



# WELCOME!

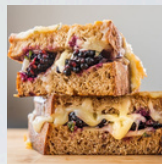
This week's menu features some of our all-time favorite summer recipes, which means they are all primed for farmers' market swap-outs.

Use any fruit, like peaches or pitted cherries, for your grilled cheeses; add cucumbers from the garden to Wednesday's corn salad; and skewer cubed summer squash to your yakitori.

## PREP AHEAD

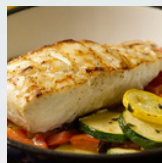
To make your week easier, check through this prep list over the weekend:

1. Prep the veggies for Tuesday's halibut.
2. Shave the corn from the cob and make the dressing for Wednesday's salad.
3. Make and reduce Thursday's yakitori sauce.



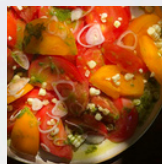
### MONDAY

Fontina and Blackberry Grilled Cheese Sandwiches



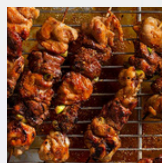
### TUESDAY

Halibut with Summer Vegetables



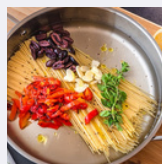
### WEDNESDAY

Tomato and Corn Salad with Grilled Shrimp



### THURSDAY

Chicken Yakitori With Edamame



### FRIDAY

One Pot Mediterranean Pasta



## FONTINA AND BLACKBERRY GRILLED CHEESE SANDWICHES

Though fontina and blackberries are a great combination, you can switch up the fruits and cheeses to whatever you can find at your market. Freshly shredded cheese will melt best, but slices will work in a pinch, too!

- 1 pint blackberries
- 1 tbsp chopped thyme
- 8 slices whole grain bread
- 1 lb fontina cheese, shredded
- 1 tbsp butter, plus more as needed

1. Preheat the oven to 350°F. In a medium bowl, combine the blackberries and thyme. Use a fork to lightly mash the berries so that no whole berries remain.
2. Lay 4 slices of bread on your work surface and top each slice with about a quarter of the shredded cheese. Spoon dollops of the mashed blackberries and the cheese (you may not use it all), and then sprinkle the remaining cheese over the blackberries. Place the remaining slices of bread on over the cheese and press lightly.
3. Heat 1 tablespoon of the butter in a skillet over medium heat. Working in batches, if needed, add the sandwiches and cook until the bread is browned and the cheese is beginning to melt, about 3 minutes. Flip the sandwiches, adding more butter, if needed, and cook until the second side is browned and the cheese has melted. If the bread has browned before the cheese is melted, transfer the sandwiches to a baking sheet and place in the oven until the cheese is fully melted. Serve right away.

**Serves 4**





## HALIBUT WITH SUMMER VEGETABLES

This dish comes together in 20 minutes, and it's perfect served alongside a nice green salad and some crusty bread. Feel free to substitute another flaky white fish for the halibut.

- 1 medium zucchini, sliced into 1/4-inch rounds
  - 1 yellow summer squash, sliced into 1/4-inch rounds
  - 3 plum tomatoes, peeled, seeded, and cut into large dice
  - 1/2 yellow onion, diced
  - 2 garlic cloves, sliced
  - 1 tbsp minced basil
  - 1/2 tsp minced oregano
  - 1 tbsp plus 2 teaspoons olive oil
  - 4 halibut fillets (about 6 ounces each)
  - 1/4 tsp kosher salt
  - 1/4 tsp freshly ground black pepper
  - 1/2 lemon
1. Preheat the oven to 375°F.
  2. Toss the zucchini, squash, tomatoes, onion, garlic, basil, oregano, and 1 tablespoon of the olive oil. Spread in a thin, even layer in a 9 by 13-inch baking dish. Place in the oven while preparing the fish.
  3. Season the fish with the salt and pepper. Heat the remaining 2 teaspoons olive oil in a large skillet over high heat. Add the fillets and sear until golden brown, 1 to 2 minutes per side. Squeeze the lemon half over the fish.
  4. Place the fillets and their juices on top of the vegetables, pouring their juices over all. Continue to roast until the fish is cooked through, 5 to 10 minutes. Serve each fillet over a bed of the vegetables.

**Serves 4**



## TOMATO AND CORN SALAD WITH GRILLED SHRIMP

**Peak season corn doesn't need to be cooked before adding to a salad, but if you nibble a piece and it's very starchy, give it a quick trip to the grill or drop the cob in boiling water for a few minutes until it's just cooked through.**

- 3 cloves garlic
  - Kosher salt, as needed
  - 2 loosely packed cups basil leaves, from about 1 oz
  - 1/4 cup white wine vinegar
  - 1 tsp Dijon mustard
  - 3/4 cup olive oil
  - 2 lb shrimp, peeled and deveined
  - 3 large or 4 medium tomatoes, cored and cut into wedges
  - 1 shallot, thinly sliced
  - Kernels from 1 ear of corn
1. In a mortar and pestle, combine the garlic and a pinch of salt. Crush until a paste forms. Add about half of the basil and crush until smooth. Add the remaining basil and crush until a uniform paste forms.
  2. Transfer to a bowl with the vinegar and mustard and stir to combine. While whisking, slowly steam in the olive oil. Season with salt, if needed. If any larger, unprocessed pieces of basil cling to the whisk, discard them.
  3. In a shallow bowl or baking pan, combine the shrimp and enough of the basil vinaigrette to coat, about 1/2 cup. Cover and refrigerate for at least 15 minutes.
  4. Prepare a grill for medium-high heat cooking. Thread the shrimp onto skewers (if using wooden skewers, soak in water for 15 minutes first). Grill until lightly charred around the edges and just cooked through, turning the skewers as needed, about 4 minutes.
  5. In a large bowl, combine the tomatoes, shallot, corn kernels, and a pinch of salt. Add about 2 tablespoons of the vinaigrette and gently toss to coat. Taste and add more dressing (you may not use it all) or salt, to taste. Serve the tomato salad with the grilled shrimp.

**Serves 4 to 6**



## CHICKEN YAKITORI WITH EDAMAME

**We may not understand it, but it's okay if you don't like chicken livers. Just sub an equal amount of additional chicken thighs. We're serving our skewers with simple steamed edamame, but you can serve yours with rice or other veggies, like broccoli.**

- 8 (8-inch) bamboo skewers
  - 1 lb chicken livers, cut into 3/4-in pieces
  - 2 lb boneless, skinless chicken thighs, cut into 3/4-in pieces
  - 8 scallions, cut into 3/4-in pieces
  - 3/4 cup sake
  - 1 cup mirin
  - 1/4 cup sugar
  - 2 tbsp dark soy sauce
  - 1/2 cup light soy sauce, not low-sodium
  - Japanese seven-spice (shichimi togarashi), as needed
  - 6 cups water
  - 1/2 tsp kosher salt
  - 4 cups edamame in pods (frozen or fresh)
1. Soak the bamboo skewers for at least 15 minutes.
  2. Skewer the chicken livers, chicken thighs, and green onions alternately onto the skewers.
  3. For the sauce, combine the sake, mirin, sugar, soy sauces, sansho, and seven-spice in a small saucepan, and allow it to simmer until it has reduced by a one-quarter, 5 to 10 minutes.
  4. Prepare a grill for high-heat cooking. Grill the skewers, turning occasionally, until they are cooked through, about 5 minutes.
  5. During the last minute on the grill, brush the yakitori sauce onto the skewers and allow to caramelize slightly.
  6. Remove from the grill, and sprinkle with Japanese seven-spice.
  7. Meanwhile, bring the water to a boil and add the salt.
  8. Boil the edamame until beans are tender, 4 to 5 minutes.
  9. Drain and serve.

**Serves 4 to 6**





## ONE-POT MEDITERRANEAN PASTA

**When we say one pot, we mean it! All of the ingredients cook together—pasta included—and the finished dish is flavorful and saucy with less than 10 minutes of work! If you like, you can top the cooked pasta with sautéed shrimp or flaked tuna.**

- 1 lb spaghetti
- 24 Kalamata olives, pitted and halved
- 3 cloves garlic, thinly sliced
- 1 shallot, thinly sliced
- 1 1/2 cup roughly chopped roasted red peppers
- 3 tbsp oregano leaves
- 3 tbsp freshly squeezed lemon juice
- 3/4 tsp kosher salt
- Freshly ground black pepper, to taste
- 3 tbsp olive oil
- 6 cups water
- 6 oz feta, crumbled

1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, shallot, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.
2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

**Serves 4 to 6**

# GROCERY LIST

## PRODUCE

- 1 pint blackberries
- 3 plum tomatoes
- 4 medium tomatoes
- 1 medium zucchini
- 1 yellow summer squash
- 1 yellow onion
- 2 shallots
- 1 head garlic
- 1 bunch (2 oz) basil
- 1 bunch thyme
- 1 bunch oregano
- 2 lemons
- 1 ear corn
- 2 bunches scallions
- 4 cups edamame in pods (fresh or frozen)

## DRY GOODS

- 8 slices whole grain bread
- 1 lb spaghetti
- 24 pitted Kalamata olives
- $\frac{3}{4}$  cup sake
- 1 cup mirin
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup white wine vinegar
- 2 tbsp dark soy sauce
- $\frac{1}{2}$  cup light soy sauce (not low-sodium)
- 1 tsp Dijon mustard
- $1\frac{1}{2}$  cups roasted red peppers
- 8 (8-inch) bamboo skewers

## SPICES

- Kosher salt
- Freshly ground black pepper
- Japanese seven-spice (shichimi togarashi)

## MEAT, FISH, & TOFU

- 2 lb shrimp, peeled and deveined
- 2 lb boneless, skinless chicken thighs
- 1 lb chicken livers
- 4 halibut fillets (about 6 oz each)

## DAIRY AND EGGS

- 1 lb fontina cheese
- 6 oz feta cheese

