

WEEKLY SHOPPING LIST



SUNDAY

PASTA WITH BLISTERED GREEN

PEPPERS

- 2 garlic cloves, minced
- ¼ cup olive oil
- 1.5 lb green bell peppers, trimmed, seeded, and thinly sliced
- ½ tsp oregano
- salt, to taste
- 3 tbsp balsamic vinegar
- 1 lb dried ziti
- 4 oz grated pecorino romano

MONDAY

CRISPY TOFU BOWLS WITH HONEY-

GINGER VINAIGRETTE

- For the honey-ginger vinaigrette
- 1 tbsp honey
- ¼ cup white balsamic vinegar
- 1 tsp finely grated peeled fresh ginger
- ½ cup olive oil
- For the bowls
- 1 cup uncooked wheat berries
- 2 (10 oz) blocks extra firm tofu
- 3 tbsp olive oil
- 2 tbsp soy sauce
- 1 tbsp cornstarch
- 5 oz arugula
- 4 oz feta, crumbled
- 2 cups halved red seedless grapes
- ½ cup grated carrot
- 1 bunch scallions, white and light green parts only, minced
- ¼ cup whole shelled pistachios

TUESDAY

SHEET PAN ROASTED VEGETABLE

FAJITA LETTUCE WRAPS

- 1½ lb sweet potatoes
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 red onion, thinly sliced
- ½ cup olive oil
- 1 lime, juiced
- 1 tbsp brown sugar
- 1 tbsp chili powder
- ½ tsp garlic powder
- ¼ tsp dried oregano
- ½ tsp smoked paprika
- 1½ tsp ground cumin
- 1 tsp kosher salt
- 1 tsp black pepper
- 5 oz butter lettuce leaves
- ½ cup queso blanco or queso fresco, crumbled
- For the chipotle crema
- ½ cup sour cream
- ½ cup half and half
- 1 tbsp adobo sauce
- pinch of salt

WEDNESDAY

ONE POT BAKED PANEER WITH

CHICKPEAS AND SPINACH

- 4 tbsp butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch piece of ginger, minced
- 1 tsp red pepper flakes
- 2 tsp garam masala
- ½ tsp chili powder
- pinch of sugar
- 1 (14 oz) can diced tomatoes
- ½ cup heavy cream
- 1 lb baby spinach
- 4 cups cooked chickpeas
- 8 oz paneer, cut into ¼-inch cubes

THURSDAY

SPANAKOPITA BAKED ZITI

- kosher salt and black pepper, to taste
- 8 cups swiss chard, coarsely chopped, rough stems removed
- 1 cup chopped fresh dill
- 6 scallions
- 1 pound rigatoni
- 2 tablespoons unsalted butter
- 4 garlic cloves, peeled and thinly sliced
- 8 ounces cream cheese (1 cup), cut into ½-inch cubes
- 4 ounces mozzarella, grated
- 4 ounces crumbled feta

DESSERT

BANANA BREAD CAKE ROLL

- For the cake
- 3 large eggs
- ½ cup (65 g) dark brown sugar
- ½ cup (65 g) sugar
- ⅔ cup (150 g) mashed very ripe bananas
- 1 tsp vanilla extract
- 2 tsp bourbon
- 1 tsp baking soda
- ¾ tsp cinnamon
- pinch of nutmeg
- pinch of ground cloves
- ¾ cup (100 g) all purpose flour
- For the filling
- 8 oz (225 g) cream cheese, room temperature
- 2 tbsp (30 g) unsalted butter, room temperature
- ¾ cup (90 g) powdered sugar, plus more for sprinkling
- 1 tsp vanilla