



# nourished kitchen

## meal plans} spring: 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>super-simple caribbean dinner</b> <ul style="list-style-type: none"> <li>• jerk chicken and vegetable skewers</li> <li>• mango-chile salsa</li> <li>• caribbean beans</li> </ul>	<b>meatballs with pesto</b> <ul style="list-style-type: none"> <li>• meatballs</li> <li>• herbed pesto</li> <li>• vegetable ribbons</li> <li>• green salad with red wine and herb vinaigrette</li> </ul>	<b>baked salmon with spring vegetables</b> <ul style="list-style-type: none"> <li>• baked salmon</li> <li>• steamed mixed vegetables</li> <li>• herbed butter</li> <li>• green salad with roasted shallot vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>• carrot kvass</li> <li>• coconut custard</li> <li>• crab and asparagus soup</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1 1/2 cups, 2 tps)<sup>SA</sup>
- \_\_\_ parmesan cheese (1/2 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ ground beef (1 lb)
- \_\_\_ chicken livers (1/4 lb)<sup>SA</sup>
- \_\_\_ boneless, skinless chicken breasts or thighs (4)
- \_\_\_ salmon (4 4- to 6-oz filets)

### fresh produce & herbs

- \_\_\_ habanero peppers (2)
- \_\_\_ red onion (5)
- \_\_\_ fresh thyme (1 bunch)
- \_\_\_ pineapple (1)
- \_\_\_ red bell peppers (2)
- \_\_\_ mangos (2)
- \_\_\_ jalapeno peppers (4)
- \_\_\_ cilantro (1 bunch)
- \_\_\_ lime (1)
- \_\_\_ scallions (1 bunch)
- \_\_\_ garlic (1 head)
- \_\_\_ basil (4 bunches)
- \_\_\_ carrots (1 lb)
- \_\_\_ zucchini or crookneck squash (4)
- \_\_\_ shallot (5)
- \_\_\_ mixed salad greens (16 cups)
- \_\_\_ lemon (1)
- \_\_\_ asparagus (1 lb)
- \_\_\_ sugar snap peas (1/2 lb)
- \_\_\_ green cabbage (1 1/2 small heads)
- \_\_\_ leeks (2)
- \_\_\_ fresh or frozen peas (1/2 lb)
- \_\_\_ chives (1)

### pantry items

- \_\_\_ red wine vinegar (1 cup)
- \_\_\_ coconut oil (1/4 cup)
- \_\_\_ pink beans (1 1/2 cups)
- \_\_\_ pine nuts (1/4 cup)<sup>SA</sup>
- \_\_\_ unrefined extra virgin olive oil (1 1/2 cups)
- \_\_\_ macadamia nut halves (2 cups)
- \_\_\_ chopped dried pineapple (1 cup)
- \_\_\_ chopped dried mango (1 cup)

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ ground cinnamon (1 tbsps, 1/4 tsp)
- \_\_\_ ground allspice (1 tbsps, 1/4 tsp)
- \_\_\_ ground nutmeg (1 tbsps)
- \_\_\_ dried basil (1 tsp)
- \_\_\_ dried oregano (1 tsp)
- \_\_\_ crushed red pepper (1/4 tsp)
- \_\_\_ ground cumin (2 tps)
- \_\_\_ coconut extract (1/4 tsp)<sup>O</sup>

### miscellaneous & specialty

- \_\_\_ dark rum (2 tbsps)<sup>SA</sup>

**If making riced cauliflower:** Instead of coconut rice, you can omit 1 1/2 cups rice, 1 tablespoon cider vinegar, 1 tablespoon coconut oil, 2 cups coconut milk and shredded unsweetened coconut from your shopping list.

**If making coconut rice:** Instead of riced cauliflower, omit 1 large head cauliflower from your list.

# menu #1} jerk chicken and vegetable skewers, mango-chile salsa, caribbean beans

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

In this super simple dinner we pair skewered jerk-style chicken and vegetables with mango salsa and Caribbean beans for a meal that is nourishing and flavorful. Mangoes are typically in season in early through late May, and you can often find them at the grocery store for \$0.50 to \$1.00 each making them very affordable.



## make this meal}

**3 days ahead:** Thaw chicken, if frozen, and store in the refrigerator until ready to serve.  
**at least 18 and up to 24 hrs ahead:** Begin soaking beans for Caribbean beans.  
**8 to 12 hrs ahead:** Marinate the chicken.  
**40 to 50 mins ahead:** Cook the beans.  
**20 mins ahead:** Grill the jerk chicken skewers. Mix the ingredients for salsa.



## food for thought}

**Pasture-raised chicken** is rich in protein and is a better source of nutrients including antioxidants like beta carotene and fat-soluble vitamins like vitamin A and E than conventionally raised chicken. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

- 1/4 cup fresh thyme, minced
- 2 tbsps coconut oil, melted
- 2 tpsps ground black pepper
- 1 tbsp ground allspice
- 1 tbsp ground cinnamon
- 1 tbsp ground nutmeg
- 1 tbsp ground ginger
- 4 chicken boneless, skinless chicken breasts or thighs, cut into bite-sized pieces

### for the skewers

- 1 red onion, peeled and quartered
- 1 pineapple, peeled, cored and chopped into bite-sized pieces
- 2 red bell peppers, seeded and chopped into bite-sized pieces

### method

1. Prepare the marinade by combining red wine vinegar, rum, habanero peppers, red onion, thyme, coconut oil, and spices in a blender, pureeing until smooth.
2. Pour marinade over chicken and marinate, covered, for 8 to 12 hours.
3. Soak the skewers in water for 20 minutes.
4. Thread chicken pieces, red onion, pineapple and bell peppers on skewers and grill, five to six minutes on each side.



## caribbean beans}

**skill level:** easy | **yield:** 4 servings | **time:** 18 to 24 hrs (soaking), 40 minutes (stove)

### ingredients

- 1 1/2 cups pink beans\*\*
- 2 tbsps vinegar
- 2 tbsps coconut oil
- 1/4 tsp ground cinnamon
- 1/4 tsp ground allspice
- 2 tbsps minced fresh thyme
- 1 bunch scallions, finely sliced
- 1 habanero, seeded if desired, minced

### method

1. Toss beans in a pan with vinegar and cover with hot water. Soak them for 18 to 24 hours.
2. Drain the beans and rinse them well.
3. Toss beans in heavy-bottomed saucepot, cover with water and boil until tender, about 40 minutes. Drain the beans.
4. Melt coconut oil in your saucepan, return beans to the pan and cook with cinnamon, allspice and thyme until fragrant, about three minutes.
5. Dress with scallions and habanero.



## jerk chicken skewers with vegetables}

**skill level:** easy | **servs:** 4 | **time:** 5 mins (active), 8 to 12 hrs (marinade), 10 mins (grill)

### ingredients

#### marinade

- 1/2 cup red wine vinegar
- 2 tbsps dark rum\*
- 2 habanero peppers, seeded if desired and chopped
- 1 red onion, peeled and finely chopped



## mango-chile salsa}

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

### ingredients

- 2 mangoes, peeled, pitted and diced
- 1 small red onion, peeled and finely chopped
- 1 jalapeno peppers, seeded if desired and minced

\***Alcohol-free?** Substitute additional vinegar.

\***On GAPS?** Substitute navy beans.

## menu #2} meatballs, herbed pesto, vegetable ribbons, green salad with red wine and herb vinaigrette

**F**resh zucchini, carrots and crookneck squash when barely blanched make excellent alternatives to noodles and pasta, and in this recipe we pair them with meatballs, pesto and a fresh green salad dressed with red wine and herbs.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette and store in the refrigerator until ready to serve the salad. Make pesto, storing in the refrigerator until ready to serve.

**up to 3 days ahead:** Thaw ground beef, if frozen, in the refrigerator.

**30 mins ahead:** Prepare the meatballs.

**5 mins ahead:** Blanch vegetable ribbons and serve with meatballs and pesto. Toss salad together, dressing at the table.

3. Serve with pesto over vegetable ribbons.

**\*Don't care for liver?** You should try it! It's good for you or substitute an additional one-quarter pound ground beef.

3. Plunge the vegetable ribbons into the rapidly boiling water for two minutes, then remove immediately from the water and dress with meatballs and pesto.

**NOTE:** If you prefer to serve meatballs and pesto with a more traditional accompaniment, try serving this with organic brown rice fettucine or spaghetti.



### meatballs}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 30 mins (stove)

#### ingredients

- 1 lb ground beef
- 1/4 lb chicken liver\*
- 3 cloves garlic, peeled and finely minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 tbsps butter\*\*

#### method

1. Mix ground beef, chicken liver, garlic, basil, oregano until thoroughly combined. Form into meatballs no larger than one inch in diameter.
2. Melt butter in a skillet and fry meatballs in batches until cooked through, adding more butter if necessary.



### pesto}

**skill level:** easy | **yield:** 1 pint | **time:** 5 mins

#### ingredients

- 4 large bunches basil
- 1/4 cup pine nuts\*
- 1/4 tsp crushed red pepper flakes
- 1/2 cup grated parmesan cheese\*\*
- 1/2 cup unrefined extra virgin olive oil

#### method

1. Combine basil, pine nuts and red pepper flakes in a food processor until finely minced or mince with a mezzaluna.
2. Stir in parmesan cheese and olive oil. Transfer to a mason jar and keep, refrigerated, for a week.



### vegetable ribbons}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 2 mins (stove)

#### ingredients

- 2 carrots, scraped
- 4 zucchini or crookneck squash

#### method

1. Bring two quarts water to a rapid boil in a heavy-bottomed kettle.
2. With a mandolin or vegetable peeler, cut the carrots, zucchini and crookneck squash into long, paper-thin strips.

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



### green salad with red wine and herb dressing}

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

#### ingredients

- 1 shallot, peeled and finely minced
- 1 clove garlic, peeled and finely minced
- 1/4 cup minced mixed fresh herbs of choice (basil, parsley, etc. etc.)
- 2 tbsps red wine vinegar
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, as needed
- ground black pepper, as needed
- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thinly

#### method

1. Whisk minced shallot, garlic and herbs together with vinegar and olive oil. Season with unrefined sea salt and ground black pepper as needed.
2. Toss greens together with onion and dress with vinaigrette at the table.

**\*Can't find pine nuts?** Substitute the less expensive and more widely available sunflower seeds. If you soak the seeds overnight in saltwater, it will improve the availability of nutrients.

**\*\*Dairy-free?** Substitute an additional 1/4 cup pine nuts or sunflower seeds.

## menu #3} baked salmon, steamed mixed vegetables, herbed butter, green salad with roasted shallot vinaigrette

Salmon is rich in B vitamins and an excellent source of omega-3 fatty acids which are essential to cognitive health, emotional function and cardiovascular health. In this menu we pair baked salmon with steamed spring vegetables, herbed butter and a salad of fresh spring lettuces and roasted shallot.



### make this meal}

**up to 3 days ahead:** Thaw salmon, if frozen, in the refrigerator. Roast shallots, storing in the fridge or preparing shallot vinaigrette immediately and storing the vinaigrette at room temperature. Prepare herb butter.

**20 mins ahead:** Bake salmon.

**about 20 mins ahead:** Steam vegetables.

**about 5 mins ahead:** Toss salad greens with vinaigrette. Serve steamed vegetables and salmon with herbed butter.



### food for thought}

**Wild-caught salmon** is an excellent source of B vitamins and fragile omega-3 fatty acids, and is a sustainable seafood according to the Monterey Bay Aquarium's SeafoodWatch.org.



### simple baked salmon}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 15 to 20 mins (oven)

#### ingredients

- 4 4- to 6-ounce filets salmon
- 1 lemon, sliced in rounds no thicker than 1/4-inch

#### equipment

- baking sheet, fork

#### method

1. Preheat oven to 350° F.
2. Season salmon filets with unrefined sea salt and black pepper as needed.
3. Layer slices of lemons over the filets and bake in an oven preheated to 350° F. for 15 to 20 minutes or until the fish flakes easily when pierced with a fork.



### steamed mixed vegetables}

**skill level:** easy | **serves:** 4 | **time:** 5 to 8 mins (stove)

#### ingredients

- 1/2 lb carrots, peeled and sliced into matchsticks no larger than 1/4-inch thick
- 1/2 lb asparagus, trimmed of tough ends and chopped in 1-inch pieces
- 1/2 lb sugar snap peas, strings and tough ends removed

#### method

1. Fill a saucepan with two inches hot water, fit with a steamer basket and layer the vegetables in the steamer basket. Cover with a lid bring the water to a slow simmer. Steam the vegetables until barely tender, about five to eight minutes depending on altitude and preference.
2. Serve with herbed butter.



### roasted shallot vinaigrette}

**skill level:** easy | **yields:** about 1 cup | **time:** 5 mins (active), 40 mins (oven)

#### ingredients

- 4 shallots, peeled
- 4 sprigs fresh thyme

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

- 2 tsps butter\*
- 1/4 cup red wine vinaigrette
- 1/2 cup unrefined extra virgin olive oil
- 8 cups mixed salad greens

#### method

1. Preheat oven to 425° F.
2. Lay shallots on aluminum foil, placing one sprig of thyme over each shallot, dot with butter. Wrap with foil and bake for 40 minutes.
3. Allow the shallots to cool to room temp then blend them in a blender or food processor until smooth.
4. Whisk pureed shallots with red wine vinegar and extra virgin olive oil, seasoning the vinaigrette to taste with salt and pepper.
5. Toss salad greens with vinaigrette at the table to prevent wilting.



### herbed butter}

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

#### ingredients

- 1/2 cup butter\*, melted
- 1/4 cup minced fresh herbs of choice

#### method

1. Fold herbs into butter until well-mixed and chill before serving.

**\*Dairy-free?** Make an herbed coconut oil by substituting either refined or unrefined coconut oil for butter or choose ghee, a clarified butter that is naturally lactose- and casein-free.

## bonus recipes} carrot kvass, coconut custard, crab and asparagus soup

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



### carrot kvass}

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

#### ingredients

- 1 lb carrots, peeled and chopped coarsely
- 1/4 cup fresh whey
- 2 tsps unrefined sea salt
- 1 qt filtered water

#### method

1. Place carrots in a jar.
2. Sprinkle with sea salt and fresh whey.
3. Pour in one quart filtered water.
4. Allow the the kvass to ferment at room temperature for 48 to 72 hours.
5. Strain the carrots from the kvass and reserve them for culturing your next batch. These reserved carrots should be good for two to three additional batches and can be consumed on salads. Kvass should be transferred to the refrigerator.



### coconut custard}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 40 to 50 mins (oven)

#### ingredients

- 4 eggs, beaten
- 1/2 cup unrefined cane sugar
- 1 cup full-fat coconut milk
- 1 tsp vanilla extract
- steaming hot water

#### method

1. Preheat oven to 300° F.
2. In a mixing bowl, beat eggs and unrefined cane sugar together until well-blended.
3. Stir in coconut milk and vanilla extract, stirring until well-blended.
4. Pour mixture into a custard dish or individual ramekins until 3/4 full.
5. Place ramekins or custard dish into the baking dish and pour steaming hot water into the baking dish until it fills the pan half way to the top of the custard dishes.
6. Bake the custard in an oven preheated to 300° F for 40 to 50 minutes, until the custard is set.



### crab and asparagus soup}

**skill level:** easy | **yield:** 1 qt | **time:** 10 mins

#### ingredients

- 1 qt chicken stock
- 1/2 lb cooked crab meat
- 1/2 lb asparagus, trimmed and very finely sliced
- 1 bunch fresh chives, finely minced
- unrefined sea salt, as needed
- ground black pepper, as needed

#### method

1. Bring stock to a rapid boil.
2. Stir in crab meat and asparagus, remove from heat and cover. Let the hot soup sit, covered, for five to six minutes allowing the residual heat to cook the asparagus until barely tender. Remove cover, stir in chives and season with salt and pepper.

## supplemental recipes} ...



### roast chicken stock}

**skill level:** easy

#### 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 hours or longer. Strain the broth through a fine mesh sieve and pour into mason jars.



### strained yogurt/fresh whey}

**skill level:** easy | **yield:** 1 pint (varies) | **time:** 5 mins (active), 12 hrs (straining)

#### ingredients

- 1 quart yogurt

#### method

1. Place a fine-mesh sieve over a mixing bowl and line it with cheesecloth. Pour yogurt into the sieve and allow the whey to strain out for at least 12 hours. Reserve whey for fermenting and enjoy strained yogurt as you would any yogurt