

VALENTINE PALEO DINNER FOR TWO

DISH 1 Bacon Wrapped Shrimp With Garlic Oil	8 slices of bacon, halved 16 large shrimp, peeled and deveined (1 T honey, 1 t water) (½ t ground black pepper) (2 T olive oil) (1 T sliced garlic)	Cook bacon in a pan until it is cooked, but still soft and pliable. Combine honey and water in a large bowl. Add shrimp; toss to coat. Sprinkle shrimp with pepper. Wrap 1 piece of bacon around each shrimp. Divide shrimp evenly among 4 skewers. Preheat broiler. Place shrimp on a baking sheet; broil 3 minutes per side or until done. Combine oil and garlic in a small saucepan over medium heat. Cook 4 minutes or until garlic begins to brown. Drizzle over cooked shrimp.
DISH 2 Roasted Butternut Squash with Cider Vinegar	1½ lb butternut squash, cut into bite sized pieces (2 T honey) (1 T olive oil) (¼ t salt, ¼ ground black pepper) (2 T apple cider vinegar)	Preheat oven to 400°. Combine squash, honey, oil, salt, and pepper on a jelly-roll pan. Bake 30 minutes or until browned and tender, stirring once. Sprinkle with vinegar.
DISH 3 Sautéed Rapini with Walnuts	½ pound broccoli rabe (rapini), trimmed and cut into 2-inch pieces (1 T olive oil) 1 c sliced onion (1 T minced garlic) (¼ t salt) ¼ c chopped walnuts, toasted	Bring a pot of water to a boil. Add broccoli rabe to pan; boil 2 minutes. Drain. Heat oil in a large skillet over medium-high heat. Add onion; cook 2 minutes. Add garlic; cook 1 minute. Add broccoli rabe to pan; cook 3 minutes. Sprinkle with salt and walnuts.
DISH 4 Spinach and Red Onions	(1 T extra-virgin olive oil) ½ T lemon juice (1 t minced garlic) (¼ t salt, ¼ t ground black pepper) 6 c baby spinach leaves 1 c thinly sliced red onions 1 cup halved cherry tomatoes	Combine oil, lemon juice, garlic, salt and pepper in a large bowl, stir with a whisk. Add spinach, onions and tomatoes; toss to coat.
DISH 5 Poached Pears in Sweet White Wine with Raspberries	1½ c sweet white wine or sparkling grape juice ½ c orange juice (¼ t salt) (1 cinnamon stick) 2 large firm pears, peeled, cored and halved 1 pint raspberries	Bring wine, orange juice, salt and cinnamon stick to a boil in a medium saucepan. Reduce heat to a simmer. Add pears; simmer 20 minutes or until tender. Remove pears from pan. Bring cooking liquid to a boil; Reduce liquid to 1½ c. Serve pears with cooking liquid and raspberries.

(Staples in parenthesis)

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VALENTINE PALEO DINNER FOR TWO GROCERY LIST

(Whole Foods prices listed)

To eliminate a particular dish, cross out each grocery item with that corresponding dish #. Prices & availability of grocery items may vary from store to store.

DISH #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
_____		DELI & BAKERY			
_____		PRODUCE			
2		1½ lb butternut squash	1.94		
3		½ pound broccoli rabe (rapini)	2.00		
3		1 large onion, for 1 c sliced	1.99		
4		1 large lemon, for ½ t juice	.79		
4		6 c baby spinach leaves	4.79		
4		1 large red onion, for 1 c thinly sliced	1.99		
4		1 pint cherry tomatoes, for 1 c	3.00		
5		3 large oranges, for ½ c juice	4.00		
5		2 large firm pears	1.25		
5		1 pint raspberries	3.99		
_____		MEAT & SEAFOOD			
1		1 package bacon, for 8 slices	5.99		
1		16 large shrimp (size 21/25)	9.59		
_____		DAIRY			
_____		PACKAGED			
3		¼ c walnuts	2.99		
5		1 bottle sweet white wine (Zinfandel, Riesling, Gewurztraminer), for 1½ c	5.99		
_____		APPROXIMATE TOTAL:	\$50.30		

STAPLES NEEDED FOR EACH DISH:

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DISH 1

Honey
Olive oil
Sliced garlic
4 skewers

DISH 2

Honey
Olive oil
Apple cider vinegar

DISH 3

Olive oil
Minced garlic

DISH 4

Olive oil
Minced garlic

DISH 5

Cinnamon stick