

WEEKLY SHOPPING LIST



SUNDAY

CREAMED SPINACH GNOCCHI

BAKE

2 tbsp olive oil
2 tbsp butter
4 garlic cloves, minced
2 shallots, minced
2 tbsp flour
1.5 cups water
8 oz mascarpone cheese
 $\frac{3}{4}$ cup grated parmesan cheese, divided
salt and black pepper, to taste
10 oz baby spinach
2 lb dried gnocchi
2 oz pine nuts, toasted

MONDAY

ROASTED BUTTERNUT SQUASH WITH SWEET CORN SALSA

1 very large butternut squash, halved lengthwise and cut into wedges
5 tbsp olive oil
salt and black pepper, to taste
2 ears of corn, husks removed
1 large jalapeno or red chili pepper, seeded and diced
3 limes, zested and then juiced to get $\frac{1}{4}$ cup
 $\frac{1}{2}$ cup cilantro, minced
 $\frac{1}{4}$ cup mint, shredded
3 tbsp pepitas, toasted
2 oz feta, crumbled

TUESDAY

JALAPENO POPPER DEEP DISH PIZZA

For the crust

2 $\frac{1}{4}$ tsp yeast
1 cup lukewarm water, divided
pinch of sugar
2 $\frac{1}{2}$ cups bread flour, divided
2 tbsp olive oil
1 tsp salt
1 tsp hatch chile powder

For the pizza

1 bunch kale, stems removed and leaves thinly sliced
8 oz low fat cream cheese, softened
2 jalapenos, thinly sliced
8 oz pepper jack cheese, grated

WEDNESDAY

PERSIAN BUTTERNUT SQUASH AND SWEET POTATO SOUP

3 tbsp olive oil
1 red onion, diced
3 garlic cloves, minced
kosher salt
1 medium butternut squash (about 2.75 lb), peeled, seeded, and chopped
1 sweet potato, peeled and chopped
 $\frac{1}{2}$ tsp ground cinnamon
 $\frac{3}{4}$ tsp ground cumin
 $\frac{1}{4}$ tsp ground coriander
black pepper, to taste
pinch of ground saffron
drizzle of maple syrup (optional)
sumac, for serving

THURSDAY

MUSTARDY FARRO SALAD WITH ROASTED ROOT VEGETABLES

6 carrots, peeled and cut into 3-inch sticks
1 small butternut squash, peeled, seeded, and cut into $\frac{1}{2}$ -inch dice
1 head of cauliflower, broken into small florets
4 tbsp olive oil, divided
salt and black pepper, to taste
1 cup farro
2 tsp white balsamic vinegar
4 oz goat cheese, crumbled

For the dressing

1 tsp dijon mustard
2 tsp honey
5 tsp apple cider vinegar
 $\frac{1}{2}$ cup extra virgin olive oil
2 garlic cloves, crushed
pinch of red pepper flakes

DESSERT

GLAZED APPLE PIE SLICES

For the pastry

2 $\frac{3}{4}$ cups (352 g) all purpose flour
2 tbsp sugar
1 tsp fine sea salt
1 cup (225 g) unsalted butter
 $\frac{1}{2}$ cup (113 g) whole milk
1 large egg yolk

For assembly and icing

3 cups (85 g) cornflakes
1 large egg white
pinch of fine sea salt
1 cup (120 g) powdered sugar
4 tsp water
 $\frac{1}{2}$ tsp vanilla extract

For the filling

2 $\frac{3}{4}$ lb (1.25 kg) Granny Smith apples
 $\frac{1}{2}$ cup (75 g) brown sugar
 $\frac{1}{3}$ cup (67 g) sugar
1 tsp ground cinnamon
 $\frac{1}{2}$ tsp freshly grated nutmeg
 $\frac{1}{8}$ tsp fine sea salt