



April 1st

Shopping List

This Week's Menu: Korean Short Ribs, Pineapple Chicken, Hot Scallion Salmon, Spicy Rice Noodles

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	beef short ribs Korean Style	2 pounds	ask butcher to cut in 1" crosscut	14
	fresh ocean salmon	1-1/2 pounds	not farmed or colored	16
	chicken breast	7	bone in, natural	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green onion	10 - 12 stalks		2
	kale	1 large bunch		2
	fresh ginger	2" piece		2
	bell pepper	1 any color		1
	yellow squash	2 medium		2
	limes	3	to yield 1/2 cup juice	1
	arugula	4 cups		3
	green leaf lettuce	1 head		2
	banana	2 medium		1
	pineapple	1 whole		3
	cucumber	1		1
	avocado	1		1
	pears	2		1

Got it!	Dairy	Quantity	Notes	Est Cost
	Parmesan	3/4 cup	can omit for dairy free	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	rice noodles	8 ounces	1 box	3
	sesame oil	2 Tablespoons		2
	polenta	2 cups dry		2

Fresh 20 Grocery Est 78
 Cost Per Dinner 15.6
 Cost Per Serving 3.9

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3/4 cup	chicken stock (or vegetable)	4 cups
	garlic	5 cloves	organic butter (can sub olive oil)	1/2 Tablespoon
			pantry dressing	1/8 cup
	dried oregano	1/2 teaspoon	black beans (reduced sodium)	3 cans (14oz)
	cumin	3/4 teaspoon		
	sea salt	4+ teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	1 teaspoon	soy sauce	1/3 cup
	red chili (cayenne)	1/4 teaspoon	rice wine vinegar** extended pantry	8 Tablespoons
	brown sugar	5 Tablespoons		

PREP AHEAD OF TIME (If desired):

1. PEEL & CUT PINEAPPLE INTO CHUNKS FOR QUICK USE LATER
2. MAKE SHORT RIB MARINADE
3. JUICE LIMES
4. COOK CHICKEN BREASTS FOR TROPICAL SALAD:
3 chicken breast, cut in half
1 teaspoon salt
4 cups water

Bring water and salt to a simmer. Drop in chicken and cook for 12 minutes or until no longer pink. Cool. Store in an airtight container or Ziploc marked "Tropical Salad".

MENU:

MONDAY

Korean Style Short Ribs
Crispy Kale
Polenta

TUESDAY

Hot Scallion Salmon
Black Bean Salad

WEDNESDAY

Pineapple Citrus Chicken
Cuban Beans
Sautéed Bananas

THURSDAY

Easy Asian Rice Noodles
Leftover Ribs and/or Salmon

FRIDAY

Tropical Chicken Salad
Polenta Cakes
Arugula Salad

KOREAN STYLE SHORT RIBS

w/ crispy kale & simple polenta

DIRECTIONS:

For Ribs:

Combine all marinade ingredients in a large non-aluminum (reactive) container.

Add ribs marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.

Reserving marinade, arrange ribs in large sauté pan (with lid) over medium-high heat and sear ribs for 4 minutes each side.

Pour remaining marinade and stock into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.

Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on platter or serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve along side.

For Kale:

Preheat oven to 400 degrees.

Line a large baking sheet with parchment paper. If you do not have parchment on hand, generously oil the bottom of the baking sheet.

Arrange Kale on same baking sheet making sure to not overlap leaves too much. Brush with olive oil and sprinkle with salt. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

For Polenta:

In a medium saucepan, bring the stock to a boil over high heat.

While constantly whisking with one hand, slowly shake in the cornmeal in a thin stream with the other. Lower the heat to medium and cook, stirring frequently, until the polenta thickens to an oatmeal consistency, about 20 minutes. Sometimes it is necessary to add more liquid. Water is okay. Scrape the bottom and sides while cooking to prevent the polenta from sticking. Reserve 2 cups in airtight container for another tropical chicken dinner.

Stir in the olive oil and transfer polenta to a serving bowl. If desired, serve with ¼ cup grated Parmesan for a topping.

INGREDIENTS:

Marinade

- ¼ cup reduced sodium soy sauce
 - 2 Tablespoons brown sugar
 - 2 Tablespoon sesame oil
 - 4 stalks green onion, roughly chopped
 - 3 cloves garlic, minced or pressed
 - 1 Tablespoon olive oil
 - 2 Tablespoons rice vinegar
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For Ribs:

1-1/2 pounds beef short ribs cross cut into 1" thick slabs Korean style

6 oz chicken or vegetable stock

For Kale:

1 large bunch Kale greens, washed & stems removed

1 Tablespoon olive oil

½ teaspoon sea salt

For Polenta:

3 cups chicken or vegetable stock

2 cups polenta (coarsely ground yellow cornmeal)

1 tablespoon olive oil

Optional: ¼ cup grated Parmesan

Quick Tip:

Start the ribs and then while they are simmering, prepare kale. Once kale is in oven, start polenta since it requires more labor for stirring.

HOT SCALLION SALMON

w/ black bean salad and parmesan squash

DIRECTIONS:

Preheat oven to 350 degrees F for squash.

For Salmon:

Heat 2 T. olive oil in a large skillet over high heat. Rinse and pat dry salmon filet. Combine salt and pepper and rub onto salmon flesh. Place salmon skin side down in the skillet. Cook 5-7 minutes.

Heat ¼ cup olive oil in small sauce pot until very hot. Carefully add green onion, salt and ginger. Sizzle for 3-4 minutes or until fragrant.

Check salmon to make sure that the bottom half is pale pink. Reduce heat to medium.

Pour hot fragrant oil over salmon. Fish continues to cook as it cools down, so take it off heat a little before you think you should. You can remove any large pieces of ginger and discard.

For Beans:

Whisk dressing ingredients in a medium bowl until well combined. Mix in beans and peppers to coat. Chill until ready to serve. Can be made ahead of time and stored up to 2 days.

For Squash:

Arrange the squash on a large baking sheet that has been slightly oiled. Drizzle with olive oil and sprinkle with salt. Bake for 7 minutes, flip over and sprinkle with Parmesan and black pepper. Bake until cheese starts to golden.

INGREDIENTS:

2 Tablespoons olive oil

1-1/2 pounds fresh salmon (filet)

½ teaspoon sea salt

½ teaspoon black pepper

¼ cup olive oil

3 green onion, cut into 1" pieces

1" piece of fresh ginger, peeled and sliced

¼ teaspoon salt

For Beans:

2 - 14 oz cans reduced sodium black beans, drained and rinsed

1 bell pepper, any color, chopped

Dressing:

2 Tablespoons rice vinegar

1 Tablespoon brown sugar

1 Tablespoon olive oil

¼ teaspoon sea salt

For Squash:

2 yellow squash, ends removed and sliced lengthwise into 1/2" thick strips

½ Tablespoon olive oil

½ teaspoon salt

½ cup Parmesan, grated

¼ teaspoon black pepper

PINEAPPLE CITRUS CHICKEN

w/ black bean salad and sautéed bananas

DIRECTIONS:

For Chicken:

Preheat oven to 425 degrees F

Blend pineapple chunks with garlic, cumin, lime juice, oregano, and salt. Set aside. Reserve 1/4 cup of marinade/relish for tropical chicken salad another night.

Rub chicken with olive oil, salt and pepper.

Roast in oven for 10 minutes to brown skin.

Remove from oven and coat with pineapple marinade.

Reduce temperature to 350 degrees and roast for 15-20 minutes.

Let rest for 5 minutes once removed from oven.

Make sure juices run clear when sliced.

For Beans:

Combine cumin, salt and beans in a medium bowl. Microwave on high for 3 minutes. Stir and serve.

For Bananas:

Melt butter over medium heat. Arrange bananas in sauté pan. Sauté for 3 minutes, depending on how soft you like them. Serve immediately.

Garnish plates with reserved pineapple slices.

INGREDIENTS:

Marinade

½ pineapple, a few slices for garnish and the rest chopped into chunks for marinade

2 limes (to yield ½ cup juice)

2 cloves garlic, minced

¼ teaspoon ground cumin

½ teaspoon dried oregano

1 teaspoon sea salt

4 chicken breasts, bone in with skin

2 Tablespoons olive oil

½ teaspoon sea salt

½ teaspoon black pepper (freshly ground)

For Beans:

1 - 14 oz cans reduced sodium black beans with liquid

½ teaspoon ground cumin

¼ teaspoon sea salt

For Bananas:

2 medium ripe banana, peeled & cut in half lengthwise and then cut in half (should yield 8 pieces)

1 Tablespoon butter

INSTRUCTIONS:

FOR RICE NOODLES-

Cook rice noodles according to package directions. They cook very fast! Drain pasta in a colander over a bowl, reserving 2 tablespoons noodle water; keep noodles warm.

Combine 2 tablespoons pasta water, olive oil, soy sauce, rice vinegar, ginger, and chili powder. Divide pasta evenly among 4 bowls; top evenly with sauce, leftover ribs or salmon and green onions.

FOR PEAR SALAD-

Combine lime juice and brown sugar. Toss with pears. Mix with salad. Serve immediately.

INGREDIENTS:

NOODLES:

8 ounces rice noodles
(1 box vermicelli style)

2 Tablespoons noodle cooking water

1 Tablespoon olive oil

2 Tablespoons low-sodium soy sauce

2 Tablespoons rice vinegar

1 Tablespoon minced peeled fresh
ginger

1/8 teaspoon red chili powder

Leftover ribs and/or salmon

1/2 cup green onions, finely chopped

PEAR SALAD:

1 Tablespoon brown sugar (or honey)

2 pears, cored and sliced

1 lime, for 2 Tablespoons juice

1 head green leaf lettuce, washed &
chopped

TROPICAL CHICKEN SALAD

w/ polenta cakes and arugula salad

DIRECTIONS:

Whisk together pineapple puree, balsamic, lime juice and salt until well blended and frothy. Toss with chicken and chill until ready to eat.

With hands, form 3" round polenta patties. Cook polenta cakes in a lightly oiled pan over medium-high heat for three minutes each side or until lightly browned.

Toss arugula with pineapple marinade (or homemade pantry dressing). Top with avocado and cucumber.

To serve, place one warm polenta cake on dinner plate. Top with $\frac{3}{4}$ cup marinated chicken. Use any leftover bean salad as a side with the arugula salad.

INGREDIENTS:

3 chicken breasts, shredded (see prep)

$\frac{1}{2}$ pineapple (2 cups), blended into a puree

2 Tablespoons balsamic vinegar

1 teaspoon lime juice

$\frac{1}{4}$ teaspoon sea salt

2 cups leftover polenta

1 Tablespoon olive oil

4 cups arugula salad

$\frac{1}{4}$ cup pineapple marinade or pantry dressing

1 cucumber, peeled and sliced

1 avocado, pitted and sliced or chopped for salad

Leftover bean salad