

WEEKLY SHOPPING LIST



SUNDAY SUMMER ON TOAST

2 tbsp olive oil
40 oz small heirloom tomatoes, coarsely chopped
2 oz basil, thinly sliced
salt and black pepper, to taste
4 sandwich size English muffins, split and toasted
1 lb ricotta
8 large eggs

MONDAY BLACK BEAN STEW WITH CHEESY POLENTA

For the stew
1 shallot, minced
Salt, to taste
1 pint cherry tomatoes, halved
1 tbsp chili powder
1 tsp cumin
1 tsp smoked paprika
½ tsp coriander
3 cups cooked black beans
1 cup vegetable broth
1 cup frozen corn

For the polenta
4 ½ cups water
1 tsp salt
1 cup finely ground polenta
5 oz baby spinach
8 oz grated cheddar cheese

For the crispy shallots
3 tbsp olive oil
2 shallots, thinly sliced

TUESDAY TORTELLONI WITH CORN CREMA

2 lb fresh tortelloni
2 tbsp olive oil
1 small onion, finely chopped
4 ears corn, shucked and kernels cut from cobs
½ cup water
kosher salt and freshly ground black pepper
6 small scallions, trimmed
1 chunk ricotta salata cheese, for grating

WEDNESDAY CRISPY ROASTED TOFU AND BROCCOLI WITH SESAME-PEANUT PESTO

For the tofu and broccoli
1 lb extra firm tofu
1 lb broccoli
3 tbsp peanut or neutral oil
salt and freshly ground black pepper
1 tbsp low-sodium soy sauce
1 tbsp cornstarch

For the pesto
1 tbsp toasted sesame seeds
¼ cup peanuts, roasted
1½ tsp minced fresh ginger
1 small garlic clove
2 tbsp low sodium soy sauce
2 tbsp toasted sesame oil
1 tbsp unseasoned rice vinegar
¼ tsp dark brown sugar

THURSDAY SHEET PAN VEGETARIAN ROASTED POTATO NACHOS

For the potatoes
2 lb yukon gold potatoes
2 tbsp olive oil
1.5 tsp ancho chili powder
½ tsp paprika
½ tsp cumin
½ tsp kosher salt
½ tsp black pepper

For the black beans
1 (14.5 oz) can black beans
¼ cup adobo paste
1 cup water
salt, to taste

For the cherry tomato salsa
1 pint cherry tomatoes, chopped
½ large jalapeno, minced
¼ red onion, minced
juice of 1 lime
salt, to taste

To assemble
6 oz cheddar cheese, grated
6 oz monterey jack cheese, grated
fresh jalapeno slices, to garnish (optional)

DESSERT BUTTERY POUND CAKE WITH SALTED CARAMEL GLAZE

For the cake
1 cup all purpose flour
¾ cup cake flour
½ tsp baking powder
½ tsp kosher salt
6 oz European style unsalted butter, softened
1¼ cups sugar
2 tsp vanilla extract
2 large eggs
2 large egg yolks
¾ cup heavy cream

For the salty caramel glaze
½ cup dark brown sugar
½ cup heavy cream
2½ oz European unsalted butter
1¼ tsp fleur de sel
¼ to ½ cup powdered sugar, sifted