

# WEEKLY SHOPPING LIST



## SUNDAY

### ROASTED EGGPLANT AND SWISS

#### CHARD LASAGNA

1 lb dried lasagna noodles  
2 cups tomato sauce  
1½ lb eggplant, sliced cross-wise ¼-inch thick  
3 tbsp olive oil, divided  
2 tbsp butter  
½ onion, diced  
3 garlic cloves, minced  
1½ lb chard, stems removed and leaves thinly sliced  
½ cup dry white wine  
1 cup ricotta  
1 large egg  
¾ cup pecorino romano  
8 oz fresh mozzarella, thinly sliced and torn into small pieces

## MONDAY

### WINTER VEGETABLE CHILI

2 tbsp safflower oil  
1 onion, diced  
2 medium carrots, diced  
2 poblano peppers, seeded and diced  
2 garlic cloves, minced  
3 tbsp ancho chili powder  
1 tbsp ground cumin  
28 oz canned chopped tomatoes  
1 tsp dried oregano  
2 tbsp tomato paste dissolved in 1 cup water  
3 cups cooked pinto beans  
1 lb diced winter squash  
salt, to taste  
cilantro, cheddar cheese, sour cream to garnish

## TUESDAY

### BRUSSELS SPROUT AND RICOTTA PIZZA

pizza dough  
1 lb brussels sprouts, trimmed and halved  
1 tbsp maple syrup  
2 tbsp olive oil  
1 tsp red pepper flakes  
salt and black pepper, to taste  
8 oz mozzarella, grated  
8 oz gruyere, grated  
8 oz ricotta  
balsamic glaze, for drizzling

## WEDNESDAY

### BAKED EGGS WITH SPINACH, LEEKS, AND FETA

3 tbsp unsalted butter  
2 leeks, thinly sliced  
2 jalapenos, seeded and minced  
2 garlic cloves, minced  
10 oz baby spinach  
2 cups fresh dill, chopped  
¼ tsp salt, plus more to taste  
4 oz feta cheese, crumbled  
4-6 large eggs  
ground aleppo pepper, to garnish

## THURSDAY

### TOMATO, COCONUT, AND RED LENTIL SOUP

2 tbsp coconut oil  
1 onion, minced  
1 tbsp Madras curry powder  
¼ tsp crushed red pepper flakes  
2 garlic cloves, grated  
2-inch (5 cm) piece of ginger, minced  
¾ cup (150 g) red lentils, rinsed and drained  
1 (14.5 oz/400 g) can diced tomatoes  
1½ cups (25 g) cilantro (stems and leaves), roughly chopped  
2½ cups (600 mL) water  
salt and black pepper, to taste  
1 (13.5 oz/400 mL) can coconut milk

## DESSERT

### PEANUT BUTTER CHEESECAKE BROWNIE BARS

For the brownies  
¾ cup butter  
6 oz dark chocolate, chopped  
1½ cups sugar  
½ cup brown sugar, packed  
1½ tsp vanilla  
3 large eggs  
1 cup all-purpose flour  
¾ cup semi-sweet chocolate chips

For the peanut butter cheesecake  
8 oz reduced fat cream cheese, softened  
¼ cup butter, softened  
1 egg  
½ cup sugar  
½ tsp salt  
½ tsp vanilla extract  
1 cup creamy peanut butter