



A CUSTOMIZED WEEKLY MEAL PLAN FOR THE GOLDSTEINS (& MOTHERLODE)

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*{Check in with Motherlode every morning from September 7 - 12 to see how they're doing and to get an hour-by-hour, play-by-play plan; Recipes and shopping list follow.}*

**Saturday or Sunday Daytime**

When you have 1 hour: Shop

When you have 45 minutes: Make barley (10 min hands-on time)

When you have 5 minutes: Make a vinaigrette

**Sunday Dinner**

Burrito Bowls

**Monday**

One-Sheet Roast Salmon and Asparagus with Spicy Mayo

Barley Salad with Vinaigrette

**Tuesday**

Chicken Sausages with White Beans and Spinach

**Wednesday**

Apricot-Mustard Glazed Chicken; Crispy Chickpeas with Yogurt; Tomato slices with vinaigrette

**Thursday**

Whole Wheat Salad Pizza

**Friday**

Take Out or Go Out

## THE RECIPES

### **RECIPE 1: Basic Barley**

Bring 1 cup pearl **barley** that has been rinsed and picked over, 1 teaspoon salt, and 3 cups water to a boil in a medium pot. Cover and simmer for 50 minutes, or until the barley is firm but cooked through. Makes 3 cups barley. Toss with a little **olive oil** and store covered in refrigerator for later use. (See Recipe 5.)

### **RECIPE 2: Basic Vinaigrette**

In an old jam jar shake:

heaping 1/2 teaspoon mustard (Dijon or Whole Grain)

1/4 cup red wine vinegar

1 teaspoon sugar

salt & pepper

squeeze of fresh lemon juice

Now add:

1/3 cup extra virgin olive oil

Shake again. If you are using this entire bottle of vinaigrette that night add herbs, like chives, parsley, or thyme. Otherwise, save the herbs to toss directly into whatever you are making. That way they don't get all wilted and black and depressing a few days later.

### **RECIPE 3: Burrito Bowls with Pork, Chicken or Beans**

*Component 1: Chicken or Pork*

We want this meal to be more veg heavy, so you don't need a lot of meat. Cube **two** (boneless, skinless) **chicken breasts** or two center-cut **pork chops into 1-inch chunks**. Sprinkle with salt and pepper. Heat a tablespoon of **olive** or **vegetable** oil in a skillet set over medium-high heat. Add 1/2 **onion** (chopped finely), then the meat. Sprinkle everything with 1 tablespoon **chili powder**, 1/2 teaspoon **dried**

**oregano** and more salt & pepper. Let meat brown a little before tossing around in pan. When it's cooked through (about 5-7 minutes total), remove to a bowl. Squeeze a little **lime** juice on top.

### *Component 2: Black Beans*

Heat a 14-ounce can of **black beans** in a small saucepan with a **bay leaf** until warmed through, about 5 minutes.

### *Component 3: Rice*

Prepare **brown rice** according to package directions — enough to yield 2 cups of cooked rice. When rice is finished, toss in a generous handful of chopped **cilantro**, the juice from 1/2 **lime**, and a generous sprinkling of kosher salt.

### *Component 4: Quick Guacamole*

Using a fork, mash one **avocado** with 1/4 teaspoon **cumin**, salt to taste, and a heavy squeeze of fresh **lime** juice. Double this recipe if your family is nuts about guac like mine.

### *Fixins*

Fresh cilantro, **sour cream or cheddar** (or both, but remember the cholesterol check!) a little shredded Bibb **lettuce**, storebought **salsa** (we like Trader Joe's Salsa Autentica or Roasted Tomatillo)

## **RECIPE 4: One-Sheet Roast Salmon with Spicy Mayo & Asparagus**

Time: 30 minutes

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1 tablespoon honey

salt to taste

1 1/2 pounds salmon fillets, cut into 4 6-ounce pieces

1 bunch of asparagus, trimmed, chopped and tossed with olive oil, salt, and pepper

1/3 cup mayonnaise

2 teaspoons Sriracha (or to taste)

1 teaspoon chopped fresh herbs, such as parsley, chives, or mint plus

more for garnish

Preheat the oven to 400°F.

In a small bowl, whisk together the olive oil, lemon juice, honey, and salt. In a shallow roasting pan or rimmed baking sheet, nestle the fillets among the prepared asparagus pieces, brush with the olive oil mixture, and roast for 10 to 15 minutes, until the salmon is cooked through and the asparagus looks crispy but not burned.

Meanwhile, in a small bowl stir together the mayonnaise, Sriracha, and herbs. Serve the salmon and asparagus with a dollop of the sauce on the side. Garnish everything with more herbs.

### **RECIPE 5: Barley Salad with Herbs and Scallions**

Toss your prepared barley (the batch you made over the weekend) with chopped **herbs** (parsley, chives, or thyme), about two tablespoons of chopped **scallions** (white and light green parts only), and a drizzle of your homemade **vinaigrette**.

### **RECIPE 6: Sausages with Smashed White Beans and Spinach**

6-8 links chicken or pork sausage (we like sweet or hot Italian)  
1 garlic clove, halved  
2 tablespoons olive oil  
2 tablespoons chopped onions  
shake of red pepper flakes (optional)  
1 14-ounce can rinsed and drained white beans (such as Great Northern or Cannelini)  
1 large handful thawed (and well-squeezed) frozen spinach  
salt and pepper  
squeeze of lemon juice  
Parmesan for serving

In a large skillet over medium heat, sauté sausage, flipping every few minutes, until browned and cooked through, about 10-15 minutes. (You can also bake in a baking dish for 45 minutes at 425°F)

Remove sausage. To the same pan, sauté garlic halves, cut side down in olive oil. Let it infuse the oil for a minute, then re-move. Add onions and red pepper flakes, and cook until the onions are soft, about 2 minutes. Stir in white beans. Add a handful of thawed and well-squeezed frozen spinach, lightly mashing the beans and spinach together. Add salt and black pepper and stir. Serve everything together with a squeeze of lemon juice and freshly grated Parmesan.

### **RECIPE 7: Apricot-Mustard Baked Chicken**

6-8 skin-on chicken pieces (thighs or drumsticks), rinsed and patted dry  
Salt and pepper  
 $\frac{3}{4}$  cup apricot jam  
1 tbsp. grainy mustard  
 $\frac{1}{4}$  cup water  
Leaves from 2 sprigs fresh thyme

Preheat oven to 400°.

Line a rimmed cookie sheet or baking dish with parchment paper. Place chicken on sheet, sprinkle with salt and pepper, and bake for 10 minutes.

While chicken bakes, in a small saucepan over low heat, whisk together jam, mustard, water, thyme, and a little salt and pepper for about 3 minutes. It should be slightly syrupy. (This can be made ahead of time and refrigerated.)

Pull chicken out of the oven and pour sauce on top. Continue baking for another 15 minutes. For the last 3 minutes, place chicken under broiler on top rack, so it gets golden and crispy looking.

### **RECIPE 8: Tomatoes with Vinaigrette**

If you can find good tomatoes, you don't have to do anything at all to them (except maybe add a little sea salt). But you can also cut them into thick slices (about 1 tomato per diner), then top with a light drizzle of vinaigrette and some chopped scallions. If you have a little feta, that would be nice on top, too.

## **RECIPE 9: Crispy Spiced Chick Peas**

<http://www.bonappetit.com/recipe/crispy-spiced-chickpeas>

Note: Instructions here call for roasting, but you can also fry them in olive oil for 25-30 minutes. It's the spice combo that is important (though I've been known to leave out the fennel seeds). Also, I top with plain yogurt and any herbs lying around (cilantro, mint, parsley all work.)

## **RECIPE 10: Whole Wheat Salad Pizza**

Olive oil, for greasing

1 16-ounce ball storebought pizza dough

1 1/2 cups your favorite store-bought pizza sauce (We like Don Pepino)

1/2 cup olive oil

1/4 cup red wine vinegar

3 shakes dried oregano

Salt and pepper to taste

1 small head Boston or Bibb lettuce, shredded or chopped

1 cup cherry or grape tomatoes, halved

2 tablespoons finely minced red onion

1/2 cup freshly grated Parmesan cheese

Preheat the oven to 500°F.

Using your fingers or a pastry brush, grease a 17 x 12-inch rimmed baking sheet with the oil. Drop your pizza dough into the center of the baking sheet, and using your fingers, press out and flatten the dough so it spreads as close as possible to all four corners. This might seem difficult, but persist—the thin crust will be worth it.

Bake the crust for 8 minutes. Remove from the oven, add the sauce, and brush the exposed perimeter with olive oil. Bake for another 5 minutes, until the crust is golden and sauce is warm.

While the crust is baking, make your salad. In a large bowl, whisk together the oil, vinegar, oregano, salt, and pepper. Add the lettuce, tomatoes, onion, and Parmesan, and toss.

When the pizza crust is finished baking, let cool slightly and top with the salad. (To prevent a soggy crust and oily fingers, make sure excess salad dressing does not spill onto pizza.) Serve with a lot of napkins. It gets messy.

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*All recipes taken from Dinner: The Playbook, or my blog Dinner: A Love Story unless otherwise noted.*



## **SHOPPING LIST**

### **Produce**

2 lemons  
2 onions  
3 limes  
1 bunch cilantro  
1 bunch parsley  
1 bunch thyme  
1 bunch chives  
1-2 avocados  
2 bunches fresh lettuce  
1 bunch scallions  
3-4 good tomatoes (or 2 containers  
cherry or grape tomatoes)  
1 bunch asparagus

### **Meat & Fish**

2 large (boneless, skinless) chicken  
breasts *OR* 2 large center-cut pork  
chops (whatever your family wants in  
their burrito bowl)  
6-8 links of chicken or pork sausage  
(such as sweet Italian)  
1 ½ pound salmon fillet  
6-8 pieces skin-on chicken pieces  
(drumsticks, thighs)

### **Refrigerated & Dairy**

Sour cream  
Small block of good-quality cheddar  
1 bag frozen spinach  
1 16-ounce ball storebought pizza  
dough

### **Pantry (What you probably have already)**

Olive Oil  
Barley  
Honey  
Salt and pepper  
Red wine vinegar  
Mustards (whole grain and/or Dijon)  
Sugar  
Brown Rice  
Cayenne  
Red pepper flakes  
Chili powder  
Dried oregano  
Bay leaves  
Cumin  
Mayonnaise  
Good-quality Parmesan

### **Pantry (what you might need)**

1 14-ounce can black beans  
1 14-ounce can white beans (such  
as Great Northern or Cannelini)  
1 14-ounce can garbanzo beans  
salsa  
Sriracha  
Small jar apricot jam  
Small jar pizza sauce (we like Don  
Pepino)