

# WEEKLY SHOPPING LIST



## SUNDAY

### ROASTED ZUCCHINI AND BELL

#### PEPPER GYROS

For the roasted veggies

2 tbsp olive oil

1 tbsp smoked paprika

1 tsp dried oregano

4 cloves garlic, minced

2 medium zucchini, cut into ½-inch dice

2 red bell peppers, cored, seeded, and thinly sliced

salt and black pepper, to taste

For the cucumber-feta salsa

1 pint cherry tomatoes, halved

1 medium cucumber, seeded and cut into ½-inch dice

½ lb feta cheese, crumbled

For the gyros

1 lb frozen shoestring fries

8 oz hummus

4 pitas, warmed

## MONDAY

### ONE POT SUMMER TORTELLINI

#### MINISTRONE

2 tbsp olive oil

1 onion, chopped

6 oz carrots, peeled and diced

1 red bell pepper, diced

3 garlic cloves, chopped

2 tsp italian seasoning

1 tsp smoked paprika

3 tbsp tomato paste

5 cups vegetable broth

14 oz canned diced tomatoes

8 oz zucchini, diced

1 parmesan cheese rind (optional)

1 bay leaf

10 oz frozen corn

14 oz can white beans, drained and rinsed

22 oz frozen cheese tortellini

8 basil leaves, chiffonade

## TUESDAY

### POTATO AND RED PEPPER TORTILLA

2 large Yukon gold potatoes

6 large eggs

¾ cup whole milk

1 cup grated parmesan cheese

4 scallions, white and green parts, minced

3 tbsp chopped parsley

¾ tsp kosher salt

½ tsp freshly ground black pepper

5 tbsp extra virgin olive oil

1 medium onion, chopped

1 red bell pepper, seeded and chopped

3 garlic cloves, minced

½ tsp smoked paprika

## WEDNESDAY

### TUSCAN KALE, BELL PEPPER, ZUCCHINI, AND TOMATO PASTA SALAD

For the basil pesto vinaigrette

½ cup packed fresh basil

1 clove garlic

3 tbsp pine nuts

½ cup olive oil

4 tbsp harissa

Juice of 1 medium lemon

Salt and black pepper, to taste

For the pasta salad

1 lb farfalle

2 red bell peppers, diced

1 zucchini, diced

1 pint cherry tomatoes, quartered

1 bunch lacinato kale, stemmed and shredded

¾ lb ciliegine (mini mozzarella balls), cut into 6ths

## THURSDAY

### ZUCCHINI AND GOAT CHEESE BREAKFAST CROSTINI

2 tbsp olive oil

1 shallot, diced

2 garlic cloves, minced

1 zucchini, chopped into ½-inch dice

4 pattypan squash, chopped into ½-inch dice

½ tsp salt

½ tsp black pepper

½ tsp smoked paprika

4 oz goat cheese

8 eggs, either scrambled, poached, or sunny side up

2 small baguettes, sliced in half lengthwise and crosswise

## DESSERT

### ALMOND POPPY SEED BUNDT CAKE

baking spray, to grease the pan

2½ cups (465 g) sugar

2 tbsp (17 g) poppy seeds

1.5 tsp baking powder

1 tsp kosher salt

3 cups (390 g) all purpose flour

1.5 cups (360 g) whole milk

1½ cups (288 g) neutral oil

3 large eggs

1.5 tsp vanilla extract

1.5 tsp almond extract

For the glaze

¾ cup (90 g) powdered sugar

¼ cup (57 g) orange juice

2 tsp butter, melted

½ tsp vanilla extract

½ tsp almond extract