

WEEKLY SHOPPING LIST



SUNDAY

ROASTED WINTER VEGETABLE LASAGNA

For the sauce

2 tbsp olive oil
1 onion, diced
4 garlic cloves, minced
2 carrots, diced
1 tsp dried rosemary
6 oz can tomato paste
28 oz can crushed tomatoes

For the ricotta filling

20 oz ricotta cheese
6 oz mozzarella cheese, grated
2 large eggs, lightly beaten
¼ cup chopped parsley
½ cup grated parmesan cheese

For the roasted vegetables

3 large carrots, cut into ¼-inch thick slices
4 tbsp olive oil
2 small heads cauliflower, cut into florets
1 lb baby spinach

To assemble

1 lb no-boil lasagna noodles
10 oz mozzarella cheese, grated
1 cup grated parmesan cheese
olive oil, for greasing the foil

MONDAY

ROASTED CHICKPEA BANH MI SALAD

For the roasted chickpeas

2 (15 oz) cans chickpeas
4 tbsp soy sauce
3 tbsp grapeseed oil
1 tbsp honey
1 tbsp lime juice
1 tbsp rice vinegar
1 clove garlic
half thumbtip of peeled fresh ginger

For the croutons

4 cups (240 mL) cubed crusty bread
¼ cup (60 mL) olive oil
For the avocado crema
½ ripe avocado
2 tbsp whole milk yogurt
2 tbsp lime juice

For the quick-pickled veggies

½ cup (120 mL) distilled white vinegar
2 tsp sugar
1 tsp kosher salt
⅓ tsp peppercorns
¾ cup (180 mL) shredded carrots and radishes

For the salad

5 oz (140 g) baby kale
½ cup (120 mL) thinly sliced cucumber
¼ cup (60 mL) minced cilantro
1 jalapeno, thinly sliced

TUESDAY

VEGETABLE ENCHILADAS

1 tbsp olive oil
2 tbsp tomato paste
1 tbsp all purpose flour
1 tbsp chili powder
1 ½ tsp cumin
½ tsp paprika
¼ tsp dried shallots or onion powder
¼ tsp garlic powder
¼ tsp red pepper flakes
¼ tsp oregano
1 cup vegetable broth
1 (15 oz) can black beans, drained and rinsed
5 oz baby spinach
8 oz frozen corn
8 oz pepperjack cheese, grated, divided
12 corn tortillas

WEDNESDAY

ROASTED CAULIFLOWER AND CHICKPEA SOUP

1 head cauliflower, cut into florets
2 cups cooked chickpeas (or 1 15-oz can drained and rinsed)
6 garlic cloves, peeled
4 tbsp olive oil, divided
1 tsp ground cumin
½ tsp kosher salt
⅓ tsp smoked paprika
2 medium yukon gold potatoes, peeled and cubed
¼ tsp black pepper
4 cups vegetable broth
1 cup water
½ cup heavy cream

THURSDAY

FARRO SALAD WITH BUTTERNUT SQUASH, RED ONIONS, AND BRIE

4 cups water
2 cups farro
2 tbsp olive oil
1 medium butternut squash, peeled, seeded, and cut into ½-inch dice
1 medium red onion, diced
6 medium carrots, peeled and cut into ½-inch dice
¾ cup chopped parsley
1 tbsp minced fresh sage
1¼ tsp kosher salt
½ tsp freshly ground black pepper
10 oz brie, cut into ½-inch dice

DESSERT

CRANBERRY ORANGE BUNDT CAKE

For the cranberry orange bundt cake

3 cups (426 g) all purpose flour
1 tsp baking powder
¾ tsp kosher salt
¾ lb (340 g) unsalted butter
2¼ cups (446 g) sugar
1 tbsp grated orange or lemon zest
5 large eggs, room temperature
2 tsp vanilla extract
1 tbsp Cointreau
¼ cup orange juice
1 tbsp lemon juice
¼ cup heavy cream
2 cups (227 g) cranberries, fresh or frozen

For the powdered sugar glaze

1½ cups (170 g) powdered sugar
2-4 tbsp whole milk
½ tsp vanilla extract
pinch of salt