



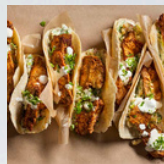
WELCOME!

We've included some of our go-to quick recipes this week, so save them for the nights you need them the most. The raw turkey burgers freeze really well, so consider making a double batch to enjoy down the road.

PREP AHEAD

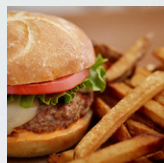
To make your week easier, check through this prep list over the weekend:

1. Prep Monday's slaw ingredients.
2. Mix and form the turkey burgers, but wait to cook until the day of.
3. Break down the broccoli for Friday's bowls.



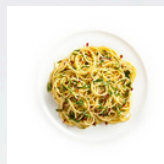
MONDAY

Grilled Fish Tacos



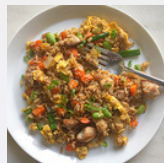
TUESDAY

Turkey Burgers



WEDNESDAY

Spaghetti with Garlic, Oil, and Hot Pepper



THURSDAY

Chicken Fried Rice



FRIDAY

Lemon-Roasted Broccoli and Sausage Grain Bowl



GRILLED FISH TACOS

The fish for these tacos is grilled, but you can cook it however is most convenient for you. You can sear in a hot skillet or even air fry for about 8 minutes.

- 3 lb mahi-mahi fillets
- Kosher salt, as needed
- 1/2 cup vegetable oil
- 3 tbsp lime juice
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 2 garlic cloves, minced
- 8 (8-inch) corn tortillas
- Sour cream, for serving
- Lime wedges, for serving

Southwestern Slaw

- 1 lb green cabbage, chopped
- Kosher salt, as needed
- 2 tbsp lime juice
- 2 tbsp honey
- 1/4 red onion, minced
- 1/2 jalapeño, seeded and finely minced
- 1/4 cup chopped cilantro
- Ground black pepper, as needed

1. Cut the mahi-mahi into 16 equal slices, and season with salt as needed.
2. Gently combine the vegetable oil, lime juice, chili powder, cumin, coriander, and garlic with the fish. Allow the fish to marinate for about 30 minutes.
3. Meanwhile, prepare the southwestern slaw. In a mixing bowl, mix the chopped cabbage with salt, mix well, and allow to sit for about 15 minutes.
4. Squeeze excess moisture out of the cabbage and combine with the lime juice, honey, onions, jalapeños, and cilantro. Adjust seasoning with salt and pepper, as needed
5. Grill the fish over high heat until well-marked and cooked through, about 1 minute on each side.
6. Place about 2 tablespoons of slaw into a corn tortilla and top with two pieces of fish. Top with sour cream and a squeeze of lime.

Serves 4



TURKEY BURGERS

The mix of herbs in this recipe help bring out some flavor in otherwise lean and (admittedly) a little bland turkey, but don't feel compelled to blow the budget for all five. Pick one or two and increase the quantity, if you'd like.

- 1 tbsp olive oil
 - 1 large shallot, minced
 - 1 clove garlic, minced
 - 1 tbsp chopped parsley
 - 2 tsp kosher salt
 - 1 tsp ground black pepper
 - 2 lb ground turkey
 - 1 cup panko breadcrumbs
 - 1 tbsp chopped chives
 - 1 tbsp chopped oregano
 - 1 tbsp chopped basil
 - 1 tbsp chopped rosemary
 - 1/2 cup mayonnaise
 - 6 slices provolone cheese
 - 6 Kaiser rolls
 - 6 leaves lettuce
 - 6 slices tomato
 - 6 slices red onion
1. Heat the oil in a large sauté pan over medium-high heat. When the pan is hot, add the shallots and garlic and sauté until translucent, about 2 minutes. Remove from heat and add the parsley, 1 tsp of the salt, and 1/2 tsp of the pepper. Allow to cool to room temperature.
 2. Gently mix together the turkey, breadcrumbs, herbs, cooked shallot mixture, and the remaining salt and pepper until completely blended. Form 6 patties. Chill in the refrigerator for 30 minutes.
 3. Preheat a gas grill to medium. Clean the cooking grate.
 4. Grill the turkey burgers until cooked through, about 6 minutes per side. About 2 minutes after you turn the burgers, top them with a slice of cheese. Cover the grill so the cheese will melt.
 5. Spread the mayonnaise on the buns and top with the burgers. Garnish the turkey burgers with the lettuce, tomato, and red onion.

Serves 6



SPAGHETTI WITH GARLIC, OIL, AND HOT PEPPER

Use any variety of pasta you have on hand to make this super simple pasta dish. Serve it as is or topped with seared frozen shrimp, flaked canned tuna, or white beans.

- Kosher salt, as needed
- 1 lb dried spaghetti
- 1 cup extra-virgin olive oil, or as needed
- 1 teaspoon red pepper flakes
- 3 garlic cloves
- 1/2 cup chopped flat-leaf parsley

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir to submerge and separate the strands. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).
2. While the pasta is cooking, heat the oil in a large sauté pan. Add the chiles to the oil. Press the garlic through a garlic press directly into the hot oil and reduce the heat to low. Let the garlic infuse the oil and gently fry until translucent, about 1 minute. Add the parsley and remove the pan from the heat.
3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the garlic oil. Toss to coat and season with salt as needed. Serve at once in a heated serving bowl or in pasta plates.

Serves 4 to 6



CHICKEN FRIED RICE

The key to good fried rice is using leftover rice, which is drier than freshly steamed. If you don't have leftover rice, this is a great time to use those bags of frozen rice you can buy at most grocery stores.

- One (1-inch) piece ginger, peeled and grated
 - 2 cloves garlic, grated
 - 1 tbsp rice vinegar
 - 1 tbsp soy sauce
 - 1 tbsp sesame oil
 - 1/2 tsp sugar
 - 1 tbsp vegetable oil
 - 3 boneless, skinless chicken thighs, cubed
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - 1 large carrot, quartered lengthwise and diced
 - 1/2 medium onion, diced
 - 2 eggs, beaten
 - 3 cups cooked brown rice, preferably day-old
 - 1/2 cup shelled edamame (fresh or frozen)
 - 2 scallions, sliced into 1/2-inch pieces, plus more for garnish
1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame oil, and sugar. Set aside.
 2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the chicken, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 7 minutes. Transfer to a bowl and set aside.
 3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the chicken.
 4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.
 5. Add the rice and reserved soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to

Serves 4 to 6

DISH
EAT. DRINK. DISCOVER.



LEMON-ROASTED BROCCOLI AND SAUSAGE

Serve the roasted mixture over grains, like we did here, or stuffed in a pita, tossed with pasta, or even to top a quick pizza. Omit the sausage, if you like, for a simple side dish.

- 3 heads broccoli
 - 1/4 cup lemon juice
 - 1/4 cup plus 2 tbsp olive oil
 - 2 tbsp whole grain mustard
 - 2 cloves garlic
 - 1 tsp kosher salt
 - 1/2 tsp freshly ground black pepper
 - Pinch red pepper flakes
 - 1 lb Italian sausage, removed from casings
 - 1 cup farro, wheat berries, or other grain, cooked and drained
1. Preheat the oven to 425°F. Remove the broccoli florets from each head and thinly slice the stalks. Transfer to a large baking or roasting dish.
 2. In a small food processor, combine the lemon juice, oil, mustard, garlic, salt, pepper, and garlic flakes. Blend until smooth. Reserve 2 tablespoons and set aside; pour the remainder over the broccoli and toss to coat.
 3. Drop tablespoon-sized pieces off sausage over the broccoli, nestling it among the florets. Transfer to the oven and bake, stirring occasionally, until the sausage is cooked through and the broccoli is tender and browned, about 30 minutes.
 4. Serve the roasted sausage and broccoli over the cooked grains, drizzled with the remaining lemon juice mixture.

Serves 4

GROCERY LIST

PRODUCE

- 3 heads broccoli
- 1 lb green cabbage
- 1 large carrot
- 1 medium onion
- 1/2 red onion
- 1 large shallot
- 1 head garlic
- 1 jalapeño
- 2 scallions
- 1 bunch cilantro
- 1 bunch flat-leaf parsley
- 1 bunch mixed herbs (chives, oregano, basil, rosemary)
- 1 (1-inch) piece ginger
- 6 limes
- 3 lemons
- 1 head lettuce (or 6 leaves)
- 2 tomatoes

DRY GOODS

- 1 lb dried spaghetti
- 1 cup panko breadcrumbs
- 3 cups cooked brown rice
- 1 cup cooked farro (or other grain)
- 8 corn tortillas
- 6 Kaiser rolls
- 1/2 cup shelled edamame
- 1/4 cup honey
- 1 1/2 cups olive oil
- 1/2 cup vegetable oil
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1/2 tsp sugar
- 2 tbsp whole grain mustard

MEAT AND FISH

- 3 lb mahi-mahi fillets
- 2 lb ground turkey
- 3 boneless, skinless chicken thighs
- 1 lb Italian sausage

SPICES

- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp red pepper flakes
- Kosher salt
- Black pepper

DAIRY AND EGGS

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 6 slices provolone cheese
- 2 eggs

