

NATURAL GROCERS®

# good4u

## RECIPES

**SUNDAY:****QUALITY FAMILY TIME, PRICELESS***Perfectly Delicious Pot Roast**Roasted Cabbage Slices  
with Dubliner cheese**Organic good4u Field Salad with Classic  
Balsamic Vinaigrette***MONDAY: GOURMET BURGER MADNESS***Spicy Italian Pork Burgers**Steamed Buttery Broccoli**Sautéed Sweet Peppers and Onions**Kalamata Olive Tapenade**Fried Eggs (topping for burgers)**Organic good4u Field Salad with Classic  
Balsamic Vinaigrette***TUESDAY: SURF AND TURF TACO TIME!***Mediterranean Fish Tacos with Cumin**Spiced Black Beans**Pot Roast Carnitas Tacos**(only if you have leftover pot roast)**Cumin Spiced Black Beans**Tangy Marinated Slaw**Rosemary Potato Hash**Kalamata Olive Tapenade***WEDNESDAY: EASY BREEZY HUMP DAY***Zoodle Asparagus Carbonara**Steamed Beets Two Ways**Organic good4u Field Salad with  
Classic Balsamic Vinaigrette**OPTIONAL: Brazilian Cheese Bread (Pão de  
Queijo) – Chebe Mix***THURSDAY: SWEET SURPRISE (BECAUSE  
EVERYONE DESERVES SOMETHING  
SWEET NOW AND THEN)***Chicken Drumstick Scarpariello**Sweet Potato Fries**Braised Celery, Carrots and Sweet Peppers**Tangy Marinated Slaw**DESSERT: Strawberry Lemon Coconut  
Cream Parfait*

## Learn. Eat. Dream!

**DINNER: MORE VEGGIES, PLEASE!**

### Our promise from the Natural Grocers family to yours: Always Affordable, Always Raising Standards

Dinner is the time for families to come together, to share their day and to tell each other stories about their adventures and dreams. It is also the time when we can make sure that our family gets the most nutritious food they might receive all day.

But what is a nutritious good4u meal? No matter what diet advice is out there everyone agrees on one thing—that eating more vegetables is good4u! How do we get more vegetables in our diet? This Dinner: More Veggies, Please! (yes, these words might soon be spoken at your dinner table) menu plan & recipes are a terrific place to start!

So pat yourself on the back for taking and rising to the NUTRITION CHALLENGE and for being willing to reinvent what our modern, 21st century dinners look like. We think you'll enjoy these hearty, filling-up-on-what's-good4u dinners as much as we do! Now let's learn, eat, and achieve the dream!

- Only Naturally-Raised/ Grass-Fed/ Free-Range/Organic Meats or Ocean-Caught Fish (No antibiotics, no animal by-products, no hormones, no growth promoters, no cloned animals, no GMO animals)
- Only Organic Fruits and Vegetables (No pesticides, no GMOs)
- Healthy Fats (No industrial seed oils, NO TRANS FATS)
- Organic and Natural Grocery Items (No artificial sweeteners, preservatives, colors/food dyes, MSG, hydrogenated oils, or partially hydrogenated oils/fats)
- No High Fructose Corn Syrup
- And... at least 3 servings of ORGANIC vegetables per meal!—except for Taco Tuesday (Because sometimes you just have to have tacos!)

## SUNDAY PREP INSTRUCTIONS

MAKE ITEMS AHEAD OF TIME ON SUNDAY SO THE REST OF THE WEEK IS A BREEZE!

### **ORGANIC** good4u **FIELD SALAD**

(HAVE ON SUNDAY, MONDAY AND WEDNESDAY)

Makes: 12 servings

Prep time: 10–15 minutes

Serving size: 1 to 1½ cups, eaten 3x throughout the week

2 heads romaine lettuce, chopped into bite size pieces

½ green cabbage, chopped

2–3 carrots, peeled and cut into rounds or slivers

2–3 celery ribs, chopped

*OPTIONAL TOPPINGS:*

Raisins , Sliced almonds, Pecans

### MAKE WHILE ROAST IS COOKING

1. Separate, rinse and dry the leaves of the lettuce (A salad spinner saves time).
2. With your hands, tear the lettuce into bite size pieces, or chop into bite size pieces with a knife.
3. Put the leaves into a large bowl with a lid.
4. Cut off beet leaves from beet bunches, by cutting off at the root, then cut off the stem so that you are left with the leaves. Separate, rinse and dry the leaves as you did with the romaine lettuce leaves. Chop into bit size pieces with a knife or by hand tearing.
5. Add the chopped cabbage, carrots and celery and toss.
6. This salad will be used for 3 meals throughout the week. The optional toppings can be added right before serving.

### **CLASSIC BALSAMIC VINAIGRETTE**

(Adapted from: [paleoleap.com/salad-dressing-and-vinaigrettes/](http://paleoleap.com/salad-dressing-and-vinaigrettes/))

Prep time: approximately 5 minutes

1 ½ cup balsamic vinegar

2 clove of garlic, crushed

2 teaspoon dried oregano

4 teaspoon Dijon mustard, optional

1 ½ cup extra virgin olive oil (EVOO)

Salt & pepper to taste

1. Put all the ingredients in a jar that has a lid. Close the lid tight and shake well to combine all the ingredients.

### **MEDITERRANEAN SPICE MIX**

Prep time: approximately 5 minutes

3 tablespoons dried basil

3 tablespoons dried oregano

1 tablespoon garlic powder

1 teaspoon onion powder

1 teaspoon dried thyme

1 teaspoon dried rosemary

¼ teaspoon black pepper

½ teaspoon red pepper flakes

2 tablespoons ground cumin

2 tablespoons ground coriander

2 teaspoons cinnamon, optional

### MAKE WHILE ROAST IS COOKING:

1. In a mixing bowl, combine all ingredients and mix. If you do not like certain spices omit and substitute as desired. Store in an airtight container.

## SUNDAY PREP INSTRUCTIONS (CONT.)

**OLIVE TAPENADE**

(USE AS A TOPPING ON MONDAY'S GOURMET BURGERS AND TUESDAY'S FISH TACOS)

(Adapted from: [whfoods.com/genpage.php?tname=recipe&dbid=289](http://whfoods.com/genpage.php?tname=recipe&dbid=289))

Prep time: 5–10 minutes

- 1-8oz jar pitted Kalamata olives, minced
- 3 garlic cloves, minced
- 2 tablespoons capers, rinsed and drained, optional
- 2 tablespoons minced fresh Italian parsley
- 2 teaspoons lemon peel zest (save lemon in baggie in refrigerator to squeeze on fish tacos on Tuesday)
- Pepper to taste
- 3 tablespoons EVOO
- 1 minced anchovy filet, optional
- 1-6oz jar artichoke hearts, chopped

**MAKE WHILE ROAST IS COOKING:**

1. In a small bowl, combine olives, artichoke hearts, garlic, capers (optional) parsley, anchovy (optional), lemon peel, and black pepper.
2. Add EVOO and mix thoroughly.
3. Store in airtight container in refrigerator.

**TANGY MARINATED SLAW** (MAKE AHEAD TO SERVE WITH DINNER ON TUESDAY AND THURSDAY)

(Adapted from: [livinthecrunchylife.blogspot.com/2014/04/tangy-slaw-no-mayo.html](http://livinthecrunchylife.blogspot.com/2014/04/tangy-slaw-no-mayo.html))

Makes: 8–10 servings

Prep time: 10–15 minutes

- Green cabbages, 4 packed cups finely shredded
- 6 green onions, diced
- 1–2 carrots, shredded or julienned
- ¼ cup Italian parsley, finely chopped
- 2 tablespoons EVOO (more if desired)
- 4 tablespoons red wine vinegar (or to taste) 2–3 tablespoons for less tangy slaw. We prefer 4–5 tablespoons, but it's quite tangy. May substitute with lemon or lime juice, though it will change flavor.
- 1 tablespoon lemon juice
- 1 garlic clove, finely minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil

- ⅛ teaspoon dried thyme, optional
- ½–1 teaspoon salt to taste
- ⅛ teaspoon ground black pepper

**MAKE WHILE ROAST IS COOKING:**

1. Combine all chopped and shredded vegetables in a large mixing bowl.
2. In another mixing bowl, whisk together oil, vinegar, zest, spices, and herbs.
3. Add dressing to cabbage mixture and toss until mixed very well.
4. Mix again.
5. Put into airtight container and refrigerate (best within 2–3 days).
6. Mix again before serving

**STRAWBERRY LEMON COCONUT CREAM PARFAITS**

**PREP TIP:** MAKE THE LEMON CURD PORTION ON SUNDAY (STEPS 2–7) FOR A SWEET SURPRISE ON THURSDAY.

COMPLETE THE REMAINING STEPS (8–12) ON THURSDAY.

(Adapted from: [gourmandeinthekitchen.com/2013/strawberry-lemon-coconut-cream-parfait-recipe](http://gourmandeinthekitchen.com/2013/strawberry-lemon-coconut-cream-parfait-recipe))

Makes: 4 servings

Prep time: 1 hour in total

- ¼ cup lemon juice
- 3 tablespoons honey
- 2 tablespoons butter
- Pinch of salt
- 1 egg and 2 egg yolks
- ⅛–½ teaspoon lemon extract
- 1 package frozen strawberries, thawed
- ½ teaspoon vanilla extract
- 2 tablespoons runny raw honey (warm slightly if your honey is solid at room temperature)
- 1-13.5oz can Thai Kitchen® full-fat coconut milk, refrigerated overnight

**MAKE WHILE ROAST IS COOKING:**

1. At least one night before, place an unopened can of coconut milk in the refrigerator.
2. To make the lemon curd put the lemon juice, honey and butter, cut into cubes, along with a pinch of salt into a glass heatproof bowl set over a pan of simmering water, making sure that the bottom of the bowl doesn't touch the water.

3. Whisk together until butter has melted and ingredients are fully blended.
4. In a separate bowl, beat the egg and yolks lightly with a fork.
5. Move the pan off the heat and stir the beaten eggs into the warm lemon mixture.
6. Return to heat and cook, stirring regularly until mixture thickens and becomes custard-like about 3–5 minutes. (The curd should be smooth and creamy.) Remove immediately from heat. (If you leave it on the heat longer, the curd will become thick and your curd may be lumpy.)
7. Remove from the heat and stir occasionally as it cools. Pour into an airtight container and refrigerate until Thursday night.
8. On Thursday night make the whipped coconut cream. Open the can of coconut milk and scoop the solidified cream that has risen to the top, discarding the clear liquid underneath.
9. Transfer coconut cream to a pre-chilled mixing bowl and beat on low with a stand or hand mixer until lightened. Increase speed to high and continue beating until thick and peaks form. Fold in cooled lemon curd, and beat again briefly to fully incorporate.
10. On Thursday night make the strawberry filling. Combine the thawed strawberries in a bowl with the 2 tablespoons of honey and ½ teaspoon vanilla extract.
11. To assemble the parfaits, spoon the strawberry mixture into the bottom of four glasses or bowls, follow with a layer of the lemon coconut cream. Continue layering with the remaining berries and cream mixture.
12. Top each parfait with lemon zest for garnish, and serve immediately or hold in the refrigerator until ready.

### SUNDAY: QUALITY FAMILY TIME, PRICELESS

**PREP TIP: 1. TAKE GROUND PORK OUT OF THE FREEZER IN THE MORNING AND PUT IT IN REFRIGERATOR TO THAW OUT SO IT'S READY FOR MONDAY'S DINNER. 2. GRATE CHEDDAR CHEESE**

Perfectly Delicious Pot Roast

Roasted Cabbage Slices with Cheddar Cheese

Organic Field Salad with Classic Balsamic Vinaigrette

### PERFECTLY DELICIOUS POT ROAST

(Adapted from: [thepioneerwoman.com/cooking/2008\\_the\\_year\\_of\\_the\\_pot\\_roast/](http://thepioneerwoman.com/cooking/2008_the_year_of_the_pot_roast/))

Prep time: 15–20 minutes

Cook time: 2 hours

1-32oz chuck roast

2 tablespoons EVOO

2 whole yellow onions cut in half

6 whole carrots peeled and cut in 2 inch diagonal slices

4 stalks celery cut in 2 inch diagonal slices

4 medium Yukon gold potatoes scrubbed and cut into large chunks

Salt & pepper to taste

1½–2 cups chicken stock

2 tablespoons Mediterranean Spice Mix  
(see earlier recipe)

1. First and foremost, choose a nicely marbled piece of meat. This will enhance the flavor of your pot roast like nothing else. Generously salt and pepper your chuck roast.
2. Preheat oven to 275°F.
3. Heat a large pot or Dutch oven over medium-high heat. Then add 2 to 3 tablespoons of olive oil (or you can do a butter/olive oil split).
4. Cut two onions in half and cut 6–8 carrots into 2 inch slices (You can peel them, but you don't have to). When the oil in the pot is very hot, but not smoking, add in the halved onions, browning them on one side and then the other. Remove the onions to a plate and add salt & pepper to taste.
5. Throw the carrots, celery and potatoes into the same very hot pan and toss them around a bit until slightly browned, about a minute or so. Remove to a plate and add salt & pepper to taste.

- If needed, add a bit more olive oil to the very hot pan. Place the meat in the pan and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- With the burner still on high, use the chicken broth (about 1 cup) to deglaze the pan, scraping the bottom with a whisk to get that entire wonderful flavor up.
- When the bottom of the pan is sufficiently deglazed, place the roast back into the pan and add enough chicken stock to cover the meat halfway (about ½–1 more cup of stock). Add in the onion, carrots, and potatoes as well as the dried herbs, and additional salt & pepper to taste.
- Put the lid on, and then roast in a 275°F oven for 2 hours (for a 2 pound roast).

### ROASTED CABBAGE SLICES WITH CHEDDAR

Prep time: 5 minutes

Cook time: 50 minutes

½ head green cabbage  
 2–3 tablespoons EVOO  
 ¼–½ cup cheddar cheese, coarsely shredded  
 Salt & pepper to taste

- Preheat oven to 375°F.
- Oil baking sheet with olive oil.
- Slice cabbage into ¼ inch slices and lay on baking sheet.
- Drizzle olive oil lightly over cabbage slices.
- Season slices with salt & pepper to taste.
- Bake for 25 minutes.
- Remove tray from oven. Turn slices over, drizzle olive oil lightly over slices and season with salt & pepper.
- Sprinkle shredded Cheddar cheese over each slice.
- Bake additional 25 minutes.

\*\*\*Note: If your oven tends to run hot or your slices are thinner, slices may start to brown too much on the edges. Watch cook time after placing tray into oven to finish.

### MONDAY: GOURMET BURGER MADNESS

*PREP TIP: TAKE FISH OUT OF FREEZER IN THE MORNING AND PUT IN REFRIGERATOR TO THAW OUT.*

Spicy Italian Pork Burgers

Steamed Buttery Broccoli

Sautéed Sweet Peppers and Onions

Kalamata Olive Tapenade

Fried Eggs (topping for burgers)

Organic Field Salad with Classic Balsamic Vinaigrette

### SPICY ITALIAN PORK BURGERS

Prep time: 5–10 minutes

Cook time: 15–20 minutes

1 Package Beeler's™ Hot Pork Sausage chub

½ yellow onion, finely minced

1–2 teaspoons Mediterranean Spice Mix

*(See recipe at top)*

Pinch or two of red pepper flakes or cayenne pepper  
 (OPTIONAL: Add only if you want extra heat)

Enough butter to fry patties with

1 head Romaine lettuce *(save ribs for taco shells for Tuesday night's dinner)*

- Put ground sausage, spices, red pepper flakes (optional) and onions in a small mixing bowl and combine. (This is best done with your hands as you can feel when the onions are evenly disbursed.)
- Split into 4 equal portions and flatten until ¾ inch thick.
- Add butter to frying pan and heat over medium heat until melted and slightly bubbly. (You may also grill the burgers if you want to.)
- Add patties to pan and flatten with spatula as they cook on one side.
- Flip regularly until cooked through.

### SERVING SUGGESTIONS:

- Romaine lettuce wraps (cut off rib portion and save to make Romaine "taco" shells for Taco Tuesday). Use the leafy portion as a wrap for the burgers.

## OPTIONAL:

- Top with a fried egg (ONLY THREE BURGERS CAN BE TOPPED WITH FRIED EGG—one egg must be reserved for making Brazilian Cheese Bread, optional, marinara sauce, olive tapenade, sautéed sweet peppers and onions.
- Serve on Ciabatta bun

**STEAMED BUTTERY BROCCOLI**

Cook time: 5–10 minutes

1-10oz bag Cascadian Farms® Organic Broccoli cuts

Butter to taste

Salt &amp; pepper to taste

1. Place a vegetable steamer into a medium size sauce pan, and fill with water to just below the steamer.
2. Put broccoli into the steamer, cover and bring water to a boil.
3. Steam broccoli until warmed through.
4. Remove from steamer and put in serving bowl. Add 1–3 tablespoons of butter and salt & pepper to taste. You can other spices as well, such as red pepper flakes, oregano or turmeric. Mix well. Serve immediately.

**SAUTÉED SWEET PEPPERS AND ONIONS**

Prep time: 3–5 minutes

Cook time: 15–20 minutes

1½ bags frozen Woodstock Farms™ Tri-colored Peppers  
(Use left over ½ bag in Thursday's Braised Celery, Carrots & Sweet Peppers)

3 tablespoons EVOO

1 yellow onion, thinly sliced

3 cloves garlic, very finely chopped

Salt &amp; pepper to taste

1½ tablespoons balsamic vinegar

2 tablespoons Italian parsley, finely chopped

1. Heat the olive oil in a large pan over medium heat. Add the onion and cook, stirring frequently, until they are very soft and golden in color, 7–8 minutes.
2. Add the garlic and cook for another minute.
3. Add the frozen peppers and continue cooking, stirring frequently, until the peppers are thawed and warmed through.

4. Season with salt & pepper to taste.
5. Add the balsamic vinegar, cover the pan and cook for an additional 6–8 minutes, stirring every minute or so. Remove the cover and cook for 2–3 minutes longer, stirring often. The peppers should be sweet and very tender.
6. Taste and adjust the seasoning as needed.
7. Transfer the mixture to a large bowl, sprinkle with parsley and serve family-style.

**TUESDAY: SURF AND TURF TACO TIME!**

Mediterranean Fish Tacos with Cumin Spiced Black Beans  
Pot Roast Carnitas Tacos (Only if there is leftover pot roast)

Cumin Spiced Black Beans

Tangy Marinated Slaw

Rosemary Potato Hash

(Make this first as it will take the most time to cook)

Kalamata Olive Tapenade

**ROSEMARY POTATO HASH (COOK FIRST)**(Adapted from: [paleofoodiekitchen.com/2013/05/rosemary-sweet-potato-hash](http://paleofoodiekitchen.com/2013/05/rosemary-sweet-potato-hash))

Prep time: 5–10 minutes

Cook time: 30 minutes

5 red or Yukon gold potatoes, scrubbed  
(peeled if preferred) and cubed

½ small yellow onion, thinly sliced

1 tablespoon coconut oil or EVOO

1½ teaspoon dried rosemary

2 tablespoons raw pumpkin seeds, optional

½ teaspoon red pepper flakes

Salt &amp; pepper to taste

1. Preheat oven to 350°F.
2. In a bowl, combine cubed red potatoes, onions, rosemary salt & pepper. Toss with the coconut or olive oil and spread on a foiled lined baking sheet.
3. Roast for 15 mins, stir mixture and roast for 10 more minutes.
4. Add the pumpkin seeds (optional) and red pepper flakes.
5. Roast again for 5 minutes so the seeds do not get burned.

### **LEFTOVER CHUCK ROAST CARNITAS TACOS (IF YOU HAVE LEFTOVERS FROM SUNDAY'S ROAST)**

(Adapted from: [sweetcsdesigns.com/turn-leftover-chuck-roast-carnitas-tacos](http://sweetcsdesigns.com/turn-leftover-chuck-roast-carnitas-tacos))

Prep time: 5 minutes

Cook time: 20 minutes

3 cups leftover chuck roast—shredded—or as much as you have left over from Sunday night

4oz tomato sauce

1 teaspoon chili powder

1 teaspoon cumin

½ teaspoon oregano

½ teaspoon turmeric

Or instead of the above spices use 1 tablespoon Mediterranean Spice Mix (See earlier recipe)

Plain full-fat Greek yogurt

1. In a large pan, add roast and use a fork to shred.
2. Add marinara sauce and spices.
3. Cook on low for about 20 minutes, until the meat has soaked up the sauce and the spices have all had time to soak in.

#### **SERVING SUGGESTIONS:**

- On top of Rosemary Potato Hash or in Romaine lettuce "taco" shells.
- Assemble the tacos by filling a Romaine lettuce "taco" shell with a couple chunks of carnitas, a scoop of the tangy slaw and a scoop of black beans.
- To make Romaine lettuce "taco" shells, remove the leafy part of a Romaine lettuce leaf and use the rib portion like a taco shell.
- Top with Olive Tapenade, grated cheddar cheese, diced avocado, fresh cilantro or plain full-fat Greek yogurt.

### **MEDITERRANEAN FISH TACOS WITH CUMIN SPICED BLACK BEANS**

Prep time: 5 minutes

Cook time: 10 minutes

2-5oz Orca Bay® Cod Filets

1-2 tablespoons homemade Mediterranean Spice Mix (see earlier recipe)

2-3 tablespoons EVOO

Salt

Plain full-fat Greek yogurt

Romaine Lettuce leaves for "taco shells"

1. Rub one side of your fish fillets with the Mediterranean Spice Mix seasoning and sprinkle them with some salt.
2. Let them sit 5 minutes.
3. Heat about 1-2 tablespoons olive oil in a large frying pan until it is nearly smoking. Add the fish, spiced side down, and fry until just cooked through and flaky.
4. Shred or dice fish into bite sized pieces.

#### **SERVING SUGGESTIONS:**

- On top of Rosemary Potato Hash or in Romaine lettuce "taco" shells.
- Assemble the tacos by filling a Romaine lettuce "taco" shell with a couple chunks of fish, a scoop of the tangy slaw and a scoop of black beans. To make Romaine lettuce "taco" shells, remove the leafy part of a Romaine lettuce leaf and use the rib portion like a taco shell.
- Top with Olive Tapenade, grated cheddar cheese, diced avocado, fresh cilantro, lemon juice, plain full-fat Greek yogurt.

### **CUMIN SPICED BLACK BEANS**

(Adapted from:

[epicurious.com/recipes/food/views/black-beans-with-garlic-cumin-and-cilantro-101154](http://epicurious.com/recipes/food/views/black-beans-with-garlic-cumin-and-cilantro-101154))

Prep time: 5 minutes

Cook time: 10-15 minutes

1-15oz can black beans, drained

2-4 garlic cloves, minced

1 teaspoon ground cumin

2 tablespoons EVOO

⅓ cup tomato sauce

¾ teaspoon salt

2 tablespoons fresh cilantro, chopped

1. Drain black beans.
2. Mince garlic.
3. Heat olive oil garlic and cumin in a frying pan over moderate heat, stirring until fragrant.
4. Add black beans, marinara, and salt and cook, stirring until beans are heated through. Reduce sauce. Stir in cilantro.

## WEDNESDAY: EASY BREEZY HUMP DAY

**PREP TIPS:** 1. PUT THE CAN OF COCONUT MILK IN THE REFRIGERATOR TONIGHT TO USE TO FINISH MAKING THE STRAWBERRY LEMON COCONUT CREAM PARFAITS FOR TOMORROW'S DINNER.

2. MAKE THE MARINADE FOR THURSDAY'S CHICKEN DRUMSTICKS TONIGHT, MARINADE RECIPE BELOW, AND MARINADE THE DRUMSTICKS OVERNIGHT FOR TOMORROW'S DINNER.

3. PUT THE BAG OF FROZEN STRAWBERRIES IN THE REFRIGERATOR TONIGHT SO THEY ARE THAWED OUT IN ORDER TO FINISH MAKING THE PARFAITS FOR TOMORROW'S DIN

Zoodle Asparagus Carbonara

Steamed Beets Two Ways

Organic Field Salad with Classic Balsamic Vinaigrette

OPTIONAL: Brazilian Cheese Bread (Pão de Queijo) – Chebe Mix

Marinade for Thursday's recipe

### OPTIONAL: BRAZILIAN CHEESE BREAD (PÃO DE QUEIJO) – CHEBE MIX

Pop these into the oven after making your zucchini into zoodles, before you start cooking the carbonara.

(Adapted from: [paleofoodiekitchen.com/2013/05/rosemary-sweet-potato-hash](http://paleofoodiekitchen.com/2013/05/rosemary-sweet-potato-hash))

Prep time: 5 minutes

Cook time: 20–25 minutes

Chebe Mix

2 tablespoons EVOO

1 cup grated cheddar cheese

2 eggs

1. Preheat oven to 375°F.
2. Blend Chebe Original Bread Mix with 2 tablespoons oil, 1 cup shredded cheese (sharp or hard cheeses work best) and 2 large eggs.
3. Slowly blend in exactly ¼ cup water.
4. Knead dough with hands until smooth.
5. Divide dough into 16 pieces, rounding each into a ball shape. Place 1–2 inch apart on ungreased baking sheet (line with parchment if available).
6. Bake 20–25 minutes until lightly browned. Serve warm and enjoy.

### MARINADE FOR CHICKEN DRUMSTICKS SCARPARELLO

**PREP TIP:** TO RELEASE THE FLAVOR THAT HAS BEEN LOCKED IN ROSEMARY DURING THE DRYING PROCESS, RUB THE DRIED HERBS BETWEEN YOUR HANDS OR CRUMBLE THEM BEFORE ADDING THEM TO YOUR DISH

Prep time: 5–10 minutes

2 tablespoons EVOO or coconut oil

1 tablespoon dried rosemary.

1 tablespoon dried sage

1 tablespoon dried oregano (*To release the flavor that has been locked in rosemary during the drying process, rub the dried herbs between your hands or crumble them before adding them to your dish.*)

2 cloves garlic, minced

1½ tablespoon lemon juice

Salt & pepper to taste

1. In a large mixing bowl, combine the olive or coconut oil, lemon juice, garlic, and the crumbled rosemary, sage, and oregano. Taste and adjust the seasoning with the salt & pepper before adding the wings.
2. Mix thoroughly and add the drumsticks.
3. Cover and refrigerate the wings 24 hours to marinate them.

### STEAMED BEETS TWO WAYS

Prep time: 5–10 minutes

Cook time: 15–20 minutes

1–2 bunches of beets (*you want a total of between 4 to 6 beets—it can be a mix of red and golden. Make sure to choose bunches with green tops that are in good shape*)

2–4 tablespoons butter

Salt & pepper to taste

1. Put one vegetable steamer each into two medium sauce pans; fill with water to just below the steamer. Start to heat water on high to medium high heat.
2. Wash your beets:
  - Cut off tops and wash the tops and put on a paper towel to dry.
  - Wash the beets themselves and get off any dirt.

3. Peel the beets with a vegetable peeler and cut into quarters.
4. Chop up greens as you would spinach or kale, including the stems.
5. Place the quartered beets into one saucepan and cover with lid and steam. Steam for about 15 minutes. (Beets are done when they are easily pierced with a fork.)
6. Remove beets from heat, place into serving dish, put 1–2 tablespoons of butter on top and add salt & pepper to taste.
7. Place the greens into the other saucepan and cover with lid and steam. Steam for 4–10 minutes, until they are wilted and bright green and the stems are soft.
8. Remove the beet greens and stems from heat, place into serving dish, put 1–2 tablespoons of butter on top and add salt & pepper to taste.

### ZOODLE ASPARAGUS CARBONARA

Prep time: 15–20 minutes

Cook time: 20–30 minutes

5–6 zucchinis, washed and prepped into “noodles”—Either via using a spiralizer, or hand-cut into julienne noodles using a box cutter, or using a julienne peeler.

6–8 cloves of garlic, diced

9 slices (8oz) bacon, cut into ½ inch pieces

4 eggs

½ yellow onion, cut into thin half-moon slices

1 package cut frozen asparagus

1 cup grated cheddar cheese

½ cup full-fat Greek yogurt

2 tablespoons chopped Italian parsley

Salt, black pepper, and crushed red pepper flakes to taste

1. Make your zoodles (zucchini noodles):
  - Spiralizer – use as directed.
  - Hand-cut: Cut each zucchini lengthwise into ⅛-inch slices. Then turn over half the slices, and slice again vertically to create spaghetti-sized strips. Don't include the seeded center when making zoodles.
  - Julienne Peeler: Cut off the ends of the zucchini. Create long noodles with the peeler. Don't include the seeded center when making zoodles.

2. Once you make your zoodles, spread them out on a layer of paper towels into a thin layer and pat them down with a paper towel before cooking.
3. Mix the yogurt and shredded cheese together in a mixing bowl.
4. In a large skillet, sauté the bacon until crisp. Remove bacon and drain on a paper towel-lined plate. Remove all but 1 tablespoon bacon grease and reserve.
5. Add garlic and onion to pan and let brown slightly on medium to medium-low heat. (About 5 minutes—you don't want it to burn.)
6. Increase heat to medium-high.
7. Add zucchini noodles to the pan.
8. Cook on med-high until browned and most of the liquid has evaporated.
9. Turn to medium/medium-low heat and add asparagus. Cook until asparagus is warmed through.
10. While asparagus is cooking add another medium skillet over medium heat, add butter or EVOO and add 4–5 eggs. Let them cook until the egg whites set.
11. Remove zoodles from heat and add salt & pepper to taste.
12. Add cheese and yogurt mixture and bacon and mix gently.
13. Plate and top with one of the fried eggs, if desired.
14. Sprinkle with Italian parsley and crushed red pepper flakes to taste.

### THURSDAY: SWEET SURPRISE

**(DON'T FORGET TO BAKE THE SWEET POTATO FRIES!)**

Chicken Drumstick Scarpariello

Sweet Potato Fries (frozen; to make, follow directions on package)

Braised Celery, Carrots & Sweet Peppers

Tangy Marinated Slaw

Strawberry Lemon Coconut Cream Parfaits

### CHICKEN DRUMSTICKS SCARPARELLO

(Adapted from:

[stupidideasypaleo.com/2014/08/02/chicken-wings-scarpariello-paleo-whole30](http://stupidideasypaleo.com/2014/08/02/chicken-wings-scarpariello-paleo-whole30))

Cook time: 30–40 minutes

8 chicken drumsticks

2 tablespoons olive or coconut oil

1 tablespoon dried rosemary.

1 tablespoon dried sage  
 1 tablespoon dried oregano  
 2 cloves garlic, minced  
 1½ tablespoon lemon juice  
 Salt & pepper to taste

### SAUCE FOR THE DRUMSTICKS

½ small yellow onion, chopped  
 ½ cup chicken stock  
 1½ tablespoons lemon juice  
 1 tablespoon butter  
 ⅛ teaspoon cayenne pepper  
 ⅛ teaspoon red pepper flakes

**(Put together the marinade and marinate the chicken drumsticks overnight on Thursday night)**

1. Preheat oven to 425°F, and line a baking sheet with foil.
2. Remove the drumsticks from the marinade and discard it. Roast the drumsticks in the oven for 15 minutes. Use tongs to turn over the drumsticks and bake for another 15–20 minutes depending on level of crispiness you want.
3. Meanwhile, in a large skillet over medium heat, sauté the onion in butter until soft.
4. Add the chicken stock and lemon juice and bring it to a boil, stirring the sauce as it reduces. Add the drumsticks to the skillet and toss for 1–2 minutes until they're well coated.

### BRAISED CELERY, CARROTS AND SWEET PEPPERS

Prep time: 5–10 minutes  
 Cook time: 15–20 minutes

6 stalks celery, rinsed and trimmed, leaves chopped and reserved  
 ½ onion  
 2 carrots, peeled and chopped into thin rounds  
 ½ bag of Woodstock Farms® Frozen Tri-colored Peppers  
 1 teaspoon oregano  
 Butter  
 Salt & pepper to taste  
 Italian parsley to garnish  
 ½ cup chicken broth

1. Slice celery into 1-inch diagonal pieces.
2. Cut carrots into thin rounds.
3. Heat 1–2 tablespoons butter in a 10-inch sauté pan over medium heat.
4. Once melted, add onion and sauté until golden.
5. Add carrot, oregano, salt and pepper and cook about 2 minutes.
6. Add celery and cook for 5 minutes until just beginning to soften slightly.
7. Add ½ bag of frozen Woodstock Farms™ Tri-colored Peppers.
8. Add the chicken broth and stir to combine. Cover and reduce the heat to low.
9. Cook until the celery is tender but not mushy, approximately 5 minutes.
10. Uncover and allow the celery to continue to cook for an additional 5 minutes or until the liquid has been reduced to a glaze. Transfer to a serving dish and garnish with parsley, reserved celery leaves, if any, and a bit of butter.

### STRAWBERRY LEMON

#### COCONUT CREAM PARFAITS

Assemble tonight from the prepped ingredients: Steps 8–12

(Adapted from:

[gourmandeinthekitchen.com/2013/strawberry-lemon-coconut-cream-parfait-recipe](http://gourmandeinthekitchen.com/2013/strawberry-lemon-coconut-cream-parfait-recipe))

Makes: 4 servings

Prep time: 1 hour in total

#### INGREDIENTS FOR THE LEMON CURD

¼ cup lemon juice  
 3 tablespoons honey  
 2 tablespoons butter  
 Pinch of salt  
 1 egg and 2 egg yolks  
 ⅛ to ½ teaspoon lemon extract  
 1 package frozen strawberries, thawed  
 ½ teaspoon vanilla extract  
 2 tablespoons runny raw honey (warm slightly if your honey is solid at room temperature)  
 1-13.5oz can Thai Kitchen® full-fat coconut milk, refrigerated overnight

1. At least one night before (in this case on Wednesday night), place an unopened can of coconut milk in the refrigerator.
2. To make the lemon curd put the lemon juice, honey and butter, cut into cubes, along with a pinch of salt into a glass heatproof bowl set over a pan of simmering water, making sure that the bottom of the bowl doesn't touch the water.
3. Whisk together until butter has melted and ingredients are fully blended.
4. In a separate bowl, beat the egg and yolks lightly with a fork.
5. Move the pan off the heat and stir the beaten eggs into the warm lemon mixture.
6. Return to heat and cook, stirring regularly until mixture thickens and becomes custard-like about 3–5 minutes. (The curd should be smooth and creamy.) Remove immediately from heat. (If you leave it on the heat longer, the curd will become thick and your curd may be lumpy.
7. Remove from the heat and stir occasionally as it cools. Pour into an airtight container and refrigerate until Thursday night.
8. On Thursday night make the whipped coconut cream. Open the can of coconut milk and scoop the solidified cream that has risen to the top, discarding the clear liquid underneath.
9. Transfer coconut cream to a pre-chilled mixing bowl and beat on low with a stand or hand mixer until lightened. Increase speed to high and continue beating until thick and peaks form. Fold in cooled lemon curd, and beat again briefly to fully incorporate.
10. Combine the thawed strawberries in a bowl with the 2 tablespoons of honey and ½ teaspoon vanilla extract.
11. To assemble the parfaits, spoon the strawberry mixture into the bottom of four glasses or bowls, follow with a layer of the lemon coconut cream. Continue layering with the remaining berries and cream mixture.
12. Top each parfait with lemon zest for garnish, and serve immediately or hold in the refrigerator until ready.