

WEEKLY SHOPPING LIST



SUNDAY

ZUCCHINI PARMESAN SANDWICHES

1 cup seasoned Italian breadcrumbs
½ cup grated Parmesan cheese
salt and black pepper, to taste
2 medium zucchini, cut into ½-inch thick and 3-inch long sticks
½ cup flour
2 large eggs, beaten
2 cups marinara sauce
8 oz grated mozzarella cheese
4 sub rolls, cut in half lengthwise or 8 large slices hearty Italian bread

MONDAY

CORN AND CHERRY TOMATO QUICHE

2 cups all purpose flour
¼ cup sugar
½ tsp baking powder
¾ tsp kosher salt
1 cup cold unsalted butter, cubed
¼ cup cold water

For the quiche
4 tbsp olive oil
1¼ cups fresh corn
1½ tsp kosher salt
1 garlic clove
2 cups cherry tomatoes
1 pinch red pepper flakes
3 large eggs
¾ cup + 2 tbsp creme fraiche
¾ cup + 2 tbsp heavy cream
¾ tsp freshly ground black pepper
2-3 tbsp parmesan cheese

TUESDAY

CRISPY CHICKPEA AND FARRO TABBOULEH BOWLS

2 (13.5 oz) cans chickpeas, drained and rinsed
2 red bell peppers, seeded and cut into 1-inch cubes
4 tbsp olive oil, divided
2 tbsp harissa
salt and black pepper, to taste
1 cup farro
juice of 1 lemon
1 Persian cucumber
2 tomatoes
¼ cup dill, minced
¼ cup parsley, minced
6 oz feta cheese, crumbled
For the tahini-yogurt sauce
¼ cup Greek yogurt
1 tbsp tahini
2 tbsp water
1 garlic clove, grated

WEDNESDAY

GREENS, JALAPENO, AND BRIE QUESADILLAS

3 tbsp olive oil, divided
1 large Vidalia onion, diced
2 jalapenos, seeded and thinly sliced
salt and black pepper, to taste
10 oz Earthbound Farm Kale Italia Blend
8 oz brie, cut into 1-inch cubes
6-8 8-inch tortillas

THURSDAY

PASTA WITH SLOW-ROASTED TOMATOES AND CREAM

1½ lb cherry tomatoes, halved
2 tbsp olive oil
salt and freshly ground black pepper, to taste
2 tbsp unsalted butter
1 shallot, minced
3 fresh thyme sprigs
¾ cup heavy cream
1 tbsp basil, chopped
1 lb pasta
½ cup parmesan cheese, grated

DESSERT

RED, WHITE, AND BLUE BROWN SUGAR BERRY SHORTCAKES

6 cups mixed berries
4-6 tbsp packed light brown sugar
For the shortcakes
2 cups all purpose flour
3 tbsp packed light brown sugar
1 tbsp baking powder
½ tsp kosher salt
10 tbsp unsalted butter
1 large egg
½ cup sour cream
2 tbsp sugar
For the brown sugar-cream topping
1 cup heavy cream
¼ cup sour cream
¼ cup packed light brown sugar