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## Summer Menu: Week 2

**Sunday:** BBQ Ribs with Southern Dry Rub

**Monday:** Grilled Sockeye Salmon

**Tuesday:** Turkey Tacos

**Wednesday:** Grilled Lemon Chicken

**Thursday:** Nachos

**Friday:** Chicken Caprese Panini

**Saturday:** Pasta with Broccoli and Sausage with a Ricotta Surprise



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## Grocery List

### PRODUCE

7 lemons  
Lettuce  
4 large tomatoes  
Head of garlic  
Green onions  
Fresh basil  
1 large head broccoli  
1 medium onion

### DRY/CANNED FOODS

Large bag tortilla chips  
1 can refried beans  
1 medium can sliced black olives  
1 pound penne pasta  
1.5 cups chicken broth

### BREAD

10 corn tortillas  
1 loaf Italian bread (ciabatta, etc)

### DAIRY/DELI

4-5 cups shredded cheese  
Sour cream (optional)  
Fresh mozzarella cheese  
1 cup ricotta cheese  
1 cup shredded parmesan cheese

### CONDIMENTS/SAUCES

Paprika  
Chili powder  
Ground cumin  
Garlic powder  
Ground marjoram  
Dried oregano  
Cayenne pepper  
Crushed red pepper  
Nutmeg  
Brown sugar  
Soy sauce  
Mayonnaise  
Vegetable oil  
Olive oil  
Apple cider vinegar  
Balsamic vinegar  
Salsa  
Barbeque sauce (optional)

### MEAT/FISH

Large rack of pork spareribs  
1.5 pounds Sockeye salmon  
1.5 – 2 pounds ground turkey  
10-12 pieces bone-in chicken  
1 pound bulk Italian sausage

### OTHER GROCERIES NEEDED



# Food of Bliss

Find bliss in every bite

## BBQ Ribs with Southern Dry Rub

2 tablespoons paprika  
2 tablespoons brown sugar  
1 tablespoon chili powder  
1 tablespoon sea salt  
1 tablespoon black pepper  
1 teaspoon ground cumin  
1/2 teaspoon garlic powder  
1/2 teaspoon ground marjoram  
1/4 teaspoon cayenne pepper  
1/4 teaspoon nutmeg  
1 large rack of pork spareribs  
Barbeque sauce (optional)

Combine all of the spices in a small bowl and set aside. Line a large baking sheet with foil. Rinse the spareribs in cold water and dry thoroughly with paper towels. Place the ribs on the baking sheet.

Using your hands, rub both sides of the ribs with the spice mixture. Cover with plastic wrap and refrigerate for about 1, or up to 12 hours for a stronger flavor. Take the meat out of the refrigerator about 30 minutes before grilling to let it warm up a bit (this will help the meat cook more evenly).

Preheat your grill to low to medium heat (about 300 degrees). Place the ribs on the grill, bone-side up. Cook for 45-60 minutes, ensuring that the temperature remains around 300 degrees. Flip the ribs and cook for another 45 to 60 minutes. If desired, brush on your favorite barbeque sauce during the last minutes of grilling.

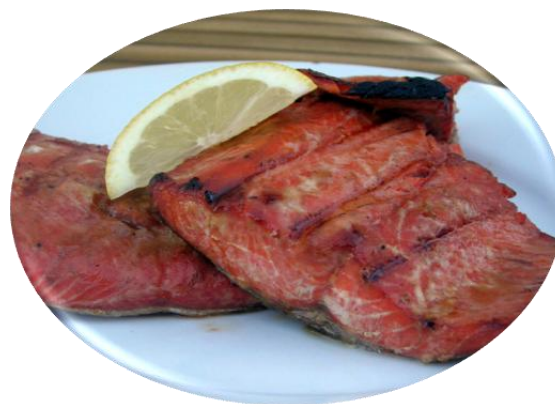


## Grilled Sockeye Salmon

Large fillet of Sockeye salmon (about 1.5 pounds)  
1/3 cup soy sauce  
1/3 cup brown sugar  
1/3 cup water  
1/4 cup vegetable oil  
1/4 teaspoon pepper  
1 lemon, halved

Cut the salmon fillet into 3 or 4 serving pieces and put the pieces in a large zip lock bag. In a small bowl, add the soy sauce, brown sugar, water, oil, pepper, and the juice of 1/2 of the lemon; stir until the sugar is dissolved. Pour into the bag with the salmon, seal the bag, and then turn to coat. Allow salmon to marinate in the refrigerator for at least 2 hours.

Preheat your grill to medium heat, and lightly oil the grate. Place the salmon on the grill, flesh-side down, and cook for about 5-8 minutes (depending on the thickness of the fish). Turn the fish, skin-side down and cook another 5 minutes, or until the fish flakes easily. Serve with lemon wedges and enjoy!





# Food of Bliss

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## Turkey Tacos

(Save left-over turkey for the Nachos)

1.5 – 2 pounds ground turkey  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 teaspoon salt  
1/2 teaspoon garlic powder  
1/2 teaspoon dried oregano  
1/4 teaspoon black pepper  
Lettuce, chopped  
Tomatoes, chopped  
1 cup of shredded cheese  
10 corn tortillas  
Oil for frying  
Salsa  
Sour cream (optional)

Add the ground turkey to a large, heavy skillet (I use cast iron) over medium-high heat. Cook, stirring frequently, while breaking the meat up into small pieces. When the turkey is browned, stir in the chili powder, cumin, salt, garlic powder, oregano, and black pepper. Continue cooking until the turkey is cooked through. Remove from heat and cover to keep warm.

Put another large, heavy skillet over the hot burner and add enough oil to fill the skillet about 1/4-inch deep. Turn the heat to high and wait for the oil to get hot (you should be able to smell it and may see a ripple or two over the surface of the oil). (Note: you may want to wear an apron to save your shirt from grease spots.) Using tongs, gently lay a tortilla in the oil, away from you. Let the tortilla cook for about 5 seconds, then gently turn it using the tongs. Fold the tortilla in half and cook for about 15-30 seconds. Turn the tortilla and continue cooking for another 30 seconds, or until the tortilla is cooked. Remove to a paper towel lined plate to drain while you cook the remaining tortillas.

To serve, fill the tortillas with a spoonful of turkey, the top with lettuce, tomatoes, cheese, salsa, and sour cream, if desired.

## Grilled Lemon Chicken

(Save left-over chicken for the Chicken Caprese Paninis)

10-12 pieces of bone-in chicken  
1 cup fresh lemon juice  
1/2 cup olive oil  
1 teaspoon apple cider vinegar  
2 cloves garlic, pressed  
1/2 teaspoon dried oregano  
Salt and pepper to taste

Preheat the grill.

If desired, remove the skin from the chicken (it's good either way). When the grill is hot, place the chicken pieces on the grill and begin to cook.

Meanwhile, whisk together the lemon juice, olive oil, vinegar, garlic, oregano, salt and pepper. Reserve about a third of the sauce in a small bowl and set aside for later. Take the remaining sauce to the grill and use it to liberally baste the chicken. Fully cook the chicken, basting frequently with the lemon sauce.

Place the cooked chicken on a platter. Whisk together the reserved lemon sauce and pour it over the cooked chicken. Serve hot with your favorite side dishes.





# Food of Bliss

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## Nachos

- 1 large bag tortilla chips
- 1 can refried beans
- Left-over taco meat
- 3-4 cups shredded cheese
- 1 medium can sliced black olives
- 4 green onions, sliced
- Salsa
- Sour cream (optional)

Preheat oven to 350 degrees. Line a large baking sheet with foil.

Assemble the bottom layer by placing a single layer of chips on the baking sheet. Place a small spoonful of refried beans on each chip. Sprinkle some of the cooked taco meat over the chips and then cover the chips with some of the cheese. Sprinkle with olives.

Place the remaining chips on top of the first layer, and repeat the steps above to create the second layer of nachos.

Place the baking sheet into the oven and cook for about 15 minutes, or until the bottom layer of cheese is completely melted.

Remove from the oven and top with the green onions, salsa, and sour cream.



## Chicken Caprese Panini

- 1 loaf Italian bread, sliced
- 1-inch thick
- Mayonnaise
- Olive oil
- 2 large tomatoes, sliced and de-seeded
- Handful of fresh basil leaves
- Salt and pepper
- Balsamic vinegar
- Left-over chicken, cooked and sliced
- Mozzarella cheese, sliced



Heat a non-stick skillet over medium heat. Spread mayo on one side of a slice of bread, and spray the other side of the slice with olive oil (I use a Misto for this, but you can also brush the olive oil on with a pastry brush). Lay the bread in the skillet, olive oil side down. Place a tomato slice on top of the bread, then a few basil leaves, sprinkle with salt and pepper, drizzle with balsamic vinegar, top with a slice or two of chicken, and finally cheese. Place a second bread slice on top of the cheese.

Reduce the heat to low, if needed. Using a cast iron pan, or other heavy dish, press down on the sandwich for about 1 minute to flatten it. Spray the top slice of bread with olive oil. Flip the sandwich and then use the pan to press down on the sandwich again until the bread is golden brown and the cheese is melted.

Remove to a plate and repeat for the remaining sandwiches.





# Food of Bliss

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## Pasta with Broccoli and Sausage with a Ricotta Surprise

Salt

1 pound penne pasta

1 cup ricotta cheese

Juice and zest from one lemon

Freshly ground black pepper

1 tablespoon olive oil

1 pound bulk Italian sausage

1 large head broccoli

1 medium onion, chopped

4 garlic cloves, pressed

1/4 teaspoon crushed red pepper (approximately)

1 1/2 cups chicken broth

1/2 cup shredded parmesan cheese (plus more for serving)

Bring water to a boil in a large pot over high heat. Once it comes to a boil, add a bit of salt and the pasta. Cook according to the package directions, until al dente (just underdone). Reserve 1/2 cup of the cooking liquid, before draining the pasta.

In a small bowl, combine the ricotta cheese, lemon zest, salt to taste, and a generous amount of fresh black pepper. Let the ricotta mixture stand on the counter and come up to room temperature.



Add the olive oil to a large skillet over medium-high heat. When the skillet is hot, add the sausage, breaking it up into small pieces with a spatula. Cook the meat until brown, about 4 to 5 minutes, stirring frequently.

While the sausage is browning, chop the broccoli into small pieces (discard the tough stems).

Once the sausage is brown, remove it to a paper-towel-lined plate. Return the skillet to the heat and add the broccoli and onion. Spread the veggies out in an even layer, season with some salt and pepper, and let the broccoli brown a bit before stirring, about 2 minutes. Add the garlic and crushed red pepper and continue to cook for another 2 minutes.

Add the sausage back to the skillet along with the chicken broth. Add the 1/2 cup of cooking water from the pasta and bring it up to a simmer. Cook until the broccoli is tender and the liquids have reduced slightly, about 2 minutes. Add the lemon juice and cooked, well-drained pasta. Toss to combine and simmer about 1 minute to allow the pasta to soak in the flavors. Turn off the heat, add the parmesan cheese, and toss to combine.

To serve, place a large dollop of the ricotta mixture into a bowl and bury it with the hot pasta mixture. Before eating, mix it around with a fork to distribute the ricotta and sprinkle with extra parmesan cheese. Enjoy!