



**DISH**  
EAT. DRINK. DISCOVER.

*Weekly Menu Plan*

# Welcome!

It seems like most of the country has been blanketed in snow this week (and if you aren't, keep it to yourself!). And while we love a good low and slow snow-day stew or soup, sometimes you need a dinner that reminds you that spring is coming, be it ever so slowly!

This week, we've given you a little bit of cold-weather comfort foods, but we've sprinkled in a few lighter dishes that are a look ahead.

Tilapia with Grapefruit Salsa takes advantage of the absolute best part of winter: in season citrus fruit! We're serving it with green beans, but you can also use it to top tender butter lettuce for a nice salad. Speaking of salad, Thursday's Chicken, Quinoa, and Parsley Salad is simple, but you can jazz it up with diced avocado, peppers (the mild or spicy kinds!), or different herbs.

If you have some free time on Sunday, get some prep out of the way to make your week easier:

- Trim and blanch the green beans for Monday's side dish.
- Make the Cream of Broccoli Soup all the way through.
- Cook the quinoa for Thursday's salad. Cool it and store it in a zip-top bag for easy grab-and-go.



## WEEK 5 DINNER MENU

### MONDAY

Tilapia with Grapefruit Salsa and String Beans with Almonds

### TUESDAY

Cream of Broccoli Soup

### WEDNESDAY

Slow Cooker Beef Pot Roast

### THURSDAY

Chicken, Quinoa, and Parsley Salad

### FRIDAY

Tofu Red Curry

# WEEK 5 • DINNER SHOPPING LIST



## PROTEINS

- 6 tilapia filets  
(about 6 oz each)
- 4 lb boneless chuck pot roast
- 8 oz extra-firm tofu
- 1 lb boneless, skinless chicken breast  
(or 12 oz prepared chicken)

## PRODUCE

- 6 medium yellow onions
- 1 red onion
- 1 leek
- 1 head garlic
- 1 habanero pepper
- 1 bunch celery
- 2 lb broccoli
- 4 cups green string beans
- 1 small head green leaf lettuce
- 1 medium carrot
- 1 cup grape tomatoes
- 1 bunch thyme
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch green onions
- 2 lemons
- 1 lime
- 2 Ruby Red grapefruits
- 1 navel orange

## FROZEN

- 1/2 cup frozen peas

## PANTRY

- 1/2 cup almond oil
- 1 1/4 cup sliced almonds
- 1/4 cup chopped peanuts
- 1/2 cup olive oil
- 1/4 cup canola oil
- 1/4 cup all-purpose flour
- 1 quart low-sodium beef broth
- 8 cups vegetable or chicken broth
- One 14.5 oz can low-salt diced tomatoes
- 3/4 cup red quinoa
- 1/2 tsp Dijon mustard
- 2 tbsp red curry paste
- 3/4 cup light coconut milk
- Kosher salt
- Ground black pepper

## BEER/WINE

- 1/4 cup white wine
- 1 pint amber or red beer

## EGGS / DAIRY

- 1/2 cup heavy cream

## SPICES

- 1 bay leaf
- 1/4 tsp ground turmeric



## TILAPIA WITH GRAPEFRUIT SALAD

**SERVES 4**

- 2 Ruby Red grapefruits (about 1 cup sections)
- 1 navel orange (about 1/2 cup sections)
- 2 tablespoons chopped cilantro
- 1/4 cup minced red onion
- 1 teaspoon minced habanero pepper
- 1 tablespoon chopped parsley
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 6 tilapia fillets (about 6 ounces each)
- 1 1/2 tablespoons olive oil

*Look for grapefruits that feel heavy for their size, because they will be extra juicy. Try and cut the segments over the bowl so you don't lose any of the juices. Habanero peppers are extremely spicy, so if that's not for you, skip it or substitute a less spicy pepper, like serrano.*

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1. Cut the peel and pith off the grapefruits and orange. Cut on both sides of the membranes to release each citrus section.
  2. Combine the grapefruit and orange sections with the cilantro, onion, habanero, parsley, salt, and pepper. Toss carefully so as not to break the citrus sections. Set aside.
  3. Season the fillets with the salt and pepper.
  4. Heat the olive oil in a sauté pan over medium high heat. Add the fillets and cook on each side until golden brown and cooked through, 2 to 3 minutes. Serve with the grapefruit salsa.



## STRING BEANS WITH ALMONDS

### SERVES 4

- 4 cups green string beans, ends removed
- 1 1/2 teaspoons almond oil
- 1/4 cup sliced almonds
- 1/4 cup white wine
- 1/4 teaspoon kosher or sea salt

*This is a basic veggie preparation that goes with just about any dish. You can substitute broccoli, Brussels sprouts, or even snap peas for the green beans, if you like. If you don't have almond oil, olive oil will work just fine, or use butter for something a bit more rich.*

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1. Steam or blanch the string beans just until tender and set aside.
  2. Heat the almond oil in a sauté pan over medium heat. Add the almonds and sauté until lightly brown.
  3. Add the cooked beans and toss to coat. Add the white wine and bring to a boil. Cook until the volume of the wine is reduced by half. Season with the salt and serve.



*Though this version has heavy cream, this soup can be easily made vegan. Instead of heavy cream, drop a handful of raw cashews into the soup with the broth in Step 3. When they go into the blender, they'll add the same creaminess as the cream. If garnish is low on your list of priorities, feel free to skip Step 4 and just put all of the broccoli in the pot at once.*

## CREAM OF BROCCOLI SOUP

### SERVES 8

- 2 lb broccoli, separated into stems and florets, stems peeled
- 1/4 cup olive oil
- 1 medium yellow onion, chopped
- 1 leek, white and light green parts, chopped
- 1 celery stalk, chopped
- 1/4 cup all-purpose flour
- 6 cups vegetable stock or chicken broth
- 1/2 cup heavy cream, warm
- 1 teaspoon fresh lemon juice
- Kosher salt, as needed
- Freshly ground black pepper, as needed

1. Reserve 1 cup of the nicest-looking small broccoli florets for garnish. Coarsely chop the remaining broccoli florets and stems.
2. Heat the oil in a soup pot over medium heat. Add the onion, leek, celery, and chopped broccoli and cook, stirring frequently, until the onion is translucent, 6 to 8 minutes.
3. Add the flour and cook to make a blond roux, stirring frequently with a wooden spoon until the flour is well-coated and the mixture is lightly golden, about 5 minutes. Gradually add the stock or broth to the pot, whisking well to work out any lumps. Bring the soup to a simmer and cook until flavorful and thickened, about 45 minutes, stirring frequently and skimming as necessary.
4. Meanwhile, bring a large pot of water to a boil. Prepare a large bowl of ice water. Add the reserved broccoli florets to the boiling water and cook just until tender, 3 to 4 minutes. Using a slotted spoon, remove the florets from the pot and plunge them into the bowl of ice water. When cool, drain and reserve.
5. Strain the soup and reserve both the solids and the stock or broth. Purée the solids in a blender or food processor, adding broth as needed to facilitate puréeing. Combine the purée with enough of the reserved broth to achieve the consistency of heavy cream. Strain the soup through a fine mesh sieve, if desired.
6. Return the soup to the pot and bring to a simmer over medium heat. Remove the soup from the heat and stir in the cream and lemon juice. Season with salt and pepper.
7. Serve immediately, garnished with the reserved florets.



*At first glance, this may look like a huge quantity of onions, but it is not an error. Do not reduce the amount of onions in this recipe. They are what give the dish its outstanding deep, rich flavor, reminiscent of onion soup. Pair the pot roast with something simple, like buttered egg noodles and roasted carrots.*

## SLOW-COOKER BEEF POT ROAST

### SERVES 8

- One 4-lb boneless chuck pot roast
- 1 teaspoon kosher salt, plus more as needed
- 1/2 teaspoon freshly cracked black pepper, plus more as needed
- 2 tablespoons canola oil
- 4 medium onions, sliced (8 cups)
- 4 garlic cloves, minced
- 1 quart low-sodium beef broth
- 1 pint amber or red beer
- One 14.5-oz can low-salt diced tomatoes
- 1 sprig thyme
- 1 bay leaf

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1. Preheat the oven to 300°F.
  2. Season the meat with salt and pepper. Heat the canola oil in a large Dutch oven over medium-high heat. When the oil in the pot just starts to smoke, add the meat and sear until nicely browned on all sides, about 5 minutes.
  3. Remove the meat from the pot and set aside. Add the onions to the hot pot, reduce the heat to medium, and cook until they are a deep golden brown, about 30 minutes. (The browner the onions get, the more stirring you will have to do to make sure that they don't burn on the bottom of the pan.) Add the garlic and continue to cook until the garlic is soft, about 1 minute more.
  4. Add the broth, beer, tomatoes, thyme, and bay leaf and bring to a simmer, scraping up any brown bits on the bottom of the pan.
  5. Transfer the mixture to a slow cooker and add the seared beef. Set on low heat, cover, and cook until the meat is fork-tender, about 6 hours.
  6. Remove and discard the bay leaf. Cool the stew slightly at room temperature. To serve, slice the beef into 1/4-inch-thick slices and serve immediately with the onions and sauce. Alternatively, you can refrigerate the stew overnight in an airtight container. (The flavor is often better if a braised item is allowed to chill so that some cooking liquid absorbs back into the meat. Chilling also makes it much easier to skim all the solid fat off the top before reheating.) Before slicing and serving, gently reheat the chilled stew slowly at a simmer (do not allow it to boil) until the meat reaches an internal temperature of 165°F.



*For this dish, you can brown chicken breast in a skillet or use shredded meat from a rotisserie chicken. Add whatever veggies you have on hand, like peppers or peas.*

## CHICKEN, QUINOA, AND PARSLEY SALAD

### SERVES 4 TO 6

- 1/4 cup plus 1 tablespoon almond oil, divided use
- 1/2 small onion, diced
- 1/2 cup diced celery
- 3/4 cup red quinoa
- 1 3/4 cups vegetable broth, divided use
- 1 teaspoon kosher salt, divided use
- 1 cup chopped parsley
- 12 ounces cooked chicken breast, chopped
- 1 cup sliced almonds, toasted
- 4 teaspoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1 small head green leaf lettuce

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1. Heat 1 tablespoon of the almond oil over medium heat. Add the onion and celery and sauté until soft. Add the quinoa, 1 1/2 cups of the broth, and 1/2 teaspoon of the salt. Bring to a boil, cover, and simmer until quinoa is soft and the liquid absorbed, about 15 minutes. Allow the quinoa to cool.
  2. Stir the parsley, chicken, and 1/2 cup of the almonds into the quinoa.
  3. Combine the lemon juice, mustard, the remaining 1/4 cup broth, and the remaining 1/2 teaspoon salt. Whisk in the remaining 1/4 cup almond oil. Toss quinoa salad with half of the dressing. Toss the lettuces with the remaining dressing.
  4. Serve the quinoa on a bed of lettuce leaves and top with the reserved 1/2 cup almonds.





*We think tofu is a nice change of pace, but if it's not your favorite, you can use chicken, pork, or even shrimp in this dish. You can usually find one or two prepared Thai red curry paste at your grocery store, but an Asian market will have tons of options. You can use whichever variety you like best, like green curry or the more mild Massaman.*

## TOFU RED CURRY

### SERVES 4

- 1 1/2 tablespoons canola oil
- 1/2 package (8 ounces) extra-firm tofu, drained and pressed to remove moisture and cut into cubes
- 1 tablespoon fresh lime juice
- 1 medium carrot, peeled and diced
- 1/4 cup diced yellow onion
- 2 garlic cloves, minced
- Chicken or vegetable broth, as needed for sweating vegetables
- 1 cup grape tomatoes, halved
- 1/2 cup frozen green peas, thawed
- 2 tablespoons red curry paste
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup light coconut milk
- 1/4 cup chopped cilantro
- 1/4 cup minced green onions
- 1/4 cup chopped peanuts

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1. Heat the peanut oil in a skillet over medium high heat. Add the tofu cubes and cook until they are golden on all sides, 5 to 7 minutes. To help the tofu cubes maintain their shape, turn them with a flat spatula. Remove from the skillet and sprinkle with the lime juice.
  2. Add the carrot and onion to the skillet and sweat until soft, 4 to 5 minutes. Add the garlic and cook until fragrant, about 1 minute more. Splash the vegetables with a small amount of chicken or vegetable broth to prevent them from sticking to the bottom of the skillet and burning. Add the tomatoes and green peas and sweat just until they release a little of their liquid.
  3. Stir in the curry paste, turmeric, salt, and pepper. Add the coconut milk, reduce the heat, and simmer until the sauce has thickened slightly, 6 to 8 minutes.
  4. Stir the tofu cubes back into the pan and heat through. Stir in the cilantro, green onion, and peanuts.