

# *The Well Fed* HOMESTEAD

## MENU PLAN

### DAY 1

*Eggplant Parmesan*  
*Green Salad with Oil & Vinegar Dressing*

### DAY 2

*Fish with Peppers*  
*Green Bean Saute*

## *Baked Eggplant Parmesan*

### INGREDIENTS:

1 1/2 lbs eggplant  
1 c grated parmesan cheese, divided  
2 c raw white cheddar cheese,  
shredded and divided  
3 c tomato sauce  
1 bunch fresh basil  
6 cloves garlic, minced  
1 lb bacon, cooked (preferably not  
cured with sugar or nitrates)  
2 TB dried oregano  
salt & pepper  
Bacon grease or butter



### METHOD:

Cook 1 lb of bacon ahead of time in a pan in the oven at 400 degrees for 15 to 20 minutes. Filter your bacon grease & save it in a jar in the fridge!

Preheat the oven to 375 degrees. Grease a large casserole dish (a 9x13 pan or bigger) with bacon grease or butter. Peel the eggplant and slice into thin rounds.

Spread a layer of eggplant across the casserole dish. Top with 1/2 of the cheeses, tomato sauce, basil (ripped up), garlic, bacon (torn into bits), oregano, and salt and pepper. Place another layer of eggplant on top and repeat. Top with cheese. Bake for about 40 minutes, or until the eggplant is tender.

*The Well Fed* HOMESTEAD

## *Oil & Vinegar Dressing*

### INGREDIENTS:

	salt & pepper
1/4 c red wine vinegar	3/4 c extra virgin olive oil
2 tsp dijon mustard	
1 shallot, minced	

### METHOD:

In a small bowl, combine the vinegar, dijon mustard, shallot and salt & pepper. Whisk in the olive oil, a little bit at a time, until blended.

*The Well Fed* HOMESTEAD

## *Fish with Peppers*

### INGREDIENTS:

1 fillet fish per person (salmon, cod, halibut or other types work)  
1/2 c butter, melted  
3 TB bacon grease or coconut oil  
6 bell peppers, julienned  
1 small red onion  
1 bunch oregano  
1 lb mushrooms, sliced  
1/2 c extra virgin olive oil  
1/4 c red wine vinegar  
salt and pepper



### METHOD:

Line a rimmed baking sheet with foil. Place the fish on the prepared baking sheet, drizzle with melted butter and sprinkle with salt and pepper. Broil, 6 inches from the heat, for up to 10 minutes per side, or until the fish is done and flakes easily. Saute the bell peppers, onion, oregano and mushrooms in bacon grease until softened. Remove from heat and toss with olive oil, red wine vinegar and salt and pepper. Serve on top of fish fillets.

*The Well Fed* HOMESTEAD

## *Green Bean Saute*

### INGREDIENTS:

8 c	water	2 TB	lemon juice
1 tsp	salt	2 TB	lemon zest
2 lbs	fresh green beans	4 cloves	garlic, minced
1/2 c	butter		
1/2 tsp	salt		

### METHOD:

Boil the water and 1 tsp salt in a large saucepan. Reduce the heat to medium and add the green beans. Cover and cook for 10 minutes, or until the beans are tender. Drain the beans and add the butter into the saucepan, along with the salt, lemon juice, lemon zest and garlic. Saute for 3 to 4 minutes, or until heated through. Serve immediately.

*The Well Fed* HOMESTEAD

*The Well Fed* HOMESTEAD  
SHOPPING LIST

*Produce*

eggplant, 1 1/2 lbs  
garlic, 10 cloves  
fresh basil, 1 bunch  
fresh oregano, 1 bunch  
shallot, 1  
bell peppers, 6 (get a variety of colors!)  
red onion, 1  
mushrooms, 1 lb  
green beans, 2 lbs  
lemon, 1

*Canned & Bottled*

tomato sauce, 3 c  
red wine vinegar, 1/2 c  
dijon mustard, 2 tsp  
extra virgin olive oil, 1 1/4 c  
coconut oil (or bacon grease), 3 TB

*Dairy & Eggs*

grated parmesan cheese, 1 c  
raw white cheddar, 2 c  
butter, 1 c

*Herbs & Spices*

salt  
pepper  
dried oregano

*Meat & Seafood*

bacon, 1 lb (preferably not cured with  
sugar or nitrates) (D1)  
fish fillets-1 per person (salmon, cod,  
halibut--any kind that is in season and  
fresh will work) (D2)

Note: you could also buy extra  
fish to broil and freeze for  
future recipes like salmon  
patties or seafood quiche!

### *Recipe Notes:*

**Eggplant Parmesan**~You may add more protein to this recipe if you like. Italian Sausage or ground beef would be nice additions. Just cook until done and layer with the bacon in the recipe.

**Green Salad**~I like to make my salads out of whatever I can find fresh from my garden or at the Farmer's Market. Lettuce, cucumber, heirloom tomatoes, carrots, green onions, or sugar snap peas are some good choices. I love adding a little cheese to the top of my salad. If you want to do this, add it to your grocery list. Parmesan, asiago or raw white cheddar are good options.

**Fish with Peppers**~This can really be made with any type of fish that is in season and available. We tried it with both cod and salmon. It is a beautiful and flavorful dish!

### *Prep. Ahead Notes:*

#### **Before the week begins:**

- shred 2 cups of raw white cheddar and store in the fridge
- mince 10 cloves of garlic with a food processor and store in a glass jar in the fridge

#### **Day 1 Morning Prep:**

- make oil and vinegar dressing and store in fridge (remember to take it out of the fridge 30 min or so before serving)
- cut up salad veggies and store in fridge
- wash and rip lettuce and store in fridge

#### **Day 2 Morning Prep:**

- slice 6 bell peppers and store in fridge
- slice 1 red onion and store in fridge
- dice 1 lb mushrooms and store in fridge
- scrape the zest off of a lemon and set aside in the fridge
- squeeze the juice out of the same lemon and store in a bowl or jar in the fridge
- wash and trim green beans