

DAY#4 - Daily Meal Planning for the Holidays

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Cranberry Walnut Smoothie

1/2 pear (washed, cored & peeled - you can leave the skin on if you prefer)

1/2 apple (washed & cored - I leave the skin on)

1/3 banana (peeled)

a handful (about 10 to 15) of fresh cranberries (washed)

2 tablespoons walnuts

1 teaspoon flax seeds

1 scoop vanilla whey protein powder

1/2 cup kefir (or yogurt)

1/4 cup cranberry juice (you may substitute orange juice)

Begin with the smaller "NutriBullet" container and use the "nut & seed" blade to blend & chop the walnuts & flax seeds. Now place the remaining ingredients (including the processed seeds & nuts from the first step) into the larger "NutriBullet" container and use the "smoothie" blade. Blend for about 30 seconds.

ENJOY!!

IMPORTANT: All of my smoothie recipes on this blog are measured for the "NutriBullet" and are a single serving - if you have a different kind of blender that has a larger capacity then you may increase the amount of ingredients according to your desired smoothie needs. The ingredients in this recipe measure close to the max line of the NutriBullet.

Chicken Corn Chowder

8 cups chicken stock

1 1/2 cups chopped cooked chicken

2 1/2 cups salsa

2 tablespoons butter

1 large onion (peeled and chopped)

2 stalks celery (washed and chopped)

3 large carrots (peeled and chopped)

2 cups frozen corn

Thickener

1 1/2 cups milk

3/4 cup flour

1. Prepare the ingredients as listed above
2. Place the butter, onion, celery and carrots in a large stock pot and saute for about 5 minutes.
3. Now add the chicken stock, chopped chicken (already cooked), salsa and corn and cook until the carrots are soft or to your desired "doneness." (I prefer "al dente").
4. While the soup is cooking, take your milk and flour and whisk together in a bowl until all of the flour is mixed in.
5. Remove the soup from the heat and slowly stir in the flour/milk mixture.
6. Return to the burner and cook (while slowly stirring) until the soup thickens and becomes "chowder." (about 5 to 10 minutes).

It is ready to eat - Enjoy!! (be careful - it is hot).
If you don't want such a large amount of soup, then this recipe works well cut in half also (simply divide each ingredient measurement in half).

Oktoberfest Kale & Potato Casserole

1 jar sauerkraut
2 large onions (peeled & chopped)
2 large carrots (peeled & chopped)
5 medium potatoes (peeled & largely chopped)
3 large Mennonite sausages (sliced into large chunks)
2 cups Kale (washed, deveined & chopped))
ground pepper to taste (No need to add salt there is enough salt in the kraut & sausages)

Prepare the ingredients as listed above. Spread the prepared onions, carrots, potatoes & sausages in a large sprayed/oiled casserole dish. Then pour the jar of sauerkraut on top and mix a little. Now add the

chopped Kale and stir a little to distribute the Kale throughout the other ingredients. Add ground pepper. Bake in a preheated 425 degree oven for about 45 minutes (or until the sausages, potatoes and carrots are thoroughly cooked) (If you desire a little crunch around the edges then cover the casserole dish for the first half hour and then you finish baking uncovered).

ENJOY!!

Apfelkuchen or Apple Cake

The cake:

- 1 cup butter (softened)
- 2 eggs (slightly beat the eggs and vanilla extract together)
- 2 1/2 cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 tablespoon vanilla extract

1. In a large bowl stir the flour, sugar and baking powder, then - with a pastry cutter (or a fork) - mix the butter into the dry flour/sugar mixture.
2. Pour this butter/flour mixture onto a pastry board (or clean counter) and make a hole in the middle and add the egg mixture (eggs and vanilla already slightly beaten together). Mix in and knead with your hands. **NOTE:** Doing this by hand is very messy - mixing all of the dough ingredients together in a food processor will work if you prefer. If you use the processor you must slowly "pulse" the machine. The dough should be silky smooth - you might need to add a little extra flour to achieve this silky smoothness.
3. Now you could either roll out the dough and place in your large Pyrex dish (spray or butter this dish before placing in the dough) OR you could press in the dough (I prefer rolling out the dough). Dust the crust/dough with flour.

The Apple Filling:

5 or 6 apples (washed, peeled, cored and sliced)
Juice from 1 lemon
1 teaspoon vanilla extract

4. Prepare the apples as described above and stir all of the cut-up apples, lemon juice and vanilla together. Now nicely place these apple slices on top of the rolled out dough.

The Topping:

1 cup flour
1/2 cup sugar
1/2 cup butter (softened)
1 small package of vanilla sugar

5. Stir the dry ingredients together (flour, sugar and vanilla sugar). "Cut" the butter into the dry mixture using a pastry cutter until crumbly looking.

6. Spread the crumb topping onto the apples and then bake in a preheated 350 degree oven for 35 to 40 minutes (or until desired golden brown color). **ENJOY!**

Tomato Desperados**Shells**

3 tortilla shells
1 tablespoon melted butter
1 tablespoon olive oil
pepper to taste

Cut the tortilla shells into quarters (this makes a total of 12 quarters). Place each quarter in a muffin tin. Combine the melted butter, olive oil & herbs and then brush a thin layer on the inside of each shell that has already been placed in the muffin tin.

Bake in a 400 degree oven for 7 to 10 minutes. Allow to cool before filling.

Filling

1 package cream cheese (room temperature)
1/3 cup Parmesan cheese
1/4 teaspoon hot red chili pepper (ground) (I use Indian chili pepper)
1 small onion (peeled and finely chopped)
1 carrot (peeled & shredded)

Prepare the ingredients as listed above. With an electric mixer - combine all ingredients until blended.

4 or 5 tomatoes (washed & cut into thick rounds)

Cut the tomatoes. Now the "Desperados" are ready to be filled. First spread some of the filling (about 2 tablespoons worth) and then place a slice of tomato on the filling and finally top with a fresh sprig of cilantro, basil or parsley.

Serve immediately & ENJOY!!
(refrigerate any remaining "Desperados")

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