



WELCOME!

This is a veggie-heavy week, so don't be afraid to switch out options to shop your local stores' sales or use up odds and ends in the refrigerator.

PREP AHEAD

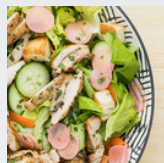
To make your week easier, check through this prep list over the weekend:

1. Make Monday's marinade and prep all the veggies. If you're making homemade hummus or tzatziki, make them now.
2. Make Wednesday's lentil salad.



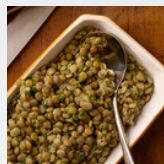
MONDAY

Marinated Grilled Vegetables Pitas



TUESDAY

Banh Mi-Inspired Chicken Salad



WEDNESDAY

Sausage with French Lentil Salad



THURSDAY

Shrimp Pancakes with Spicy Thai Cucumber Salad



FRIDAY

Spinach and Jack Quesadillas with Lime Black Beans



MARINATED GRILLED VEGETABLES PITAS

Serve this dinner family-style so everyone can mix-and-match to their preferences. Hummus and prepared tzatziki are great condiments, but hot pepper relish or flavorful vinaigrettes would be great, too. Use whatever veggies are freshest at your market.

- 1 cup vegetable oil
- 1/4 cup soy sauce
- 2 tbsp lemon juice
- 2 tbsp minced garlic, divided use
- 1/2 tsp crushed fennel
- 1 tbsp minced rosemary
- 2 zucchini, cut on the diagonal into 3/4-inch-thick slices
- 3 eggplants, cut on the diagonal into 3/4-inch-thick slices
- 1 medium red onion, sliced into 3/4-inch-thick rings
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1 green bell pepper
- 1 red bell pepper
- 1/4 cup olive oil
- 1/2 cup seeded, medium-dice tomatoes (peeled, if you like)
- 2 tsp balsamic vinegar
- 6 pitas
- 1 1/2 cups prepared hummus
- 1 cup prepared tzatziki

Continued on next page

Serves 4 to 6



MARINATED GRILLED VEGETABLES PITAS, CONT.

1. In a large bowl, combine the vegetable oil, soy sauce, lemon juice, 1 tablespoon of the garlic, the fennel seeds, and rosemary to make a marinade. Add the zucchini, eggplant, and onion and gently toss to evenly coat. Marinate the vegetables for 1 hour. Drain any excess marinade off the vegetables before grilling.
2. Preheat the grill for medium-heat cooking. Season the zucchini, eggplant, and onion with salt and black pepper. Place the vegetables on the grill and cook until browned on one side, about 2 minutes. Turn once and cook on the second side until the vegetables are tender, about 2 minutes more. Remove from the grill.
3. Grill or broil the bell peppers until evenly charred on all sides. Transfer to a stainless steel bowl, cover with plastic wrap, and let cool 30 minutes. Remove the skin, core, seeds, and ribs.
4. Heat the remaining 1 tablespoon garlic and the olive oil in a large saucepan over medium heat. Add the grilled vegetables, peppers, and tomatoes and stir gently to finish heating the vegetables through and to blend the flavors.
5. Stir in the vinegar and adjust the seasoning with additional salt and pepper. Serve immediately.



BANH MI-INSPIRED CHICKEN SALAD

This salad is bright and crisp thanks to lots of herbs and some quick-pickled vegetables. Chicken thighs feel substantial and satisfying, but you can use any protein you like.

- 2 carrots, cut into thin, wide strips with a vegetable peeler
 - 3 radishes, very thinly sliced
 - 1/2 jalapeño, thinly sliced, seeds removed, if desired
 - 1/2 cup seasoned rice wine vinegar
 - 1 cup water
 - 1/2 tsp kosher salt, plus more as needed
 - 5 boneless, skinless chicken thighs
 - Freshly ground black pepper, to taste
 - 1 teaspoon fish sauce
 - 1 clove garlic, minced
 - 1/4 cup vegetable oil
 - 2 heads Bibb lettuce, torn into bite-size pieces
 - 1/4 cup basil, chopped
 - 1/4 cup cilantro, chopped
 - 1/4 cup mint, chopped
 - 1 seedless cucumber, thinly sliced
 - 1 cup fresh French bread croutons
1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.
 2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest.
 3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette. Thinly slice the chicken thighs.
 4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.

Serves 4 to 6



SAUSAGE WITH FRENCH LENTIL SALAD

Sausage and lentils are a classic combination, but this salad is a delicious side for any meat, poultry, or fish. Cook your sausage in the oven for a hands-off option, or on the grill or in a heavy skillet if you prefer.

- 1 lb Italian sausage
- 2 cups French lentils
- 4 cups water
- 3/4 cup small dice carrots
- 1/2 cup small dice celery
- 1 cup small dice red onion
- 4 oz white mushrooms, thinly sliced
- 2 teaspoons mustard
- 2 teaspoons kosher salt, or to taste
- 1/4 cup cider vinegar
- 1/4 cup minced parsley
- 1/2 cup olive oil

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil and arrange the sausage in one layer. Bake until the sausage is browned all over and cooked through, flipping them once, about 30 minutes.
2. Meanwhile, simmer the lentils in the water until they are tender, about 25 minutes. Rinse the lentils in cold water until they are slightly chilled and drain well.
3. Combine the lentils, carrots, celery, onion, and mushrooms.
4. Combine the mustard, salt, vinegar, and parsley. Stream in the olive oil while whisking to fully combine.
5. Toss the dressing with the lentil mixture.

Serves 4 to 6



SHRIMP PANCAKES

Serve these crispy shrimp pancakes with something cold and acidic for the perfect balance. To us, that's our spicy Thai cucumber salad on the next page.

- 1 1/2 cups minced onion
 - 1/4 cup olive oil
 - 1/4 tsp Spanish paprika
 - 2 tbsp chopped flat-leaf parsley
 - 1 1/3 cups all-purpose flour
 - Kosher salt, as needed
 - 1 tsp baking powder
 - 1 cup water
 - 12 oz shrimp, deveined and minced
 - Vegetable oil, as needed for frying
1. In a skillet over low heat, sweat the onions in the oil until very tender, about 10 minutes. Add the paprika and continue to cook until fragrant, about 30 seconds. Add the parsley.
 2. In a bowl, combine the flour, salt, and baking powder; add the water and mix to combine. Add the shrimp and the onion mixture.
 3. To fry the pancakes, heat a 1/2-inch level of oil in a skillet to about 350°F.
 4. Drop the batter by the tablespoon into the oil, flattening the pancakes into 2-to 3-inch rounds using the back of a spoon that has been dipped in hot oil. Fry until golden, 2 to 3 minutes, turning once.
 5. Transfer to a rack set over a baking sheet to drain before serving hot.

Serves 4 to 6



SPICY THAI CUCUMBER SALAD

This tangy salad can be as spicy as you like with the addition of a Thai bird chile. You can make it ahead, though the cucumbers will soften slightly.

- 2 lb English cucumbers, peeled
 - 1/2 cup lime juice
 - 1/4 cup sugar
 - Kosher salt, to taste
 - 1 Thai bird chile, thinly sliced (optional)
 - 1 large red onion, finely minced
 - 1/2 cup whole mint leaves
 - 1/2 cup coarsely chopped cilantro
 - 1/4 cup chopped roasted peanuts
1. Cut the cucumbers in half lengthwise, remove all the seeds, and cut into thin slices.
 2. In a mixing bowl, combine the sliced cucumbers with the lime juice, sugar, salt, chiles, and onions, and marinate for 15 minutes.
 3. Add the mint, cilantro, and peanuts, toss, and adjust seasoning as necessary. Serve well chilled.

Serves 4 to 6



SPINACH AND JACK QUESADILLAS

These veggie-filled quesadillas are quick, easy, and simple, but feel free to add whatever ingredients you like best. Try bell peppers, red onion, mushrooms (we'd cook them first!), or even grilled shrimp or rotisserie chickens.

- 3 tbsp olive oil
- 12 cups (lightly packed) spinach leaves
- 1 tsp salt
- 1/2 tsp ground black pepper
- 8 large flour tortillas
- 2 cups grated Monterey Jack cheese
- 1/2 cup grated Pepper Jack cheese
- 2 cups grated aged Jack cheese
- 1 cup prepared salsa, for serving
- 1 cup prepared guacamole, for serving

1. Heat the olive oil in large skillet over medium heat. Add the spinach, season with salt and black pepper, and cook, stirring frequently, until tender, about 10 minutes. Remove and drain the spinach.
2. Heat a large cast iron or nonstick griddle or skillet over medium heat until very hot. Working with one tortilla at a time, place the tortilla in a griddle or skillet. Top with the cheeses and spinach and put a second tortilla on top. Grill on the first side until crisp and golden, 3 to 4 minutes, turn, and cook on the second side. Cut into wedges and serve immediately alongside the Lime Black Beans.

Serves 4

A top-down photograph of a white bowl filled with black beans, garnished with fresh green cilantro leaves. To the left of the bowl are two lime wedges. To the right is a half of an avocado, showing its green flesh and brown pit. The background is a light gray surface.

BLACK BEANS WITH LIME

This is the easiest, high-protein, healthy side dish that can be thrown together in a flash. Serve alongside quesadillas, BLTs, grilled meats, leftovers, or just brown rice for a quick weeknight dinner.

- 1 (15.5 oz) can low-sodium black beans
- 1 tbsp lime juice, plus more as needed
- 1 small clove garlic, grated
- 1/4 cup chopped cilantro
- Kosher salt, to taste

In a bowl, combine the beans, lime juice, garlic, and cilantro. Season with salt and additional lime juice, to taste. Serve at room temperature or chilled.

Serves 4 to 6

GROCERY LIST

PRODUCE

- 2 zucchini
- 3 eggplants
- 1 medium red onion
- 2 large red onions
- 1 yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 2 Roma tomatoes
- 1 lb carrots
- 3 radishes
- 1 jalapeño
- 1 Thai bird chile, optional
- 3 English cucumber
- 2 heads Bibb lettuce
- 12 cups spinach leaves
- 2 stalks celery
- 4 oz white mushrooms
- 1 head garlic
- 2 limes
- 6 limes
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch basil
- 1 bunch flat-leaf parsley
- 1 bunch rosemary

DRY GOODS

- 6 pitas
- 8 large flour tortillas
- 2 cups French lentils
- 1 (15.5 oz) can low-sodium black beans
- 1 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1 cup fresh French bread croutons
- 1 1/2 cups prepared hummus
- 1 cup prepared salsa
- 1 cup prepared guacamole
- 1/4 cup roasted peanuts
- 1/4 cup sugar
- 1 1/4 cups vegetable oil, plus additional for frying
- 1 1/4 cup olive oil
- 1/4 cup soy sauce
- 1/2 cup seasoned rice wine vinegar
- 1/4 cup cider vinegar
- 2 tsp balsamic vinegar
- 1 tsp fish sauce
- 2 tsp mustard

MEAT, FISH, & TOFU

- 5 boneless, skinless chicken thighs
- 1 lb Italian sausage
- 12 oz shrimp, peeled/deveined

SPICES

- Kosher salt
- Ground black pepper
- 1/2 tsp crushed fennel/fennel seeds
- 1/4 tsp Spanish paprika

DAIRY/EGGS

- 1 cup prepared tzatziki
- 2 cups grated Monterey Jack cheese
- 1/2 cup grated Pepper Jack cheese
- 2 cups grated aged Jack cheese

