

Happy Holidays:

FOOD EDITION:

**The Complete Guideline
with
Shopping Lists, Recipes and More!**



www.Eminthekitchen.com



Hello! My name is Emily Marsh and I love good food. I love family and friends even more. This passion for tastes, smells and memories is where Eminthekitchen was born.

This E-Book was made in collaboration with small businesses across California to help provide you with the tools to feed your family on a budget. We've worked closely with Grocery Outlet and San Diego Based HomeEuphoria to create a plan to help families in our local communities celebrate the Holiday Season.

I hope this E-Book is helpful to your family during this Holiday Season. Although our gathering sizes may differ from our usual liking, the holidays are about what is important, family and the spirit of generosity.

Special thank you to Rohnert Park, Grocery Outlet for providing the \$54.66 needed to create this meal plan and E book; all ingredients were purchased there!

Rohnert Park: Grocery Outlet, 6335 Commerce Blvd. Rohnert Park, CA 94928



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Grocery Outlet Shopping List

<u>Produce:</u>	<u>Pantry:</u>	<u>Meat/ Dairy/Frozen:</u>
2 lbs. Carrots	Pepper	1- Ham
2 lbs. Brussel Sprouts	Salt	1 lb. Unsalted Darigold Butter
Green Beans	Olive Oil	5 oz - Shredded Parmesan
1- Garlic	Almond Slices	Pint of Sour Cream
2 Yellow Onions	Salad Toppings Mix	Sara Lee Pie
5 oz Mixed Greens	Italian Seasoning	
5 lbs. Potatoes	Italian Dressing- Kraft	
	Artessa Dinner Rolls	





A HOLIDAY FEAST

with the Family

STARTERS

Mixed Greens Salad

Artessa Dinner Rolls

SIDES

Roasted Brussel Sprouts

Garlic Parmesan Roasted Carrots

Green Beans Almondine

Mashed Potatoes

ENTRÉE

Holiday Honey Ham

DESSERT

Sara Lee: Dutch Apple Pie

Garlic Parmesan Roasted Carrots



Prep

10 Min

Cook

25 min

Ready in

35 min

Ingredients

- 2 lbs. Carrot- washed, peeled and cut into 3 In. Diagonal pieces
- 4 Tablespoons Butter
- 4 Cloves Garlic
- 1/4 Tsp. Salt
- 1/4 Tsp. Pepper
- 1 Tsp. Italian Seasoning
- 1/3 Cup Grated Parmesan

Directions

1. Pre heat the oven for 425F.
2. Line or Grease a baking sheet and set it aside.
3. Wash, peel and chop carrots into diagonal 3 inch pieces-- set in a medium sized mixing bowl. [Set aside one carrot for your salad]
4. Melt butter in the Microwave or in a small sauce pan.
5. Add minced garlic and seasonings to melted butter and mix to combine.
6. Pour the butter over the carrots and toss to thoroughly mix, then mix in the parmesan.
8. Spread carrots out on a greased baking sheet.
9. Bake for 25 minutes, or until carrots are tender. Mix half way through to ensure even cooking.
10. Remove from oven, taste for seasonings if needed and top with Italian Seasoning.

Notes and Fun Facts:

- Keep leftovers in the fridge for up to two days.
- This dish could be made a day ahead and stored in the fridge in an airtight container. When ready to serve, place carrots on rimmed baking sheet and reheat in a 425F oven for 5 minutes.
- Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.
- Vitamin A supports a healthy immune system, lowers your risk of cancer and protects your eyes from night blindness or age related decline

Roasted Brussel Sprouts



Prep

15 min

Cook

45 min

Ready in

60 min

Ingredients

- 2 lbs. Brussel Sprouts
- 1 Tbsp. Butter
- 1 Garlic Clove, Minced
- 2 Tbsp. Olive Oil
- 1 Yellow Onion
- 1/2 Tsp Salt
- 1/2 Tsp Pepper

Directions

1. Preheat oven to 425F and line or grease a cooking tray.
2. Rinse and trim ends of the brussel spouts then cut lengthwise in half.
3. In a medium mixing bowl, toss the brussels sprout halves with olive oil, salt, and pepper.
4. Place on greased cooking tray, cut side down and roast for 30 minutes, flipping half way through.
5. While your brussels are roasting-- melt the butter in a medium pan and caramelize onions, add the minced garlic a minute or two before the onions are cooked to liking.
6. Remove from oven. Toss onions and brussel sprouts in a casserole dish, serve hot. Season with salt and pepper to taste.

Notes and Fun Facts:

- Brussel Sprouts are high in vitamin C, an antioxidant that helps promote iron absorption and is involved in tissue repair and immune function.
- The fiber and antioxidants in Brussels sprouts also help keep blood sugar levels stable.

Mashed Potatoes



Prep	Cook	Ready in
30 min	30 min	60 min

Ingredients

- 5 lbs. Russet Potatoes
- Olive Oil
- Two Garlic Cloves, Minced
- Butter
- Sour Cream

Directions

1. Rinse and Peel potatoes, cutting into one inch cubes.
2. Have a Large bowl of water ready to keep potato cubes in while peeling the others.
3. Place potatoes in a large pot with water, a splash of olive oil and salt. Bring to a boil and cook until tender.
4. Drain the water from the potatoes and return to pot. Add butter, garlic, salt, pepper and sourcream.
5. Mash until desired consistency, serve hot.

Green Beans

Almondine



Prep

10 Min

Cook

25 min

Ready in

30 min

Ingredients

- 2 lbs. Green Beans
- 1/2 Yellow Onion, diced
- 2 Garlic Cloves
- 2 Tbsp. Butter
- 1/2 tsp. Salt
- 1/2 tsp. Pepper
- 1/4 c. Almond Slices

Directions

1. Wash and trim ends off all green beans.
2. Melt two tbsp. butter in a pan on medium heat.
3. Cook your green beans on medium heat, stirring occasionally. Add salt and pepper to the pan.
4. When your green beans are almost cooked to your liking, add the garlic and toss.
5. Remove beans and garlic from the pan and set aside in a casserole dish or serving tray.
6. Add the diced onions to the same pan and cook until golden brown.
7. Toss onions in with green beans and garlic, then top with almond slices. Enjoy warm!

Holiday Ham



We stuck to the recipe on the tag--no additions.

Artessa Dinner Rolls



1. Toast in a 250F pre heated oven.
2. Melt 2 tbsp. butter in microwave, add 1/4 tsp salt, 1/4 tsp butter and 1 clove of minced garlic.
3. Brush your butter mixture on the top of your rolls.
4. Serve Hot

Mixed Greens Salad

1. Place your mixed greens in a medium bowl.
2. Top with 1/2 onion caramelized, shredded carrots, parmesan and salad topper.
3. Serve with Italian Dressing on the side.





Thank you!

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Eminthekitchen, Grocery Outlet Rohnert Park and
HomeEuphoria to help combat hunger and teach the tools
needed to feed a family well, affordably.**

