



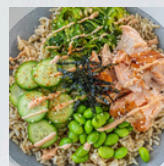
WELCOME!

We're bringing some dinners to the grill this week to celebrate spring and a little sunshine! If it's chilly and wet where you are, bring any of these dishes back to the stove or oven.

PREP AHEAD

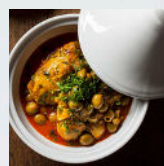
To make your week easier, check through this prep list over the weekend:

1. Prepare marinade for Monday's bowl.
2. Make Tuesday's chicken all the way through.
3. Make Thursday's marinade.
4. Grill the chicken for Friday's salad.



MONDAY

Poke-Style Roasted Salmon Bowls



TUESDAY

Chicken with Green Olives



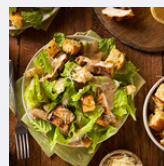
WEDNESDAY

Avgolemono



THURSDAY

Lemon Ginger Grilled Chicken with Grilled Asparagus and Rice



FRIDAY

Grilled Chicken Caesar Salad



POKE-STYLE ROASTED SALMON BOWLS

We've chosen a few of our favorite toppings, but you can customize with whatever you like best, including avocado, corn kernels, mango, or cabbage. Most grocery stores with a sushi counter should carry prepared seaweed salad.

- 3/4 cup soy sauce
- 3 tbsp seasoned rice vinegar
- 1 1/2 tbsp sesame oil
- 2 tbsp honey
- 1 tsp grated ginger
- 2 cloves garlic, grated
- 1 lb salmon
- 1/4 cup mayonnaise
- 2 tsp Sriracha, or to taste
- 3 cups cooked brown rice (from about 1 1/2 cups dry)
- 3 Persian cucumbers (or 1/2 seedless cucumber), thinly sliced
- 1 1/2 cups frozen edamame, defrosted
- 1 cup prepared seaweed salad
- Thinly sliced dried seaweed, for garnish
- Sesame seeds, for garnish

Serves 4

1. In a bowl, combine the soy sauce, rice vinegar, sesame oil, honey, ginger, and garlic. Place the salmon in a shallow dish and pour about 3/4 of the soy sauce mixture over the salmon (reserve the remainder for later). Turn to cover the salmon and refrigerate for at least 1 hour.
2. Preheat the oven to 375°F. Transfer the salmon to a lightly oiled baking sheet, reserving the marinade. Bake, brushing with the salmon marinade occasionally, until the fish is opaque all over, feels semi-firm to the touch, and flakes when tested with a fork at the thickest part, about 25 minutes. Turn the oven to broil and cook the salmon until it is golden brown on top and beginning to char around the edges, about 4 minutes.
3. In a small bowl, stir together the mayonnaise and sriracha.
4. Evenly divide the rice among four bowls. Top each bowl with cucumber, edamame, and seaweed salad. Use a fork to flake the salmon into chunks and add to the bowls. Drizzle with the sriracha mayonnaise and the reserved soy sauce mixture, and garnish with dried seaweed and sesame seeds.



CHICKEN THIGHS WITH GREEN OLIVES

For olives, Castelvetranos are plump and fruity, which works great in this dish, but there is no bad olive, so choose whatever variety you like best (even if they aren't green!).

- 1 whole chicken, divided into 8 pieces, or 4 bone-in thighs
 - Salt, as needed
 - Ground black pepper, as needed
 - 1 tbsp olive oil
 - 1 cup diced onions
 - 1 tbsp minced garlic
 - 1/2 tsp ground ginger
 - 1/2 tsp ground cumin
 - 1 1/2 tsp paprika
 - Pinch saffron
 - 1 1/2 cups chicken stock
 - 8 oz green olives, pitted and cracked
 - 1/4 cup chopped parsley
 - 1/4 cup chopped cilantro
 - 1 tbsp lemon juice
 - Pita bread, for serving (optional)
1. Season the chicken with salt and pepper. In a large saucepan over medium heat, sear the chicken in the olive oil until well browned, 5 to 8 minutes. Remove the chicken from the pan and set aside.
 2. In the pan drippings, cook the onions over moderate heat until very tender, about 10 minutes. Add the garlic, ginger, cumin, paprika, and saffron. Cook over low heat for 1 minute, until fragrant.
 3. Return the chicken pieces to the pot and add chicken stock to submerge by about 1 inch. Add the olives and adjust seasoning as needed. Simmer until the chicken is tender, 30 to 45 minutes.
 4. Once the chicken is tender, add the parsley and cilantro, and adjust seasoning with the lemon juice and salt.
 5. Serve with pita bread on the side.

Serves 4



AVGOLEMONO

Add shredded chicken, sausage, cooked beans, or even some frozen veggies, like peas, to this soup to stretch it a bit. Substitute vegetable broth for the chicken broth, if you prefer.

- 6 cups chicken broth
 - 1/3 cup long-grain white rice
 - 4 eggs, separated
 - Salt as needed
 - Freshly ground black pepper, as needed
 - Freshly squeezed lemon juice, as needed
1. Bring the broth to a simmer in a soup pot. Add the rice and cook until the rice is tender, about 15 minutes.
 2. Whip the egg yolks in a large bowl until thickened. Whip the egg whites in another bowl to soft peaks. Fold the whites into the yolks. Add the egg mixture to simmering broth, whipping constantly. The soup will become frothy and thick.
 3. Season the soup to taste with the salt, pepper, and lemon juice. Serve in heated bowls.

Serves 4 to 6



LEMON GINGER GRILLED CHICKEN

You can use this marinade for just about any cut of meat or any veggies that you like. Substitute the chicken thighs for pork loin, shrimp, or even just more veggies, like zucchini, bell pepper, portobello mushrooms, or sliced sweet potatoes.

- 1/4 cup lemon zest
 - 2/3 cup lemon juice
 - 4 tsp minced ginger
 - 4 tsp light brown sugar, firmly packed
 - 1 tbsp vegetable oil, plus more as needed
 - 2 teaspoons crushed red pepper flakes
 - 1 tsp kosher salt, plus more as needed
 - 8 chicken thighs, boneless, skinless
 - 1 bunch asparagus
 - 2 cups cooked brown rice (from about 1 cup dry)
1. Combine the lemon zest, lemon juice, ginger, brown sugar, oil, and pepper flakes in a zip-close plastic bag. Add the chicken, squeeze out the air, and seal the bag; turn to coat the chicken. Refrigerate, turning the bag occasionally, at least 1 hour.
 2. Preheat the grill to high and lightly oil the grates. Grill the chicken until cooked through, about 6 minutes per side.
 3. Toss the asparagus in oil to coat and season with salt and pepper. Grill until bright green and lightly charred, about 3 minutes.
 4. Adjust seasoning with salt and pepper before serving with the rice.

Serves 4



GRILLED CHICKEN CAESAR SALAD

Substitute the grilled chicken for shrimp or salmon, if you like, or even shredded rotisserie chicken on a busy night. Leave it out for an easy side dish.

- 2 lb chicken breast halves, boneless and skinless
 - Kosher salt, as needed
 - Freshly ground black pepper, as needed
 - 1/2 cup olive oil
 - 1/4 cup lemon juice
 - 1 tsp anchovy paste
 - 1 tsp Dijon mustard
 - 2 garlic cloves, finely minced
 - 1 1/4 lb romaine lettuce, washed, drained, and cut into bite size pieces
 - 1/2 cup grated Parmesan cheese
 - 4 cups croutons
1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.
 2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.
 3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.

Serves 4 to 6

GROCERY LIST

PRODUCE

- 3 Persian cucumbers (or 1/2 seedless cucumber)
- 1 1/2 cups frozen edamame
- 1 cup prepared seaweed salad
- 1 head garlic
- 3-in piece fresh ginger
- 2 yellow onions
- 1 bunch parsley
- 1 bunch cilantro
- 6 lemons
- 1 bunch asparagus
- 1 1/4 lb romaine lettuce

DRY GOODS

- 3/4 cup soy sauce
- 3 tbsp seasoned rice vinegar
- 1 1/2 tbsp sesame oil
- 2 tbsp honey
- 3/4 cup olive oil
- 3 tbsp vegetable oil
- 1/4 cup mayonnaise
- 2 quarts chicken stock
- 1 tsp Dijon
- 1 tsp anchovy paste
- 2 tsp Sriracha
- 2 1/2 cups dry brown rice
- 1/3 cup long-grain white rice
- 4 tsp light brown sugar
- 1 package croutons
- 8 oz green olives
- 1 package pita bread

MEAT AND FISH

- 1 whole chicken (or 4 bone-in chicken thighs)
- 2 lb chicken breast
- 2 lb boneless chicken thighs
- 1 lb salmon

DAIRY AND EGGS

- 4 eggs
- 1/2 cup grated Parmesan

SPICES

- 1 tbsp sesame seeds
- 1/2 tsp ground ginger
- 1/2 tsp ground cumin
- 1 1/2 tsp paprika
- Pinch saffron
- 2 tsp crushed red pepper flakes
- Kosher salt
- Black pepper

