



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

It is officially spring now, which means the time is right for asparagus, farm fresh eggs, and grilling! We started the week with a super simple frittata recipe (you can market this as breakfast for dinner, if that brings kids to the table), and though we've used asparagus, we all know the beauty of a frittata is its versatility. Add steamed broccoli, baby spinach, ham, or even just some simple leeks. We paired them with roasted potatoes, but you can even serve it with crusty bread for a sandwich.

Wednesday's soup calls for a homemade broth, so that's a great project to get out of the way on Sunday. You can also put it on to simmer behind the scenes while you prepare Monday or Tuesday's dinners. It's very hands-off.

Speaking of simplifying your life, if you have some time this weekend, here are a few ways to get some prep out of the way:

1. Make the broth for Wednesday's soup (let this simmer while you work on everything else).
2. Trim and blanch asparagus for your frittata.
3. Make the ketchup for the turkey burgers.
4. Hard-boil the eggs for Friday's salad and make the vinaigrette.



WEEK OF MARCH 25 DINNER MENU

MONDAY

Asparagus Frittata
with Tattooed Potatoes

TUESDAY

Turkey Burgers
with Coleslaw

WEDNESDAY

Minestra Maritata

THURSDAY

Campanelle with Red Onion,
Pancetta, Olives, Pecorino,
and Cream

FRIDAY

Salade Niçoise

DINNER SHOPPING LIST

PROTEINS

- 2 lb ground turkey
- 8 oz pork ribs
- 4 oz pork skin (if available)
- 4 oz Italian sausage
- 8 oz boneless beef chuck
- 7 oz pancetta
- 1/2 cup tuna, canned in olive oil
- 12 anchovy fillets

PANTRY

- 1 1/2 cups olive oil
- 1 cup mayonnaise
- 3 tbsp cider vinegar
- 2 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 cup panko breadcrumbs
- 1 lb dried campanelle pasta
- 3/4 cup dry white wine
- 3/4 cup chicken or vegetable broth
- 6 Kaiser rolls
- 2 tbsp sugar
- 1 1/2 tsp Tabasco sauce
- 12 large green olives, pitted
- 36 Niçoise olives
- Kosher salt
- Black pepper

PRODUCE

- 2 red onions
- 1 yellow onion
- 3 shallots
- 1 clove garlic
- 5 red bell peppers
- 1 yellow bell pepper
- 1 fresh hot red chile
- 3 radishes
- 8 oz green or white asparagus
- 2 cups plus 12 each fingerling potatoes
- 1 head green lettuce
- 1 head Bibb lettuce
- 1 large beefsteak tomato
- 1 head green cabbage
- 1 head savoy cabbage
- 1 lb escarole
- 1 lb broccoli rabe
- 3 carrots
- 24 sage leaves
- 1 bunch flat-leaf parsley
- 1 bunch chives
- 1 bunch basil
- 1 bunch rosemary
- 1 bunch thyme

DAIRY AND EGGS

- 11 eggs
- 2 tbsp grated Parmigiano-Reggiano
- 1/2 cup Pecorino Romano
- 6 slices provolone cheese
- 6 tbsp sour cream
- 3 tbsp whole milk
- 1 cup heavy cream
- 2 tbsp unsalted butter

SPICES

- 1 tsp red pepper flakes
- 1 1/2 tsp celery seeds
- 2 tsp dry mustard
- 1 bay leaf



Have we mentioned that we love a frittata for a Monday night meal? And this one is as easy as it gets. We suggesting a fun roasted potato for a side dish, but you can simplify by serving the frittata with a simple garden salad and some crusty bread.

ASPARAGUS FRITTATA

SERVES 4

- 8 oz green or white asparagus
- 2 tablespoons grated Parmigiano-Reggiano
- Kosher salt, as needed
- 3 tablespoons whole milk
- 5 large eggs
- 2 tablespoons unsalted butter

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1. Preheat the oven to 325°F.
 2. Trim the asparagus by snapping off the hard portion of the stalk. Peel the stems. Bring a large pot of salted water to a boil over high heat. Add the asparagus and cook until just barely tender, about 2 minutes. Drain and rinse with cold running water. Cut each stalk in half lengthwise.
 3. Whisk together the eggs, cheese, milk, and salt in a medium bowl.
 4. Melt the butter in a large ovenproof skillet over medium-low heat. When the butter has stopped foaming, pour in the egg mixture and arrange the asparagus on top of the eggs.
 5. Transfer the skillet to the oven and bake until the eggs are set, 10 to 12 minutes. Cut into wedges and serve hot or chill the frittata and serve it cut into cubes as a snack or into wedges as a sandwich filling.



These potatoes are "tattooed" with fresh sage leaves. You can skip that step and make simple roasted potatoes, if you like, but it's a fun presentation that kids love.

TATTOOED POTATOES

SERVES 4

- 12 small fingerling potatoes
- 24 fresh sage leaves
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt

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1. Preheat oven to 400 degrees F.
 2. In saucepan, bring potatoes to boil in 2 inches water. Reduce heat and simmer 5 minutes; drain. When cool enough to handle, cut in half lengthwise.
 3. Press 1 sage leaf onto cut side of each potato half.
 4. Pour oil into shallow roasting pan. Place potatoes in pan, cut sides down, in one layer.
 5. Roast 20 minutes or until potatoes are tender and golden brown. Drain on paper towels; sprinkle with salt. Serve hot or at room temperature.



This homemade Red Pepper Ketchup makes these simple turkey burgers a little extra special, but you can skip that step to keep it simple. Substitute prepared tomato ketchup, Sriracha, or even barbecue sauce, if you like. These burgers are great on the grill, but you can also cook them in a skillet or grill pan. You can assemble the patties a few days ahead.. Just put them on a parchment-lined tray, wrap it tightly in plastic wrap, and refrigerate until it's time to grill.

TURKEY BURGERS

SERVES 6

- 1 tablespoon olive oil
- 1 large shallot, minced
- 1 clove garlic, minced
- 1 tablespoon chopped flat-leaf parsley
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 pounds ground turkey
- 1 cup panko breadcrumbs
- 1 tablespoon chopped chives
- 1 tablespoon chopped basil
- 1 tablespoon chopped rosemary
- 1/2 cup mayonnaise
- 1/4 cup Red Pepper Ketchup (recipe follows)
- 1 teaspoon red pepper flakes
- 6 slices provolone cheese
- 6 Kaiser rolls
- 6 leaves lettuce
- 6 slices tomato
- 6 slices red onion

Red Pepper Ketchup:

- 1/4 cup olive oil
- 5 red bell peppers, diced
- 2 tablespoons minced shallots
- 3/4 cup dry white wine
- 3/4 cup chicken or vegetable broth
- 1 teaspoon salt, plus to taste if needed
- 1/2 teaspoon ground black pepper, plus to taste if needed

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1. Heat the oil in a large sauté pan over medium-high heat. When the pan is hot, add the shallots and garlic and sauté until translucent, about 2 minutes. Remove from heat and add the parsley, 1 tsp of the salt, and 1/2 tsp of the pepper. Allow to cool to room temperature.
 2. Gently mix together the turkey, breadcrumbs, herbs, and the remaining salt and pepper until completely blended. Form 6 patties. Chill in the refrigerator for 30 minutes.
 3. Mix together the mayonnaise, red pepper ketchup, and red pepper flakes. Keep covered in the refrigerator until you are ready to serve the burgers.
 4. Prepare a grill for medium-heat cooking.
 5. Grill the turkey burgers until cooked through, about 6 minutes per side. About 2 minutes after you turn the burgers, top them with a slice of cheese. Cover the grill so the cheese will melt.
 6. Spread the mayonnaise and ketchup mixture on the buns and top with the burgers. Garnish the turkey burgers with the lettuce, tomato, and red onion.
 7. For the red pepper ketchup, Heat the olive oil in a large sauté pan over medium heat. Add the peppers and shallots and sauté until tender, about 5 to 6 minutes. Deglaze the pan with the white wine, making sure to scrape up anything that is stuck to the bottom of the pan. Add the broth and simmer until reduced to half the original volume. Allow the mixture to cool to room temperature. purée the mixture until smooth. Season the ketchup with the salt and pepper.



Coleslaw is an easy way to sneak in some extra veggies. Shred broccoli (you can find it pre-shredded in most grocery stores), thinly slice spinach or kale, and double up on the carrots. Add the dressing slowly, because you may find you don't need it all.

COLESLAW

SERVES 6 TO 8

- 6 tablespoons sour cream
- 6 tablespoons mayonnaise
- 3 tablespoons cider vinegar
- 2 teaspoons dry mustard
- 2 tablespoons sugar
- 1 1/2 teaspoons celery seeds
- 1 1/2 teaspoons Tabasco® sauce
- Salt, to taste
- Ground black pepper, to taste
- 5 cups shredded green cabbage
- 1 cup grated or shredded carrots

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1. Mix together the sour cream, mayonnaise, vinegar, mustard, sugar, celery seeds, and Tabasco® in a large bowl until smooth. Season the mixture with salt and pepper to taste.
 2. Add the cabbage and carrots, and toss until evenly coated. Cover and refrigerate until needed.
 3. Store leftover coleslaw in an airtight container in the refrigerator for up to 3 days.



This soup pairs a meat broth with flavorful greens, like escarole and broccoli rabe. If you can't find pork skin, it's ok to omit (but ask your butcher to double-check). You can make the soup vegetarian by using vegetable broth and adding cooked white beans, though the broth won't be nearly as rich.

MINESTRA MARITATA

SERVES 4 TO 6

- 8 oz pork ribs
- 4 oz pork skin
- 8 oz boneless beef chuck (in 1 piece)
- 3 oz pancetta
- 1 medium yellow onion
- 2 garlic cloves, peeled
- 1 bouquet garni with 1 thyme sprig, 1 flat-leaf parsley sprig, and 1 bay leaf
- 4 oz fresh Italian sausage, removed from casing and cooked
- 1 lb savoy cabbage
- 1 lb escarole
- 1 lb broccoli rabe
- 1 fresh hot red chile (remove stem and seeds if you are concerned about heat)

1. Put the pork ribs, pork skin, beef, and pancetta in a large pot and add enough cold water to completely cover the meats. Put the pot over medium heat, and bring the water to a simmer. As soon as it comes to a simmer, remove the lid and start skimming any foam that rises to the surface. Add the onion, garlic, and bouquet garni.
2. Partially cover the pot by setting the lid slightly ajar to leave an opening; that way, the pot won't be as likely to boil over and you can keep an eye on it more easily. Bring it back to a simmer and cook, skimming periodically, for about 2 hours.
3. Remove the meats from the broth, let them cool enough to handle easily, remove the bones, and cut the meat into small pieces. Cut the sausage into small pieces and reserve the meats and sausages. (If you plan to serve the soup the next day, keep the meats in a covered container in the refrigerator; it is fine to mix them together.)
4. Strain the broth through a wire-mesh sieve directly into a soup pot if you are planning to serve the soup right away. If you plan to serve the soup another day, cool and store the broth in the refrigerator.
5. Prepare the vegetables for the soup: Separate the cabbage and escarole leaves from the base, rinse well, and cut into thin strips about 2 inches long. Trim and peel the broccoli rabe stems; discard any bruised or discolored leaves, and coarsely chop the stems and tops.
6. Return the broth to a simmer and add the vegetables. Simmer the soup over medium or low heat until the vegetables are tender, about 20 minutes. Add the meat and sausage to the broth, along with the chile. Simmer the soup until it is very flavorful and all the ingredients are tender and very hot, about 10 minutes.
7. Serve the soup at once in heated soup bowls.



We used campanelle when we made this dish, but it may be hard to find, so feel free to substitute bite-sized pastas like penne farfalle (bowties), cavatappi (the little squiggly ones!), or gemelli (little twists). Feel free to omit the pancetta for a vegetarian version of this dish.

CAMPANELLE WITH RED ONION, PANCETTA, OLIVES, PECORINO, AND CREAM

SERVES 4 TO 6

- Kosher salt, as needed
- 1 lb dried campanelle pasta
- 1/4 cup extra-virgin olive oil
- 4 oz pancetta, cut into small dice
- 1 large red onion, cut into small dice
- 12 large green olives, pitted, and coarsely chopped
- 1 cup heavy cream
- 1/2 cup grated Pecorino Romano, plus more as needed for serving

1. Bring a large pot of salted water to a boil over high heat. Add the campanelle and stir to submerge and separate the pieces. Cook, uncovered, until the pasta is just tender (al dente), 8 to 10 minutes (check the cooking time for your pasta).
2. While the pasta is cooking, heat the oil and the pancetta in a large sauté pan over medium heat. Cook, stirring frequently, until the pancetta is crisp and golden, about 3 minutes.
3. Add the onion and olives and cook, stirring frequently, until the onion is very tender, about 6 minutes. Add the cream and simmer the sauce over low heat until it is thickened and flavorful, about 4 minutes. Set aside.
4. Drain the campanelle in a colander, shaking well to remove the excess water. Add the pasta to the pan with the red onion and pancetta mixture. Add the cheese and pepper and toss the pasta and the sauce together over low heat until evenly blended, about 2 minutes.
5. Serve the campanelle at once on warmed plates, and pass cheese on the side.



Look for good quality tuna for this recipe (you'll find imported varieties from France, Italy, or Portugal at specialty markets). If you like, you can even prepare your own using our [Olive Oil-Poached Tuna Provençal](#) recipe. You can be as fussy with this salad, as you would like, but you can keep the peels on the tomatoes and potatoes to save time.

SALADE NIÇOISE

SERVES 6

Potatoes:

- 2 cups fingerling potatoes
- 1 1/2 teaspoons olive oil

Vinaigrette:

- 2 tablespoons white wine vinegar or lemon juice
- 1/2 cup extra-virgin olive oil
- 1 1/2 teaspoons finely chopped shallots
- 1 tablespoon prepared Dijon mustard
- Salt, to taste
- Freshly ground black pepper, to taste

Salad:

- 1 head Bibb lettuce, leaves separated, washed, and dried
- 1 cup plum tomato, seeded, peeled (if desired), and cut into quarters
- 1 yellow bell pepper, seeded and thinly sliced into strips
- 3 radishes, thinly sliced
- 1/2 cup tuna canned in olive oil, drained
- 6 hard-boiled eggs, quartered
- 2 cups haricots verts or green beans, ends trimmed, blanched
- 12 anchovy fillets
- 1/4 cup finely chopped chives
- 36 Niçoise olives, pitted, if desired
- Salt, to taste

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1. To prepare the potatoes: Put the potatoes in a medium pot with enough salted water to cover and bring to a boil over high heat. Reduce the heat to establish a simmer and cook until tender, about 8 minutes. Drain the potatoes and set aside until cool enough to handle. Peel the potatoes and slice them lengthwise in half (or quarter them, depending on the size). Reserve in the olive oil.
 2. To make the vinaigrette: Whisk together the vinegar or lemon juice, olive oil, shallots, and mustard until the mixture is well combined. Season with salt and pepper.
 3. To compose the salad: Dress the lettuce leaves very lightly with the vinaigrette. Reserve the leftover vinaigrette. Line a salad platter with the dressed lettuce leaves.
 4. Arrange the tomatoes, bell pepper, radishes, tuna, eggs, haricots verts or green beans, potatoes, anchovies, chives, and olives in rows on top of the lettuce. Dress with a drizzle of the remaining vinaigrette and season with salt and pepper.