

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