



Food of Bliss

Find bliss in every bite

Fall Menu: Week 1

Sunday: Easy Roasted Chicken with Roasted Brussels Sprouts

Monday: Green Chile Chicken Enchilada Casserole

Tuesday: Curried Butternut Squash Soup

Wednesday: Shrimp and Sausage Jambalaya

Thursday: Spaghetti with Turkey Meatballs

Friday: Mexican Baked Fish

Saturday: Roasted Pork Loin with Buttered Apple Sauce



Grocery List

PRODUCE

- 1 lb Brussels sprouts
- 1 bunch green onions
- 3 onions
- 1 butternut squash (2-3 pounds)
- 2 ripe Bartlett pears
- Garlic
- 1 bell pepper
- 2 celery stalks
- 1 cup diced carrots
- 1 avocado (optional)

DRY/CANNED FOODS

- 1 28-ounce can green enchilada sauce
- 1/2 cup sliced olives
- 4 cups chicken broth
- 1 can red kidney beans
- 1 can diced Italian tomatoes
- Brown rice
- 2/3 cup seasoned bread crumbs
- 1 box spaghetti
- 1 jar spaghetti sauce
- Tortilla chips
- 1/2 cup unsweetened applesauce

BREAD

- 15 corn tortillas

BEVERAGES

- 1 cup apple juice or cider

CONDIMENTS/SAUCES

- Olive oil
- Vegetable oil
- Coarse salt
- Black pepper
- 1/2 teaspoon ground ginger
- 1 tablespoon curry powder
- 1 teaspoon paprika
- Cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper
- 1 tablespoon dried sage
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Worcestershire sauce
- 1 jar salsa
- 1/4 cup brown sugar

MEAT/FISH

- 1 whole chicken, approx. 3 pounds
- 1 pound bulk Italian sausage
- 1 pound large shrimp, peeled
- 1 package ground turkey (1.5 lbs)
- 1 pound cod
- 1 2 pound boneless center cut pork loin

DAIRY/DELI

- 1 16-ounce container sour cream
- 3 cups shredded cheese (Mexican blend)
- 1/2 cup half and half
- 1/2 cup milk
- 1/2 cup shredded parmesan
- 3 tablespoons butter

OTHER GROCERIES NEEDED



Food of Bliss

Find bliss in every bite

Easy Roasted Chicken

1 whole chicken, approx. 3 pounds
2 tablespoons olive oil
1 teaspoon coarse salt (or to taste)
Black pepper, to taste

Preheat your oven to 425 degrees, and line a high-rimmed baking sheet with foil (the bottom of a broiler pan works well).



Okay, now for the fun part. Remove the chicken from its packaging and remove the giblets from the inside of the chicken. The producers of the organic chicken that I buy are nice enough to put them in a little bag, but most other chicken I've used have them just sitting loose inside the chicken cavity. Discard the giblets (unless you have another use for them). Rinse the chicken, inside and out, under cold water.

Using paper towels, dry the chicken thoroughly and place it, breast-side up, on the baking sheet. Tuck the end of each wing underneath the chicken (this will prevent them from burning). Now is a good time to stop and wash your hands with hot, soapy water.

Using a pastry brush or the back of a spoon, spread the olive oil over the entire chicken, making sure that all of the exposed skin is coated with olive oil. Next sprinkle the salt and pepper all over the chicken, and toss a bit of salt and pepper inside the chicken too.

Put the chicken in the oven and bake for 1 – 1 ¼ hours, depending on the size of the chicken. I will usually baste the chicken with its own juices once or twice while it's cooking. The chicken will be done when the meat begins to pull away from the

leg bones and a meat thermometer reads 170 degrees when inserted into the breast of the chicken. Serve with your favorite side dishes and enjoy!

Roasted Brussels Sprouts

1 pound Brussels sprouts
3 tablespoons olive oil
1 teaspoon kosher salt
1/2 teaspoon black pepper

Preheat oven to 400 degrees.

Rinse Brussels sprouts well. Cut each Brussels sprout in half and then remove part of the stem by cutting a "V" into the bottom of the stem (see photo for an example). Removing part of the stem will help eliminate the bitterness.

Put the trimmed sprouts in a medium bowl, then add the olive oil, salt, and pepper, and toss to coat. Place on a baking sheet, cut-side down, and roast in the oven 25-30 minutes, or until the outer parts of the leaves are dark brown. You may want to shake the baking sheet a couple of times, while they are cooking, to prevent them from sticking.

Remove them from the oven, and sprinkle with additional salt, if needed (this gives you an excuse to try one of these delectable sprouts right away!).





Food of Bliss

Find bliss in every bite

Green Chile Chicken Enchilada Casserole

3-4 cups cooked chicken, shredded or diced
1 (8 ounce) container sour cream
15 corn tortillas
1 (28 ounce) can green enchilada sauce
1 (16 ounce) package shredded Monterey jack cheese
1/2 cup sliced olives
1/4 cup sliced green onions



Preheat the oven to 350 degrees and lightly grease a 9x13 baking dish. In a medium bowl, mix together the cooked chicken with the sour cream.

Pour about 1/2 inch of enchilada sauce into the bottom of the baking dish, and then pour the remaining enchilada sauce into a shallow bowl. Tear 5 tortillas in half and arrange them in a single layer in the baking dish, on top of the enchilada sauce. Top with 1/2 of the chicken/sour cream mixture, and 1/3 of the cheese. Tear 5 more tortillas in half and submerge each piece in the bowl of enchilada sauce before placing it in the baking dish, to create another tortilla layer. Top with remaining chicken/sour cream mixture, and another 1/3 of the cheese. Coat the remaining tortillas with enchilada sauce and place them into the baking dish to create the top layer. Sprinkle the remaining cheese over the top of the tortillas.

Cover the baking dish with foil, making sure to “tent” the foil so it doesn’t touch the cheese, otherwise all of the cheese will stick to the foil as it bakes. Bake for about 45 minutes, then remove the foil and let bake another 5 minutes or until the cheese is bubbly. Remove from the oven and sprinkle with the olives and green onions. Let stand for several minutes before serving.

Curried Butternut Squash Soup

3 tablespoons olive oil
1 cup diced onion
1/2 teaspoon ground ginger
1 tablespoon curry powder
1 teaspoon salt
1 butternut squash (2-3 pounds), peeled, seeded and chopped into 1 inch cubes
2 ripe Bartlett pears, peeled and cut into 1” pieces
2 cloves garlic, minced
4 cups chicken broth
1/2 cup half and half

Heat the olive oil in a large pot over medium heat. Add the onions, ginger, curry powder, and salt, and cook, stirring frequently, until the onions are soft.

Add the butternut squash, pears, and garlic, and cook over medium heat for about 12 minutes, stirring frequently to prevent the spices from burning.

Add the chicken broth to the pot, cover and simmer for about 30 minutes. Using a stick blender, puree the soup until smooth. If you don’t have a stick blender, you can puree the soup in batches using a regular blender.

Stir in the half and half, serve hot, and enjoy!





Food of Bliss

Find bliss in every bite

Shrimp and Sausage Jambalaya

- 2 tablespoons vegetable oil
- 1 pound bulk Italian sausage
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 celery stalks, chopped
- 1 cup diced carrots
- 1 teaspoon paprika
- Dash cayenne pepper
- 1 can red kidney beans, drained, but not rinsed
- 1 can diced Italian tomatoes, with juice
- 1 garlic clove, pressed
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 pound large shrimp, peeled and deveined
- 2 cups cooked brown rice

Add oil to your largest, heavy skillet and heat over medium-high heat. Add the sausage, onion, bell pepper, celery, and carrots to the skillet. Using a spatula, break the sausage up into bite-sized pieces. Sauté, stirring frequently, until the sausage is browned and the veggies begin to soften. Reduce the heat, if needed to prevent burning.

Add the paprika and cayenne pepper to the skillet and cook for about 1 minute. Add the beans, tomatoes, garlic, salt and pepper to the skillet. Stir to combine, reduce heat to low, cover and simmer for about 25 minutes.

Stir in the shrimp and rice, then replace the lid and let cook for about 5 minutes, or until the shrimp is thoroughly cooked. Serve hot and enjoy!



Spaghetti with Turkey Meatballs

- 1 package ground turkey (1.5 pounds)
- 1 1/2 teaspoons sea salt
- 1 small onion, diced
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper
- 2 tablespoons Worcestershire sauce
- 2/3 cup seasoned bread crumbs
- 1/2 cup milk
- 1/2 cup shredded parmesan
- 1 box spaghetti
- 1 jar spaghetti sauce

Preheat oven to 400 degrees and line a large baking sheet with foil.



In a large bowl, mix together the ground turkey, salt, onion, garlic powder, oregano, crushed red pepper, and Worcestershire sauce. Add the bread crumbs, milk, and parmesan cheese, and stir together until well-blended (but don't over-mix, or your meatballs will be tough).

Using your hands (don't be afraid to get messy), form into 1 1/2-inch meatballs and place on the prepared baking sheet. Bake in the preheated oven for 20 to 25 minutes, or until cooked through.

While the meatballs are baking, cook the spaghetti, and heat the spaghetti sauce.

Serve the meatballs on top of the spaghetti with the sauce, and a sprinkling of parmesan cheese.



Food of Bliss

Find bliss in every bite

Mexican Baked Fish

1 pound cod
1 cup salsa (mild, medium, or hot – your choice!)
1 cup shredded cheese (I used the Mexican blend)
1/2 cup coarsely crushed tortilla chips
Sour cream
Avocado (optional)

Preheat the oven to 400 degrees. Lightly grease a medium baking dish.

Rinse cod under cold water and use paper towels to dry the fish thoroughly.

Place the fish in a single layer in the baking dish. Pour the salsa over the top of the fish and sprinkle with the shredded cheese. Top with the tortilla chips.

Bake, uncovered, for about 15 minutes or until the fish flakes easily with a fork. Serve with a dollop of sour cream and a slice of avocado, if desired.



Roasted Pork Loin with Buttered Apple Sauce

1 tablespoon olive oil
1 tablespoon dried sage
1 teaspoon salt
1/2 teaspoon black pepper
1 boneless center cut pork loin, about 2 pounds
1/2 cup unsweetened applesauce
1 cup apple juice or cider
1/4 cup brown sugar
3 tablespoons butter
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon salt



Preheat the oven to 450 degrees.

Place the pork loin on a rack over a broiler pan. In a small bowl, mix together the olive oil, sage, salt and pepper. Rub the mixture over the entire surface of the pork (including the bottom). (Note: you can do this in advance, & refrigerate until ready to cook.)

Roast the pork for about 10 minutes, and then turn the oven temperature down to 275 degrees. Continue roasting for 30 minutes to 1 hour, until the thickest part of the meat registers 150 degrees. Remove the roast from the oven, cover loosely with aluminum foil, and let rest for 15 minutes (the roast will continue to cook during this time).

Meanwhile, prepare the Buttered Apple Sauce by combining the applesauce, apple juice, and brown sugar in a small saucepan over medium-low heat. Simmer for about 5 minutes, stirring frequently. Remove from heat and add the butter, cinnamon, nutmeg, and salt, stirring until the butter is melted.

After the pork loin has rested, cut into slices and serve with the warm Buttered Apple Sauce.