



## Summer Menu: Week 3

- Sunday:** Spiced Lentils with Garlic Naan  
**Monday:** Zesty Quinoa and Beans  
**Tuesday:** Simple Summer Squash and Sausage  
**Wednesday:** Cranberry Spinach Salad  
**Thursday:** Mediterranean Garlic Herb Cod  
**Friday:** Heavenly Ricotta Pancakes (Breakfast for Dinner!)  
**Saturday:** Parmesan Basil Orzo with Shrimp



## Grocery List

### PRODUCE

- 2 large onions
- 2 heads of garlic
- 1 lemon
- 1 large carrot
- 1 red bell pepper
- 1-2 small zucchini
- 1-2 small yellow squash
- 1 pound baby spinach
- 1 cup fresh basil
- 1/2 cup cilantro
- 1/4 cup fresh thyme
- 1/4 cup fresh parsley
- Berries (optional)

*(TIP: freeze extra herbs with olive oil in ice cube trays for later use)*

### DRY/CANNED FOODS

- 2 cups dried lentils
- 3/4 cup uncooked quinoa
- 1 cup uncooked orzo pasta
- 4 1/2 cups bread flour
- 15 oz can black beans
- 14.5 oz can Italian diced tomatoes
- 3/4 cup sliced almonds
- 1 cup dried cranberries
- 1 1/4 cup complete pancake mix

### FROZEN

- 1 cup frozen corn

### DAIRY/DELI

- 1 tablespoon heavy cream
- 1 3/4 cups milk (approx.)
- Sour cream (optional)
- 1 egg
- 3/4 cup butter
- 1 cup ricotta cheese
- 1/3 cup grated parmesan cheese

### CONDIMENTS/SAUCES

- Olive oil (approx. 1 1/2 cups)
- 1/2 cup vegetable oil
- Olive Oil and Garlic Spag. Sauce
- Cumin
- Garam masala (with the spices)
- Sea salt
- Chili powder
- Cayenne pepper
- Crushed red pepper
- Paprika
- Dried oregano
- 9 1/2 cups Chicken broth
- .25 ounce active dry yeast
- 3/4 cup sugar
- Powdered sugar (optional)
- 1/4 cup apple cider vinegar
- 1/4 cup rice wine vinegar
- 1 tablespoon ketchup

### MEAT/FISH

- 1 package Italian sausage links
- 1 pound cod filets
- 1-2 pounds large shrimp
- Cooked Chicken (optional)

### OTHER GROCERIES NEEDED



# Food of Bliss

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## Spiced Lentils

3 tablespoons olive oil  
1 onion, diced  
2 cloves garlic, minced  
4 tablespoons Olive Oil and Garlic spaghetti sauce  
2 teaspoons cumin  
2 teaspoons garam masala  
1 teaspoon sea salt  
1/2 teaspoon black pepper  
1/2 teaspoon chili powder  
6 cups chicken broth  
2 cups lentils  
1 large carrot, diced  
1 tablespoon heavy cream  
Sour cream (optional)

Heat olive oil in a large pot over medium-high heat. Add the onion and cook until the onion is golden brown, about 5 minutes. Stir in the garlic, spaghetti sauce, cumin, garam masala, salt, black pepper, and chili powder. Cook and stir for about 2 minutes, or until the spices are fragrant. Stir in the chicken broth, lentils, and carrot. Bring to a boil over high heat, then reduce the heat to low, cover and simmer until the lentils are soft, about 40 minutes. Using a ladle, pour about 2 cups of the lentils (be sure to include some of the liquid) into a blender, and puree until smooth. Pour the pureed lentils back into the pot and continue to puree the lentils (2 cups at a time) until about half of the lentils are pureed. Stir in 1 tablespoon of heavy cream. Serve with a dollop of sour cream and warm naan bread.



## Garlic Naan

1 (.25 ounce) package active dry yeast  
1 cup warm water  
1/4 cup white sugar, divided  
3 tablespoons milk  
1 egg, beaten  
2 teaspoons salt  
4 1/2 cups bread flour (approximately)  
2 teaspoons minced garlic  
1/4 cup butter, melted

In a large bowl, add the yeast, warm water (about 110 degrees), and 1 tablespoon of the sugar. Stir until the yeast is dissolved and then let stand until frothy, about 15 minutes. Stir in the remaining sugar, milk, egg, salt, and enough flour to make a soft dough (I used about 3 1/2 cups of flour). Knead for 6 to 8 minutes on a floured surface, or until smooth. Gradually add small amounts of flour to the dough to give it the proper consistency. Continue this until the dough is very smooth and feels tacky (but not sticky) when you pull it away from the counter. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise for 2 hours, until the dough has doubled in volume. Punch down the dough, and knead in the minced garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a lightly-oiled baking sheet. Cover with a towel, and allow to rise until doubled in size, about 30 minutes to 1 hour.

Preheat your grill to medium heat. On a lightly floured surface, roll the balls of dough out into very thin circles. Be sure to roll them as thin as you can. Lightly oil the grill. Place the dough on the grill, and cook for 2 to 3 minutes, or until puffy. Brush the uncooked side with butter, and then turn over. Brush the cooked side with butter, and cook for another 2 to 4 minutes. The naan will get tough if you cook it too long, so watch carefully and turn down the heat, if needed. Remove from grill, and serve warm.



## Zesty Quinoa and Beans

- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 1 red bell pepper, chopped
- 2-3 cloves of garlic, minced
- 3/4 cup uncooked quinoa
- 1 1/2 cups vegetable or chicken broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 cup frozen corn
- 1 (15-ounce) can black beans, rinsed and drained
- 1/2 cup cilantro, chopped

Using a fine-mesh strainer, rinse the quinoa thoroughly to remove the bitter-tasting coating (saponin). The manufacturer may have already done this for you, but an extra rinse won't hurt.

Heat the olive oil in a large saucepan over medium heat. When the pan is hot (you will start to smell the olive oil) add the onion and bell pepper and sauté until tender. Add the garlic and quinoa to the pan and then pour in the broth. Stir in the cumin, cayenne pepper, salt, and pepper.

Bring the mixture to a boil. Cover the pan, reduce the heat to low, and simmer about 20 minutes.

Stir the frozen corn into the saucepan, and continue to cook for about 5 minutes, until heated through. Mix in the black beans and cilantro and serve hot.





# Food of Bliss

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## Simple Summer Squash and Sausage

- 1 package of your favorite Italian sausage links
- 1/2 cup sliced onion (or more, if desired)
- 1-2 small zucchini, sliced
- 1-2 small yellow squash, sliced
- 1 (14.5 ounce) can of diced tomatoes with Italian seasoning, with liquid
- 1-2 cloves of garlic

Place the sausage and about ¼ cup of water in a large stainless steel skillet, over medium heat, and cover with a lid. Once the water in the pan evaporates and sausage starts to sizzle, remove the lid to brown the sausage. Be sure to turn the sausage frequently and watch the heat closely; you want a nice brown crust to form on the sausage, but you don't want the pan to burn. If you notice that the pan is starting brown too much, carefully deglaze the pan with 1-2 tablespoons of water (watch out for popping grease!). When the sausage is cooked, remove it from the pan and place it on a plate or bowl lined with paper towels.

Add the onions to the same pan that you cooked the sausage in and sauté for a minute or two. If you used really lean sausage, then you may need to add about a tablespoon of olive oil to the pan before adding the onions. Then add the zucchini and yellow squash and sauté for another minute or two. Add the diced tomatoes to the pan, with the liquid, and then press the garlic into the pan using a garlic press (if you don't have a garlic press, you can mince the garlic cloves instead). Grab your spatula and run it around the bottom of the pan to make sure you scrape up all of the brown bits. Return the sausage to the pan, then cover the pan and reduce the heat to low, and simmer for 10-15 minutes. That's all there is to it!



## Cranberry Spinach Salad

- 1 tablespoon butter
- 3/4 cup sliced almonds
- 1 pound baby spinach, rinsed and torn into bite-size pieces (\*\*reserve ½ cup spinach for *Parmesan Basil Orzo with Shrimp* recipe\*\*)
- 1 cup dried cranberries
- 1/2 cup white sugar
- 2 teaspoons minced onion
- 1/4 teaspoon paprika
- 1/4 cup rice wine vinegar
- 1/4 cup apple cider vinegar
- 1/2 cup vegetable oil
- Cooked chicken (optional)

In a medium saucepan, melt butter over medium heat. Add almonds and cook until lightly toasted, stirring frequently. Remove from heat, and let cool.

In a large bowl, combine the spinach with the toasted almonds and cranberries.

In a medium bowl, whisk together the sugar, onion, paprika, rice wine vinegar, apple cider vinegar, and vegetable oil, until the sugar is dissolved. Toss with spinach just before serving.

If desired, serve with cooked chicken.





# Food of Bliss

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## Mediterranean Garlic Herb Cod

- 3/4 cup fresh basil
- 1/4 cup fresh thyme
- 1/4 cup olive oil
- 5 cloves garlic
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper
- 1 pound cod filets

Using a blender, stick blender, or food processor, blend together the basil, thyme, olive oil, garlic, salt, pepper, and crushed red pepper until slightly chunky.

Coat both sides of the fish with the herb mixture and let stand while preheating the grill. For a stronger flavor, let the fish marinate in the refrigerator for 1-2 hours before cooking (be sure to take the fish out of the refrigerator about 30 minutes prior to cooking – this will ensure the fish cooks evenly).

Preheat the grill to medium. Tear off a large sheet of aluminum foil and coat with non-stick cooking spray. Place the foil on the grill and place the fish on top of the foil (the heat from the grill may blow the foil away, so hold it down with a spatula until you can place the fish on top).

Grill the fish until cooked through, turning once. The cooking time will depend on the thickness of your fish, but it's usually around 3-5 minutes per side.



## Heavenly Ricotta Pancakes

- 1 1/4 cup complete pancake mix (try Hungry Jack Complete Buttermilk)
- 1 1/3 cup milk
- 1 cup ricotta cheese
- Oil and/or butter
- Powdered sugar (optional)
- Berries (optional)



Add about a teaspoon of oil and/or butter to a non-stick skillet or griddle and heat to medium. In a medium bowl, mix together the pancake mix, milk, and ricotta cheese with a whisk until smooth. Pour about 1/4 cup of batter for each pancake into the hot skillet. Cook until golden brown (about 90 seconds), then flip and cook the other side.

These are very moist and tender pancakes (almost like a crepe), so skip the usual pancake syrup and serve them with berries and a sprinkling of powdered sugar instead.

You can also serve them with eggs, sausage, or bacon, if desired.



# Food of Bliss

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## Parmesan Basil Orzo with Shrimp

1 cup olive oil  
1/4 cup chopped fresh parsley  
1 lemon, juiced  
1/4 teaspoon cayenne pepper  
3 cloves garlic, pressed  
1 tablespoon ketchup  
2 teaspoons dried oregano  
1 teaspoon salt  
1/2 teaspoon black pepper  
1-2 pounds large shrimp, peeled and deveined  
2 tablespoons butter  
1 cup uncooked orzo pasta  
2 cups chicken broth (maybe a bit more)  
1/3 cup grated parmesan cheese  
2 tablespoons chopped fresh basil  
1/2 cup chopped fresh spinach  
Salt and pepper, to taste

In a medium bowl, whisk together the olive oil, parsley, lemon juice, cayenne pepper, garlic, ketchup, oregano, salt and black pepper. Add the shrimp and stir until they are well coated. Refrigerate for about 1 hour (I've heard that too much lemon juice can give shrimp a weird texture, so don't let them sit in the marinade for too long).

About 25 minutes before you cook the shrimp, melt the butter in a skillet over medium-high heat. When the butter is melted, stir in the orzo and sauté until golden brown, stirring frequently. Stir in the chicken stock and bring to a boil. Reduce the heat to low, cover the skillet, and simmer for about 15-20 minutes, or until the orzo is tender. Watch the skillet carefully, and add additional chicken broth if needed. Mix in the parmesan cheese, basil, spinach, salt, and pepper. Stir until the spinach is wilted.

Heat another large skillet over medium-high heat. When the skillet is hot, add the shrimp to the skillet, along with about 1/2 cup of the marinade. Cook the shrimp, stirring frequently until pink and cooked through.

Serve shrimp on top of orzo and drizzle with some of the sauce from the skillet.

