

WEEKLY SHOPPING LIST



SUNDAY

SKILLET ROASTED RED PEPPER

PASTA BAKE

1 lb cavatappi
1 lb roasted red peppers, thinly sliced
24 oz jarred tomato sauce
½ cup water
¼ cup half and half
pinch of red pepper flakes
½ cup basil, thinly sliced
8 oz fresh mozzarella, cut into ½-inch cubes
½ cup panko
2 tbsp olive oil

MONDAY

BLACK-EYED PEA STEW WITH GREEN

HERB SMASH

For the stew
1 leek, thinly sliced
1 tablespoon olive oil
2 cloves garlic, thinly sliced
pinch of red pepper flakes
1¾ cups cooked black-eyed peas
1 teaspoon vegetable stock powder
pinch of nutmeg
juice of a lemon
1 bunch swiss chard
For the green herb smash
A large bunch of parsley
2 jalapeno peppers, seeded
2 garlic cloves
1 ounce walnuts
1 tablespoon maple syrup
1 tablespoon olive oil

TUESDAY

WHITE BEAN, ARTICHOKE, AND PESTO SALAD SANDWICHES

6 thick slices of good crusty bread
2 cups white beans
1 (14 oz) can artichoke hearts, drained and chopped
2 cups roasted red peppers, seeded and coarsely chopped
8 oz pesto sauce
salt and black pepper to taste
9 slices mozzarella or asiago cheese

WEDNESDAY

CRISPY CHICKPEA AND HALLOUMI WITH GREENS AND GARLICKY YOGURT

For the garlicky yogurt
1 cup greek yogurt
1 garlic clove, grated
1 tbsp lemon juice
salt and black pepper, to taste
For the chickpeas and halloumi
1 lb halloumi, sliced into ½-inch thick slabs
1 large bunch swiss chard
6 tbsp olive oil
4 cups cooked chickpeas
3 garlic cloves, minced
1 tsp cumin seeds
1 tsp crushed red pepper flakes
salt and black pepper, to taste

THURSDAY

ROASTED CHICKPEA VEGETARIAN TACO SALAD

For the chickpeas
1 (15 oz) can chickpeas
1 tsp chili powder
½ tsp ground cumin
½ tsp garlic powder
½ tsp salt
2 tsp fresh lime juice
1 tbsp olive oil
For the salad
4 corn tortillas, cut into thin strips
olive oil
salt, to taste
5 oz baby kale
1 cup grape tomatoes, halved
10 oz fresh or frozen corn kernels
8 oz pickled jalapenos, drained
2 cups cooked grains
For the chipotle ranch dressing
½ cup mayonnaise
½ cup sour cream
2 tsp lime juice
2 chipotle peppers in adobo sauce
½ tsp salt
½ tsp garlic powder
¼ tsp dried chives

DESSERT

CARAMELIZED HONEY CREME BRULEE

¾ cup honey
1 tbsp vanilla bean paste or 1 vanilla bean, split lengthwise
3 cups heavy cream
1 cup whole milk
¾ tsp kosher salt
8 large egg yolks
3 tbsp sugar