

WEEKLY SHOPPING LIST



SUNDAY

SPRING VEGETABLE COCONUT CURRY

- ½ lb baby potatoes
- ½ lb carrots
- 1 lb green beans, trimmed
- 4 tbsp canola oil
- 4 cloves
- 1¾ inches cinnamon stick
- 12 black peppercorns
- 12 fresh curry leaves
- 1 large onion, diced
- 1½-inch piece of ginger, peeled and grated
- 3 garlic cloves, minced
- 1 jalapeno pepper, seeded and finely chopped
- 14 oz coconut milk
- ½ tsp turmeric
- 1 tsp salt
- ½ cup peas

MONDAY

CRISPY SHEET PAN GNOCCHI

- 2 lb fresh potato gnocchi
- 4 garlic cloves, thinly sliced
- 1 lb asparagus, woody ends trimmed, cut into 1-inch lengths
- 12 oz cherry tomatoes
- 3 tbsp olive oil
- salt and black pepper, to taste

For the pea pesto:

- ½ cup frozen peas, thawed
- ½ oz parmigiano-reggiano cheese, grated
- ½ cup packed fresh basil
- 1 small garlic clove, grated
- ¼ cup olive oil
- salt, to taste

TUESDAY

GREEK SUPER GRAINS SALAD

- 1 cup mixed quinoa, millet, and buckwheat
- 2 cups water
- salt, to taste
- 3 vine ripe tomatoes, seeded and chopped
- 1 red onion, diced
- 2 small seedless cucumbers, diced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 (14 oz) can black olives, drained and sliced
- ½ lb feta, crumbled
- ½ cup olive oil
- 6 tbsp red wine vinegar
- 1 tsp dried oregano

WEDNESDAY

ROASTED PEPPER, KALE, AND GOAT CHEESE SHAKSHOUKA

- 2 tbsp olive oil
- 1 large white onion, diced
- 4 garlic cloves, minced
- 28 oz canned diced tomatoes
- 2 roasted red or orange bell peppers, seeded and diced
- 1 tsp dried thyme
- 1 tsp kosher salt, plus more to taste
- ¼ tsp freshly ground black pepper, plus more to taste
- 1½ tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground turmeric
- ½ tsp cayenne pepper
- 1 bunch curly kale, stems removed and leaves coarsely chopped
- 1 tbsp minced fresh parsley leaves
- 1 tsp minced mint leaves
- 4 oz goat cheese
- 4 large eggs

THURSDAY

ROASTED VEGETABLE FARRO BOWLS WITH GREEN CURRY PESTO

- 1½ cups farro
- 3 cups water
- salt, to taste
- 1 tbsp olive oil
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 2 zucchini, trimmed, quartered lengthwise and cut into ½-inch pieces
- 1 pint cherry tomatoes, quartered
- 8 oz fresh mozzarella pearls
- For the dressing:
 - 3 cups loosely packed basil
 - 2 cloves garlic
 - 2 tbsp pine nuts
 - 2 tbsp thai green curry paste
 - 2 tbsp red wine vinegar
 - ½ cup olive oil
 - salt and black pepper, to taste

DESSERT

FUNFETTI SUGAR COOKIES

- 2 cups (284 g) all purpose flour
- 1 tsp baking soda
- ¾ tsp kosher salt
- ½ tsp cream of tartar
- 1 cup (227 g) unsalted butter, room temperature
- 1¼ cups (350 g) sugar
- 1 large egg
- 1 tbsp vanilla extract
- ½ cup (90 g) rainbow sprinkles