

WEEKLY SHOPPING LIST



SUNDAY

SWEET AND SPICY TOFU NOODLES

- 1.5 lb extra firm tofu, drained
- 2 tbsp canola oil
- 2 tbsp sesame oil
- 10 oz fresh ramen noodles
- 4 garlic cloves, minced
- 1 (1-inch) piece of ginger, thinly sliced
- 1 small bunch of scallions, whites and greens separated, cut into matchsticks
- ½ cup tamari or soy sauce
- 3 tbsp dark brown sugar
- 1 tsp black pepper (or to taste)
- pinch of red pepper flakes
- 1 large English cucumber, seeded, quartered and thinly sliced
- 4 radishes, thinly sliced

MONDAY

CARAMELIZED APRICOT, BASIL, AND RICOTTA TOAST

- 2 tbsp butter
- 2 tbsp brown sugar
- 4 apricots, seeded and thinly sliced
- 2 8-inch baguettes, halved lengthwise and crosswise
- 8 oz ricotta
- ¼ cup basil
- Balsamic reduction

TUESDAY

STEWED CHICKPEAS WITH PEPPERS, ZUCCHINI, AND COUSCOUS

- For the sauce**
- 1 large handful fresh parsley, finely chopped
- 3 tbsp lemon juice
- ½ cup mayonnaise (I used kewpie)
- ½ tsp kosher salt
- For the stew**
- 3 tbsp olive oil
- 1 red onion, thinly sliced into half moons
- 4 garlic cloves, minced
- 2 bell peppers, seeded and thinly sliced
- 2 tbsp tomato paste
- 2 tsp dried oregano
- salt, to taste
- 2 medium zucchini, cubed
- 2 (15 oz) cans chickpeas, drained and rinsed
- ¼ cup water
- 1 tbsp red wine vinegar
- Cooked Israeli couscous

WEDNESDAY

CHICKPEA TINGA TACOS

- For the chickpea tinga tacos**
- 2 dried chipotle chiles, soaked in boiling water for 15 minutes
- 2 tbsp neutral oil
- ½ red onion, thinly sliced
- kosher salt, to taste
- 8 garlic cloves, minced
- 15 oz canned diced tomatoes
- 3 tbsp minced cilantro
- 2 (15 oz) cans chickpeas, drained and rinsed
- 12 6-inch corn or flour tortillas
- hibiscus pickled onions (recipe below)
- crumbled queso fresco
- For the hibiscus-pickled onions**
- ½ cup white wine vinegar
- 2 tsp sugar
- 3 tbsp dried hibiscus flowers
- 1 red onion, thinly sliced
- ½ tsp salt

THURSDAY

CHERRY TOMATO, ZUCCHINI, AND PESTO PIZZA

- For the pizza**
- 1 tbsp olive oil
- 1 zucchini, trimmed, quartered lengthwise and then sliced horizontally
- salt and black pepper, to taste
- ½ cup pesto sauce
- 1 pint cherry tomatoes, quartered
- ½ lb gouda cheese, shredded
- pizza dough (storebought or homemade)

DESSERT

BLUEBERRY LEMON CRUMBLE BARS

- For the crumbs and crust**
- 1 cup (200 grams) granulated sugar
- 1 teaspoon baking powder
- 3 cups (390 grams) all-purpose flour
- ¼ teaspoon salt
- Zest of one lemon
- 1 cup (8 ounces or 225 grams) cold unsalted butter, cut into chunks
- 1 large egg
- For the filling**
- Juice of 1 lemon
- ½ cup (100 grams) granulated sugar
- 4 teaspoons cornstarch
- 4 cups fresh blueberries