

WEEKLY SHOPPING LIST



SUNDAY

STUFFED SHELLS WITH SUMMER VEGETABLES

1¼ lb cherry tomatoes
kosher salt
9 oz jumbo shell pasta
2 large ears corn, shucked
2½ cups heavy cream
2½ tsp Maldon sea salt
¼ cup extra virgin olive oil
1 red onion, halved and thinly sliced
3 garlic cloves, thinly sliced
handful of basil leaves, roughly chopped
pinch of red pepper flakes
½ lb zucchini, trimmed and cut into ½-inch cubes
5 oz green beans, trimmed and cut into 1-inch pieces
handful of parmesan cheese

MONDAY

PANEER AND ROASTED VEGETABLE COUSCOUS SALAD

1 lb paneer cheese, cut into 1-inch cubes
1 red bell pepper, cut into 1-inch pieces
2 zucchini, cut into 1-inch pieces
1 red onion, diced
2 tbsp olive oil
1¼ tsp cumin
1 tsp coriander
¾ tsp curry powder
½ tsp cinnamon
½ tsp paprika
salt and black pepper, to taste
1 cup Israeli or pearl couscous
5 oz arugula
juice of 1 lime

For the cilantro chutney
2½ cups cilantro
2 tbsp lemon juice
½ tsp salt, plus more to taste
4 tbsp canola oil
4 tbsp water
2 jalapeno peppers

TUESDAY

HUMMUS SOUP WITH HEIRLOOM TOMATO SALSA

2 cups chopped heirloom tomatoes
2 cups chopped cucumber
½ cup red onion
3 tbsp olive oil, divided
salt and black pepper, to taste
3 cups cooked or canned chickpeas
3 tbsp lemon juice
¼ tsp ground cumin
2 garlic cloves
¼ cup tahini

WEDNESDAY

STONE FRUIT PANZANELLA

1 pint cherry tomatoes
2 medium zucchini, quartered lengthwise and diced
¼ cup extra virgin olive oil, divided
3 cups of ½-inch ciabatta bread cubes
2 garlic cloves, minced
1 peach, diced
1 lb cherries, pitted and halved
1 tbsp red wine vinegar
1 cup chopped basil
5 oz baby arugula
4 oz goat cheese, crumbled
balsamic syrup, for drizzling

THURSDAY

EGGPLANT BURGERS WITH CARAMELIZED SHALLOTS

For the burgers
1 large eggplant (about 1 lb)
kosher salt, to taste
1 cup whole wheat bread crumbs
¼ cup parmesan cheese
2 tbsp minced parsley
freshly ground black pepper
1 egg, lightly beaten
4 oz provolone or gruyere

For the shallots
2 tbsp olive oil
2 shallots, thinly sliced
½ cup beer (I used Blue Moon)
1 tbsp soy sauce
1 tbsp Dijon mustard
2 tbsp honey

DESSERT

RASPBERRY CHEESECAKE STREUSEL BARS

For the streusel
1 cup (225 g) unsalted butter, melted
3 cups (350 g) all purpose flour
1 cup (200 g) sugar
¼ tsp fine sea salt
4 tbsp rolled oats

For the cheesecake
1 lb 4 oz (565 g) full fat cream cheese, room temperature
½ cup sour cream, room temperature
1 cup (200 g) sugar
2 tbsp cornstarch
2 tsp vanilla bean paste
2 large eggs

For the raspberry filling
3 tbsp raspberry jam
10.5 oz (300 g) fresh raspberries