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## Summer Menu: Week 5

- Sunday:** Chiles Rellenos  
**Monday:** Grilled Sockeye Salmon  
**Tuesday:** Salmon Tacos  
**Wednesday:** Tabouli Salad  
**Thursday:** Bean and Kale Ragout  
**Friday:** Take-out with Almond Pear Pie  
**Saturday:** Summer Squash Quiche



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## Grocery List

### PRODUCE

- 8-10 large anaheim chile peppers
- 4 lemons
- 1 lime
- Salad greens
- 5 garlic cloves
- Fresh mint
- Fresh basil
- 2 large tomatoes
- 1 cucumber
- 1 bunch green onions
- 2 red onion
- 1 bunch kale
- 3-4 ripe Bartlett pears
- 1 zucchini
- 1 yellow squash

### DRY/CANNED FOODS

- Rice
- 1 cup bulgar wheat
- 14 oz diced tomatoes
- 1 1/2 cups chicken broth
- 2 15-ounce cans cannellini beans
- 1/2 cup sliced almonds
- 1/3 cup white sugar
- 3/4 cup all-purpose flour

### FROZEN

- 1 frozen pie crust

### CONDIMENTS/SAUCES

- Cream of tartar
- Vegetable oil
- Olive oil
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- Dried dill
- 2 bay leaves
- Dried oregano
- Ground cumin
- Cayenne pepper
- Paprika
- Vanilla extract
- Almond extract
- Salsa

### MEAT/FISH

- 1.5 – 2 lbs Sockeye salmon fillet
- Cooked chicken (optional)

### DAIRY/DELI

- 2 ounces cream cheese (approx.)
- 1/2 – 1 cup cubed mozzarella
- 1 cup shredded mozzarella
- 1 cup ricotta cheese
- 9 eggs
- 1/3 cup butter, plus 3 tablespoons
- 1 9-inch unbaked pie crust
- 1/2 cup fat-free half-n-half

### BREAD

- Soft-taco sized flour tortillas

### OTHER GROCERIES NEEDED



# Food of Bliss

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## Chiles Rellenos

8-10 anaheim chile peppers  
2 ounces cream cheese (approx.)  
1/2 – 1 cup mozzarella, cut into small chunks  
Flour for dredging chiles  
4 eggs, separated  
1/2 teaspoon cream of tartar  
Salt  
Oil for frying



Preheat the broiler and place the chiles on a baking sheet. Put the baking sheet about 6 inches under the broiler to roast the chiles. (Note: you can do this on an outside grill instead.) Watch the chiles carefully and turn them about every 60 seconds. You want the skin to blister and brown, but not burn. Once the skins of the chiles are brown and wrinkled, remove them from the oven and place them in a brown paper bag and fold the top of the bag down to close (a plastic bag will also work). Let the chiles steam for about 10 minutes, then remove them from the bag and peel them. The charred skin should peel away easily using your fingers, but be careful not to tear the chiles while peeling.

Using a small knife, make a small slit in the side of each chile (near the top). Remove the seeds, without tearing the chile completely open. You can either use your knife to cut the membranes off, or use your fingers to rip the membranes/seeds out. Expect some tearing while you're doing this, but try to keep it to a minimum.

Next, stuff the chiles with the cheese. Put as much in as you like, but make sure you have enough room to roll the chile around itself a little bit to "hug" the cheese inside (kind of like a burrito). If you are preparing this ahead of time, stop at this point and put the stuffed chiles in the fridge covered loosely with plastic wrap, until you are ready to cook them.

Add the oil to a large saucepan (any large pan that is taller than it is wide will work), and heat to at least 350 degrees. Be sure the oil is at least a half an inch deep. Meanwhile, separate the eggs yolks into a small bowl and lightly beat them. In a large bowl, using an electric mixer, beat the egg whites, cream of tartar, and a pinch of salt until stiff. Gently fold in the yolks with a rubber spatula.

Dredge the stuffed chiles in flour and then pick up one chile at a time by the stem and dip it into the egg batter. Very carefully, set the chile in the hot oil (use tongs, if you aren't comfortable using your fingers). Fry until the bottom is golden brown and then carefully turn them, using tongs, to cook the other side. When they are golden brown, place them on a paper towel to drain and salt them lightly.

We enjoyed our chiles rellenos with fresh salsa and sour cream, but they would also be excellent with sauce. A red enchilada sauce would work in a pinch, but crema fresca (Mexican sour cream) or mole sauce would be divine.



# Food of Bliss

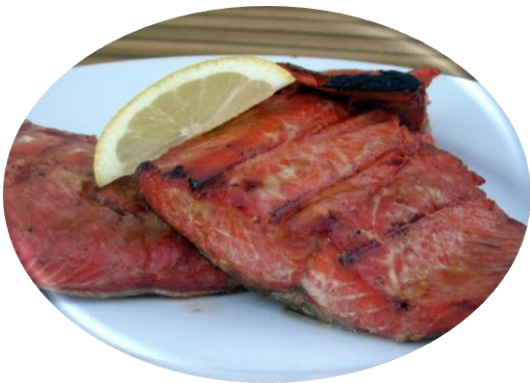
Find bliss in every bite

## Grilled Sockeye Salmon

Large fillet of Sockeye salmon (1.5 – 2 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!



## Salmon Tacos

Left-over cooked salmon  
Cooked rice  
Flour tortillas, soft taco size  
Sour cream  
Dried dill  
Salsa  
Lemon wedges  
Salad greens

Warm the salmon and rice in the microwave.  
Warm the tortillas (either in a skillet or in the microwave).



In each tortilla, add about 1 tablespoon of sour cream, about 1/8 teaspoon of dill, 1/2 teaspoon of salsa (or more if you like it spicy), 1/3 cup rice, and some salmon (as much as you like). Top the salmon with a generous squeeze of lemon and a handful of salad greens.



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## Tabouli Salad

- 1 cup bulgur wheat
- 1 1/2 teaspoons kosher salt
- 1 1/2 cups boiling water
- 1/4 cup olive oil
- 2 lemons
- 1 lime
- 1-2 cloves of garlic, pressed
- 1 tablespoon finely chopped fresh mint leaves
- 1 cup diced tomatoes
- 1 cup diced cucumber
- 1/4 cup chopped green onions
- Kosher salt to taste
- Black pepper to taste
- Cooked chicken (optional)

Mix the bulgur wheat and 1 1/2 teaspoons of salt together in a medium bowl. Pour the boiling water into the bowl (no stirring necessary). Cover the bowl with plastic wrap and let it sit on the counter for 30 minutes.

Meanwhile, add the olive oil to a medium bowl. Cut the lemons and lime in half and squeeze their juice into the bowl with the olive oil. (Note: use a fine mesh strainer over the bowl to catch the seeds.) Stir in the garlic and the mint.

When the bulgur wheat is ready, stir the dressing into the bulgur, cover and let sit in the refrigerator for at least 3 hours.

Before serving, stir in the tomatoes, cucumber, and green onions. Add salt and pepper, to taste, and enjoy! Serve with chicken, if desired.



## Bean and Kale Ragout

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 bunch kale, stems removed and leaves chopped
- 1 14-ounce can diced tomatoes
- 2 cloves garlic, pressed
- 1 1/2 cups chicken broth
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon chopped fresh basil
- 1/2 teaspoon ground cumin
- Dash cayenne pepper
- 2 15-ounce cans cannellini beans, rinsed
- Salt and black pepper, to taste

Add the olive oil to an extra-deep skillet (a dutch oven or large pot will work too) and heat over medium-high heat. Add the onions and kale and cook, stirring frequently, for about 4 minutes, or until the onions soften and the kale wilts.

Reduce the heat to low. Stir in the diced tomatoes (with juice), garlic, chicken broth, bay leaves, oregano, basil, cumin, and cayenne pepper.

Cover and simmer until the kale is tender, about 45 minutes.

Stir in the beans and continue to simmer for about 10 minutes.





# Food of Bliss

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## Take-out with Almond Pear Pie

(Take a break from cooking dinner! Order take-out and bake a pie instead!)

- 1/3 cup softened butter, plus 1 tablespoon, divided
- 1/2 cup sliced almonds
- 1 frozen pie crust
- 1/3 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/4 cup all-purpose flour
- 3-4 very ripe pears

Preheat the oven to 350 degrees F. In a medium saucepan, melt 1 tablespoon butter over medium heat, and then add the almonds. Toast the almonds until golden and fragrant, stirring frequently. Remove from heat and let cool.

In a medium bowl, beat the remaining 1/3 cup butter and the sugar together until smooth. Add the eggs one at a time, and beat until light and fluffy. Stir in vanilla and almond extracts, and then mix in the flour. Fold in the toasted almonds.

Working quickly to prevent browning, peel the pears and cut into thick slices. Arrange the pears in the bottom of the pie crust (don't bother trying to make it look pretty). Pour the custard (mixed in the previous step) over the top of the pears.

Bake for 1 hour in the preheated oven, until the custard is set in the center. Cool completely before slicing. Serve with vanilla ice cream, if desired.



## Summer Squash Quiche

- 1 9-inch unbaked pie crust (in the refrigerated section of grocery store, or home-made)
- 2 tablespoons butter
- 1/4 cup chopped red onion
- 1 zucchini thinly sliced
- 1 yellow squash thinly sliced
- 1 garlic clove, minced
- 1 cup shredded mozzarella cheese
- 1 cup ricotta cheese
- 1/2 cup fat-free half-and-half
- 3 eggs, lightly beaten
- 1 teaspoon salt
- 1 teaspoon fresh basil
- 1/8 teaspoon pepper
- Paprika

Place the unbaked pie crust in a large pie pan. This recipe makes a lot of filling, so use the largest pie pan that you have. Prick bottom of pastry with a fork, and bake at 425 degrees for 7 minutes. Remove the pie crust from the oven and reduce oven heat to 350 degrees.



In a skillet, add the butter and onions and sauté for about 2 minutes. Then add the zucchini, yellow squash, and garlic and sauté until tender. Transfer the veggie mixture to a bowl lined with a paper towel to drain. Place half the veggie mixture in the pre-baked crust, and then sprinkle the mozzarella cheese on top.

In a bowl, combine ricotta cheese, half-and-half, eggs, salt, basil, and pepper. Pour into crust (there may be some extra filling, depending on the size of your pie pan). Arrange remaining veggie slices over top. Sprinkle with paprika. Bake for 45-55 minutes or until a knife inserted in the center comes out clean. Note: you will need to increase the baking time if you used a deep-dish pie pan.