

A Week of

HEALTHY MEALS

from

DINNER
a LOVE
STORY



Like most of you, we eat like humans in our house. Which is to say, for stretches of days we're all homemade whole grain salads, lean-meat mains, and practically swimming in our leafy greens. And then, just as predictably, there are the stretches when, you know, *life* takes over, when it's just easier to throw something — anything — from the freezer into a 425 oven; when there are meatball sliders and fudgy birthday cakes, way too many “organic” Cheez doodles, and soccer tournaments that have me driving right by the original Nathan's Famous in Brooklyn...so what are we *not* going to have hot dogs and crinkle cut fries served with the cute little red fork? I've learned not to beat myself up for this given that redemption is so easy to come by, namely with a go-to Healthy Family Dinner Battle Plan always waiting in the wings. It's a weekly line-up of meals that my whole family likes and that I can always fall back on to right the ship. It is not a diet plan. It's not Paleo or gluten-free, or based on glycemic indexes. It's a real life dinner plan for real life humans. And I hope you enjoy it.

♡ Jenny

Menu

- Monday Salmon and Potatoes with Yogurt Sauce
- Tuesday Coconut Rice Bowl with Brussels Sprouts and Avocado
- Wednesday Chicken with Peanut Dipping Sauce & Pickled Cucumber Salad
- Thursday Crispy Broccoli and Butternut Squash Pizza with Ricotta
- Friday Curried Red Lentil Soup with Greens

ALL RECIPES SERVE 4



Shopping List

Produce

- Brussels sprouts (enough for 2 cups)
- 2 Japanese cucumbers (the kind that come shrink-wrapped in plastic)
- 1 bunch broccoli
- 1 small butternut squash
- 1 bunch scallions
- 2 limes
- 1 lemon
- 1 head garlic
- 1 medium onion
- small knob fresh ginger
- 2 medium shallots
- 1 small avocado
- 2 Thai chili peppers (optional, you can sub red pepper flakes for this)
- 6 red potatoes
- 1 bunch fresh flat-leaf spinach
- 1 bunch of lacinato kale

- fresh cilantro
- fresh basil
- fresh dill
- fresh mint
- fresh thyme

Pantry

- (hopefully you have most of this)
- coconut or neutral oil
 - olive oil
 - kosher salt
 - black pepper
 - sesame seeds
 - curry powder
 - red pepper flakes
 - smoked paprika
 - jasmine rice
 - red lentils (about 14 ounces)
 - Sriracha
 - tamari or soy sauce
 - rice vinegar
 - Dijon mustard
 - Thai curry paste

- 32-ounce container, vegetable stock
- 3 15-ounce cans light coconut milk
- Prepared horseradish
- creamy peanut butter
- sugar
- light brown sugar

Dairy And Meat

- 4 6-ounce salmon fillets
- 1½ pounds skinless chicken breasts (4 medium size breasts)
- small container plain yogurt (whole or low-fat)
- 1 16-ounce ball store-bought whole wheat pizza dough
- Parmigiano-Reggiano (enough for 1 cup)
- ricotta
- whole wheat naan (optional)



Salmon and Potatoes with Yogurt Sauce

I love this dinner because everything bakes on one baking sheet.

Translation: less dish-washing, more hanging out.

- 1 bunch of lacinato kale, center ribs and stems removed, torn into 2-inch pieces**
- 6 red potatoes, unpeeled, very thinly sliced**
- 2 medium shallots, thinly sliced**
- 4 6-ounce salmon fillets**
kosher salt and freshly ground pepper
- 1 lemon, seeded and into very thin horizontal rounds sliced**
- 2 tablespoons olive oil**

Yogurt Sauce

- ½ cup plain yogurt (whole or low-fat)**
- 2 tablespoons chopped fresh dill**
- 1 tablespoon Dijon mustard**
- 1 tablespoon prepared horseradish**
kosher salt and freshly ground pepper

- Preheat the oven to 400°F.
- Lay four large rectangular pieces of parchment paper on a work surface. Place a few kale leaves on each sheet and top with potatoes, shallots, then salmon; season with salt and pepper. Top the fish with lemon slices; drizzle with the oil. Fold the parchment over the fish, crimp the edges tightly to form a sealed packet, and fold the side overhang underneath the packet. Place the packets on a large rimmed baking sheet.

- Bake for 20 minutes. While the salmon is baking, in a small bowl whisk together the yogurt, dill, mustard, and horseradish. Season with salt and pepper.
- Carefully open the salmon packets (the steam will be hot) and top with the sauce.



Coconut Rice Bowl with Brussels Sprouts and Avocado

This recipe is vegan and gluten-free for those of you who are into that kind of thing, but more important, it's like a carnival of flavors: sweetness from the coconut, heat from the Sriracha, depth from the brussels, a smoothness from the avocado, an all-around umami-brightness from the sauce. It's from Jeanine D'Onofrio from the blog Love & Lemons, and was one of the most popular recipes that ran on Dinner: A Love Story last year.

1 cup jasmine rice
1¼ cups canned light coconut milk
2 teaspoons coconut or neutral oil
2 cups brussels sprouts, sliced in half
pinch of sea salt
¼ cup chopped scallions
¼ cup torn basil
¼ cup torn mint
1 small avocado, pitted and diced
1 tablespoon sesame seeds
Sriracha, for serving
Lime slices, for serving

Sauce

1 tablespoon tamari (gluten free) or soy sauce
2 small garlic cloves, minced
2 teaspoons fresh lime juice
2 teaspoons rice vinegar
1 tablespoon sugar
2 tablespoons water
2 Thai chili peppers, diced, or ½ teaspoon red pepper flakes

- Cook the rice according to package instructions, using coconut milk instead of the water. Fluff with a fork to keep warm.
- Make the sauce: In a small bowl, whisk together the tamari (or soy sauce), minced garlic, lime juice, rice wine vinegar, sugar, water, and chilies. Set aside.
- Heat the coconut oil in a large skillet over medium-high heat. Add the Brussels sprouts, cut side down, along with the salt. Let them sear until the cut side becomes golden brown, 2 to 3 minutes. Toss and continue cooking for an additional 7 to 10 minutes, or until tender.

- Add the scallions during the last 2 minutes of cooking. Remove from heat.
- Serve the rice in bowls with the Brussels sprouts, basil, mint, avocado, sesame seeds, and sauce drizzled on top. Serve with Sriracha and lime slices on the side.



Chicken with Peanut Dipping Sauce and Pickled Cucumber Salad

If you don't have time to thread the chicken on skewers, just skip that step, throw the chicken right on the grill, and follow the same instructions from there. I usually do the marinating part in the morning before heading to work. Special equipment: 1 package skewers (soaked for 10 minutes if wooden)

Chicken

- 1 15-ounce can unsweetened coconut milk**
- 1 tablespoon soy sauce**
- 1½ teaspoons curry powder**
- juice from ½ lime**
- salt and pepper**
- 1½ pounds skinless chicken breasts (4 medium breasts), pounded and cut into ½-inch-thick slices**

Dipping Sauce

- 1 1-inch piece peeled fresh ginger**
- 1 small garlic clove**
- ½ cup creamy peanut butter**
- 2 tablespoons soy sauce**
- 1 teaspoon light brown sugar, lightly packed**
- pinch of red pepper flakes**
- handful of fresh cilantro leaves, chopped, for garnish**

- Prepare the chicken: In a large bowl, whisk together the coconut milk, soy sauce, curry powder, and lime juice until well combined. Add the chicken slices to the coconut-curry mixture, stirring to coat. Marinate, covered and refrigerated, for at least 30 minutes and up to 8 hours.

- Make the dipping sauce: With the motor running, drop the ginger and garlic clove into a blender or mini food processor and blend until finely chopped. Add the remaining sauce ingredients (except the cilantro) with ⅓ cup warm water and whirl until it reaches the desired consistency.

- Heat a stovetop cast-iron grill or grill pan (or build a medium fire in a charcoal grill).

While it's heating, thread the chicken strips onto skewers, scraping off excess marinade as you work. Lightly oil the grill and cook the chicken, turning once, until cooked through, 3 to 4 minutes per side. Serve with the dipping sauce, and sprinkle everything with the cilantro.

Pickled Cucumber Salad

- In a medium bowl, whisk together ½ cup rice vinegar, ¼ cup finely chopped fresh dill, and salt and pepper to taste.

- Add 2 thinly sliced cucumbers (the kind that come shrink-wrapped) and toss to coat.



Crispy Broccoli and Butternut Squash Pizza with Ricotta

Best thing about any pizza recipe is that it's so customizable:
Distribute the vegetables strategically if you have kids who like broccoli
but not squash, or like squash but not broccoli.

- 3 tablespoons olive oil**
- 1 16-ounce ball store-bought whole wheat pizza dough**
- 1 cup freshly grated Parmagiano-Reggiano, plus more for serving**
- 2 cups broccoli florets, chopped finely**
- 1 small butternut squash, peeled and diced into bite-size cubes**
- ½ medium onion, diced**
- 1 teaspoon smoked paprika**
- kosher salt and freshly ground pepper**
- a shake or two of hot pepper flakes**
- ricotta for serving**
- 5-6 thyme sprigs**

- Preheat oven to 475°F.
- Using a pastry brush, grease a 17 x 12-inch rimmed baking sheet with 1 tablespoon oil. Drop 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. It might take a little while, but persist, it's worth it for the thin crust. Distribute Parmesan evenly on top.
- In a medium bowl, toss together broccoli, squash and onions with smoked paprika, salt, pepper, red pepper flakes, and remaining olive oil to lightly coat all pieces. Distribute evenly on top of pizza and bake for 15 to 20 minutes until squash looks roasty and crust looks golden. Remove from oven, top with dollops of ricotta, fresh thyme, and more Parmesan and freshly ground pepper.



Curried Red Lentil Soup with Greens

This is an especially great soup for the end of the week, when you don't feel like a high-maintenance dinner and you're trying to get rid of the almost-wilted greens and vegetables in the refrigerator. Our favorite leafy green here is kale, but you can use spinach or chard, too. Sometimes I serve with whole wheat toast or naan.

2 tablespoons coconut or neutral oil
(such as sunflower or grapeseed, but olive oil is okay in a pinch)

½ medium onion, finely minced (about 1 cup)

1 clove garlic, minced

1 tablespoon peeled and minced fresh ginger (from about a ½-inch piece)

kosher salt and freshly ground pepper

¼ teaspoon Thai curry paste

2 teaspoons curry powder

2 cups (14 ounces) red lentils

4 cups vegetable stock

1 tablespoon soy sauce

⅓ cup light coconut milk

2-3 generous handfuls of spinach, washed and torn

Suggested/Optional Toppings:
plain yogurt, squeeze of fresh lime juice, chopped fresh cilantro, chopped scallions, drizzle of Sriracha sauce, and whole wheat naan on the side

In a medium pot over medium heat, heat the oil. Add the onion, garlic, and ginger, season with salt and pepper, and cook until soft. Using a wooden spoon, smush in the Thai curry paste and curry powder until blended. Add the lentils and stir until they are all glistening with oil. Add the vegetable stock and bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, until the lentils are tender and start breaking apart. (You might have to add up to 1¼ cups water as the soup simmers; the lentils should always be

slightly submerged.) Using an immersion blender, whirl the soup until it's smooth and blended. Turn off the heat. Stir in the soy sauce and coconut milk, then stir in the spinach. Serve with desired toppings.