



## THE WELLNESS MAMALAH

BY JENNIFER WISE

### Quick Cooking: (Almost) Everything You Need For The Week

For the past year or so, we've been on a quest to cut processed foods out of our diet. But as we did, I found that I was cooking all the time. All. The. Time.

I'm not going to lie. I enjoy cooking. But there *are* other interests in my life that I'd like to pursue as well. Sleeping, showering, eating – I realize my bar is set pretty low, but even so, three hours a day in the kitchen was not working for me.

I've lost count of how many articles I have read telling me to Plan Ahead! Batch Cook! Freeze! And even better, Cook Once And Eat All Week! *How is that even possible? How?* I hear you, and I'm going to show you.

Give yourself a solid two hours, and you can have a fridge full of the all the building blocks you'll use to create meals all week, saving you tons of time.

#### Let's make:

Hard boiled eggs  
Rice  
Sweet potatoes  
White potatoes  
Vegetable soup  
Salmon  
White fish  
Spinach and mushrooms  
Breaded chicken cutlets  
Sautéed ground meat  
Roasted vegetables

#### Ingredient List:

Eggs  
Rice  
3 lb. bag frozen salmon fillets  
2 bags frozen white fish fillets  
Salt  
Pepper  
Garlic powder  
Olive oil  
2 bags of frozen broccoli  
3 bags of frozen cauliflower  
1 bag frozen chopped zucchini  
1 bag frozen spinach  
4 cloves of garlic

8 sweet potatoes  
8 white potatoes  
4 red potatoes  
2 containers of mushrooms  
9x13 pans (6)  
4 onions  
3lb. ground meat  
3lb. chicken cutlets  
Almond flour or breadcrumbs

Before I say Go!, there is one caveat: Unless you live next door to the *best butcher store ever* (i.e. one that opens early on Sundays), you are going to have to plan ahead. Add "defrost for Sunday" onto your *erev Shabbos* check list and by Sunday morning it'll all be ready to be thrown into the oven – and that's exactly what we're going to do: throw things into the oven and into pots on the stove. We will not be *davening* over our vegetables and wondering if all the pieces are chopped the same size. Stopping to marvel over a pretty colored carrot or worrying about the ratio of salt to pepper on the fish will not be happening today. We are moving, we are shaking and we are using all four burners at once, so get your cooking playlist ready because time starts NOW!

1. Preheat the oven to 400°F and walk away.

2. Hard boil some eggs. Boil as many as your family will eat, set a timer labeled "eggs" on your phone and move on.

3. On another burner, make a pot of rice. I make 3 cups to last the week, you do yours. Set a "rice" timer and keep going.

4. Grab two sheet pans, line them with foil and place the salmon fillets on one and the white fish on the other. Drizzle olive oil over the white fish and sprinkle salt and pepper over both pans of fish and place them in the oven. Set a "fish" timer for 10-12 minutes for the white fish and, when the timer dings, reset it for another 10-15 minutes for

the salmon, depending on how done you like fish.

5. While the fish is cooking, prep your vegetables for roasting. Did you know you can roast frozen vegetables? You can. How much better is life looking right about now? Dump the frozen broccoli into one 9x13 pan and the cauliflower in another. Drizzle with olive oil, salt and pepper and set the pans aside.

6. Wash and dry 8 sweet potatoes and 8 white potatoes. Wrap each in foil and place them in 9x13 pans #3 and #4. Set these aside, near the other vegetable



pans waiting to go into the oven.

7. Check the rice, the boiling eggs and the fish. Drink a glass of cold water and keep moving.

8. Once the fish pans are out of the oven, crank the oven up to 425°F and put the four vegetable pans into the oven at once. It's fine, just squash them in there, there's a reason we're using disposable pans. Set a "vegetable" timer for 20-25 minutes and set a "potato" timer for 45 minutes.

9. Are you listening for timers? Always listen for timers.

10. Set a soup pot and a frying pan on the stove and add a little oil to each one. While the oil is heating, slice four onions and peel four cloves of garlic – two onions and the garlic go into the soup pot and one onion goes right into the frying pan. The fourth onion gets set aside. While the onions are doing their thing, slice two containers of mushrooms. Half the mushrooms go right into the frying pan to cook with the onions and the other half go into the soup pot. Stir the onions every few minutes while pouring a bag of frozen zucchini and a bag of frozen cauliflower into the soup pot. At the

same time, add a bag of frozen spinach to the frying pan. Add salt and pepper to the spinach and mostly cover the frying pan, lowering the flame under the frying pan. Set a "spinach" timer on your phone for 10 minutes. Next, scrub four red potatoes, cut them into pieces and add them to the soup pot, along with salt and pepper. Add enough cold water to just cover the vegetables in the soup pot and let it come to a boil.

11. While the soup is coming to a boil, heat a little oil in a large skillet. Add the fourth sliced onion (from step 10) and cook it quickly, over high heat for 3-4 minutes. Add the package of ground meat to the skillet. Break up the meat with a spoon and cook it over a medium heat until it's cooked through and no longer pink inside, stirring every minute or so.

12. By this time, the soup should be boiling. Lower the flame, keeping the soup at a steady simmer. Do not cover the soup pot but do set a timer for 30 minutes. Later, once the soup is cooled, use an immersion blender to make a pureed vegetable soup.

13. While the ground meat cools, prep the chicken cutlets, cleaning them as needed. Don't worry about pounding them thinly or cutting them into smaller sections. Whisk two eggs in a bowl and prepare a second bowl with your breading of choice. I use almond flour mixed with salt, pepper and garlic, but you do what works for you. Transfer the ground meat to your container of choice and place it into the refrigerator. Also, get two 9x13 pans ready.

Heat a small amount of oil in the same skillet, and then dredge the chicken first in the egg and then in the breading. Fry on each side for 2-3 minutes, until the breading has turned golden brown. Don't try to cook the chicken all the way through; instead, put the chicken in the 9x13 pans you set out and continue on with browning the rest of the chicken in the skillet. Once the chicken pieces are in the pans, cover them tightly with foil and place in the oven, letting these pans take the place of the roasted frozen vegetables that should have come out of the oven a while ago. Did they? I hope so! Set a "chicken" timer for 15 minutes and, using a meat thermometer, check the chicken every few minutes, after the timer goes off, until the thermometer reads 165°F.

Phew. Hooray!

Breathe. You did it! You are now the proud owner of a fridge full of cooked ingredients, ready to be made into meals in no time. Go put your feet up and let someone else wash the dishes.