

# WEEKLY SHOPPING LIST



## SUNDAY

### MOROCCAN ROASTED CHICKPEAS AND VEGETABLES

4 lb kabocha squash, peeled and cut into 1-inch thick wedges  
3 onions, cut into thick wedges  
1 medium cauliflower, cut into florets  
1 lb baby potatoes, scrubbed and quartered  
1 tsp aleppo pepper flakes  
1-inch piece of fresh ginger, peeled and grated  
½ tsp cumin  
1 tbsp harissa  
7 tbsp olive oil  
3 cups chickpeas, drained and rinsed  
4 garlic cloves, thinly sliced  
8 oz cherry tomatoes  
juice of ½ lemon  
cilantro, to garnish  
cooked couscous, to serve

## MONDAY

### ONE PAN PASTA WITH SQUASH, KALE, AND CAPERS

1 honeynut or delicata squash  
4 cups roughly torn curly kale leaves  
2 tbsp olive oil  
kosher salt, to taste  
3 garlic cloves, minced  
1 lb rigatoni or penne  
zest of 1 lemon  
2 cups cooked lentils  
pinch of red pepper or aleppo pepper flakes  
1 tsp better than bouillon or ½ a vegetable bouillon cube  
2 tbsp baby capers, drained  
½ cup grated parmesan cheese

## TUESDAY

### ROASTED SWEET POTATO IN TOMATOES, LIME, AND CARDAMOM

2 lb sweet potatoes, cut crosswise into 1-inch thick rounds  
7 tbsp olive oil  
4.5 tsp maple syrup  
2 tsp ground cardamom  
1.5 tsp ground cumin  
6 garlic cloves, minced  
2 jalapeno peppers, finely chopped  
2 shallots, finely chopped  
14 oz whole peeled tomatoes, blended until smooth  
1 tbsp tomato paste  
1.5 tsp sugar  
1 tsp lime zest  
1 tbsp lime juice  
1 cup water  
2 tsp finely chopped dill

## WEDNESDAY

### BRUSSEL SPROUTS RISOTTO

2 tbsp unsalted butter  
2 tbsp olive oil  
2 small onions, finely chopped  
2 large cloves garlic, minced  
2 cups arborio rice  
18 oz brussels sprouts, trimmed and divided, 7 oz shredded and 11 oz quartered lengthwise  
2 cups dry white wine  
4 cups vegetable broth  
1 cup sunflower oil  
1½ cups grated smoked Gouda  
juice of 1 meyer lemon

## THURSDAY

### SPAGHETTI WITH VEGETARIAN LENTIL BOLOGNESE

1 cup dried lentils  
¼ cup olive oil  
3 carrots, peeled and chopped  
1 onion, peeled and chopped  
1 red bell pepper, seeded and chopped  
3 garlic cloves, minced  
½ tsp dried thyme leaves  
1 tsp dried oregano  
salt and black pepper, to taste  
2 tbsp tomato paste  
½ cup red wine  
28 oz whole peeled tomatoes  
1 lb spaghetti  
¼ cup parmesan cheese

## DESSERT

### CLASSIC HOMEMADE CINNAMON ROLLS

For the frosting  
4 oz (½ cup) full fat cream cheese, room temperature  
2 tsp vanilla extract  
5 oz (1¼ cups) powdered sugar  
For the cinnamon filling  
4 oz (8 tbsp) unsalted butter, room temperature  
6 oz (¾ cup) dark brown sugar  
2 tbsp ground cinnamon  
½ tsp grated nutmeg  
For the dough  
16 oz (3½ cups) all purpose flour  
3.5 oz (½ cup) sugar  
2 tsp instant dry yeast  
¼ tsp baking soda  
4 oz (8 tbsp) unsalted butter  
4 oz (½ cup) milk  
8 oz (1 cup) plain Greek yogurt