

This week kicks off our Family Dinner Summer! We are a big fan of Laurie David's "The Family Dinner Book"! It delivers so much information in one place with lots of ideas to help make dinner fun! We'll feature some ideas from the book each week in July because there is nothing more important than breaking bread together!

"DINNER IS NOT WHAT YOU DO IN THE EVENING BEFORE SOMETHING ELSE. DINNER IS THE EVENING." – Art Buchwald

Let's Play! Dinner Game: NAME YOUR SUPER POWER!

Name a superpower you would like to have and why. Assign a superpower to everyone at the table.

Check out www.thefamilydinnerbook.com

PREP:

Roasted Poblano Chili Peppers

2 dark green poblano

They main goal with roasting is to easily remove the skin and seal in the flavor. Place peppers over open flame on stove burner or under broiler.

Blacken on all sides. Transfer peppers to a paper bag and let sit 5 minutes before removing skin with fingertips.

Cut pepper open lengthwise and remove stems and seeds. Store in Ziploc bags until dinner night.

Quinoa

1-1/2 cups dry quinoa

4 cups water (or stock)

½ teaspoon salt (only if using water, stock already contains sodium)

Boil water/stock and slowly stir in quinoa. Bring to boil then reduce to simmer and add salt. Cover and cook for 25 minutes. Quinoa will triple in size to yield at least 4 cups.

Beans (only if preparing at home and not using canned)

2 cups great northern white beans (cannellini)

2 quarts water

½ teaspoon salt

Rinse beans thoroughly. Place beans in medium stockpot and add just enough water to cover. Bring to boil, stir and reduce heat to a simmer. Cover and cook for 45 minutes, stirring occasionally. Add salt when beans are almost finished.

MENU:

MONDAY

Finger Lickin' 4th of July Ribs
Grilled Corn & Bean Salad

TUESDAY

Fish Tacos
Cucumber Salad

WEDNESDAY

Vegetable Enchiladas
Spicy Quinoa

THURSDAY

Turkey Sausage "Cassoulet"

FRIDAY

Market Salad and Leftover



July 1st

Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	pork spare ribs	3 pounds	may sub beef baby backs	21
	fish steaks	1-1/2 pound	swordfish, halibut, etc.	18
	turkey Italian sausage	4 links	any Italian sausage is fine	5

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	fresh sage	1 bunch	at least 7 leaves	2
	fresh parsley	1 bunch	to yield 3 chopped Tablespoons	1
	celery	4 ribs		2
	corn	6 ears		2
	tomatoes	8 medium	roma or beefsteak okay	5
	poblano chili	2 medium	large, dark green, mild chili	2
	yellow summer squash	1		1
	romaine lettuce hearts	2 heads		2
	cucumbers	2		2
	lime	2	for juice	1

Got it!	Dairy	Quantity	Notes	Est Cost
	shredded white cheese	3 cups	monterey jack is great option	5
	plain Greek yogurt	2 cups	nonfat if possible	2
	Parmesan (grated)	1/2 cup		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	corn tortillas	21	probably come in bulk 30 pack	2
	canellini beans	4 - 15oz cans	great northern white beans	4
	quinoa (dry)	1-1/2 cups		2

Fresh 20 Grocery Est 81
 Cost Per Dinner 16.2
 Cost Per Serving 4.05

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1/2 cup	chicken stock (or vegetable)	3-1/2 cups
	garlic	2 heads	organic butter	
	onions	2-1/2 white	eggs	
	dried oregano	1 teaspoon	tomato paste	
	cumin	2 Tablespoons	Dijon mustard	1 teaspoon
	sea salt	3 teaspoons	balsamic vinegar	
	black pepper	2-1/2 teaspoon	white wine vinegar	4 Tablespoons
	red chili powder	3 teaspoons	pasta	
	brown sugar	3-1/2 Tablesp	pantry dressing	1/4 cup

DIRECTIONS:

This is not your typical weeknight meal. To get ribs right you must slow cook them which is great for a 4th of July holiday. You don't just grill ribs, you barbeque ribs!

Preheat one side only of an outdoor grill.

Combine the rub spices together and with your finger tips, rub spices into ribs.

Set ribs (meat side down) over flame side of grill. Brown for about 5 minutes. Flip over and move to non-flame side of grill where there is indirect heat. At this point, no ribs should be over flame. Close lid and cook for 2 hours. Turn ribs every 20-30 minutes.

You may also bake at 300 degrees for 2 hours, turning once.

In the last ten minutes of baking, coat with sauce (recipe below)

For bean salad:

Combine olive oil, vinegar, and mustard to create a dressing. Toss with beans, sage, and celery. Salt and pepper to taste.

For corn:

Wrap each piece of corn in foil and set on grill in indirect heat for 20-30 minutes depending on proximity to flames. Carefully unwrap and serve. In the summer, no salt or butter needed.

For fresh barbeque sauce:

Combine all ingredients in a small stockpot and bring to a simmer for at least 5 minutes. Transfer to blender and puree until smooth. Can be made ahead and stored in airtight container for up to 3 days.

INGREDIENTS:

For rub:

- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 2 Tablespoons natural brown sugar
- 2 teaspoons cumin

For ribs:

- 3 pounds pork spare ribs (may also use beef baby backs but they are not as tender)

For bean salad:

- 3 Tablespoons olive oil
- 2 teaspoon white wine vinegar
- ½ Tablespoon brown sugar or honey
- 1 teaspoon Dijon mustard

- 2 – 15oz can white beans (or 2-1/2 cups of home prepared beans)

- 4 leaves fresh sage, minced

- 2 celery ribs, finely chopped

- Salt and pepper to taste

For corn:

- 4 ears fresh corn

For sauce:

- 1 medium tomato, chopped
- 2 Tablespoons brown sugar
- 3 Tablespoons white wine vinegar
- ¼ medium onion, chopped
- ½ teaspoon black pepper
- Dash of salt

DIRECTIONS:

Coat bottom of skillet with olive oil. Sauté onions on medium-high heat. Add chili powder, cumin, salt and black pepper. Stir to mix well with onions.

Arrange fish OVER onions. Sprinkle with salt and pepper. Cook 5 minutes before flipping with large spatula making sure to get underneath onions and turn over fish with a layer of onion intact.

Add stock to pan, cover with lid or foil and cook additional 3 minutes. Cooking times will vary based on thickness of fish.

Combine all cucumber salad ingredients in a medium bowl and chill until ready to serve.

In a blender or food processor, puree salsa ingredients until smooth. This is not a chunky salsa. It is more like a salsa sauce.

Wrap tortillas in damp towel and microwave for 30 seconds.

Remove fish (with onions) from pan and break up into smaller pieces.

Place taco ingredients out on table including:

Fish
Cheese
Lettuce
Greek yogurt or low fat sour cream
Salsa

Let everyone make their own tacos and name them!
Serve w/ a scoop of cucumber salad on side.

INGREDIENTS:

2 Tablespoons olive oil

½ onion, chopped

1 teaspoon cumin

½ teaspoon red chili powder

½ teaspoon salt

¼ teaspoon pepper

1-1/2 pounds fresh fish steaks
(swordfish, halibut, etc.)

½ cup stock

8 corn tortillas (6")

1 cup shredded white cheese

½ romaine heart, shredded

1 cup Greek yogurt, plain

For cucumber salad:

2 cucumbers, peeled and cubed

1 lime, juiced

1 garlic clove, minced or pressed

¼ teaspoon salt

1 Tablespoon fresh parsley

For salsa

2 medium tomatoes, cut in half

1 lime, juiced

1/4 onion

Salt and pepper to taste

DIRECTIONS:

Make ahead:

Enchilada Sauce (Makes 3-4 cups)

Heat olive oil in a pan over medium-high heat. Sauté onions and garlic until softened. Stir in cumin & chili powder.

Add tortilla, tomatoes and roasted chili. Add stock and simmer for 5 minutes. Transfer to a blender or food processor and puree until smooth. Store in airtight container until dinner night.

Dinner Night:

Sauté onions in olive oil over medium heat for 5 minutes until softened. Add garlic and cook for one minute until garlic is fragrant. Add oregano and salt. Mix well.

Add corn kernels, squash and white beans. Stir to combine. Cook for 5-10 minutes until heated through. If desired, add in roasted chili.

Dip tortillas in prepared sauce and lay flat in a large microwave safe baking dish.

Scoop 1/3 cup of vegetable filling onto each wet tortilla and roll into a cylinder with seam on bottom to keep it closed.

Pour 2-3 cups sauce over enchiladas and cover with shredded cheese. Reserve 1/2 cup sauce for quinoa.

Cover with plastic wrap and microwave on high for 5 minutes. Carefully remove from microwave and even more carefully remove plastic. Steam burns are the worst so please use caution.

Serve with a dollop of Greek yogurt as your sour cream.

For Spanish quinoa:

Mix 1/2 cup enchilada sauce with quinoa and heat until warm.

Serve 2 enchiladas with 1/2 cup of quinoa.

INGREDIENTS:

Sauce:

2 Tablespoons olive oil

3 garlic cloves, minced

1/2 onion, chopped

1 Tablespoon cumin

1/2 Tablespoon red chili powder

1 corn tortilla, shredded

3 medium tomatoes, chopped

1 Poblano chili, roasted

1-1/2 cups stock

Filling:

2 Tablespoons olive oil

1/2 onions, chopped

2 garlic cloves, minced

1 teaspoon dried oregano

1/2 teaspoon salt

2 ears fresh corn, kernels removed

1 summer squash, cut into cubes

1 – 15 oz can of white beans with liquid or 1-1/2 cups home prepared

1 poblano chili, roasted (optional)

12 corn tortillas (6")

2 cups shredded white cheese (Monterey jack)

1 cup Greek yogurt, plain

3 cups quinoa, prepared

DIRECTIONS:

Ahead of time:

Beans (if using home prepared)

Dinner Night:

In a large skillet, heat olive oil over medium heat. Add onions and stir to coat with oil. Add sausage. Cook 10 minutes until sausage is cooked through, stirring onions and turning sausage frequently to avoid burning.

Remove sausage and set aside. Add garlic, tomatoes, beans, salt and pepper to onions. Mix well. Add stock. Reduce heat and simmer for 5 minutes.

Once sausages have cooled a bit, slice into ¼” pieces. Return sausage to pan.

In a small bowl, combine sage, garlic and Parmesan. Take half of Parmesan mix and combine with stew.

Divide into 4 bowls. Top with remaining Parmesan mix and garnish with fresh parsley. Serve hot.

INGREDIENTS:

¼ cup olive oil

½ medium onion, chopped

4 turkey Italian sausage

2 garlic cloves, minced or pressed

2 tomatoes, diced

2 – 15oz cans cannellini beans or 4 cups home prepared beans

½ teaspoon salt

½ teaspoon black pepper

2 cups chicken stock

1/2 cup breadcrumbs (see prep)

3 fresh sage leaves, minced

2 garlic cloves, minced

¼ cup Parmesan

3 Tablespoons fresh parsley, finely chopped

MARKET SALAD

Leftovers

DIRECTIONS:

Toss romaine in pantry dressing. Top with celery, sage and any leftover vegetables. Sprinkle with any remaining cheese.

Serve salad with a bowl of cassoulet and/or leftover enchiladas.

Make sure you use everything possible in your fridge. It feels great to reduce waste in the kitchen!

INGREDIENTS:

1-1/2 romaine lettuce hearts,
chopped

¼ cup pantry dressing
www.thefresh20.com/pantrydressings

2 ribs celery, finely chopped

2-3 leaves sage, finely chopped

Leftover vegetables

Leftover cheese

Possible leftovers this week:

Enchiladas

Cassoulet