

Zucchini Noodles with Shrimp *Serves 4*

- 1 tablespoon *Napa Valley* organic olive oil
- 3 6-ounce packages spiralized zucchini noodles
- 3 ears yellow corn, kernels cut off the cob
- 3 tablespoons *American Basil* pesto perfecto pesto
- 1 teaspoon black pepper
- 1 tablespoon shredded imported Reggiano parmesan cheese
- 1 10.5-ounce container *Nature Sweet* red cherub tomatoes
- ¼ teaspoon *Le Saunier de Camargue* fleur de sel sea salt
- 14 ounces extra-large fresh cooked shrimp with tails off from the Seafood Department

Heat olive oil in a large 14-inch skillet over medium heat. Add zucchini noodles and toss with olive oil; cook for one minute. Stir in corn kernels, pesto, and pepper; cook about three more minutes. Remove from heat and mix in cheese, tomatoes, and salt. Use a slotted spoon to transfer to a serving bowl. Add shrimp to the pan and toss with the pesto liquid. Heat over medium heat for about one minute, turning once. Top vegetables with the warm shrimp.

Tortellini Soup *Serves 6*

- 1 tablespoon *Napa Valley* organic olive oil
- 1 5.5-ounce container diced organic onion
- 4 cloves organic garlic, minced or crushed in a garlic press
- 2 26.46-ounce boxes *Pomi* organic chopped tomatoes
- 1 13.4-ounce box *Jack's Quality* organic kidney beans, rinsed
- 2 cups *Swanson* organic free-range chicken broth
- 2 cups *Pacific* organic low sodium chicken broth, plus extra for re-heating leftovers
- 2 cups water
- 3 dried bay leaves
- ½ teaspoon black pepper
- 1 20-ounce package *Buitoni* three cheese tortellini
- 1 large bunch rainbow or red Swiss chard leaves, thick stems removed, torn into bite-sized pieces
- ¼ cup imported grated imported Reggiano parmesan cheese, divided



Heat olive oil over medium heat in a large soup pot. Add onions and cook until clear, about 6 minutes. Add garlic and cook 30 seconds. Pour in tomatoes with juices and cook about 5-7 minutes to thicken and reduce liquid, stirring occasionally.

Add kidney beans, broth, water, bay leaves, and pepper. Cover, raise heat to high and bring to a boil. Uncover and remove bay leaves; add ravioli and chard. Cook 5 minutes and remove from heat. Ladle into bowls and sprinkle each bowl with 2 teaspoons Parmesan cheese.

Quick Family Dinner Hacks from Gelson's Kitchen

- Rotisserie Chicken + roasted baby potatoes + roasted root vegetables from the hot case/bar
- Chicken Diablo Salad from Our Kitchen (heated) + corn tortillas + sliced avocado
- Jessica's Ancient Grain, Mushroom & Walnut Salad + Jessica's Mediterranean Tomato & Cucumber Salad + Fresh Fruit Salad
- Turkey and Avocado Tostada Salad: Carving Cart Turkey breast (diced) + can of black beans + package of diced red onions + cherry tomatoes (halved) + heirloom tomatoes (diced)+ cilantro + avocado (diced) + jalapeno (minced) + sweet corn kernels + dressing of lime juice, olive oil, salt, and pepper + blue corn tortilla chips
- Spicy Grilled Salmon + Jessica's Chopped Crudit  Salad + Spinach Pesto Pasta Salad
- Jessica's Heirloom Tomato Chicken Salad + Fresh Fruit Salad + Gelson's Finest Rustic Baguette

Family Meals

As we settle back into our school year routines, I hope you will consider making family meals a regular part of your day. Research shows that both kids and adults benefit enormously from sitting down to a shared meal with other people. Children who eat meals with their families perform better in school, eat a better diet, have better mental health, social skills, and verbal development, and are at lower risk for obesity, substance abuse, and other risky behaviors. Family meals also help children learn to like new foods by exposing them to variety, as well as adult role models who hopefully eat and enjoy an array of foods. Shared meals are also beneficial to the grown-ups: Adults who eat with other people tend to have better mental and physical health, stronger social connections, and have a lower risk of high blood pressure and obesity. For all of these reasons and more, I hope that you will join me in making family meals a priority.

Meal Motivation

As a working mom, I'm in the trenches every day, so I know how hard it can be to juggle everything and put a homemade meal on the table at the end of the day. But my husband and I have been committed to having family meals since we became a family of two 15 years ago. We make it happen, but it's not always easy! (By the way, breakfast counts as a family meal, so if your evening schedule is too insane, aim for family breakfast.) Even if you can only work out family dinners a few nights a week, that's better than none at all. Find some free nights and put them on your family calendar. Having at least 5 family meals a week (breakfast, lunch, or dinner) has the most positive impact on you and your kids, but even 2 family meals a week can have benefits.

Please be aware that family meals are a commitment. Eventually they become second nature but, in the meantime, there are plenty of ways to get derailed. I hear from many people who get so bogged down with nutritional rules that they become paralyzed when it's time to actually plan a meal because they are afraid that something won't be healthy or that their child will eat too much or not enough. Sometimes kids behave badly at meals, or even refuse to eat something you've worked hard to make. Yes, all of these things can be discouraging, but don't give up on your commitment! This is important parenting because you're facilitating structured family time that will provide exposure to new foods, social support, sharing, connection, and opportunities to model positive eating habits.

How to Feed Your Family

I take my role in feeding my family and myself very seriously (but still try to maintain my sense of humor about it all—especially in the kitchen and at the table!). The approach that has worked best for my family and the families that I have worked with is Ellyn Satter's Division of Responsibility in Feeding:

It is up to the parent or caregiver to decide what, when, and where kids eat, and it is up to the child to decide whether and how much to eat.

In other words, it is our job to *feed* and it is the child's job to *eat* (or not eat). It is simple, but it can certainly be scary and counterintuitive. My job with feeding is clearly defined: I'm supposed to plan and execute the menus, put the food on the table, sit down with my children,

and show them how to eat (but not how much to eat--they are born knowing how to listen to their hunger and satiety) and enjoy food so they grow up to be competent eaters. Modeling good eating behaviors—not talking about them—is the best way to support my girls in enjoying eating, eating a variety of foods (not just healthy foods), and eating the amount that is right for their bodies. You don't have to be a dietitian to do this, but you must have a good relationship with food to do it well. Healthy eating isn't about perfection or virtue; in fact, flexibility is a key part of healthy eating.

What to Feed Your Family

Use the Mediterranean Diet as your framework for eating well and cooking healthfully (pick up a copy of my Healthy Living Guide to learn more). Gelson's is here to provide everything you need, from the raw ingredients for a completely homemade meal to the freshly prepared and ready-to-eat dishes from Our Kitchen. Meals can be as easy or as complex as you choose, and I've tried to provide recipes in this newsletter that range from made-from-scratch one-pot dinners, to frozen options, to order-at-the-counter healthy prepared foods (look for items that say "Jessica" at Our Kitchen). Always remember that the structured and supportive family time together is what provides most of the benefits, so the food does not need to be perfect. Start with the structure of regular family meals, commit to the process of planning, shopping, preparing, and eating together with enthusiasm and flexibility, and then try some of my family's favorite recipes in this newsletter and the accompanying recipe cards.



Family Breakfast Recipes

Breakfast Cheese Toast with Fried Egg *Serves 2 (scale up or down)*

2	slices <i>Food for Life</i> Ezekiel 4:9 sprouted whole grain bread	1/8	teaspoon <i>Le Saunier de Camargue</i> fleur de sel sea salt
2	teaspoons <i>Napa Valley</i> organic olive oil	1/8	teaspoon pepper
4	<i>Vital Farms</i> organic eggs	1/8	teaspoon garlic powder
		2	slices Muenster cheese

Toast the bread in the toaster oven.

Meanwhile, heat olive oil in a small nonstick skillet over medium heat. Carefully crack eggs into the pan without breaking the yolks. Season with salt, pepper, and garlic powder. Cook to desired doneness.

When bread is done toasting. Place 1 cheese slice on each piece and return to the warm toaster oven and close the door without turning it on. Allow the cheese to melt while the eggs finish cooking. Transfer the cheese toast to a plate and layer 2 eggs on each slice.

Quick and Satisfying Breakfast Bowl *Serves 1 or many*

1/2	cup <i>Kind</i> cinnamon oat clusters granola
2	teaspoons <i>Bob's Red Mill</i> chia seeds
1/4	cup fresh blueberries
3/4	cup <i>Organic Valley</i> whole milk

Combine all ingredients in a cereal bowl and eat immediately.



Family Dinner Recipes

Caesar Chicken and Romaine *Serves 4*

1/2	cup plus 2 tablespoons <i>Galeos</i> miso Caesar dressing, divided
3	tablespoons <i>Napa Valley</i> organic olive oil, divided
3	tablespoons <i>Grey Poupon</i> Dijon mustard
6	cloves <i>Melissa's</i> organic garlic, minced, divided
1/2	teaspoon ground turmeric
4	organic boneless, skinless chicken breasts, pounded to even thickness
2	heads romaine lettuce, cut in half lengthwise
1/2	teaspoon black pepper
1	12-ounce package organic baby Roma tomatoes on the vine, stems discarded
1/4	cup shredded imported Reggiano parmesan cheese



In a large zip-top bag combine 1/2 cup dressing, 2 tablespoons olive oil, mustard, 4 cloves (2 teaspoons) minced garlic, and turmeric. Mash the outside of the bag to mix the ingredients. Add the chicken and shake to coat. Refrigerate 8 to 48 hours, turning the bag occasionally.

In a small bowl combine remaining 2 tablespoons of dressing, 1 tablespoon of olive oil, and 2 cloves (1 teaspoon) garlic. Cover and refrigerate until ready to use.

Arrange oven rack 6-8 inches from the heat source; preheat broiler. Line broiler pan with aluminum foil. Wash cut romaine heads carefully so leaves don't break off. Dry lettuce with paper towels as much as possible.

Remove chicken from marinade; discard marinade. Place chicken on the broiler pan and season tops with pepper. Broil about 7 minutes per side, until internal temperature of the thickest part of the chicken is 165°Fahrenheit.

While chicken is cooking, brush cut side of lettuce heads and in between leaves with reserved dressing (not the chicken marinade). Once the chicken is cooked, place whole tomatoes and lettuce on the broiler pan, cooking lettuce cut side down first. Cook for 2 minutes, then turn over. Sprinkle 2 tablespoons parmesan on cut lettuce sides and cook about 2 more minutes, watching that the outer leaves don't cook too quickly. Sprinkle remaining 2 tablespoons of parmesan on the chicken. Transfer everything to a large serving platter.

Black Bean Quesadillas *Serves 4*

1	tablespoon <i>Napa Valley</i> organic olive oil
6	shiitake mushrooms, halved, thinly sliced
5	ounces <i>Stahlbush</i> frozen spinach
1	small organic avocado, peeled, pit removed
4	tablespoons <i>Casa Sanchez</i> organic medium salsa, plus more for serving
1/8	teaspoon <i>Le Saunier de Camargue</i> Fleur de Sel sea salt
1	13.4-ounce box <i>Jack's Quality</i> organic black beans, rinsed and drained
3/4	teaspoon ground cumin
1/4	teaspoon garlic powder
4	<i>Food for Life</i> Ezekiel organic sprouted grain tortillas
6	ounces <i>Organic Valley</i> shredded sharp cheddar cheese
1/4	cup <i>Early California</i> sliced black olives, rinsed
1/4	cup <i>Wallaby</i> organic 0% plain Greek yogurt
1/2	cup <i>Del Cabo</i> organic sweet 100 cherry tomatoes, quartered

Preheat the oven to 350° Fahrenheit.

Heat olive oil in a small skillet and sauté mushrooms until they begin to soften and release water. Add spinach and cook until heated through. Transfer to a serving dish.

Mash avocado and stir in salsa and salt. Let stand while you prepare the quesadillas.

Place beans in a glass bowl and stir in cumin and garlic powder. Microwave on high for up to one minute. Place tortillas on a baking sheet. Sprinkle 1/3 cup of cheese on one side of each tortilla. Spoon black beans over cheese in an even layer. Sprinkle 1 tablespoon olives on top. Fold clean side of each tortilla over the cheese and bean side and bake until cheese melts, about five minutes. Transfer to a cutting board and use a heavy knife to cut each tortilla into two or three wedges.

Serve quesadillas with guacamole, salsa, spinach and mushrooms, Greek yogurt, and tomatoes.

Chicken and Asparagus Sauté *Serves 4*

1	tablespoon <i>Napa Valley</i> organic olive oil
1	teaspoon <i>Napa Valley</i> organic sesame oil
4	organic boneless skinless chicken thighs, trimmed and thinly sliced for stir-fry
2	tablespoons <i>San-J</i> tamari lite 50% less sodium soy sauce
2	tablespoons <i>Kikkoman</i> plain rice vinegar (not the seasoned kind)
2	packages <i>Harvest</i> Asparagus Sauté
1/4	teaspoon black pepper, or to taste
1	teaspoon organic honey
2	cups frozen brown rice, heated according to package directions

Heat olive and sesame oils over medium heat in a large skillet that can be covered. Add chicken pieces and cook about 90 seconds on both sides. While chicken is cooking, combine the soy sauce with the vinegar in a small cup. Stir in vegetables and pour soy sauce and vinegar over mixture. Season with pepper and mix well. Cover tightly and cook until vegetables are tender and chicken is cooked all the way through, about five minutes. Uncover and cook, stirring, for one more minute.

Use a slotted spoon to transfer chicken and vegetables to a serving bowl. Stir honey into remaining sauce and cook about one more minute to thicken sauce slightly. Pour sauce over chicken and vegetables and serve with brown rice on the side.

Home-Made in Minutes

- 🕒 Scrambled eggs + toast + sautéed or heated frozen veggies + fresh fruit
- 🕒 Frozen Shrimp + frozen stir-fry veggie mix + fresh fruit
- 🕒 Clean out the fridge dinner: preheat oven to 350° Fahrenheit; place all heatable leftovers from the last 3 days on a baking sheet lined with parchment paper and reheat. Place in the middle of your dinner table and let everyone pick and choose. Supplement with a salad or steamed broccoli and fresh fruit if needed.
- 🕒 Sandwiches (brush outsides with extra virgin olive oil and heat in a panini press if you have one) + baby carrots + sugar snap peas + fresh fruit
- 🕒 Shrimp and Melon Salad: Fresh cooked shrimp (seafood dept) + cubed Kiss melon (produce dept.) + arugula (salad bar) + pesto (regular deli)