

*This week's menu is condensed to three recipes due to the holidays. There is less focus on complete dinners and more on hearty dishes that can be prepared in advance and reheated as the busy week unfolds.*

*We suggest making them all at once and then enjoying the last week of the year without dinner time worries.*

*Happy Kitchen Holidays!*

## MENU:

### MEAL ①

Chicken Noodle Soup

### MEAL ②

Lasagna Pasta

### MEAL ③

Lettuce Wraps

## SHOPPING LIST

- 6 boneless, skinless chicken thighs
- 2 pounds lean ground beef or turkey
- 8 medium carrots
- 3 celery ribs/stalks
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 2" piece fresh ginger
- 1 head bibb lettuce or small green leaf lettuce (whole leaves!!)
- 12 oz part skin ricotta
- ½ cup grated Parmesan Reggiano
- 16 oz whole wheat fusilli noodles

## PANTRY LIST

- 3 Tablespoons olive oil
- 2 medium onions
- 2 Tablespoons dried oregano
- 2 teaspoons ground cumin
- 4 teaspoons kosher salt
- 2 teaspoons black pepper
- ¼ teaspoon red chili powder
- 11 cups chicken broth (3 boxes)
- 1 Tablespoon organic butter
- 6 oz tomato paste

## DIRECTIONS:

Boil noodles for 5 minutes. They will still be slightly crunchy and will finish cooking in the soup. NOTE: If you add uncooked noodles to the soup, they will absorb all of the liquid.

Melt butter and olive oil in large stock pot over medium-high heat. Add chopped onion, carrots and celery and cook 5 minutes until slightly brown. Season with cumin, salt and pepper and stir to coat vegetables. Arrange chicken thighs over vegetables & cook 5 minutes.

Add chicken broth, simmer for ½ hour on low. Add in parboiled pasta cooking for a few minutes until pasta is warm.

Serve in individual bowls garnished with parsley.

## KITCHEN TIP:

I like to add a Tablespoon of tomato paste to make it a little richer. You can also add some chili flakes if you want to spice it up! Throw in any extra vegetables you have in the fridge!

## INGREDIENTS:

- 1 Tablespoon unsalted butter
- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 6 medium carrots, peeled & cut in round discs
- 3 celery ribs, cut into ½" pieces
- 2 teaspoons each of cumin & salt
- 1 teaspoon black pepper
- 6 chicken thighs, boneless/skinless
- 8 cups chicken stock
- 2 cups par boiled noodles
- 2 Tablespoons chopped parsley

This dish is a tasty alternative to labor intensive lasagna. It's a great make-ahead meal for spontaneous holiday guests.

Directions:

Preheat oven to 375 degrees F.

Boil salty water for pasta. Cook fusilli according to package, but slightly al dente so that it is not mushy.

Heat oil in a large sauce pan. Sauté onions and garlic until translucent, about 4 minutes. Add ground meat, oregano, salt, red chili powder and black pepper. Break up meat into crumbles and cook until no longer pink.

Combine tomato paste and broth until smooth. Add liquid to meat, stirring to coat.

Combine fresh parsley and ricotta cheese in a small bowl. Simmer for 5 minutes, then remove from heat.

Combine cooked pasta and ricotta cheese mix. Spoon into a 9x13 baking pan. Cover with sauce and toss slightly to coat pasta.

Sprinkle with Parmesan and bake, uncovered for 20 minutes.

## INGREDIENTS:

12oz whole grain fusilli

1 Tablespoon olive oil

½ medium onion, chopped

2 cloves garlic, minced

1 lb lean ground beef or turkey

2 Tablespoons dried oregano

1 teaspoon salt

¼ teaspoon red chili powder

½ teaspoon black pepper

6 oz tomato paste

3 cups chicken or vegetable broth

½ cup fresh parsley, finely chopped

12 oz part-skim ricotta cheese

½ cup grated Parmesan Reggiano

*You can make this filling ahead of time and prepare the wraps as needed. It also pairs well with rice or rolled up in a tortilla.*

## **DIRECTIONS:**

Sauté onion and carrots in olive oil over medium heat for 3 minutes. Add turkey, ginger and seasonings and brown until no longer pink.

Place a lettuce leaf on a plate and add a heaping scoop of turkey mix. Top with shredded basil. Wrap it up! You can eat with no hands or you can chop up the lettuce and eat with a fork.

## **INGREDIENTS:**

1 Tablespoon olive oil

½ onion, minced

2 medium carrots, peeled and shredded

1 pound lean ground turkey

1 Tablespoon fresh grated ginger

1 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 cup fresh basil, minced (or parsley)

1 head bibb or green leaf lettuce whole leaves intact to use as wrappers