

WEEKLY SHOPPING LIST



SUNDAY

CRISPY GNOCCHI WITH ROASTED HONEYNUT SQUASH

4 tbsp olive oil, divided

- 2 honeynut squash (about 1.25 lb), seeded, peeled, and cut into 1-inch cubes
- 1 pint cherry tomatoes, halved
- salt and black pepper, to taste
- 2 (12-18 oz) packages shelf stable gnocchi
- ¼ cup unsalted butter
- 4 garlic cloves, thinly sliced
- ¼ tsp red pepper flakes
- 8 oz fresh ricotta

MONDAY

VEGAN BLACK-EYED PEA AND CAULIFLOWER CHILI

2 tbsp olive oil

- 1 large onion, finely chopped
- 1 red bell pepper, seeded and diced
- 1 head cauliflower, chopped into half inch pieces
- 2 garlic cloves, minced
- 1 tbsp ground cumin
- 1 tsp chili powder
- ½ tsp ground cinnamon
- ¼ tsp cayenne pepper
- ½ tsp kosher salt
- 3 cups cooked black-eyed peas
- 14 oz can tomato sauce
- 1 cup water
- ¼ cup soy sauce
- ⅓ cup brown sugar
- 2 tbsp apple cider vinegar

TUESDAY

INDIAN ROASTED CHICKPEA AND SWEET POTATO CURRY

For the spice paste

- 1 tsp black mustard seeds
- 1 tsp black peppercorns
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tsp garam masala
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- 2 red chili peppers
- 3 garlic cloves, grated
- 1-inch piece of ginger
- 2 tbsp malt vinegar
- 1 tbsp peanut oil

For the chickpeas

- 2 tbsp peanut oil
- 1 large onion, diced
- 3 garlic cloves, finely grated
- 15 oz canned cherry tomatoes
- 1 tsp brown sugar
- 15 oz coconut milk
- 2 (15 oz) can chickpeas
- 1 lb sweet potatoes
- cilantro, to garnish

WEDNESDAY

BUTTERNUT SQUASH PIZZA WITH RICOTTA AND BALSAMIC SYRUP

5 oz ricotta

- salt and black pepper, to taste
- 1 red onion, thinly sliced
- 2 tbsp rosemary, chopped
- 1 clove garlic, minced
- 12 oz butternut squash, cut into ¼-inch cubes
- 5½ tbsp olive oil, divided
- 1 lb pizza dough
- 2 oz shredded Fontina cheese
- 2 tbsp balsamic syrup

THURSDAY

RIGATONI WITH SPICY PUMPKIN CREAM SAUCE

2 tbsp olive oil

- 1 large shallot, minced
- 2 garlic cloves, minced
- salt and black pepper, to taste
- 1 tbsp minced sage
- 1 tbsp minced chives
- 1 tsp red pepper flakes
- 15 oz pumpkin puree
- ½ cup heavy cream
- ½ cup whole milk
- ¼ cup parmesan cheese
- 1 lb rigatoni
- 1 bunch kale, stems removed and leaves coarsely chopped

DESSERT

TRIPLE CHOCOLATE COOKIES

6 oz white chocolate, chopped

- 2⅓ cups bittersweet chocolate chips
- 2⅔ cup all purpose flour
- ½ cup cocoa powder
- 1½ tsp baking powder
- 1 tsp baking soda
- 1½ tsp kosher salt
- 1 cup butter, room temperature
- ¾ cup sugar
- ¾ cup packed brown sugar
- 2 large eggs, room temperature
- 2 tsp vanilla extract
- flaky sea salt, for sprinkling