



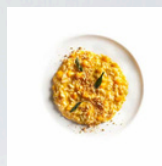
WELCOME!

This week's menu brings together cozy fall favorites and easygoing dinners. Save the prosciutto and egg pizza for a night when you want something a little special without spending hours in the kitchen!

PREP AHEAD

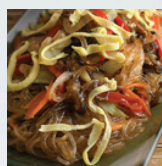
To make your week easier, check through this prep list over the weekend:

1. Prep the veggies for Tuesday's bowls.
2. Prep Wednesday's salad: cook the chicken and bacon, make the hard-boiled eggs, and mix the dressing.
3. Make Friday's soup all the way through.



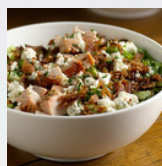
MONDAY

Risotto With Pumpkin and Parmigiano-Reggiano



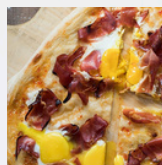
TUESDAY

Roasted Veggie Fajita Bowls



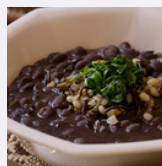
WEDNESDAY

Cobb Salad



THURSDAY

Prosciutto and Egg Pizza



FRIDAY

Cuban-Style Black Bean Soup



RISOTTO WITH PUMPKIN AND PARMIGIANO-REGGIANO

You can use fresh pumpkin or hard-skinned squash if you would like (start with one about 3 lb), but canned pumpkin is a quality convenience item.

- 1 quart chicken or vegetable broth
 - 1 1/2 cups canned pumpkin (from 1 can)
 - 1/2 cup olive oil
 - 1 medium yellow onion, minced
 - 1 1/2 cups carnaroli or vialone nano rice
 - 1/2 cup (1 stick) unsalted butter, cubed
 - 3/4 cup grated Parmigiano-Reggiano
 - Kosher salt, to taste
 - Coarsely ground black pepper, to taste
 - Sage leaves, as needed (optional)
1. Heat the broth over low heat; keep warm.
 2. Heat the oil in a large pot over low heat. Add the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add the pumpkin and continue to cook, stirring constantly, until it is hot, about 2 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.
 3. Add enough of the broth to come 1/2 inch above the rice, and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time.
 4. Once the rice has absorbed almost all the broth, and the grains are just tender (al dente), about 20 minutes total cooking time, remove the pot from the heat. Add the butter and cheese and stir vigorously until the risotto is creamy.
 5. Season with salt and pepper if necessary and serve immediately on flat plates.
 6. Top the risotto with a few leaves of sage, if using.

Serves 4



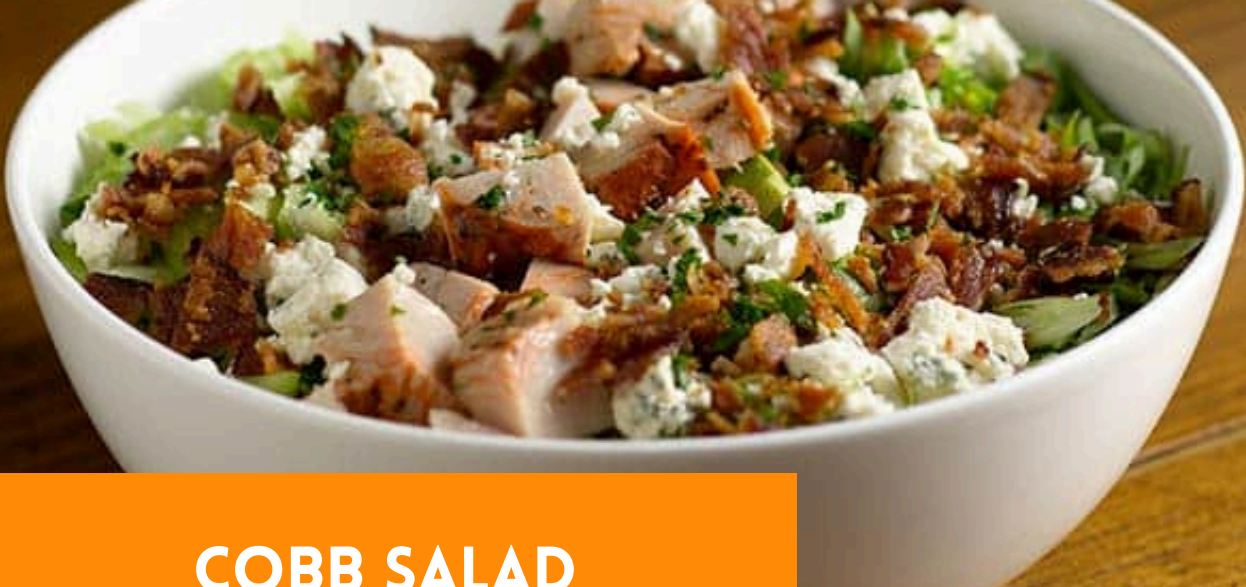
ROASTED VEGGIE FAJITA BOWLS

These bowls are endlessly customizable for a quick and filling weeknight dinner. Add thinly sliced raw chicken breast to the veggie mixture before cooking or top the bowls with leftover chili or pulled pork, if you like.

- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 1 medium sweet potato, cut into 3/4-inch cubes
- 1 tbsp vegetable oil
- 1/2 tsp kosher salt
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 1/4 tsp garlic granules
- Freshly ground black pepper, to taste
- 3 tbsp lime juice
- 1 tsp honey
- 2 tbsp minced cilantro, plus more for garnish
- 1 (15 oz) can black beans,
- 2 cups brown rice, cooked
- 1/2 cup corn kernels, defrosted if frozen
- 1 avocado, diced
- Corn tortilla chips, for serving
- 4 lime wedges, for serving

Serves 4

1. Preheat the oven to 425°F.
2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, chili powder, cumin, garlic, and black pepper. Toss to coat. Roast until the veggies are browned and the potatoes are cooked through, about 25 minutes.
3. In a medium bowl, stir together the lime juice, honey, and cilantro. Add the black beans and toss to coat. Season with salt and set aside.
4. To assemble, place 1 cup of rice in the bottom of each bowl. Top with a quarter of the roasted vegetable mixture, a quarter of the black beans (and any accumulated dressing), 2 tablespoons of corn, a quarter of the avocado, and tortilla chips. Serve with a lime wedge.



COBB SALAD

This is a classic Cobb Salad a la the Hollywood Brown Derby. The garnish suggestions here are typical, but some versions have included watercress, celery, Cheddar cheese, hard-boiled eggs, black olives, or alfalfa sprouts.

- 2 lb chicken breasts, boneless and skinless
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 1 tbsp vegetable oil
- 16 bacon slices
- 1 lb romaine lettuce, torn into pieces
- 1 1/2 cups diced tomatoes
- 2 cups blue cheese
- 2 avocados, sliced
- 1/2 cup sliced scallions
- 8 hard-boiled eggs, peeled and quartered

Vinaigrette

- 3 tbsp water
- 5 tbsp red wine vinegar
- 1/2 tsp sugar
- 2 tsp lemon juice
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1/2 tsp coarse grain mustard
- 2 garlic cloves, minced
- 1 cup olive oil

Serves 8

1. Preheat the oven to 400°F. Season the chicken breasts with salt and pepper. Heat the vegetable oil in a large sauté pan over medium-high heat and sauté the chicken breasts until golden brown on each side, about 6 to 8 minutes. Place the pan in a 400°F oven and cook the chicken to an internal temperature of 165°F. Cool and cut meat into 1/4-inch thick slices.
2. Sauté the bacon until crisp. Drain on absorbent paper, crumble into small pieces, and keep warm.
3. For the vinaigrette, blend together all of the ingredients except for the olive oil. Allow the flavors to marry for 5 minutes. Add the olive oil and whisk thoroughly. It may be necessary to blend the dressing together again before serving.
4. Toss the romaine with the vinaigrette and divide between 8 plates. Top with 4 ounces chicken, 3 tablespoons diced tomato, 1/4 cup crumbled blue cheese, 1/4 avocado, 1 tablespoons scallions, and 2 tablespoons crumbled bacon.



PROSCIUTTO AND EGG PIZZA

Make pizza dough at home or pick up a pound of prepared dough from your grocery store or local pizza spot. Runny eggs make this pizza rich and decadent, but if you prefer yours a little more firm, just cook it a bit longer.

- 1 lb prepared pizza dough
 - 1/4 cup red pepper jelly
 - 6 oz thinly sliced prosciutto
 - 6 eggs
1. Preheat an oven to 525°F. Preheat a pizza stone, if you like.
 2. Stretch or roll the pizza dough into a 16-inch circle and place on an oiled pizza pan (if using a pizza stone, place on a well-floured pizza peel).
 3. Spread the dough all over with the red pepper jelly. Top with prosciutto and transfer to the oven. Bake until browned around the edges, about 10 minutes.
 4. Remove from the oven and crack the eggs directly onto the pizza, spacing them evenly apart. Return to the oven and bake until the eggs are cooked to your desired doneness (about 7 minutes for runny yolks). Slice and serve right away.
 - 5.

Serves 4 to 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

GROCERY LIST

PRODUCE

- 2 medium yellow onions
- 1 red onion
- 1 medium sweet potato
- 1 red bell pepper
- 1 lb romaine lettuce
- 1½ cups diced tomatoes
- 3 avocados
- 1 bunch scallion
- 1 head garlic
- 1 jalapeño
- 2 lemons
- 3 limes
- 1 bunch cilantro
- 1 bunch sage (optional)
- 2 cup spinach leaves

DRY GOODS

- 1½ cups Carnaroli rice
- 2 cups brown brown rice
- 12 oz dried black beans
- 1 ancho chile
- 1 (15 oz) can black beans
- 1 (15 oz) can pumpkin purée
- ½ cup corn kernels, fresh or frozen
- 1 jar sun-dried tomatoes
- 1 quart chicken or vegetable broth
- 8 cups low-sodium chicken broth
- 1 lb prepared pizza dough
- 1 bag corn tortilla chips
- ¼ cup red pepper jelly
- ½ tsp sugar
- 1 tsp honey
- ½ tsp coarse-grain mustard
- 5 Tbsp red wine vinegar
- 1 Tbsp sherry vinegar
- 1½ cup olive oil
- 3 Tbsp vegetable oil

MEAT, FISH, & TOFU

- 2 lb boneless, skinless chicken breasts
- 18 slices bacon
- 6 oz thinly sliced prosciutto

DAIRY/EGGS

- 14 eggs
- ½ cup (1 stick) unsalted butter
- ¾ cup grated Parmigiano-Reggiano
- 10 oz blue cheese

SPICES

- Kosher salt
- Black pepper
- ¾ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp garlic granules
- ⅛ tsp ground allspice
- 2 whole cloves
- 1 tsp dried oregano

