YOUR STEP-BY-STEP GUIDE

to healthy, delicious and affordable meals by Chef Laura Lea

SEPTEMBER 2020
MEALS

Brown Sugar Mustard Shrimp Salad with Roasted Garlic Vinaigrette
(approximately 4 servings)

20-Minute Fried Rice
(approximately 6 servings)

Zucchini Boat Tuna Melts
(approximately 6 servings)

Bean & Egg Summer Salad with Garlic Grilled Cheese
(approximately 4-6 servings)
**SHOP**

**Ingredients List**
- 1 cup white jasmine rice
- 2 heads garlic
- 1 15 ounce can kidney beans
- 1 15 ounce can chickpeas
- Bunch scallions/green onions (approximately 4 ounces)
- 1 bunch celery (approximately 1.25 pounds)
- Small red onion
- 3 medium zucchinis (a little more than one pound)
- 8 ounces mild cheddar cheese (see tips at the end)
- 16 ounces frozen shrimp, raw, tails-off, peeled & deveined
- Loaf of bread of choice for grilled cheese (whatever appeals to you; I used the 12 ounce loaf of cottage bread from Target)
- 16 ounces (1 pound) ground turkey (I suggest a mixture of dark and light meat)
- 10 ounce bag frozen mixed veggies
- 8 ounce bag baby spinach
- 6 large eggs (see tips at the end)
- 2 5 ounce cans tuna (I try to find wild-caught)
- Optional: 0.5 ounces fresh herbs like parsley, cilantro, chives or basil

**Other Ingredients**
- Salt
- Pepper
- Stick of unsalted xbutter, softened to room temperature
- Olive oil or avocado oil
- Low-sodium tamari or soy sauce
- Toasted sesame oil (optional but awesome!)
- Coconut sugar or brown sugar (light or dark)
- Honey or maple syrup
- Mayonnaise
- Dijon Mustard
- Garlic powder
- Onion powder
- Paprika
- Red wine vinegar (sub white, white balsamic or apple cider)
**PREP**

before you cook...

1) Cook white rice using any method from earlier meal plans (refer to Vol 1 and Vol 4)

2) Roast garlic: Preheat oven to 400 degrees F and slice the top ¼” off of your garlic heads, leaving the cloves exposed. Discard any papery leaves on the outside. Place each head on a small piece of aluminum foil, flesh side up, and drizzle with oil. Wrap and roast for 35 minutes, then cool again till you can squeeze the cloves out into a small bowl with your fingers.
   a) Make compound butter: Combine half of your roasted garlic with softened stick of butter and a pinch of salt. Stir, mashing the garlic into the butter to form a paste-like consistency. You can leave at room temperature, if making grilled cheese the same day or refrigerate until use.

3) Drain and rinse beans and chickpeas.

4) Rinse green onions and pull off any soft/brown outer leaves. Trim the top and bottom ½”. Slice into ¼” thick rounds.

5) Rinse celery, then slice off the base and any tops that look brown/dried out. Dice approximately 6 stalks into whatever size pieces you prefer for tuna and bean salads. I personally slice them into ¼” thick half-moons. We want a total of approximately 2 cups. Slice any remaining stalks in half and refrigerate in Tupperware (these will be leftovers).

6) Finely dice red onion, ideally in pieces smaller than ¼”.

7) Rinse zucchinis, slice off the base and stem, then slice in half lengthwise. Use a metal spoon to scoop out the flesh inside, leaving approximately ¼” around the edges and base. Make sure to get all the seeds. A melon baller is great for this too, if you have one.

8) Cut 16 thin slices of cheese, crosswise. You should have a little less than ⅓ of your block left. Grate remaining block. (Slice and grate twice as much if you purchased extra cheese...see tips at the end)

9) Thaw shrimp: There are two methods that you can use, and either work well. Option 1: Place package in the refrigerator at least 12 hours and up to 24 before you want to start cooking. I personally put them on a plate on top of a few paper towels, in case they leak. Option 2: Do a quick-thaw by placing shrimp (out of the bag) in a large bowl of slightly lukewarm water for 10 minutes, or until soft throughout.
1) BROWN SUGAR MUSTARD SHRIMP SALADS WITH ROASTED GARLIC VINAIGRETTE: NOTE—Shrimp doesn’t reheat well. I personally enjoy it chilled, but if you want to enjoy it warm, make sure to cook the night you plan to serve.

a) In a large Ziplock bag, whisk together 6 tablespoons brown sugar (loosely packed), 2 tablespoons oil, ¼ cup dijon mustard, ½ teaspoon paprika and ¼ teaspoon salt. Add shrimp, seal and shake/squeeze to evenly coat and set aside.

b) In the meantime, make your roasted garlic vinaigrette: In a blender, combine remaining half of your roasted garlic cloves, 1 cup oil, ½ cup vinegar of choice, 1 teaspoon dijon mustard, 2 teaspoons honey and pinches salt and pepper. Puree until smooth and creamy. Alternatively, if you don’t have a blender, whisk all ingredients EXCEPT oil in a mixing bowl. Very slowly drizzle in oil, whisking constantly. With either method, refrigerate dressing.

c) Heat a large skillet to medium heat. When a drop of water sizzles as it hits the pan, add half of your shrimp, shaking off excess marinade as you remove from the bag. Cook for 2–3 minutes to get a nice golden-brown color, then flip and cook another 2–3 minutes, or until opaque and no pink remains. Add shrimp to a heat-proof bowl and repeat with remaining shrimp.
2) 20-MINUTE FRIED RICE:
   a) Make sure your rice is cooked! Whisk three eggs in a bowl. Heat a large skillet to medium and add 2 tablespoons oil. When oil moves quickly around the pan, add turkey. Cook, stirring, until no pink remains and there are some golden-brown edges. Add to a heat-proof bowl. Add ¼ cup water to the pan and use a firm spatula to scrape any browned bits from the bottom.

   b) Add half of your diced red onion and sauté 3–5 minutes, stirring frequently, until softened and translucent. Add frozen mixed veggies and cook, stirring every minute or so, until warmed through, another 3–5 minutes. Push veggies to one side of the skillet and pour eggs into the other. Turn heat to low and stir gently until they’re a scrambled egg consistency.

   c) Add cooked rice, cooked turkey, approximately ⅓ of your sliced green onions, 3 tablespoons tamari or soy sauce, 1 tablespoon toasted sesame oil (if using) and ½ teaspoon black pepper. Gently toss everything to evenly coat, then taste for more tamari/soy sauce and add accordingly (I add another 2 tablespoons).

3) ZUCCHINI BOAT TUNA MELTS:
   a) Preheat oven to 375 degrees F and line a baking sheet with nonstick parchment paper and add zucchini halves, flesh side up. Sprinkle pinches of salt and pepper, as well as ½ teaspoon oil, on each half, and coat evenly using your fingers. Roast zucchini for 45 minutes, until tender with golden-brown edges. Cool at least 10 minutes.

   b) While zucchini is roasting, make tuna salad: In a mixing bowl, whisk together ½ cup mayo, 2 teaspoons dijon mustard, 2 teaspoons honey, 1 teaspoon vinegar of choice, ¼ teaspoon each salt, pepper and onion powder. Drain excess liquid from tuna and add to the bowl, along with approximately ⅓ green onions, approximately one-quarter of your diced red onion and half of your diced celery. Stir everything together to incorporate.

   c) When zucchinis come out of the oven, cool 10 minutes and set oven to broil. Evenly fill zucchini halves with tuna salad and sprinkle 2 tablespoons grated cheese on each. Place back in the oven and broil until cheese is melted and bubbling. *WATCH CAREFULLY to prevent burning! NOTE: If not serving ASAP, wait on broiling.
4) CHILLED BEAN & EGG SUMMER SALAD WITH GARLIC GRILLED CHEESE.
   a) Hard boil eggs: Add 3 eggs and 1 teaspoon apple cider or white vinegar to a small saucepan and cover with cold water. Bring to a boil. As soon as boiling begins, set a timer for 5 minutes. After 5 minutes, remove from the heat and cover with a lid. Time another 5 minutes, then immediately drain hot water and run cold water over eggs for 1 minute. Set aside to further cool while you prep the rest of the salad.

   b) In a large mixing bowl, combine kidney beans, chickpeas, remaining third of green onions, remaining quarter diced red onion and remaining sliced celery. Toss with half of the salad dressing you made for the shrimp salad recipe and refrigerate.

   c) Peel and roughly chop hard-boiled eggs, then fold into the salad. If you have fresh herbs, roughly chop and add them as well. Cover and refrigerate salad for at least 2 hours before serving.

   d) Make Grilled Cheese: NOTE: I personally don’t mind preparing all of the grilled cheeses in advance and reheating them through the week. But if you prefer, you can make them whenever you plan to serve.

      i) Line a baking sheet with nonstick parchment paper. Grab 8 slices of bread and spread a thin layer of compound garlic butter onto each. Form 4 sandwiches by putting 4 slices cheese between 2 pieces of bread--buttered sides facing out. Heat a large cast-iron or other nonstick skillet to medium high. Turn on your exhaust fan. When a splash of water ‘pops’ and sizzles when it hits the pan, add 1-2 sandwiches (depending on the size of your skillet). Cook for 3-4 minutes, until golden brown on the bottom, pressing down with a spatula. Flip and repeat another 2-3 minutes. If it looks like cheese isn’t melting, turn heat down to low and cover with a lid for 5 minutes. In general, you may want to turn the heat down on the skillet to prevent burning, as the pan gets hotter as you cook. Remove grilled cheeses and repeat with remaining sandwiches.
ASSEMBLY

putting it all together...

1) BROWN SUGAR MUSTARD SHRIMP SALADS WITH ROASTED GARLIC VINAIGRETTE: If serving immediately, serve shrimp warm. If serving from the fridge/leftovers, I don’t recommend reheating and personally enjoy it cold. Either way, serve shrimp over baby spinach with roasted garlic vinaigrette. Add any other goodies you like to jazz it up. Suggestions: chopped roasted and salted nuts, goat cheese, sliced cucumber or any diced leftover veggies you have. Leftovers will keep tightly sealed in the fridge up to three days. I don’t recommend freezing.

2) 20-MINUTE FRIED RICE: Reheat in the microwave or in a saucepan on the stove with a splash of water. Throw any leftover fresh herbs on top. I personally like to add another ‘fresh’ splash of tamari. Leftovers will keep tightly sealed in the fridge up to 5 days or frozen 4 months.

3) ZUCCHINI BOAT TUNA MELTS: If not serving immediately, follow broiling step in the recipe above to melt the cheese, then enjoy. Before broiling, tuna boats will keep tightly sealed in the fridge up to 3 days. I don’t recommend freezing.

4) CHILLED BEAN & EGG SUMMER SALAD WITH GARLIC GRILLED CHEESE: Serve bean salad chilled. It will keep, tightly sealed in the fridge, up to 4 days. I like to add a small splash of any leftover vinaigrette or lemon juice and a dash of pepper before enjoying. As noted above, I don’t mind reheating pre-made grilled cheese in the microwave or in the oven at 350 degrees F until cheese is melty, but they won’t be as crispy and fresh. Bean salad and grilled cheese leftovers will keep tightly sealed in the fridge up to 5 days. I don’t suggest freezing.
1) If you’re not into the zucchini boat vibe, you can serve the tuna salad chilled with crackers or “melted” on a pita or thick slice of bread. Instead of making boats, dice zucchini into 1” chunks and roast them for 25-30 minutes, until softened and golden-brown around the edges. Enjoy as is or with some lemon zest and parmesan, if you have it!

2) If you and your family love cheese, you can get 2 blocks and double up on the cheese slices and grated cheese.

3) Feel free to get a full carton and double the hard-boiled egg recipe to have more around for snacking!

4) You’ll likely have leftover celery. I love making a dip by whisking together 3 tablespoons mayo, 1 tablespoon water, 1 tablespoon of your sliced green onions, a splash of apple cider vinegar (or other vinegar) and pinches of salt, pepper, paprika and garlic powder. If you have Old Bay Seasoning, that’s an amazing addition to this sauce as well!

5) HERE’s a recipe for simple French Toast, if you have some bread leftover.
ENJOY!

xx, laura lea