



Fall Menu: Week 2

Sunday: Chicken and Butternut Squash Tagine

Monday: Zesty Quinoa with Beans

Tuesday: Chili-Lime Chicken

Wednesday: Sausage and Kale Soup

Thursday: Chicken Alfredo Lasagna

Friday: Leftovers with Apple Cobbler

Saturday: Broccoli Cheddar Quiche



Grocery List

PRODUCE

3 large onions
Large head of garlic
1 small butternut squash
1 carrot
1 lemon
1 bell pepper
1 bunch cilantro
4 limes
4-5 Yukon Gold potatoes
1 bunch fresh dinosaur kale
6 cups peeled and sliced apples

DRY/CANNED FOODS

1 (15.5 ounce) can garbanzo beans
1 (14.5 ounce) can diced tomatoes
1/4 cup golden raisins
3/4 cup uncooked quinoa
12 cups chicken broth
1 (15-ounce) can black beans
1/4 cup evaporated milk
1 box no-boil lasagna noodles
1 1/2 cups all-purpose flour
1/2 cup chopped walnuts
1/2 cup chopped almonds

FROZEN

1 cup frozen corn
1 bag frozen chopped spinach
1 cup finely chopped frozen broccoli
1 frozen deep dish pie crust

CONDIMENTS/SAUCES

Olive oil
2 1/4 cups sugar
1 teaspoon ground coriander
2 teaspoons cumin
1 teaspoon cinnamon
1/4 teaspoon ground cloves
1 teaspoon cayenne pepper
1/2 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon onion powder
3/4 teaspoon dried oregano
1 teaspoon dried basil
4 tablespoons cornstarch
1 teaspoon baking powder

MEAT/FISH

6 boneless, skinless chicken breasts
2 cups cooked chicken, cubed
1 package Italian sausage links

DAIRY/DELI

3 sticks butter
2 1/2 cups milk
4 cups shredded mozzarella cheese
1 1/4 cup grated Parmesan cheese
2 cups ricotta cheese
5 eggs
3/4 cup whipping cream
2 cups shredded cheddar cheese, divided

OTHER GROCERIES NEEDED



Food of Bliss

Find bliss in every bite

Chicken and Butternut Squash Tagine

- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 small butternut squash, peeled and chopped
- 1 (15.5 ounce) can garbanzo beans, drained and rinsed
- 1 carrot, peeled and chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 (14 ounce) can chicken broth
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 dash cayenne pepper
- 1/4 cup golden raisins

Heat the olive oil in your biggest skillet over medium heat. Add the chicken and onion to the skillet and cook for about 15 minutes, until the chicken is cooked.

Add the garlic, butternut squash, garbanzo beans, carrot, tomatoes with juice, chicken broth, sugar, and lemon juice to the skillet. Season with salt, coriander, cumin, cinnamon, ground cloves, and cayenne pepper. Add the raisins and stir to combine. Bring the mixture to a boil, reduce heat and simmer for 30 minutes, until the squash is tender (and your kitchen smells amazing!).



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.

The small amount of cayenne pepper adds more flavor than heat, so my husband usually adds some hot sauce for a little kick.



Food of Bliss

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Chile-Lime Chicken

1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon onion powder
1/4 teaspoon dried oregano
4 boneless, skinless chicken breasts
2 tablespoons butter, divided
2 tablespoons olive oil
4 limes, juiced

Combine all of the spices together in a small bowl and set aside.



Pound the chicken breast with a meat mallet until flat and evenly thick (use a large zip-top bag to contain the mess). Sprinkle both sides of the chicken breasts with the spice mixture and set aside.

Add 1 tablespoon of butter and all of the olive oil to a large skillet, and heat over medium-high heat. When the butter foams, add 2 of the chicken breasts to the skillet (or as many can fit without touching) and sauté for about 4-5 minutes per side, or until cooked through (the cooking time will depend on the thickness of your chicken). Remove the cooked chicken to a plate and cook the remaining chicken.

Once all of the chicken is cooked, remove the chicken from the skillet, and add the remaining tablespoon of butter and the lime juice to the skillet. Use a spatula to scrape up the cooked bits from the bottom of the pan. Return the chicken to the pan and turn to coat in the sauce.

Sausage and Kale Soup

6 cups chicken broth
1/2 cup chopped onion
1 package Italian sausage links (mild or spicy)
4-5 Yukon Gold potatoes
1 bunch fresh dinosaur kale (a.k.a. Lacinato kale)
1/4 cup evaporated milk
Ground black pepper to taste

Wash the potatoes and chop them into bit-sized pieces. Cut the thick portion of the stem from the kale leaves and then chop the leaves into 1-inch pieces. Add the chopped leaves to a colander and rinse thoroughly under cold water. Set the potatoes and kale aside.

Remove casing (a.k.a. skin) from sausage by scoring the casing with a sharp knife down the length of the sausage and then peeling off the casing. Add the sausage and chopped onion to a frying pan and cook over medium heat, using a spatula to break up the sausage into small pieces. Continue to cook until the sausage is no longer pink.

Place the cooked sausage and onion in a large pot. Add the chicken broth and potatoes, bring to a boil and cook until the potatoes are almost tender.

Add the chopped kale and continue cooking until kale is tender.

Remove the soup from heat, stir in the evaporated milk, and season with black pepper to taste. Serve hot with your favorite Italian bread.





Food of Bliss

Find bliss in every bite

Chicken Alfredo Lasagna

- 1 box no-boil lasagna noodles
- 1/2 cup butter
- 1 small onion, chopped
- 1 clove garlic, minced
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 2 cups chicken broth
- 1 1/2 cups milk
- 4 cups shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 2 cups ricotta cheese (I used skim-ricotta)
- 2 cups cubed, cooked chicken meat
- 1 bag frozen chopped spinach, thawed and drained
- 1/4 cup grated Parmesan cheese for topping



Preheat oven to 350 degrees. Melt the butter in a large saucepan over medium heat. Cook the onion and garlic in the butter until tender, stirring frequently. Stir in the flour and salt, and simmer until bubbly. Mix in the broth and milk, and simmer, stirring constantly, for about 5 minutes or until slightly thickened. Stir in 2 cups mozzarella cheese and 1/4 cup Parmesan cheese. Season with the basil, oregano, and ground black pepper. Remove from heat.

In a medium bowl, mix together the ricotta cheese and cooked chicken. Spread 1/3 of the sauce mixture in the bottom of a 9x13 inch baking dish. Layer with 1/3 of the noodles, then all of the ricotta/chicken mixture. Arrange 1/3 of the noodles over the chicken, and layer with 1/3 of the sauce mixture, spinach, and the remaining 2 cups mozzarella cheese and 1/2 cup Parmesan cheese. Arrange remaining noodles over cheese, and spread remaining sauce evenly over noodles. Sprinkle with 1/4 cup Parmesan cheese. Bake 35 to 40 minutes in the preheated oven.

Leftovers with Apple Cobbler

- 6 cups peeled and sliced apples
- 1 1/2 cups sugar
- 1/2 teaspoon cinnamon
- 4 tablespoons cornstarch
- 6 tablespoons water
- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 stick (1/2 cup) butter, melted
- 1/4 cup milk
- 1/2 cup chopped walnuts
- 1/2 cup chopped almonds

Preheat the oven to 375 degrees, and grease a 9x13 inch baking dish.

In a bowl, combine the sliced apples, 1 1/2 cups sugar, and cinnamon. Let stand for about 15 minutes.

In a small bowl, mix together the cornstarch and water until smooth. Pour into the apple mixture and stir well. Pour the apples into the bottom of the baking dish.

In a medium bowl, mix together the flour, baking powder, salt, and 1/2 cup sugar. Add the melted butter and milk and stir until combined. Stir in the walnuts and almonds. Place individual spoonfuls on top of the apple mixture (it's okay if you don't cover all of the apples), and bake for about 45 minutes.

Serve warm with a scoop of vanilla ice cream. Ah, bliss!





Broccoli Cheddar Quiche

1 tablespoon olive oil
3/4 cup diced red onion
1 clove of garlic, minced
1 cup finely chopped frozen broccoli, thawed and well drained
3 whole eggs
2 egg yolks
3/4 cup whipping cream
3/4 cup milk (1%)
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups shredded cheddar cheese, divided
1 frozen pie crust



Preheat the oven to 350 degrees.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and sauté until soft. Add the garlic and cook for about 30 seconds (reduce heat, if needed, to prevent burning). Stir in the broccoli, and remove the skillet from heat.

In a medium bowl, whisk together the eggs and egg yolks, cream, milk, salt, and pepper.

Press 1 cup of the shredded cheese into the bottom of the pie crust, making sure to cover the entire bottom of the crust. Mix 1/2 cup of the cheese into the broccoli mixture and then add the broccoli mixture to the pie crust. Slowly pour the egg mixture into the pie crust, and then top with the remaining 1/2 cup of cheese.

Bake for about 40-50 minutes, or until the center of the quiche no longer moves, when the quiche is gently jiggled.

Let cool for at least 20 minutes. No, really. If you cut into the quiche too soon, it won't set properly and you'll be left with runny quiche (yuck). This quiche tastes even better the next day, so it's a great recipe to prepare in advance. Enjoy!