

# WEEKLY SHOPPING LIST



## SUNDAY

### NOT-FRIED EGGPLANT PARMESAN

For the eggplant parm  
4 tbsp olive oil, plus more for greasing  
4 small (8-12 oz each) Italian eggplants  
6 cups torn sourdough bread  
2 cups cherry tomatoes, halved  
½ tsp red pepper flakes  
½ cup grated parmesan cheese  
8 oz burrata  
fresh basil leaves, torn  
For the tomato sauce  
1 tbsp olive oil  
1 small onion, diced  
3 garlic cloves, thinly sliced  
28 oz can diced tomatoes  
¼ tsp red pepper flakes  
2-3 fresh basil leaves, torn

## MONDAY

### WINTER CITRUS, AVOCADO, AND BURRATA SALAD

2 pink grapefruits, peeled and sliced crosswise  
2 blood oranges, peeled and sliced crosswise  
2 honey tangerines, peeled and sliced crosswise  
2 avocados, peeled and thinly sliced  
2 lb burrata cheese  
¼ cup basil leaves, thinly sliced  
¼ cup Alessi chocolate or original balsamic reduction  
pink sea salt, to taste  
4 thick slices ciabatta bread, toasted

## TUESDAY

### SMOKY BLACK BEAN AND TOFU SCRAMBLE TACOS

9 oz cherry tomatoes, roughly chopped  
red pepper flakes, to taste  
2 limes  
salt and black pepper, to taste  
olive oil  
6 scallions, thinly sliced  
2 garlic cloves, finely sliced  
a bunch of cilantro, stalks and leaves separated and minced  
1 tsp hot smoked paprika  
1 (15 oz) can black beans, drained  
1 lb tofu, crumbled into bite-sized pieces  
8 flour or corn tortillas

## WEDNESDAY

### ONE POT MISO NOODLE SOUP

2 tbsp butter  
1 head cauliflower, cut into florets  
4 garlic cloves, minced  
3 tbsp white miso  
5 cups vegetable broth  
10 oz ramen noodles  
1 lb baby bok choy, chopped  
12 oz frozen shelled edamame  
juice of ½ lime  
1-2 tbsp soy sauce  
chili oil, for serving

## THURSDAY

### PESTO AND GOAT CHEESE PASTA

1 lb gigli or fusilli pasta  
8 oz pesto  
4 oz goat cheese  
5 oz baby swiss chard  
salt and black pepper, to taste

## DESSERT

### PISTACHIO CREAM PIE

For the oreo crust  
210 g (1¾ cups) oreo cookie crumbs  
25 g (2 tbsp) sugar  
85 g (6 tbsp) unsalted butter, melted  
For the filling  
160 g (1½ cup) unsalted, raw pistachio meat  
200 g (1 cup) sugar  
173 g (¾ cup) heavy cream  
565 g (2½ cups) whole milk  
28 g (1/4 cup) cornstarch  
2 large eggs, 3 large egg yolks  
29 g (2 tbsp) unsalted butter  
1.5 tsp vanilla extract  
¼ tsp almond extract  
For the topping  
118 g (1/2 cup) heavy cream  
25 g (2 tbsp) sugar  
47 g (1/3 cup) chopped unsalted raw pistachios