1/4 cup red wine vinegar
- 1 egg yolk
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 1 cucumber, peeled if skin is better, sliced in 1/4-inch rounds
- 1 red onion, peeled and sliced thin

#### method

1. Place vinegar, egg yolk, garlic, shallot, salt and pepper into a food processor or blender and pulse 3 to 4 times. Process while slowly drizzling olive oil until it forms a smooth emulsification. Store in the fridge. Plate salad greens and vegetables, dress at the table.

## menu #2} roast chicken with chili peppers, sauteed summer vegetables, fresh tomato salad

After a long day working our local farmers market, I like to come home and prepare this dish. Slow-roasting takes time, but it's inactive time; that is, it requires little effort, just a presence in the home while you attend to other matters. I like to serve this chicken, with its spicy and crispy skin, with sauteed summer vegetables and a huge heirloom tomato salad.



### Lighten your budget \$7}

Substituting homemade chicken stock (see supplemental recipes) for white wine should save about \$4. Omitting bell pepper should



### make this meal}

**up to 4 days ahead:** Thaw chicken in the fridge.

**about 3 hrs 45 mins ahead:** Begin roasting chicken.

**about 15 mins ahead:** Prepare sauteed summer vegetables.

**about 5 mins ahead:** Prepare tomato salad.



### food for thought}

**Pasture-raised chicken** is an excellent source of complete protein and richer in vitamins A, D and E and the antioxidant beta carotene than conventionally-raised chicken. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

**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.



### roast chicken with chili peppers}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 3½ hrs (oven), 10 mins (resting)

#### ingredients

- 1 whole chicken (4 to 5 lbs)
- 1 yellow onion, quartered
- 2 tbsps olive oil
- 1 tsp coarse unrefined sea salt
- 2 tsps crushed red pepper flakes
- ½ cup white wine\*

#### method

1. Preheat the oven to 275° F.
2. Stuff the chicken's cavity with quartered yellow onion. Truss it with 100% cotton cooking twine and season it with olive oil, salt and crushed red pepper.
3. Place the stuffed, trussed and seasoned chicken into a baking dish or roasting pan with wine and roast it, covered, at 275° F for 2½ hours. Increase the oven temperature to 375° F, remove the cover, and continue roasting for an additional 45 minutes to 1 hour. Allow the chicken to rest for 5 to 10 minutes before serving.

**WASTE-NOT/WANT-NOT:** Save the chicken's frame for roast chicken stock (see supplemental recipes.).



### sauteed summer vegetables}

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

#### ingredients

- 2 tbsps butter\*\*
- 1 small yellow onion, peeled and sliced into ¼-inch rounds
- ½ tsp ground cumin

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

- ½ lb carrots, scraped and cut into ¼-inch rounds
- 1 lb zucchini, sliced into matchsticks about ¼-inch thick
- ½ lb yellow crookneck squash, sliced into matchsticks about ¼-inch thick
- 1 bell pepper, any color, cored, seeded and cut into ¼-inch thick sliced
- ½ cup white wine\*
- ¼ cup chopped fresh flat-leaf parsley

#### method

1. Melt butter in a skillet. When it froths, stir in sliced yellow onion and allow them to fry until fragrant for about 3 minutes. Stir in cumin and continue frying for an additional one to 2 minutes.
2. Stir in carrots, zucchini, crookneck squash and bell pepper. Stir-fry the vegetables for three minutes and stir in white wine. Simmer, uncovered, until stock is evaporated for about 2 minutes.
3. Remove from heat and stir in fresh parsley.



### tomato salad}

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

#### ingredients

- 1 ½ 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

#### method

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

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

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

## menu #3} cider-braised pot roast, green salad with cider-honey vinaigrette

Every season, we prepare a harvest feast to benefit our local farmers market's charitable programs which include outreach to WIC recipients as well as a real food bank which provides close to a full ton of fresh, local vegetables to families in need each summer. Recently, we served this dish—cider-braised pot roast—which was delightfully rich. Here I've modified the chef's recipe for home cooks, using a slow cooker which makes cooking this lovely dish so simple and easy.



### Lighten your budget \$7.50}

Substituting 2 tps dried thyme for fresh will save about \$2.50. Omitting apple juice or cider will save about \$5.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette.

**at least 12 and up to 18 hrs ahead:** Prepare cider-braised beef pot roast.

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



### food for thought}

**Grass-fed beef** is an excellent source of complete protein and is rich in B vitamins and trace minerals like iron and zinc. It's a good source of conjugated linoleic acid and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Raw apple cider vinegar** may help to lower blood sugar levels when eaten with meals and can be a source of beneficial bacteria.

**Apples** are a good source of the antioxidant quercetin which is thought to support heart health.



### cider-braised pot roast}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 15 mins (stove), 12 to 18 hours (slow cooker)

#### ingredients

- 1 beef chuck roast (about 5 lbs)
- 1 tsp unrefined sea salt
- ½ tsp ground black pepper
- 2 tbsps butter\*
- ½ lb carrots, scraped and diced
- ¼ lb celery, diced
- 1 yellow onion, peeled and diced
- 1 bunch fresh thyme
- 1 quart apple juice or cider

#### method

1. Season roast with salt and pepper, then melt butter in a skillet and when it froths, add the beef to the skillet and sear it about three minutes on each side.
2. Transfer beef, carrots, celery, onion and thyme to a slow cooker and cover with apple juice or cider.
3. Cook on low until the meat falls apart when pressed by a fork for at least 12 hours and up to 18 hours. The longer you allow it to cook, the more tender it will be.

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



### greens with cider-honey vinaigrette}

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

#### ingredients

##### for the vinaigrette

- ¼ cup apple cider vinegar
- 1 shallot, peeled and minced
- 2 tbsps honey
- ¼ tsp unrefined sea salt
- ¼ tsp powdered mustard
- ¾ cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 2 apples, cored and chopped
- 1 cup red or black grapes, halved
- 1 red onion, peeled and sliced thin

#### method

1. Whisk vinegar with shallot, honey, salt and mustard powder. Whisk in olive oil.
2. Plate salad greens, apples, grapes and onion and vegetables, dress at the table with red wine vinaigrette.

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

## ferments, soups, desserts} pickled zucchini spears, corn and zucchini chowder, peach crisp

When sweet corn is in season, I like to serve this simple dairy-free corn and zucchini chowder, but don't worry: if you're grain- or corn-free, simply double the zucchini or substitute crookneck squash, and ditch the corn for an alternate version.

*Tutti frutti* is an Italian term meaning "all fruit," and that's exactly what this sauce is - a simple and flavor full sauce that takes advantage of the last of the summer fruits and the first of the fall fruits that come into season this time of year. We serve it as a dessert or snack.

Pickled zucchini spears call for an oak, horseradish or grape leaf. This helps to keep the pickles crispy during fermentation; however it is not a necessary ingredient so don't fret if you haven't access to one of these leaves.



### make this meal}

**For the soup:** Prepare chicken stock in advance (see supplemental recipes.)



### food for thought}

**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's also rich in trace minerals and represents an excellent dairy-free source of calcium.



### pickled zucchini spears}

**skill level:** easy | **yield:** 1 qt | **time:** 10 mins (active), 48-72 hrs (fermentation)

#### ingredients

- 1 lb zucchini, cut into spears
- 2 tbsps pickling spice
- 1 horseradish, oak or grape leaf (optional)
- 2 tbsps unrefined sea salt

#### method

1. Place zucchini, pickling spice and horseradish leaf in a jar or fermentation device
2. Whisk salt with 1 quart filtered water and pour over zucchini. Close your jar or fermentation device, weighting down the zucchini spears if they float, and ferment at room temperature for 7 to 10 days. Transfer to the fridge or cold storage.



### tutti frutti late summer sauce}

**skill level:** easy | **yield:** 2 quarts | **time:** 5 minutes (active), 30 - 45 minutes (stove)

#### ingredients

- 3 lbs plums, pitted and chopped
- 2 lbs peaches, pitted and chopped
- 2 lbs apples, cored and chopped
- 1 lb pears, cored and chopped
- 1 cup apple juice or apple cider

#### method

1. Toss all fruit into a large, heavy-bottomed stock pot with juice. Simmer, covered, over medium-low heat for 30 to 45 minutes until the fruits has softened enough and begins to form a sauce. Take care to stir frequently to prevent scorching.
2. Remove from heat and allow to cool 5 minutes. Blend with an immersion blender until smooth and serve warm.

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



### corn and zucchini chowder}

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

#### ingredients

- 1 tbsp butter\*
- ¼ lb celery, diced
- 1 small yellow onion, peeled, sliced thin
- ½ tsp ground cumin
- ¼ tsp crushed red pepper
- 1 Anaheim chili pepper, seeded if desired and diced
- 2 cups fresh or frozen sweet corn kernels\*\*
- 2 cups diced zucchini
- 1 ½ quart chicken stock\*\*\*\*
- 2 tbsps chopped fresh basil

#### method

1. Melt butter in a heavy-bottomed stock pot until it froths. Stir in celery and onion, frying until fragrant and translucent, about six minutes.
2. Stir in cumin and crushed red pepper and continue to sautee for 2 minutes, then add Anaheim chili, sweet corn and zucchini. Continue to cook for an additional 5 minutes.
3. Stir in chicken stock and simmer for 30 minutes.
4. Remove from heat, stir in basil and serve.

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

**\*\*Avoiding grains?** Substitute an equivalent amount of zucchini or crookneck squash for corn.

**\*\*\*\*Looking for a super-creamy chowder?** Use 1 quart chicken stock instead of 1½ quarts and stir in 2 cups cream just before serving.

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



### chicken stock}

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

#### 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.

### Got Questions?

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

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