

WEEKLY SHOPPING LIST



SUNDAY

ROASTED BUTTERNUT RAVIOLI WITH SAGE BROWN BUTTER

- 2 tbsp olive oil
- 1.5 lb butternut or other winter squash, peeled, seeded, and cut into 1-inch cubes
- salt, to taste
- 2 (12 oz) packages butternut squash ravioli
- 8 tbsp butter
- 8-10 sage leaves
- ½ cup pecans, toasted and chopped
- ½ cup parmesan cheese, plus more for serving

MONDAY

LOADED LEMONY GREEK SALAD

- 1.5 cups bulgur
- 3 cups water
- 1 pint grape tomatoes, halved
- 3 mini seedless cucumbers, diced
- ½ lb chopped roasted red peppers
- 1 (15 oz) can black olives, drained and sliced
- 5 oz feta, crumbled
- ½ red onion, diced
- 1 (15 oz) can chickpeas, drained and rinsed
- juice of 2 lemons
- ¼ cup olive oil
- salt and black pepper, to taste

TUESDAY

CHEESY PINTO BEAN STUFFED POBLANO PEPPERS

- 2 (15 oz) cans pinto beans, rinsed
- 1 cup water
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 1 tsp ancho chili powder
- 1 tbsp lime juice
- salt and black pepper, to taste
- ⅓ tsp cayenne pepper
- 2 cups frozen corn
- 4 oz Monterey Jack cheese, shredded
- 4 oz sharp cheddar cheese, shredded
- ¼ cup minced fresh cilantro
- 8 poblano chiles

WEDNESDAY

BAKED TOFU WITH PEANUT SAUCE

- 2 tablespoons safflower oil
- 1/3 cup lime juice (from about 6 limes)
- kosher salt and black pepper, to taste
- 1 red bell pepper, stemmed and thinly sliced
- 1 cup basmati rice
- ½ cup full-fat coconut milk
- 1 cup smooth, natural peanut butter
- 1 tablespoon red miso
- 1 tablespoon grated ginger
- 1 tablespoon soy sauce
- 1 jalapeno pepper, minced
- 2 tablespoons honey or maple syrup
- 2 lb extra-firm tofu, drained and sliced crosswise, ¼-inch thick
- 3 cups arugula

THURSDAY

PUMPKIN, BLACK-EYED PEA, AND COCONUT CURRY

- 1¼ lb butternut squash, peeled and seeded
- 3 tbsp olive oil, divided
- 1 tbsp garam masala
- salt and black pepper, to taste
- 1 tsp mustard seeds
- 2 Indian green chiles, slit lengthwise and seeds removed
- 1 large onion, halved and thinly sliced
- 3 garlic cloves, minced
- 1¾ cup cooked black-eyed peas
- ½ lb ripe tomatoes, cut into wedges
- ½ tsp ground turmeric
- 14 oz can coconut milk

DESSERT

GOLDEN OATIES

- 1¼ cups (150 g) all purpose flour
- ¾ cup (90 g) whole wheat flour
- 2½ cups (200 g) rolled oats
- 1½ tsp baking powder
- 1 tsp baking soda
- 1½ tsp kosher salt
- ½ tsp cinnamon
- 1 tsp ground ginger
- 1 cup (16 tbsp) unsalted butter, room temperature
- ¾ cup (150 g) packed light brown sugar
- ¾ cup (150 g) granulated sugar
- 2 large eggs, room temperature
- 2 tsp vanilla extract
- 2 cups (160 g) golden raisins
- flaky sea salt, for the tops