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Sample Menu - Winter 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Tuscan Sausage and Potato Soup B Parmesan Toasts	C Thai Steak Wraps D Dipping Sauce E Sticky Rice	F Sautéed Chicken G Mushroom Sage Wild Rice H Broccoli	I Orange Ruffly with Spicy Remoulade J Herbed Orzo K Roasted Carrots and Squash	L Slow Cooker Chicken Tostadas M Black Beans with Queso Fresco
WEEKEND N Salmon Topped Potato Pancakes				

BAKERY AND BREADS				
○ 1 small baguette	B	○ 1 large egg	N	
○ 8 flour tortillas (or lettuce)	C	MEAT / FISH / POULTRY		
○ 8 flour tortillas	L	○ 1 1/2lbs bulk Italian sausage	A	
CONDIMENTS		○ 1 lb flank or skirt steak	C	
○ 1T rice vinegar	D	○ 8 chicken breasts, skinless	FL	
○ 1T ketchup	D	○ 4 orange ruffly fillets (white fish)	I	
○ 1/4c cooking sherry	G	○ 4oz smoked salmon	N	
○ 1/4c mayonnaise	I	PRODUCE		
○ 2t Dijon mustard	I	○ 1 head kale	A	
SPICES / SEASONINGS		○ 10-12 small new potatoes	A	
○ 1/2t red pepper flakes	A	○ 1 small onion	A	
○ 1/4t ground ginger	C	○ 1 head garlic	CG	
○ 1/4t garlic salt	J	○ 1 carrot	C	
ETHNIC		○ 1 bunch cilantro	CM	
○ 1t fish sauce	C	○ 1 small cucumber	C	
○ 2T chili garlic sauce	CD	○ 1 lime	C	
○ 3T soy sauce	CD	○ 2 small lemons	DI	
○ 1/8t sesame oil	D	○ 2 shallots	G	
○ 24oz mild salsa	L	○ 1lb mushrooms	G	
○ 1 package taco seasoning	L	○ 1 bunch parsley	GJ	
○ 16oz refried beans	L	○ 6-7 sage leaves	G	
○ 15oz black beans	M	○ 1lb broccoli	H	
CANNED / JARRED		○ 10-12 small carrots	K	
○ 4c chicken broth (or stock)	AG	○ 1 zucchini	K	
○ 3T capers	IN	○ 2 yellow squash	K	
DRY GOODS		○ 1 head iceberg lettuce	L	
○ 1c basmati or jasmine rice	E	○ 1c grape tomatoes	L	
○ 1c wild rice	G	○ 2 large potatoes	N	
○ 1c orzo	J	○ 1 small red onion	N	
DAIRY		○ 1 bunch green onions	N	
○ 4c milk (I used whole)	A	VEGETARIAN SUBSTITUTIONS		
○ 2c half and half	A	○ 5-6 small new potatoes	A	
○ 1c parmesan	B	○ 1 head kale	A	
○ 4T butter	FGI	○ 12oz firm tofu	C	
○ 1/2c parmesan	G	○ 2 each carrots and zucchini	F	
○ 1 1/2c sour cream	LN	○ roasting vegetables	I	
○ 4oz queso fresco or monterey jack	M	○ 1 small onion	L	
		○ 1 cup mushrooms	L	

Pantry Items: olive oil, canola oil, sugar, flour, kosher salt, pepper.



INGREDIENTS

Tuscan Sausage and Potato Soup

- 2 cups kale, chopped into bite sized pieces
- 10-12 small new potatoes, quartered
- 1 cup onion, chopped
- 1 1/2 pounds mild Italian sausage
- 1/2 teaspoon red pepper flakes (optional)
- 2 cups chicken broth
- 4 cups milk (I use whole)
- 2 cups half and half
- 1 teaspoon oregano
- 1 teaspoon Kosher salt
- 1/2 teaspoon coarse ground pepper

Parmesan Toasts

- 1 small baguette
- 2 tablespoons olive oil
- 1 cup parmesan

DIRECTIONS

Tuscan Sausage and Potato Soup

- 1 In a pot, boil potato slices until fork tender but not falling apart.
- 2 Drain potatoes and set aside.
- 3 In a separate larger pot, brown sausage and onion. Drain fat and return to pot.
- 4 To sausage, add red pepper flakes, broth, milk, half and half, oregano, salt and pepper.
- 5 Let simmer for about 15 minutes.
- 6 Add potatoes and kale and simmer for another 15 minutes.
- 7 Adjust seasoning with salt and pepper.
- 8 Add Cajun seasoning to individual servings for spice. I use Tony Chachere's.

Parmesan Toasts

- 1 Preheat oven to 350.
- 2 Line a baking sheet with foil.
- 3 Slice baguette into individual pieces.
- 4 Brush lightly with olive oil. You don't need to use exactly 2T. And, sprinkle with parmesan. Again, you may not need the entire cup.
- 5 Bake for about 10-15 minutes or until cheese is melted and lightly browned.

KID NOTE: After they picked out most of the kale, the kids loved this soup!

VEGETARIAN TIP: Omit the sausage and increase the amount of potatoes and kale.

GLUTEN MODIFICATIONS: The soup is gluten free as written.



INGREDIENTS

Thai Steak Wraps

- 8 flour tortillas or Boston lettuce leaves
- 1 pound flank or skirt steak
- 1 teaspoon sugar
- 1/4 teaspoon ground ginger
- 1 teaspoon fish sauce
- 1 teaspoon chili garlic sauce
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper
- 2 garlic cloves, minced or pressed

Garnish

- 1 carrot, grated
- 1/2 cup cilantro
- 1 small cucumber, partially peeled and sliced
- lime wedges

Dipping Sauce

- 2 tablespoons sugar
- 1/4 cup water
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon ketchup
- 1 tablespoon lemon juice
- 1/8 teaspoon sesame oil
- 1 tablespoon chili garlic sauce

Sticky Rice

- 1 cup basmati or jasmine rice
- 2 cups water

DIRECTIONS

Thai Steak Wraps

- 1 Preheat oven to broil and line a baking sheet with foil.
- 2 Combine all ingredients (except tortillas or lettuce) in a resealable bag and marinate for 20 minutes at room temperature.
- 3 Place steak (discarding marinade) on the foil lined pan and broil for 3-4 minutes on each side or until it reaches your preferred doneness.
- 4 Let the steak rest for about 5 minutes and then cut into thin slices against the grain.
- 5 Divide sliced steak among the tortillas (or lettuce) and top with garnish and serve with dipping sauce.

Dipping Sauce

- 1 Combine all in a bowl and place in the refrigerator until ready to serve.

Sticky Rice

- 1 Place rice and water in a pot over medium high heat.
- 2 Bring to a boil, reduce to a low simmer, cover, and cook for 20 minutes.
- 3 Remove lid and fluff with a fork.

KID NOTE: The kids really liked this meal. The meat was flavorful but not spicy and they chose tortillas over lettuce.

VEGETARIAN TIP: Marinate sliced tofu and broil for about 10 minutes without turning.

GLUTEN MODIFICATIONS: Use lettuce or corn tortillas, make sure your soy sauce is gluten free.



INGREDIENTS

Sautéed Chicken

4 boneless skinless chicken breasts.
kosher salt and pepper
2 tablespoons olive oil
1 tablespoon butter

Mushroom and Sage Wild Rice

2 tablespoons butter
2 shallots, minced
2 garlic cloved, minced
1 pound mushrooms, sliced
1/4 cup cooking sherry
3 tablespoons flour
2 cups chicken stock
1 cup wild rice
1/2 cup parmesan, grated
2 tablespoon parsley, chopped
1 tablespoon sage, chopped
1/4 teaspoon salt
1/4 teaspoon pepper

Broccoli

1 pound broccoli
water
salt and pepper

DIRECTIONS

Sautéed Chicken

- 1 Place chicken on a cutting board and cover with plastic wrap. Use a mallet and pound to 1/4" thick. Season with salt and pepper.
- 2 Heat oil and butter over medium high in a large skillet. Add chicken and sauté for about 2-3 minutes per side or until juices run clear. Do not over cook.

Mushroom and Sage Wild Rice

- 1 Preheat oven to 375.
- 2 Lightly oil a 9x13 baking dish.
- 3 Melt butter in a pan over medium high heat and sauté shallots and garlic for about 3 minutes.
- 4 Add mushrooms and continue to sauté another 4-5 minutes or until mushrooms become tender and lightly brown.
- 5 Add sherry to the pan and cook for about another minute.
- 6 Sprinkle mushrooms with flour and stir to combine. Immediately add chicken stock and stir until smooth and slightly thickened – about 2 minutes.
- 7 Stir in rice and remaining ingredients.
- 8 Transfer mixture to prepared dish and bake for 35-40 minutes or until rice is tender.

Broccoli

- 1 Cut broccoli into bite sized pieces.
- 2 Either boil for about 4 minutes in a pot of water or microwave in about 1/2 cup water in a covered microwave safe dish.
- 3 Do not over cook. Broccoli should be bright green and crisp.

KID NOTE: This was an all around win. They ate all their chicken and broccoli and tolerated the rice.

VEGETARIAN TIP: Skip the chicken all together and double add sauté carrots and zucchini. Toss with broccoli.

GLUTEN MODIFICATIONS: Use 1 tablespoon cornstarch mixed with 2 tablespoons water as a thickener instead of the flour.



INGREDIENTS

Orange Ruffy with Spicy Remoulade

- 4 orange ruffy (or other white fish) fillets
- 3 tablespoons flour
- salt and pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- Spicy Remoulade**
- 1/4 cup mayonnaise (low fat)
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon Sriracha sauce
- 1 teaspoon capers, chopped

Herbed Orzo

- 1 cup uncooked orzo
- 1 tablespoon olive oil or butter
- 2 tablespoons parsley, chopped
- 1/4 teaspoon garlic salt

Roasted Carrots and Squash

- 10-12 small carrots, peeled and rinsed
- 1 zucchini, sliced
- 2 yellow squash, sliced
- 1 tablespoon olive oil
- kosher salt and pepper

DIRECTIONS

Orange Ruffy with Spicy Remoulade

- 1 Combine remoulade ingredients in a small bowl and refrigerate until serving.
- 2 Season fillets with salt and pepper.
- 3 Place the flour in a shallow dish and dredge each fillet until lightly coated in flour. Set aside.
- 4 In a heavy skillet, heat oil and butter until shimmering.
- 5 Add fillets to pan, being careful not to crowd them.
- 6 Cook for about 2 minutes per side or until fish is golden and flakes with a fork.
- 7 Serve with remoulade sauce.

Herbed Orzo

- 1 Bring 3 cups of water to a boil.
- 2 Add orzo and cook for 8-10 minutes.
- 3 Drain and return to pot. Add butter or oil and toss to coat. Mix in parsley and garlic salt and serve.

Roasted Carrots and Squash

- 1 Preheat oven to 425.
- 2 Line a baking sheet with foil.
- 3 Place prepared vegetables on baking sheet and drizzle with olive oil and sprinkle with salt and pepper.
- 4 Roast in the oven for about 30 minutes, flipping once after 15 minutes. Vegetables should be tender and slightly brown.

KID NOTE: I should have made more fish. They loved it. And the orzo was veggies were completely gone too. Favorite this week.

VEGETARIAN TIP: Skip the fish but not the remoulade. Increase the number and variety of vegetables you roast and add a serve with bread for dipping.

GLUTEN FREE MODIFICATIONS: Do not flour your fish, but sauté as directed. Use rice instead of orzo.



INGREDIENTS

Slow Cooker Chicken Tostadas

4 chicken breasts, boneless and skinless

24 oz jar mild salsa

1 package mild taco seasoning

[Tostada Shells](#)

6-12 flour tortillas

Canola oil

[Garnish](#)

Iceberg lettuce, shredded

1 cup grape tomatoes, quartered

2 limes, quartered

16 oz can refried beans

sour cream

Salsa

[Black Beans with Queso Fresco](#)

15 oz can black beans, drained and rinsed

4 oz queso fresco, crumbled or Monterey

Jack, shredded

2 tablespoons cilantro, chopped

DIRECTIONS

Slow Cooker Chicken Tostadas

- 1 Place chicken breasts in crock pot and cover with 24 oz salsa and taco seasoning.
- 2 Stir to combine.
- 3 Cook on low for 7-8 hours.
- 4 Remove chicken from crock pot, shred with forks and return back to the juices in the crock pot until time to serve.
- 5 Fill a heavy, high sided pan with 1" canola oil.
- 6 Heat over medium high heat.
- 7 Tear a small piece off a tortilla and place it in the oil. If the oil immediately bubbles up, it is hot enough. If not, remove the piece and try again in a minute or two.
- 8 One at a time, place the tortillas in the oil. Fry for about 30 seconds on each side, let drip over the oil for a second and then place on a paper towel lined plate.
- 9 Heat refried beans either on the stovetop or in the microwave.
- 10 Assemble by spreading refried beans on tostada, topping with chicken and then garnishing with veggies, sour cream and salsa.

[Black Beans with Queso Fresco](#)

- 1 Heat beans and top with cheese and cilantro.

KID NOTE: We love Mexican food in our house, so the kids ate this up. The chicken is very mild and they loved building their own tostadas.

VEGETARIAN TIP: Omit the chicken and instead sauté onions and mushrooms to add to the beans. Use the beans in the tostadas instead of as a side.

GLUTEN FREE MODIFICATIONS: Use corn tortillas instead of flour. Make your own taco seasoning. Click the gluten free link on the site.



INGREDIENTS

Salmon Topped Potato Pancakes

- 2 large potatoes, peeled
- 1 egg
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons canola oil
- 1 cup sour cream
- 2 tablespoons capers, minced
- 1 tablespoon red onion, minced
- 4oz smoked salmon
- 2 green onions, sliced

DIRECTIONS

Salmon Topped Potato Pancakes

- 1 Grate potatoes and squeeze inside paper towels to remove water.
- 2 Place grated potatoes, egg, flour, salt, and pepper in a bowl and mix to combine.
- 3 Heat canola oil in a large skillet over medium high heat until it begins to shimmer.
- 4 Using a 1/4 cup measuring cup, scoop portions of potato pancake mixture into hot skillet. Flatten each portion with the back of a spatula.
- 5 Fry pancakes until golden and flip. Remove to a paper towel lined plate and let cool.
- 6 Combine sour cream, capers, and red onion in a small bowl.
- 7 Cut salmon into 2-3" strips.
- 8 To assemble, top each pancake with a dollop of the sour cream mixture, lay a piece of salmon on top of that, and then sprinkle with sliced green onions.

GLUTEN FREE MODIFICATIONS: Omit the flour. Just make sure you are a little more careful with flipping the pancakes. There will be no difference in taste.