



## **DAY ONE**

### **Fish in Parchment Paper**

adapted from Anne Burrell

Prep Time: 20 minutes

Cook Time: 15 minutes

Serves 4

4 tilapia fillets (or another white fish)

Olive oil

Salt

Pepper

2 lemons, sliced

12 thyme sprigs

1 cup dry white wine

1. Preheat oven to 400 degrees Fahrenheit. Cut 4 large circles out of parchment paper and fold them in half, creasing them down the center.
2. Open the parchment paper back up and place 1 piece of fish right below the crease on each piece of parchment paper. Drizzle the fish with olive oil on both sides and sprinkle with salt and pepper. Place 2-3 lemon slices on each piece of fish along with 3 sprigs of thyme.
3. Fold parchment paper over the fish and, starting on one edge and working around the half circle, fold the bottom of the parchment paper up over the top several times to seal the fish in the parchment paper. Before sealing the very last section, pour 1/4 cup white wine into the packet, and then finish sealing it.
4. Place the packets on a baking sheet and bake for 12-15 minutes, until the fish is cooked through and flaky.
5. Serve hot in the pouch. Let everyone cut into their pouch at the table.



## **DAY TWO**

### **Roasted Pork Loin with Cider**

adapted from Anne Burrell

Prep Time: 20 minutes Bake Time: 1 hour Wait Time: 15 minutes

Serves: 6-8

2 sprigs rosemary leaves, roughly chopped

2 sprigs sage, roughly chopped

2 cloves garlic, peeled and smashed

Pinch of crushed red pepper flakes

Salt

Olive oil

1 (3-4 lb.) pork loin

2 large onions, sliced

1 bundle thyme

3 bay leaves

1-2 quarts apple cider

1. Preheat oven to 425 degrees Fahrenheit.
2. In a food processor combine rosemary, sage, garlic, red pepper flakes, and a pinch of salt. Process until finely minced. Add enough olive oil to make a paste, continuing to process. (Alternatively, you can finely mince everything yourself and then combine it in a small bowl with olive oil to make the paste).
3. Place the pork loin on a plate or platter and blot dry with paper towels. Brush the paste on the pork loin.
4. Add onions to the bottom of a roasting pan. Add enough olive oil to coat the onions and season with a generous pinch of salt. Add the thyme and bay leaves. Pour in enough cider so that the onions are covered but so that it will not overflow once you add the pork roast (depending on the size of your dish about 1/2 to 1 1/2 quarts). Place the pork loin on top of the onions and cider.
5. Roast at 425 degrees for 20-25 minutes, until the pork has a nice brown crust.
6. Lower the heat to 375 degrees and roast for 30 to 35 more minutes, until meat reads 150 degrees on an instant read thermometer. If the onions begin to burn, give them a stir. If your liquid begins to get low, add more apple cider. If the crust on your pork starts to get too dark, cover it with tinfoil.
7. Remove from oven and cover with foil. Allow to rest for 10-15 minutes before slicing. Serve warm in thick slices.



## Garlic Almond Green Beans

*You can cook your beans however you like here, but I really prefer to have mine cooked through but still with a bite. If you'd like a more pronounced garlic flavor, I'm sure it would be wonderful to saute some minced garlic along with the green beans and almonds, but I just wanted a slight hint of garlic that comes from perfuming the oil with it. The almonds are hands down my favorite part. Also, confession, sometimes when I blanch my beans I skip the ice water part and just go straight to a towel and then into the skillet, and this still seems to work out perfectly fine.*

Prep Time: 5 minutes

Cook Time: 10 minutes

1/2 lb. green beans, washed, ends trimmed

Kosher salt

1 tablesooon olive oil

3 cloves garlic, peeled and smashed

1 tablespoon sliced almonds

Pepper

1. Bring a large pot of salted water to a boil over medium-high heat. Add the green beans and cook until just tender and bright green, about 2-3 minutes. While they are cooking, prepare a small bowl of salted ice water. Drain the beans and place them in the ice water. When the beans have cooled down, remove them from the ice water and pat them dry thoroughly with paper towels.
2. In a large saute pan, heat the olive oil over medium heat. Add the garlic and let the garlic cook until each side is slightly browned. Then remove the garlic (throw it away) and immediately add the green beans and almonds into the pan, seasoning them with a pinch of salt and pepper.
3. Saute, stirring frequently, until the almonds are toasty brown and the green beans have some brown looking sides, about 3-5 minutes. Transfer to a serving dish and serve immediately (or serve them right out of the pan).



## **DAY FOUR**

### **Molasses Glazed Chicken**

adapted from The All-New Ultimate Southern Living Cookbook

Prep Time: 10 minutes

Wait Time: 8 hours

Bake Time: 45 minutes

Serves about 6

3/4 cup molasses

1/3 cup soy sauce

1/4 cup fresh lemon juice

1/4 cup olive oil

3 garlic cloves, peeled and minced

1 teaspoon black pepper

6-8 pieces of chicken (thighs or breasts)

1. In a large bowl, shallow dish, or large zip-top bag combine the molasses, soy sauce, lemon juice, olive oil, garlic cloves, and pepper. Add the chicken and turn it to make sure that each piece is coated. Cover the bowl or dish (or zip the bag up if you're using a bag), and chill in the refrigerator for 8 hours.
2. Preheat oven to 350 degrees Fahrenheit.
3. Remove the chicken from the marinade and place the pieces in a shallow baking dish. Pour the remaining marinade evenly over the chicken.
4. Bake chicken for about 40-45 minutes. Serve hot, perhaps with some rice to soak up the extra glaze.



# confessions of a picky eater



## **Roasted Cauliflower**

Prep Time: 10 minutes

Bake Time: 35 minutes

Serves 2-4 (depending on the size of the cauliflower)

1 large head of cauliflower

2 tablespoons olive oil

Salt

Pepper

1. Preheat oven to 400 degrees Fahrenheit.
2. Using a large knife, cut the stalk away from the bottom of the cauliflower. This may have to be done in several segments, and you may need to peel back some of the leaves as well. With the stalk gone, cut the cauliflower in half, and then cut each half into small florets. Place the florets on a baking sheet.
3. Drizzle olive oil over cauliflower and season with salt and pepper. Use your hands to toss the cauliflower around on the baking sheet so that each floret is coated in olive oil.
4. Bake cauliflower for 30-35 minutes, using a spatula to turn it about halfway through, until it is tender and some of the edges are beginning to brown. Serve warm.



## **DAY FIVE**

### **Simple Fried Rice**

adapted from How to Cook Everything

*This is such a basic recipe, but add to it as you'd like. Change the vegetables up, add some leftover rotisserie chicken, etc. The measurements here are flexible because the recipe is flexible. Also, one note about the rice: I tend to like my rice on the wetter side, but making your rice a little dryer here works better.*

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves 2-3

1 cup frozen shelled edamame

2-3 tablespoons neutral oil (peanut, vegetable, etc.)

2-3 carrots, peeled and diced

Kosher salt

Pepper

2-3 cups cooked, leftover rice (or chilled at least a couple of hours)\*

1-2 tablespoons soy sauce

1. Bring a medium sized pot of water to a boil. Add the edamame and cook until tender, 3 minutes. Remove the pot from the heat, let the edamame sit for about 2 minutes, and then drain it and set aside.
2. In a large skillet heat the oil over medium-high heat. Add the carrots and season with salt and pepper. Cook until the carrots are just tender, 5-6 minutes.
3. Increase the heat slightly and add the rice, breaking up any clumps. Season with just a small pinch of salt and pepper. Cook, stirring constantly, until the rice is just beginning to brown, 8-10 minutes. Add the edamame and the soy sauce and stir together. Serve warm.

\*I used about 1 cup of rice and 1 1/4 cup water.



## **DAY SEVEN**

### **Baked Rigatoni with Tiny Meatballs**

adapted from Smitten Kitchen

Prep Time: 30 minutes

Cook Time: 1 hour

Bake Time: 15 minutes

Serves 6-8

For the meatballs:

1/4 cup milk

1 slice white bread

1 lb. ground beef, or pork, or lamb (or a combination)

1 teaspoon garlic, finely minced

2 tablespoons chopped parsley

1/3 cup freshly grated Parmesan cheese

1 egg

Pinch of salt

Pinch of pepper

1 cup all-purpose flour

Vegetable oil for frying

For the sauce:

4 1/2 cups milk

6 tablespoons butter

5 tablespoons all-purpose flour

1/8 teaspoon grated nutmeg

1/2 teaspoon salt

1/4 teaspoon pepper

For the rest of the dish:

1 lb. rigatoni

3/4 cup freshly grated Parmesan cheese

1 tablespoon butter (or non-stick cooking spray)

1/4 cup milk



## confessions of a picky eater



1. Begin by making the meatballs. Heat the milk over medium heat (or in microwave) until warm, but not simmering. Remove milk from the heat once it is warm. Trim crusts off of the white bread. Tear bread into the small pieces and drop the pieces into the milk, letting them soak for about 5 minutes. Once the bread is soaked, remove it from milk and squeeze the excess milk out of it. Then put the bread into a large bowl.
2. Add ground meat, garlic, parsley, grated cheese, egg, salt, and pepper to the bowl with the bread. Use a fork to gently combine until ingredients are evenly combined and meat is moistened.
3. Line a baking sheet with parchment paper. Pinch off a small bit of meat and form it into a small ball, about 3/4 to 1 inch thick. Repeat until all meatballs are formed, placing them all on the parchment lined baking sheet.
5. Spread 1 cup of flour out on a plate or in a small shallow bowl. Roll meatballs in flour and then shake off excess flour by swiftly rolling balls across your spread out fingertips (or by placing them in a strainer and gently shaking them).
4. Pour vegetable oil into a skillet until it is about 1/4 inch deep. Heat oil on medium to medium-high heat until hot (you can test this by dropping a bit of flour into the oil and seeing if it sizzles).
5. When oil is hot, gently place meatballs one at a time into the oil. Fit as many as possible in the skillet without overcrowding it and cook until meatballs are browned on all sides, about 3-4 minutes on each side (they can generally be turned once). Remove meatballs from oil and place them on a plate lined with a paper towel. Repeat until all of the meatballs are cooked (and then remove the oil from the heat and allow it to cool for a while before you try to clean it up). Set meatballs aside.
6. Begin the bechamel sauce by heating the milk for it. Pour milk in a saucepan over medium-low heat until it is lightly simmering, but not boiling.
7. In a larger saucepan, melt butter over low heat. When butter is melted, add flour, stirring constantly with a wooden spoon or whisk. Allow butter and flour to cook together for several minutes, until mixture is smooth. Begin adding milk 2 tablespoons at a time, constantly stirring, and waiting to add the next batch of milk until the mixture is smooth. Once about 16 tablespoons (8 additions) of milk have been added, start adding the milk 1/2 cup at a time, stirring constantly and waiting to add the next bit until mixture is smooth. When all of the milk has been added, continue to stir until thickened. Then stir in nutmeg, salt, and pepper.
8. Cook rigatoni in a large pot of salted water until al dente. Then drain pasta and pour it into a bowl. Add 2/3 of the sauce to the pasta, along with half of the remaining cheese and all of the meatballs.
9. Preheat oven to 400 degrees Fahrenheit.
10. Heavily butter (or spray with non-stick cooking spray) a 9 x 13 baking dish. Pour pasta mixture into dish, spreading it out evenly. Pour remaining milk evenly over the dish. Then spread the remaining bechamel on top of the pasta and end by sprinkling the remaining grated cheese evenly over the top.
11. Bake for 15 to 20 minutes, until top begins to turn golden brown. Serve warm.