

Meal Plan Week 46

Day 1: Sweet Mustard and Herb Roasted Chicken and Potatoes with Green Beans

- Prepare the chicken as per the recipe but place in a large soup pot to roast instead of a roasting pan (this will allow you to make your own stock with the drippings). If you can't fit a rack inside, just skip it as well as the water in the bottom.
- Cut potatoes into 1 inch cubes, place in a roasting pan and toss with oil and your favorite seasonings. Roast alongside the chicken, tossing a couple times during the roasting process.
- Cut tips off of green beans and saute in olive oil or steam until tender crisp. Season with salt.
- Enjoy the meal, but make sure to save 2 ½ cups of shredded chicken. Strip all the meat off the bones.
- Add the chicken carcass back into the pot you roasted in and cover with cold water (about 8 or 9 cups).
- Bring to a boil and then turn down to low and simmer for 1-2 hours to make a flavorful chicken broth. Let cool down and then store in the fridge for Day 3.

Day 2: Baja Quesadillas and Southwestern Salad

- Use 2 cups of leftover shredded chicken to make Baja Quesadillas as per recipe (a can of black beans has 2 cups in it. Use 1 cup to make the quesadillas and ½ a cup to make the salad. Save the other ½ cup for the soup).
- Prepare Southwestern Salad
- Serve quesadillas with sour cream.

Day 3: Tex Mex Chicken and Rotini Soup

- Use your homemade chicken stock, leftover ½ cup of chicken, and leftover ½ cup of black beans to make soup as per recipe. You can also use up any leftover veggies in your fridge.

Day 4: Spaghetti with Smoked Mozzarella, Prosciutto and Asparagus with Side Salad

- Prepare spaghetti as per recipe.
- Serve with a salad and your favorite dressing.

Day 5: Donair Meatballs in Pitas

- Prepare donair meatballs and sweet sauce.
- Serve in pitas with sliced tomatoes, lettuce and thinly sliced onions.

Sweet Mustard and Herb Roasted Chicken

- 1 4 lb whole roasting chicken
- 1 tbsp dijon mustard

1 tbsp brown sugar
1 tbsp fresh rosemary, minced
1 tbsp fresh thyme, minced
1 clove garlic, minced
1 tsp olive oil
1/2 tsp salt
1/2 tsp pepper
Grated zest and juice of half a lemon

Move oven rack to bottom third of oven and preheat to 425 degrees. Place a rack inside a small roasting pan and pour 1 cup of water in the bottom of the pan.

In a small bowl mix together mustard, brown sugar, fresh herbs, garlic, olive oil, salt and pepper to make a paste. Add the lemon zest and mix again. Rub all over the chicken. Place the other half of the lemon inside the chicken and tie the legs together using kitchen string. Place breast side down on the rack and roast uncovered for 30 minutes. Remove chicken from oven and flip over. Add a bit more water to the pan if it has evaporated. Return to oven and roast for 35 to 40 minutes more depending on the size of the bird. If chicken browns too quickly, cover loosely with foil. When cooked, legs should move easily in sockets and the thigh juices should be clear (not pink). A meat thermometer inserted into thigh (away from the bone) should read 170 degrees.

Remove chicken from oven and let rest for 10 minutes before carving.

Baja Quesadillas

2 cups cooked, shredded chicken
1 cup frozen corn
1 cup black beans, drained and rinsed
2 tbsp taco seasoning (homemade or store-bought)
1/3 cup water

6 large flour tortillas
6 tbsp your favorite BBQ sauce (we love Bullseye Grilled Onion and PC Smokin' Stampede Beer & Chipotle)
2 cups cheddar cheese, grated
Sour cream, for serving

In a large saute pan over medium heat dump in the chicken, corn, black beans, taco seasoning and water. Stir and let it cook down until most of the water has evaporated. Remove from heat.

Heat a large frying pan over medium-high heat. Spread a thin layer of butter over one side of the tortilla and put the butter side down into the hot pan. On one half of the tortilla, squirt about a tablespoon of BBQ sauce and top with a sixth of the chicken/bean/corn mixture. Add a generous sprinkling of grated cheese (about 1/3 cup). Fold the other half of the tortilla over all the filling and cook until the underside gets brown and crispy. Flip the quesadilla over and let cook until the other side is also brown and crispy. If your quesadilla is browning too quickly before all the cheese is melted, turn the heat down to medium.

Remove from pan, cut into wedges and serve with sour cream and extra BBQ sauce if desired.

Southwestern Salad

Dressing:

2 1/2 tbsp lime juice
1 tbsp olive oil
1/2 tsp cumin
1/4 tsp chili powder
1/4 tsp garlic powder
1/2 tsp salt

1 cup cherry tomatoes, halved
1/2 cup corn
1/2 cup black beans, rinsed and drained
4 green onions, chopped
1/4 cup cilantro, chopped

In the bottom of a medium bowl, whisk together the dressing ingredients until combined. Add the rest of the salad components and toss until combined.

Tex Mex Chicken & Rotini Soup

1 chicken carcass (the leftover Spice-Rubbed Beer Can Chicken carcass is awesome in this soup)

4 cups water

1 tbsp butter

2 carrots, diced

1 celery rib, diced

1/2 cup sliced mushrooms

1/2 onion, diced

1 garlic clove, diced

1/4 cup salsa

1 tsp cumin

1 tsp chili powder

1/2 tsp thyme

1/4 tsp - 1/2 tsp of red pepper flakes (optional)

1/2 cup leftover chicken, cut into bits (or whatever you have left. If you have none that's okay too)

1/2 can black beans, rinsed

1/2 cup frozen corn

Salt & pepper

2 cups whole wheat rotini

Cover chicken carcass in water, put a lid on and simmer on low for about 3-4 hours. Let cool.

Pick any chicken meat off the bones and set aside. Strain the stock of all the bones and bits left in the bottom.

In a medium saucepan add butter and turn to medium heat. Add the carrots, celery, mushrooms and onions and saute for a couple minutes until starting to get soft. Add the garlic and saute another minute or so. You want to add the garlic near the end so that it doesn't burn. Burned garlic is very bitter. Pour your chicken stock over the vegetables and add the salsa, cumin, chili powder, thyme, red pepper flakes, leftover chicken and

black beans. Turn heat down to medium-low and let simmer for at least an hour to let the flavors meld. 15 minutes before you are about to eat, put a medium pot of salted water on to boil. Add about 2 cups of rotini and prepare to package directions. I like to keep my pasta separate from the soup so that the pasta stays fresh and firm. If you add the pasta right to the soup, your leftover soup will have no liquid and the pasta will be soggy and mushy. Add the frozen corn and stir through the soup. Now is the time to season your soup with salt and pepper. I use kosher salt and I seasoned quite liberally to make it pop with flavor. I used probably 1/2 - 1 tsp kosher, but regular iodized salt is more "salty". Just keep seasoning and tasting until you've got it right.

To serve, place pasta into each bowl and ladle soup over top.

Spaghetti with Smoked Mozzarella, Asparagus & Prosciutto

1 pound asparagus, trimmed
3/4 pound spaghetti
4 tablespoons olive oil
4 garlic cloves, minced
Salt and freshly ground black pepper
6 ounces thinly sliced prosciutto, cut crosswise into strips
6 ounces smoked mozzarella cheese, diced (about 1 cup)
6 tablespoons thinly sliced fresh basil leaves

Put a large pot of salted water on to boil as well as a medium sized pot. Only fill the large pot up about half way. While you are waiting for the water to boil, trim the bottom 1 1/2 off the bottom of the asparagus. Once the salted water in the medium sized pot is boiling, add the asparagus and cook for 2-3 minutes. In the meantime, get a large bowl with ice water ready. When the asparagus have cooked until they are tender crisp, scoop them out and add to the ice bath to stop the cooking. To flavor the pasta, pour the boiling asparagus water which is now green into the large pot. By now the large pot of water should be boiling, so add the spaghetti. Cook until al dente and then drain, but save about a cup of the pasta water.

In a large saute pan, drizzle in the olive oil and turn heat to medium. Remove the asparagus from the ice bath and cut crosswise into 1 inch pieces. When the oil is hot, add

the garlic and saute for 30 seconds, then add the asparagus. Season with salt and pepper. Add the spaghetti and toss around with the asparagus and garlic. You will probably have to add about 1/2 cup or more of the pasta water. Then add the smoked mozzarella, prosciutto and basil and turn off the heat. Keep tossing and as you do the cheese will melt. Serve with a little more fresh basil over the top.

Donair Meatballs in Pitas

Meatballs:

2 lbs lean ground beef
2 cloves garlic, minced (or 2 tsp garlic powder)
1 tsp onion powder
1 1/2 tsp kosher salt
1 tsp black pepper
1/2 tsp red pepper flakes
1 tsp oregano or marjoram
1 tsp basil

Donair Sweet Sauce:

1 12 oz. can of evaporated milk (use full fat, not reduced. The recipe won't work)
3/4 cup sugar
1 tsp garlic powder
4 tsp white vinegar, as needed

Pita pockets
Lettuce
Tomatoes, sliced
Onions, thinly sliced

Preheat oven to 425 degrees.

Mix together all the ingredients for the meatballs. Form into 1 1/2 inch size balls (you should get about 36-40 meatballs). Place on a baking sheet and bake for 18-20 minutes until golden brown.

To make the sauce, whisk together the evaporated milk, sugar and garlic powder in a medium mixing bowl. Gradually whisk in the vinegar one teaspoon at a time until the sauce thickens.

To serve, place donair meatballs inside a pita pocket and fill with lettuce, tomatoes and onions (or your desired toppings) and spoon over some sweet sauce.