

# Bright & Springy 7-Day Meal Plan

## Recipe Guide

### Day 1 – Chicken Piccata Sandwich

Serves 4

Ingredients:

*Toast:*

- J 4 Slices Martin's Old-Fashioned Real Butter Bread
- J 2 Cloves Garlic
- J Extra-Virgin Olive Oil

*Chicken Piccata:*

- J 4 Chicken Cutlets
- J Cup All-Purpose Flour
- J Tablespoons Extra-Virgin Olive Oil
- J Tablespoons Butter
- J 1/3 Cup White Wine (substitute with white grape juice + 1 tbsp vinegar, for a non-alcohol based alternative)
- J 1/4 Cup Lemon Juice, freshly squeezed
- J 1/4 Cup Low-Sodium Chicken Broth
- J 1/4 Cup Capers, with 1 tsp. of liquid
- J 1/4 Cup Fresh Parsley, chopped



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*Salad*

- J 2 Cups Arugula
- J Granny Smith Apple, cut into matchsticks
- J Small Shallot, thinly sliced
- J Shaved Parmesan
- J Extra-Virgin Olive Oil
- J 1/2 Lemon, juice

Directions:

1. Heat oven to 350 degrees F. Place bread slices on a sheet pan and brush with olive oil on both sides. Sprinkle with salt. Bake in the oven for 7-8 minutes, turning bread over halfway, until golden and crisp. Gently rub toasted bread with garlic clove, set aside.
2. Place chicken between 2 sheets of plastic wrap or parchment paper. Using a rolling pin, lightly pound chicken to 1/4-inch thickness. Sprinkle chicken with salt and pepper. Combine 1 tablespoon butter and 2 tablespoons flour, set aside. Dredge chicken in the remaining flour to coat; shake off excess.
3. Heat a heavy large skillet over medium-high heat, add 2 tablespoons olive oil and 2 tablespoons butter. Without crowding the pan, add chicken to skillet, work in batches if necessary. Cook chicken until golden brown and cooked through, about 3 minutes per side. Transfer chicken to platter; tent with foil to keep warm.
4. Add wine, lemon juice, and broth to the skillet, scraping all the brown bits left in the pan. Boil in skillet over medium-high heat. Add butter-flour mixture and whisk until well combined. Bring to a boil and continue whisking until sauce thickens slightly, about 2 minutes. Stir in capers, parsley and remaining 1 tablespoon butter. Season to taste with salt and pepper.
5. In a bowl combine arugula, apples, and shallot. Drizzle with olive oil and lemon juice. Toss until well combined. Place arugula on toasted bread, top with chicken, shaved parmesan, parsley and sauce.

Source: <https://potatorolls.com/recipes/open-faced-chicken-piccata-sandwich>

## Day 2 – Potato Bread Quiche Lorraine

Serves 4-6

Ingredients:

- ] 4 Slices Martin's Potato Bread
- ] 4 Tablespoons Melted Butter, divided
- ] Bag Shredded Hash Brown Potatoes, thawed
- ] Tablespoon Olive Oil
- ] 4 Slices Bacon, chopped
- ] Large Onion, diced
- ] Tablespoon Fresh Thyme, finely chopped
- ] Cloves Garlic, minced
- ] Salt and Pepper, to taste
- ] 6 Eggs
- ] ½ Cup Half and Half
- ] ½ Teaspoon Nutmeg
- ] Heaping Tablespoon Dijon Mustard
- ] Sliced Summer Sausage (optional)
- ] 1 ½ Cups Gruyère Cheese, shredded



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Directions:

1. Preheat oven to 400 degrees F.
2. Brush a baking dish or pie pan with 2 tablespoons melted butter.
3. Line the bottom of your baking dish or pie pan with the bread slices, trimming as necessary to fit, so that they cover the entire bottom of the dish in a single layer.
4. Top bread layer with shredded hashbrowns (you may not use the whole bag). Top with remaining 2 tablespoons melted butter.
5. Place in oven and allow to begin to bake while oven is still preheating.
6. Meanwhile, heat olive oil in a skillet over medium-high heat, and cook bacon briefly, about 3 minutes. Add onion, thyme, garlic, salt, and pepper. Reduce heat to medium and cook until softened, stirring frequently, about 12 minutes.
7. In a large bowl, whisk together eggs, half and half, nutmeg, and Dijon mustard until smooth. Add the bacon mixture and stir to combine.
8. Pour the filling over the semi-baked crust. Return to oven and bake for 15 minutes.
9. Top evenly with summer sausage and gruyère cheese.
10. Continue baking until browned and bubbling, about 15 more minutes. Serve warm with a garnish of fresh thyme.

Source: <https://potatorolls.com/recipes/potato-bread-quiche-lorraine>

### Day 3 – Garlic-Dill Pulled Chicken Sliders

Serves 6\*

#### Ingredients

- ) 2 Cups Shredded Rotisserie Chicken
- ) ¼ Cup Olive Oil
- ) Clove Garlic
- ) ½ Lemon, juiced
- ) Pepperoncini or Banana Peppers, stemmed and minced
- ) Tablespoon Fresh Dill, chopped, plus more for garnish
- ) Teaspoon Kosher Salt
- ) Freshly Ground Black Pepper
- ) 6 Martin's Dinner Potato Rolls
- ) Roma Tomato, sliced
- ) 1 Kirby Cucumber, sliced



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#### Directions:

1. Smash the garlic clove, sprinkle with 1 teaspoon salt and mash into a paste using the flat side of a large knife. Put the garlic paste in a large bowl and stir in the olive oil and lemon juice. Add the pepperoncini and dill, and toss to combine. Add black pepper to taste, toss again and set aside.
2. Shred the cooked rotisserie chicken using two forks. Add the shredded chicken to the bowl with the dressing and toss to coat.
3. Cut a diagonal slice across the top of each dinner roll, being careful not to cut all the way through.
4. Nestle one tomato slice and two cucumber slices into each top-sliced roll. Add a spoonful of the shredded chicken mixture to each roll, in between the tomato and cucumber slices.
5. Garnish with fresh dill and serve.

*\*Tip: Depending on your preferred portion size, you can easily scale this recipe to adjust the desired number of servings.*

**Source:** <https://potatorolls.com/recipes/garlic-dill-pulled-chicken-sliders>

## Day 4 – Mediterranean Sheet Pan Broccoli Bake

Serves 4

Ingredients:

- ) 2 Large Heads of Broccoli, broken into florets (about 9 cups)
- ) Large Bell Peppers, sliced
- ) Can Quartered Artichoke Hearts, drained
- ) Lemon, sliced
- ) Tablespoons Olive Oil, divided
- ) Kosher Salt and Freshly Ground Black Pepper
- ) Martin's Dinner Potato Rolls, cut into 1-inch cubes
- ) Ounces Burrata or Fresh Mozzarella Cheese (optional)
- ) ¼ Cup Pine Nuts, toasted
- ) ½ Cup Fresh Basil
- ) Shredded Parmesan Cheese
- ) *Optional Ingredients: mushrooms, olives, prosciutto, salmon, or crumbled sausage*



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Directions:

1. Preheat oven to 425F.
2. Toss broccoli, bell peppers, artichokes, lemon, 2 tablespoons of olive oil, 1 1/2 teaspoons salt and 1 teaspoon pepper on a rimmed baking sheet. Roast, tossing once, until the broccoli and peppers are just tender, about 20 minutes. *(NOTE: if adding optional ingredients such as mushrooms, salmon, or crumbled sausage, add to the sheet pan during this step.)*
3. Toss bread cubes with the remaining tablespoon of olive oil and 1/4 teaspoon each of salt and pepper.
4. Scatter bread cubes evenly over the vegetables. Return baking sheet to oven and roast until bread is golden brown and crispy on the outside and the vegetables are fork-tender, about 12 to 15 minutes more. *(NOTE: add any other optional ingredients, such as olives, prosciutto, or other pre-cooked meats during this step.)*
5. Using your hands, shred the burrata (if using) into bite-size pieces and scatter over the baking sheet. Sprinkle the pine nuts, basil, and parmesan cheese over the top and season with additional salt and pepper, if desired.
6. Serve immediately

Source: <https://potatorolls.com/recipes/sheet-pan-broccoli-bake>

## Day 5 – Salmon BLT

Serves 4

### Ingredients

- ) Pound Turkey Bacon or Bacon Alternative (such as tofu)
- ) Pound Skinless Salmon Fillet
- ) 8 Slices Martin's Potato Bread
- ) 8 Leaves Romaine Lettuce
- ) Small Tomato, sliced
- ) ½ Cup Low-Fat Greek Yogurt
- ) Teaspoon Dried Dill
- ) Tablespoon Fresh Lemon Juice
- ) Tablespoon Chives, chopped
- ) Kosher Salt, to taste
- ) Freshly Cracked Black Pepper, to taste



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### Directions:

1. Working in batches, cook the bacon in a large pan over medium-low heat until crisp, 5 to 10 minutes. Transfer to a paper towel-lined plate to drain.
2. While bacon is cooking, prepare yogurt dill sauce: Combine the yogurt, dill, chives and lemon juice in a small bowl; season with salt and pepper to taste. Cover and chill until ready to serve.
3. Season salmon with salt and pepper, to taste. Place in the same pan you used for the bacon, using leftover bacon grease as cooking oil. If you used a leaner bacon, add 1 Tbsp. extra-virgin olive oil to the pan.
4. Cook salmon until opaque, about 4-5 minutes per side. Remove from pan and allow to rest before slicing into portions for the sandwiches.
5. Spread the yogurt dill sauce on 4 slices of bread and top with the lettuce. Add the salmon, tomato, and a few strips of bacon and top with another slice of bread.

Source: <https://potatorolls.com/recipes/salmon-blt>

## Day 6 – Spring Panzanella Salad with Grilled Chicken & Tarragon Pesto

Serves 4

### Ingredients:

- ] ¼ Cup (Packed) Fresh Tarragon
- ] ¼ Cup (Packed) Fresh Italian Parsley
- ] 4 Tablespoons Pine Nuts, divided
- ] 5 Teaspoons Fresh Lemon Juice, divided
- ] 2 Teaspoons Chopped Shallot
- ] 6+ Tablespoons Olive Oil, divided
- ] Salt and Pepper, to taste
- ] 4 Boneless Chicken Breast Halves
- ] 4 Slices Martin's Old-Fashioned Real Butter Bread
- ] 2 Teaspoons Garlic Powder
- ] 3 Cups Mixed Baby Greens
- ] 1 Cup Radishes, thinly sliced
- ] 1 Cup Cucumber, thinly sliced



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### Directions:

1. *Prepare Tarragon Pesto:* Add tarragon, parsley, 2 tbsp. pine nuts, 1 tsp. lemon juice, and shallots to a food processor; chop coarsely. With machine running, gradually add 3 tbsp. olive oil. Season to taste with salt and pepper. Add more olive oil, to thin, if necessary.
2. *Prepare Lemon Vinaigrette:* Whisk remaining 4 tsp. lemon juice and 3 tbsp. olive oil in small bowl. Season dressing with salt and pepper.
3. Heat grill or pan to medium-high heat. Brush chicken breasts on both sides with additional olive oil. Sprinkle with salt and pepper. Grill until grill marks form and chicken is cooked through, 7-8 minutes per side. Transfer to cutting board and let rest 5 minutes.
4. Using clean brush, brush both sides of bread with olive oil. Sprinkle with salt, pepper, and garlic powder. Grill (or toast in pan or oven) until toasted on both sides, about 1 minute per side. Cut toast slices diagonally into eighths.
5. Place greens, radishes, and cucumbers in large bowl. Toss with dressing. Season to taste with salt and pepper. Divide salad among 4 plates.
6. Cut grilled chicken breast halves crosswise into 1/3-inch-thick slices. Arrange 1 sliced chicken breast half atop each salad. Top with garlic bread triangles. Spoon tarragon pesto over salad and top with remaining pine nuts.

Source: <https://potatorolls.com/recipes/spring-panzanella-salad>

## Day 7 – Overnight Croque Monsieur Casserole

Serves 12

### Ingredients:

- ) 1 Tablespoon Unsalted Butter, plus more to coat pan
- ) 1 Yellow Onion, roughly chopped (about 1 1/2 cups)
- ) 4 Cloves Garlic, thinly sliced
- ) Salt and Pepper, to taste
- ) 1 Tablespoon Fresh Thyme, roughly chopped, plus one teaspoon for garnish
- ) 8 Large Eggs
- ) 1 ½ Cups Half-and-Half
- ) 2 Tablespoons Dijon Mustard
- ) ½ Teaspoon Hot Sauce, plus more for garnish
- ) 1 ½ Teaspoons Kosher Salt
- ) 1 Loaf Martin's Old-Fashioned Real Butter Bread, stale or toasted, cubed
- ) 2 Cups Gruyere Cheese, shredded (about 4.5 ounces)
- ) ½ Pound Canadian Bacon, cut into 1/2-inch dice
- ) ¼ Cup Parmesan Cheese, finely grated (about 1 ounce)



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### Directions:

1. Coat a 3-quart (13×9-inch) baking dish with butter and set aside.
2. Place a large frying pan over medium heat and add butter. When butter is slightly frothy, add onion, season with salt, stir, and cook until just softened, about 3 to 4 minutes. Then add garlic, season with salt and pepper, and cook until beginning to soften and fragrant, about 1 minute. Remove from heat and stir in thyme.
3. Whisk together eggs, half-and-half, mustard, hot sauce, and salt in a large bowl until evenly combined. Arrange half of the cubed bread in bottom of prepared dish. Sprinkle with 1 cup Gruyere and half each of onion-garlic mixture and ham. Repeat layering with remaining bread, onion mixture, ham, and Gruyere cheese. Pour egg mixture over top.
4. Press down on bread to fully submerge in egg custard, cover with plastic wrap, and weigh down with a heavy plate. Refrigerate for 3 to 12 hours.
5. When ready to bake, remove weight and plastic wrap from casserole, cover with aluminum foil, and place in oven on middle rack. Set oven temperature to 325°F (no need to preheat) and bake for 35 minutes. Remove foil and increase temperature to 375°F. Sprinkle parmesan over the strata and bake for another 10 to 15 minutes until golden brown.
6. Remove from oven and sprinkle over remaining thyme. Allow to cool for at least 5 minutes. Serve with hot sauce on the side.

Source: <https://potatorolls.com/recipes/overnight-croque-monsieur-casserole>