

# WEEKLY SHOPPING LIST



## SUNDAY

### WHOLE WHEAT PASTA WITH SUMMER SQUASH AND TOMATOES

5 tbsp extra virgin olive oil, divided  
3 garlic cloves, minced  
½ tsp red pepper flakes  
2 lb zucchini and/or summer squash, sliced into ½-inch half moons  
1 lb whole wheat pasta  
12 oz grape tomatoes, halved  
½ cup chopped fresh basil  
¼ cup pine nuts, toasted  
2 tbsp balsamic vinegar  
grated parmesan cheese, to serve

## MONDAY

### SPRING ASPARAGUS AND POTATO CHOWDER

2 tbsp olive oil  
2 leeks, white and lean green parts, cleaned and thinly sliced  
1 large onion, thinly sliced  
1 large shallot, thinly sliced  
2 garlic cloves, thinly sliced  
kosher salt and black pepper, to taste  
pinch of sugar  
5 cups vegetable broth  
1 lb yellow potatoes, peeled and cut into bite size cubes  
1 lb asparagus, trimmed and cut into 1-inch lengths  
1 cup peas  
½ cup heavy cream  
1 bunch of dill, minced

## TUESDAY

### ROASTED CAULIFLOWER, HARISSA HALLOUMI, AND COUSCOUS BOWLS

For the halloumi  
8 oz halloumi, cut into ½-inch cubes  
½ cup labneh  
2 tbsp harissa  
juice of ½ lemon  
For the vegetables  
1 head cauliflower, cut into florets  
2 cups medium diced carrots  
1 red onion, thinly sliced  
2 tbsp extra virgin olive oil  
½ tsp sumac  
For the salad  
¼ cup labneh  
juice of ½ lemon  
¼ cup + 1 tbsp extra virgin olive oil  
1 bunch lacinato kale, thinly sliced  
1½ cups Israeli couscous

## WEDNESDAY

### ONE POT VEGAN CARIBBEAN PELAU

2 tbsp neutral oil  
2 tbsp sugar  
1 large yellow onion, diced  
1 green bell pepper, seeded and diced  
3 large carrots, peeled and finely diced  
4 garlic cloves, minced  
3 tbsp tomato paste  
1 tbsp kosher salt  
1 tsp ground turmeric  
1 (13.5 oz) coconut milk  
1 cup water  
1 cup long-grain white rice  
2 (15 oz) cans red beans, drained and rinsed  
10 oz baby spinach

## THURSDAY

### TUSCAN BAKED WHITE BEANS AND ARTICHOKEs

2 tbsp olive oil  
1 onion, diced  
4 garlic cloves, minced  
28 oz canned fire-roasted diced tomatoes  
1 (15 oz) can quartered artichokes, drained and coarsely chopped  
2 (15 oz) cans white beans, drained and rinsed  
1 tbsp minced fresh oregano  
sea salt, to taste  
8 oz ricotta  
For the basil oil  
1 oz basil leaves (about 1 large bunch)  
zest and juice of 1 meyer lemon  
¼ cup olive oil  
¼ tsp fine sea salt

## DESSERT

### BROWN BUTTER HAZELNUT CAKE

1.25 cups (250 g) sugar, divided  
½ cup (60 g) all purpose flour  
½ cup (60 g) hazelnut flour  
6 tbsp (85 g) brown butter, melted  
2 tbsp honey  
1 tsp vanilla extract  
pinch of kosher salt  
4 large eggs, separated, at room temperature  
berries, cherries, figs for topping  
For the whipped cream  
1 cup heavy cream  
1 tbsp powdered sugar