



WELCOME!

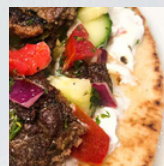
In honor of North America's World Cup games, we've planned a global menu for the upcoming week.

As always, rearrange the days to suit your schedule, and don't shy away from the convenience items to simplify.

PREP AHEAD

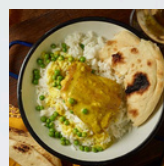
To make your week easier, check through this prep list over the weekend:

1. Marinate the lamb mixture for Monday.
2. Make Tuesday's chicken marinade.
3. Make Thursday's soup all the way through.



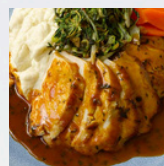
MONDAY

Crispy Lamb Pitas



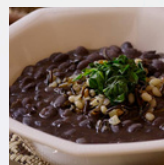
TUESDAY

Chicken Tikka with Grilled Veggies



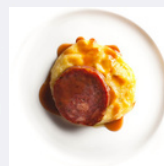
WEDNESDAY

Vinegar Chicken with Oven Roasted Potatoes



THURSDAY

Cuban-Style Black Bean Soup



FRIDAY

Polenta with Soppresata and Vinegar Sauce



CRISPY LAMB PITAS

You can substitute ground pork, chicken, or beef for the lamb if you'd like, though lamb does contribute a pretty unmistakable flavor. Make this dish dairy-free by substituting hummus, mashed avocado, or even just tahini for the yogurt.

- 1 lb ground lamb
 - 1 tsp dry oregano
 - 1 tsp dry rosemary
 - 3/4 tsp ground cumin
 - 1 tsp kosher salt, plus more as needed
 - Zest of 1 lemon
 - 3 cloves garlic, grated
 - 1 tbsp plus 1 tsp olive oil, divided use
 - 1/2 seedless cucumber, quartered and chopped
 - 1 to 2 small tomatoes, chopped
 - 2 tbsp diced red onion
 - 2 tbsp red wine vinegar
 - 1 cup plain Greek yogurt
 - 4 pitas, warmed
 - Chopped dill, for serving
1. In a medium bowl, combine the lamb, oregano, rosemary, cumin, salt, lemon zest, garlic, and 2 tsp of the olive oil. Mix until well-combined, cover, and refrigerate for about an hour, or up to overnight.
 2. Meanwhile, in a separate bowl, combine the cucumber, tomatoes, onion, vinegar, and the remaining 2 tsp oil. Season with a pinch of salt and refrigerate until needed.
 3. Heat a large non-stick or well-seasoned cast iron skillet over medium-high heat. Add the meat to the skillet and use a spatula to press the meat into a thin layer. Cook until it is golden brown and crisp on the bottom, about 4 minutes.
 4. Use the spatula to cut the meat into easy-to-handle portions and flip. Cook for another minutes or so, then use the spatula to break the pieces into roughly 1-inch pieces. Cook, flipping as needed, until they are crisp all over and cooked through, about 4 minutes.
 5. To serve, spread a few tablespoons of yogurt down the center of a pita. Top with the cucumber salad and lamb, and sprinkle with dill.

Serves 4



CHICKEN TIKKA WITH GRILLED VEGGIES

This is a very mild Indian-style preparation that is lightly spiced and not very spicy at all. Chicken thighs stay tender, but you can use breasts if you prefer.

- 2 lb skinless, boneless chicken thighs, cut into 1-inch cubes
 - Salt, as needed
 - Ground black pepper, as needed
 - Juice of 1 lemon
 - 2 tbsp ghee or canola oil
 - 1 tbsp paprika
 - 1 1/2 tsp ground chile
 - 2 tsp ground cumin
 - 1 tsp ground ginger
 - 2 tsp ground turmeric
 - 2 tsp ground coriander
 - 1/2 cup diced onions
 - 2 cloves garlic, sliced
 - 1 cup Greek yogurt
 - 2 small zucchinis, halved
 - 2 bell peppers, cored and quartered
 - 2 tbsp olive oil
 - Naan, for serving (optional)
1. Season the chicken with salt, pepper, and lemon juice.
 2. In a saucepan or similar pan, heat the ghee. Add the paprika, chili pepper, cumin, ginger, turmeric, and coriander and cook until aromatic, about 1 minute. Add the onions and cook over medium heat until the onions are very tender, about 10 minutes. Add the garlic and continue to cook until fragrant, about 1 minute.
 3. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
 4. Combine the spice purée with the diced chicken, mix well, and add the remainder of the yogurt. Allow to marinate for about 1 hour. Skewer the chicken pieces (if using wooden skewers, soak in water for 30 minutes before using).
 5. Prepare a grill for medium-high cooking. Toss the zucchini and peppers in the olive oil. Grill the vegetables and chicken until cooked through and well charred, 5 to 6 minutes.
 6. Cut the vegetables into portion-sized pieces and serve alongside the chicken with the naan, if using.

Serves 4 to 6

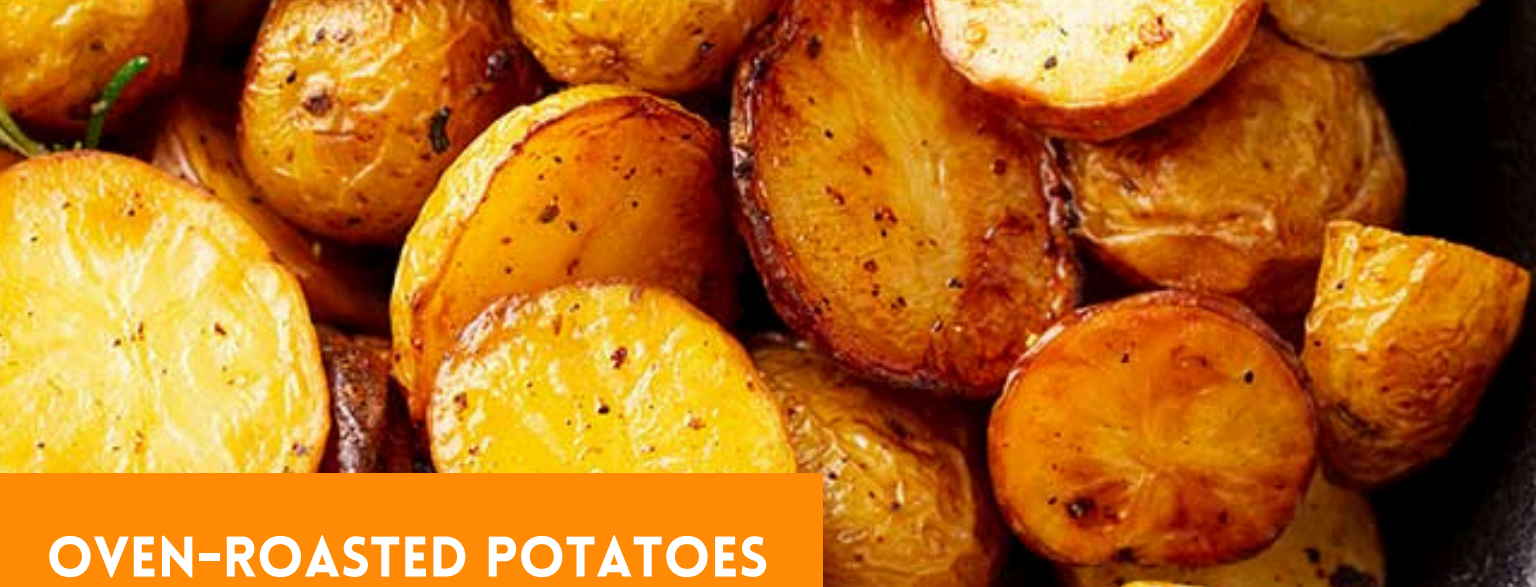


VINEGAR CHICKEN WITH OVEN ROASTED POTATOES

If you have leftover wine, try freezing it in 1/4 or 1/2 cup portions (silicone muffin pans are perfect for this! Pop the frozen wine out and store in a zip-top bag). You can quickly defrost them when you need to deglaze a pan!

- 4 garlic cloves, finely chopped
 - 4 shallots, finely chopped
 - 1 cup dry white wine
 - 6 chicken breasts, skin-on, bone-in
 - Extra-virgin olive oil, as needed
 - 1/4 cup tomato paste
 - 1 cup cider vinegar
 - 2 tbsp honey
 - 1 1/2 cups chicken broth
 - 1 tbsp parsley
 - 1 tbsp tarragon
1. To prepare the chicken: The day before, in a nonreactive bowl or container, combine the garlic, shallots, and wine to make a marinade. Add the chicken and refrigerate overnight.
 2. Remove from the marinade and pat dry with paper towels.
 3. Strain the vegetables from the marinade and reserve both.
 4. In a pan over medium heat, cook the chicken breasts in olive oil until golden brown on both sides, about 10 minutes. If excess fat accumulates in the pan or small solids in the bottom of the pan start to burn, drain the fat and add new olive oil.
 5. In a clean pan over medium heat, cook the reserved garlic and shallots in olive oil until tender, about 4 minutes. Stir in the tomato paste and cook for 3 minutes. Deglaze the pan with the vinegar and half of the reserved marinade. Add the honey and broth and continue cooking until the liquid has reduced by two-thirds.
 6. Add the chicken and the remaining half of the marinade and cook until the juices from the chicken run clear, about 10 minutes. Transfer the chicken to a plate.
 7. Strain the cooking liquid through a fine-mesh sieve and return the liquid to the pan. Cook over medium heat until the liquid has reduced to a consistency that coats the back of a wooden spoon. Stir in the parsley and tarragon.
 8. Carve the chicken from the bone and slice before serving with the vinegar sauce.

Serves 6



OVEN-ROASTED POTATOES

Roasted potatoes are a big pay off for little work. Let these roast while you prepare the chicken. If the garlic starts to darken too quickly, pull it out and set it aside while the potatoes finish. Add it back to serve.

- 2 tbsp vegetable oil
 - 2 tbsp extra-virgin olive oil
 - 1 1/2 to 2 lb unpeeled fingerling, Red Bliss, or yellow creamer potatoes, washed well, halved
 - 10 unpeeled garlic cloves
 - 2 sprigs rosemary
 - 6 sprigs thyme
 - 2 tsp kosher salt, plus more as needed
 - 1 tsp freshly cracked black pepper, plus more as needed
1. Preheat the oven to 400°F.
 2. Place the vegetable and olive oils in a 9- to 10-inch ovenproof pan. Add the potatoes and toss in the oils to coat. Add the garlic, rosemary, thyme, salt, and pepper and toss with the potatoes to coat. Cover the pan tightly with aluminum foil or a lid and transfer to the oven. Roast for 25 minutes.
 3. Carefully uncover the pan and turn the potatoes over. Using a fork or skewer, check for tenderness; if the potatoes are nearly tender and the fork or skewer pulls out easily, return the potatoes to the oven, uncovered, just to crisp the skin, about 10 minutes. If they are not yet nearly tender, cover the pan tightly again and returning to the oven to roast for about 10 minutes more. When the potatoes are nearly tender, remove the cover and return the pan to the oven until the potatoes are fork-tender and the skins are crisp, about 10 minutes. If desired sprinkle with a little more salt and pepper.
 4. Remove the peels from the garlic, add to the potatoes, and serve.

Serves 6



CUBAN-STYLE BLACK BEAN SOUP

We love the added flavor from the spices, sun-dried tomato, and sherry vinegar in this diabetes-friendly black bean soup. Garnish it with some mixed grains and wilted spinach and it becomes addictive.

- 12 oz dried black beans
 - 8 cups low-sodium chicken broth
 - 2 cloves and 1/8 tsp allspice wrapped in a sachet
 - 2 slices bacon, minced
 - 1 tsp vegetable oil
 - 3/4 cup diced onion
 - 2 garlic cloves, minced
 - 1/2 tsp ground cumin
 - 1 lemon, thickly sliced
 - 2 tbsp toasted and chopped ancho chile
 - 1 jalapeño, minced
 - 1/4 cup chopped sun-dried tomatoes
 - 1 tsp dried oregano
 - 1 tsp kosher salt
 - 1 tbsp sherry vinegar
 - 3/4 cup cooked barley, brown rice, or mixed-grains
 - 1/2 cup wilted spinach, chopped
1. Soak the beans for 8 to 12 hours in enough cold water to cover by 3 inches or refer to page 136 for the short soak method. Drain the beans and simmer in the chicken broth with the sachet until the beans are tender, 20 to 25 minutes. Remove the sachet.
 2. In a large sauté pan, cook the bacon until the fat renders and the bacon begins to crisp. Add the canola oil. Add the onion, garlic, and cumin and sauté until the onion is translucent, 4 to 5 minutes.
 3. Add the lemon, ancho and jalapeño chiles, tomatoes, oregano, salt, and onion mixture to the beans and simmer until the soup is flavorful, about 15 minutes more.
 4. Remove and discard the lemon slices. Remove one-third of the beans from the soup and purée in a blender or food processor. Stir the puréed beans back into the soup. Stir in the vinegar.
 5. In a small bowl, combine the cooked barley, rice, or pilaf and the spinach until well mixed. Serve each bowl of soup garnished with some of the rice mixture.

Serves 6



POLENTA WITH SOPPRESSATA AND

This is such a simple dinner, but feels like a special treat. Use this basic polenta base and top it with anything: leftover pasta sauce, pot roast, or even just a simple fried egg and drizzle of olive oil.

- 2 quarts water
- 2 tbsp kosher salt
- 1/4 cup olive oil
- 8 oz (1 3/4 cups) cornmeal
- 6 thick slices soppressata, sliced 1/4-inch thick (about 12 oz)
- 1/2 cup white wine vinegar

Chef's Note: Soppressata is usually much larger in diameter than a regular salami, so one slice per person is usually enough, but if you are using any other type of good-quality soft salami, you may have to increase the number of slices for each serving.

1. Bring the water to a simmer in a large saucepan over medium heat. Add the salt and oil, and then slowly add the cornmeal, whisking continuously. Let simmer gently until the polenta is done, stirring frequently with a wooden spoon to make sure the polenta does not stick, 30 to 40 minutes. (The cooking time may vary depending upon the coarseness of your cornmeal.) Remove the polenta from the heat, adjust the seasoning with salt, and keep warm.
2. Heat a sauté pan over medium-high heat (you will not need any fat in the pan since the soppressata is quite fatty on its own). Add the soppressata to the pan, working in batches to cook it in a single layer. When the fat begins to melt and the soppressata is browned on both sides, remove it from the pan. Drain on paper towels.
3. Add the vinegar to the fat in the pan and simmer very briefly over medium heat, just long enough to make a thick sauce, about 1 minute.
4. Spoon the hot polenta onto heated plates and top each serving with a slice of the fried soppressata. Pour the pan sauce over the soppressata and polenta and serve at once.

Serves 8

GROCERY LIST

PRODUCE

- 4 lemons
- 2 heads garlic
- 1 seedless cucumber
- 3–4 small tomatoes
- 2 bell peppers
- 2 small zucchini
- 2 medium red onions
- 4 shallots
- 1½–2 lb fingerling, Red Bliss, or yellow creamer potatoes
- 1 jalapeño
- ½ cup fresh spinach
- 1 small bunch dill
- 1 bunch parsley
- 1 bunch tarragon
- 1 bunch rosemary
- 1 bunch thyme

DRY GOODS

- 12 oz dried black beans
- 8 oz (about 1¾ cups) cornmeal (polenta)
- ¾ cup cooked barley, brown rice, or mixed grains
- 4 pitas
- Naan, optional (1 package)
- 1 cup dry white wine
- 3 quarts low-sodium chicken broth
- ¼ cup tomato paste
- 2 tbsp honey
- ½ cup olive oil
- 3 Tbsp vegetable oil
- 2 Tbsp ghee (or vegetable oil)
- 2 Tbsp red wine vinegar
- 1 cup cider vinegar
- 1 Tbsp sherry vinegar
- ½ cup white wine vinegar
- ¼ cup chopped sun-dried tomatoes

DAIRY AND EGGS

- 2 cups plain
- Greek yogurt

MEAT AND FISH

- 1 lb ground lamb
- 2 lb boneless, skinless chicken thighs
- 6 bone-in, skin-on chicken breasts
- 2 slices bacon
- 12 oz soppressata

SPICES

- Kosher salt
- Ground black pepper
- 1¾ tsp ground cumin
- 2 tsp dried oregano
- 1 tsp dried rosemary
- 1 Tbsp paprika
- 1½ tsp chile powder
- 1 tsp ground ginger
- 2 tsp ground turmeric
- 2 tsp ground coriander
- ⅛ tsp allspice
- 2 Tbsp dried ancho chile

