

## Peace, Love & Good Food: 5 Days of Weeknight Favorites

### **MONDAY**

#### *Perfect Roast Chicken* (recipe adapted from Ina Garten)

One 3-5 lb. roasting chicken  
2 lemons, one cut in half, the other cut into wedges  
1 clove garlic, cut crosswise  
1 large bunch fresh rosemary  
2 Tbsp. melted butter  
Salt & pepper  
Olive oil

Preheat oven to 425 degrees.

Remove chicken giblets and thoroughly rinse chicken inside and out. Pat dry. Salt and pepper the inside of the chicken. Place chicken in a French Oven or roasting pan. Stuff the bird with half the bunch of rosemary, two lemon halves and the head of garlic. Stuff the remaining bunch of rosemary underneath the chicken skin. Brush the outside of the chicken with the melted butter and sprinkle with more salt and pepper. Place the onions and lemon wedges in the roasting pan and drizzle quickly with olive oil.

Roast for 1.5 hours, or until the juices run clear. Remove the chicken from the roasting pan and let sit for 15-20 minutes.

#### *Sweet Potatoes*

We enjoy them roasted, but make them your favorite way! To roast, cut in large rustic looking wedges. Drizzle with olive oil and fresh cracked pepper. Pop them in the oven with the chicken for the final 45 minutes.

#### *Baby Greens with Champagne Vinaigrette*

1/8 cup extra virgin olive oil  
1/8 cup champagne vinegar  
1 tsp. dried oregano  
1 tbsp. honey

salt & pepper to taste

## **TUESDAY**

### *Garlic & Herb Dijon Roasted Pork Tenderloin*

1 boneless pork loin (we usually eat a small 2 lb. loin so double this for a larger cut)  
4 cloves garlic, sliced  
1/4 cup olive oil  
2 Tbsp. dijon mustard  
1 tsp. chopped fresh oregano  
1 tsp. chopped fresh rosemary  
Salt & pepper to taste

Preheat oven to 400 degrees.

In a small bowl, mix together olive oil, mustard and herbs. Set aside. With a pairing knife, make slits evenly all over the pork. Place pieces of garlic in all of the slits. When you are done stuffing the garlic, sprinkle with salt and pepper to season. Less is more with the salt and remember your mustard will add saltiness. Place pork in a baking dish and using a kitchen brush, cover the tenderloin with half of the dijon herb sauce. (sometimes, I will throw in some onion quarters in with the pork, too for extra juices and flavor)

Cover and cook for 20 minutes. Uncover and brush the remaining dijon herb sauce on the pork and place in the oven for another 20 minutes, uncovered. Cook tenderloin until the internal temperature reaches 150-155 degrees.

Allow tenderloin to sit covered for 10 minutes before cutting. Serve with mashed sweet potatoes and a baby greens salad.

### *Dijon Roasted Brussels Sprouts*

1 lb brussel sprouts, halved  
1/4 cup olive oil  
1 tbsp. dijon mustard

Zest of 1 lemon  
Salt & Pepper

Wash the sprouts, cut off the ends, and peel off the outer leaves. Cut them in half and place in a small baking disk. Whisk together olive oil and mustard and pour over the sprouts, and zest an entire lemon right over the dish. Season with pepper and very little salt (the mustard adds extra flavor) and toss together to make sure all of the brussels sprouts are coated. Bake at 350 degrees for 40 minutes or until done to your likeness. We like them crispy, so 40 minutes is perfection.

## **WEDNESDAY**

### *Fajita Chicken*

1 lb. boneless, skinless chicken tenders  
Olive oil  
Fajita Seasoning (recipe below)

Preheat grill pan. Place chicken tenders in a small bowl with a quick drizzle of olive oil and fajita seasoning. Grill chicken on grill pan until cooked through.

Fajita Seasoning:  
2 tsp. cumin  
1/2 tsp. oregano  
1/2 tsp. salt  
1/4 tsp. red pepper  
1/4 tsp. black pepper  
1/8 tsp. garlic powder  
1/4 tsp. onion powder

### *Pico De Gallo*

2 Roma tomatoes, chopped  
1/2 red onion, chopped  
1/4 cup fresh cilantro, chopped  
1 jalapeno, seeded and chopped  
1 lime, juiced

1 tsp. cumin  
Salt & pepper to taste

Mix all ingredients together in a bowl and let the flavors marry together in the refrigerator for at least 30 minutes.

### *Avocado Mousse*

1 avocado, mashed  
1 tbsp. sour cream  
1 Tbsp. fresh cilantro  
1 tsp. fresh lime juice

Whip all ingredients together until smooth.

## **THURSDAY**

### *Lemon Garlic Salmon* (1/4 lb. or so per person)

½ pound fillet skinless salmon  
Lemon slices  
Garlic, minced  
Salt & pepper

Preheat oven to 350 degrees. Brush salmon with olive oil and top with garlic, salt and pepper. Finish with slices of lemon. Bake for 15-20 minutes or until the fish flakes.

### *Citrus Orzo*

1 lb. orzo pasta  
1 red bell pepper  
1 yellow bell pepper  
1 orange bell pepper  
1 small red onion  
Handful of flat leaf parsley  
Several fresh basil leaves  
A few sprigs of fresh oregano  
1/4 cup crumbled, low fat feta cheese

2 lemons  
1/3 cup extra virgin olive oil  
salt & pepper to taste

Boil orzo and cook until al dente. Once cooked, strain and run cold water over so that it does not continue cooking. Once orzo is cold, transfer to a large bowl suitable for mixing. Chop all three peppers and the red onion into small pieces. Chop up the parsley, basil and oregano. Once the fresh ingredients are chopped, drop them into the bowl with the orzo pasta. To mix the "dressing", squeeze the juice from two whole lemons and combine with 1/3 cup of extra virgin olive oil. Add salt and pepper to taste and whisk until emulsified. Pour mixture over orzo and mix together with love. Once the dressing is fully incorporated, lightly toss in the feta. I only used 1/3 of a cup and I truly believe the small amount of feta is what makes it so delicate. This recipe is best served cold so stick in the fridge until you are ready to eat.

## FRIDAY

*Neopolitan Pizza Dough*  
(aka the recipe that will change your pizza nights)

makes two 15" pizzas

5 cups unbleached, all purpose flour, plus more if needed and for dusting  
2.5 tsp. dry active yeast  
2 cups warm water  
1.5 tsp. salt  
1 tsp. sugar

Dissolve yeast in 1 cup warm water. Add the sugar and set mixture in a warm place for 1 minute. After 1 minute, check to see that the yeast is active, and that there are bubbles on top of the mixture. Let this mixture sit until it almost doubles in size, around 10 minutes. Add 3 cups of flour to an electric mixer, along with the yeast mixture and second cup of warm water. Using a dough hook, begin to combine. Add the salt and mix in. Slowly add the rest of the flour in 1/4 cup increments. The dough will become stretchy and tender. You may need more than 5 cups, you may need less. Pay close attention to the consistency. When the dough has climbed up the hook, it is done.

On a lightly floured surface, knead the dough a few times. In a large glass bowl, pour about 1/4 tsp. olive oil. Form dough into a ball and transfer to the glass bowl. Cover with a towel and place in a warm place for at least 2 hours.

A lot of how your dough comes out depends on the temperature in your kitchen, the yeast and the temperature of your water. My pizza dough never comes out exactly the same every time. Be patient and don't give up! Give this a shot. I promise when you get it, your pizza nights will forever be changed!

#### Cooking Instructions-

I highly recommend using a pizza stone not only with this recipe, but always. I use [this](#) one from Williams-Sonoma. Place pizza stone in oven and preheat oven to 500 degrees. Once the stone is heated, remove and immediately place rolled out dough atop the stone. The pizza will begin the cooking process before you place it in the oven. Top as desired and cook for 8 minutes.

Our favorite toppings: Roasted mushrooms, arugula, prosciutto and mozzarella, topped with fresh arugula and shaved parmesan when plated.

\*All of these recipes can be found on [www.peacelovegoodfood.com](http://www.peacelovegoodfood.com). You can also e-mail me at [ninalovesfood@gmail.com](mailto:ninalovesfood@gmail.com) if you have any questions about this menu or any of the recipes posted on my blog. Bon Appetite!

Peace, Love & Happy Cooking!  
Nina

