

Get Lazy with Whole Foods



I don't have a precious baby, well, other than my sweet puppy, so it feels a little disingenuous to complain about my schedule. Just know that preparing any sort of meal during the week is hard. What I usually do, what I like to do, is prepare a huge meal on Sunday that can last us a few days of the work week. Then, I'll pull something together to get us through the last couple of days. I try to do that anyway. The older I get, the more respect I have for what my mother did when I was a kid. A new meal every night of the week. Oh, my Lord.

Last night on the way home from work, I stopped by the Whole Foods. I figured I'd buy a huge container full of tuna salad or some other such madness. Then? I walked through the meat department. I didn't want to spend my evening baking chicken or figuring out some sort of magical meat entrée.

Then I saw the fish. Minus tuna salad, I am not that much of a fish guy. I know I should be. Doctor Oz tells me every day that I need to make it happen with the fishes. Enter last night. You guys! The Whole foods has filets of Tilapia. Filets of Tilapia crusted with Parmesan. You guys. I mean...come on! I love Tilapia. So I got a couple filets.

Then? Since I was feeling super lazy, I found chopped cauliflower and cut (AND SPICED!) butternut squash. Shut your

mouth! I love a roasted vegetable more than just about anything. I figured I'd throw all of this in the oven around the same time. As it turns out I'm a genius.

Nope. I don't know a thing about baking a fish filet. That's why Hashem invented the Internets. I preheated the oven to 450. I put those babies on a baking sheet. I tossed my cauliflower with a 3 tablespoons of garlic and a little olive oil. I put my pre-seasoned squash in a baking dish. I put the veggies in for about 25 minutes and the fish in for about 20. When the buzzer went off I looked like a champ.

My suggestion for tonight? Be lazy. Go see what Whole Foods (or grocery store of your choice) can do to make your life easier. I mean don't you need to catch up on old episodes of Housewives of Beverly Hills? I know I do. l'shalom!