

WEEKLY SHOPPING LIST



SUNDAY

BLUEBERRY, NECTARINE, AND BURRATA SALAD

8 oz blueberries
4 nectarines, pitted and sliced
1 cucumber, seeded and cut into ½-inch dice
1¾ cups cooked white beans
¼ cup sliced almonds, toasted
8 oz burrata, torn into bite-sized pieces
5 oz arugula

For the dressing
2 tbsp olive oil
2 tbsp balsamic vinegar
1 tbsp maple syrup
1 tbsp whole grain mustard
salt and black pepper, to taste

MONDAY

CRISPY CAULIFLOWER AND SHELLS MAC AND CHEESE

kosher salt and freshly ground black pepper
1 lb medium shells
olive oil
2½ lb cauliflower (1 large head) cut into small florets
3 tbsp chopped sage
2 tbsp capers, drained
3 garlic cloves, minced
½ tsp lemon zest
¼ tsp crushed red pepper flakes
10 oz fontina, grated
1 cup fresh ricotta
½ cup panko
6 tbsp pecorino romano
2 tbsp minced parsley

TUESDAY

FRESH MATAR PANEER

canola oil, for frying
1 lb hard paneer, cut into ½-inch cubes
6 garlic cloves, minced
1 lb ripe plum tomatoes, chopped
1¼ tsp salt
½ tsp ground black pepper
1 tsp ground cumin
1 tsp kashmiri chili powder
½ tsp ground turmeric
½ lb green beans, trimmed
½ lb snow peas
1½ cups peas (fresh or frozen)

WEDNESDAY

ASPARAGUS AND POTATO CHOWDER

2 tbsp olive oil
2 leeks, white and lean green parts, cleaned and thinly sliced
1 large onion, thinly sliced
1 large shallot, thinly sliced
2 garlic cloves, thinly sliced
kosher salt and black pepper, to taste
pinch of sugar
5 cups vegetable broth
1 lb yellow potatoes, peeled and cut into bite size cubes
1 lb asparagus, trimmed and cut into 1-inch lengths
1 cup peas
½ cup heavy cream
1 bunch of dill, minced

THURSDAY

PESTO PASTA SALAD

1 lb mini ravioli or tortellini
1 bunch asparagus, cut into 2-inch pieces
8 oz halicot verts or string beans, cut into 2-inch pieces
2 pints cherry tomatoes, halved
2 tbsp olive oil
1 tbsp tuscan seasoning (or other Italian blend)
8 oz kalamata olives, halved
½ cup pesto
¼ cup parmesan cheese
salt and black pepper, to taste

DESSERT

STRAWBERRY SHORTCAKE CREAM PUFFS

½ cup unsalted butter
1 tbsp sugar
¼ tsp kosher salt
1 cup water
1 cup + 1 tbsp all purpose flour
4 large eggs
For the Tropez cream
1 cup milk
½ cup sugar
3 tbsp cake flour
pinch of kosher salt
1 large egg
1 large egg yolk
1 tsp vanilla extract
½ cup heavy cream
For the cream puffs
1 lb strawberries, hulled and thinly sliced