



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

Depending on where you live, spring break may just be ending, just beginning, or still out in the distance. But either way, you probably need an easy week (we all know vacation isn't that relaxing!).

This week's menu embraces choose-your-own-adventure-convenience. We've given you recipes to make just about everything from scratch, but we're also giving you the permission (not that you need it. It's your life!) to use some shortcuts.

Even if you keep it simple, you can do a few things to get ahead of your meal prep:

1. Clean and cook the shrimp for Monday's shrimp rolls.
2. Make your cavatelli and store it tightly wrapped in the fridge.
3. Prepare the roast chicken and peanut-hoisin sauce.
4. Make stuffed grape leaves for Thursday's salad.
5. Make the tomato soup all the way through!



WEEK OF APRIL 1 DINNER MENU

MONDAY

Shrimp Rolls

TUESDAY

Cavatelli with Mushrooms
and Ramps

WEDNESDAY

Lettuce Wraps
with Roasted Chicken
and Hoisin-Peanut Sauce

THURSDAY

Lemon-Infused Greek Salad
with Stuffed Grape Leaves

FRIDAY

Cream of Tomato Soup
with Grilled Ham and
Cheese Sandwiches

DINNER SHOPPING LIST



PROTEINS

- 1 lb jumbo (21/25) shrimp
- 1 (3 to 3 1/2 lb) roasting chicken
- 5 thin slices ham

PANTRY

- 3 tbsp mayonnaise
- 1 cup olive oil
- 1/2 cup vegetable oil
- 2 1/2 tbsp Dijon mustard
- 2 quarts vegetable broth
- 1 lb semolina flour
- 2 tsp balsamic vinegar
- 1/4 cup seasoned rice vinegar
- 1/4 cup unseasoned rice vinegar
- 1 tbsp Sriracha
- 1 cup hoisin sauce
- 1 cup short grain rice
- 1/4 lb rice vermicelli
- 1 (28 oz) can plum tomatoes
- 1 cup Greek olives
- 16 brine-packed grape leaves
- 1/4 cup roasted peanuts
- 10 slices white Pullman bread
- 4 split-top hot dog rolls
- Potato chips, any kind
- Kosher salt
- Black pepper

PRODUCE

- 3 medium yellow onions
- 1 small red onion
- 1 head garlic
- 1 stalk celery
- 1 yellow bell pepper
- 1 lb mushrooms
- 1 1/2 cups shredded carrots
- 2 English cucumber
- 2 heads Bibb lettuce
- 2 to 3 hearts of romaine
- 1 pint cherry tomatoes
- 1 fennel bulb
- 4 Roma tomatoes
- 4 Yukon Gold potatoes
- 1 bunch ramps
- 1 bunch scallions
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch parsley
- 1 bunch dill
- 1 bunch mint
- 1 bunch basil
- 5 lemons

DAIRY AND EGGS

- 1 1/2 sticks unsalted butter
- 1 cup shaved Parmigiano-Reggiano
- 2 1/4 cups crumbled feta
- 10 slices Gruyère
- 1 cup heavy cream



Sometimes the simple dinners are the best dinners, and this one fits the bill. We think the classic combination of shrimp roll and crispy potato chips is just right, but if you're feeling more virtuous, some grilled or steamed veggies, or oven-roasted sweet potatoes are just as good!

SHRIMP ROLLS

SERVES 4

- 1 pound jumbo (21/25) shrimp, peeled and deveined
- 1/4 cup small-dice celery
- 3 tablespoons mayonnaise
- 1 heaping teaspoon Dijon mustard
- 1/2 teaspoon lemon juice
- Pinch kosher salt
- Pinch ground white or black pepper
- 4 hot dog rolls (Eastern style—split on top)
- 1 tablespoon melted butter
- Potato chips, for serving

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1. Bring a medium pot of salted water to a boil. Add the shrimp, turn off the heat, and cover. After 2 minutes, remove the shrimp and place in an ice bath until cool.
 2. Cut each shrimp into four pieces.
 3. Combine the shrimp meat, celery, mayonnaise, mustard, lemon juice, salt, and pepper in a mixing bowl. Adjust seasoning.
 4. For each sandwich, open a roll, brush with butter, and toast on a griddle until golden brown.
 5. Divide the shrimp salad between the rolls and serve immediately.

Chef's tip: Shrimp are sold in sizes or "counts" that are expressed in number per pound. For example, shrimp labeled "16/20" indicates the average number of shrimp per pound. Shrimp larger than 16/20 are denoted with a "U" for "under." U-15 means that there are fewer than 15 shrimp per pound.



As homemade pasta goes, this is one of the easiest kinds (no pasta machine!). Of course, for a Tuesday, you may prefer to use store-bought pasta, which is a perfectly good option here. We love chanterelle mushrooms, which are just coming into season, but shiitakes are easier to find and just as tasty.

CAVATELLI WITH MUSHROOMS AND RAMPS

SERVES 5

Pasta Dough:

1 lb semolina flour
 1 tbsp olive oil
 1 cup water, warmed to 95°F

Mushrooms and Ramps:

Olive oil, as needed
 2 cups 1/4-in thick sliced mushrooms

2 cups ramps or scallions,
 cut into 1-inch lengths
 1 thyme sprig
 1 cup water, vegetable broth or chicken broth
 Salt, to taste
 Freshly ground black pepper, to taste
 1 cup shaved Parmigiano-Reggiano

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1. To make the pasta dough: Combine all the ingredients for the dough in the bowl of an electric mixer fitted with the paddle attachment and mix on medium speed for about 10 minutes, or until thoroughly incorporated. Cover the bowl with plastic wrap and let the dough rest for 20 minutes.
 2. Pinch off a marble-size piece of dough and roll it out with a pencil-size wooden dowel. It should ultimately be curled up on both sides and be shaped like a little hot dog bun.
 3. Place the rolled cavatelli on a parchment paper-lined sheet pan that has been lightly floured and cover them with plastic wrap. At this point you, can freeze the cavatelli or cook them. To freeze, place them on a sheet pan and freeze until solid, then transfer them to zipper-lock bags; they won't stick together.
 4. To make the mushrooms and ramps: In a large sauté pan, heat the olive oil, add the mushrooms, and sauté on high heat until lightly browned, 4 to 5 minutes.
 5. Add the ramps and thyme and brown lightly, 2 to 3 minutes. Add the water or broth and cook until tender, 2 to 3 minutes more. Season with salt and pepper.
 6. Bring a large pot of salted water to a boil. Cook the pasta until al dente, 8 to 10 minutes. Skim the pasta and add to the pan of hot mushrooms and ramps. Add just enough pasta water to make a light, slightly thin sauce.
 7. Remove the thyme sprig and transfer the pasta to a serving bowl. Add the cheese, toss lightly, and serve immediately.

Chef's Note: If using scallions instead of ramps, cut them in half lengthwise before cooking.



Lettuce wraps are a great kitchen-sink dinner, because you can use whatever leftovers you have to fill them up. They can also be as homemade or convenient as your schedule dictates. We like these basic toppings, but you can use radishes, bell peppers, or even diced pineapple. This sauce is super delicious, but you can use prepared peanut sauce or sweet chile sauce, instead! If you're looking for an actual five-minute dinner, swap out the homemade chicken for a rotisserie chicken! If you have leftover chicken, save it to toss with tomorrow's Greek Salad.

CHICKEN LETTUCE WRAPS

SERVES 6

- 1 Roasted Chicken (recipe follows)
- 1 1/2 cups shredded carrots
- 1 English cucumber, thinly sliced
- 1/4 cup seasoned rice vinegar
- 2 heads Bibb lettuce, leaves removed, rinsed, and dried
- 1 cup cooked rice vermicelli or angel hair pasta
- Hoisin-Peanut Sauce, for serving (recipe follows)

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1. Set the chicken aside to cool slightly, then use a fork to pull the meat from the bones. Reserve the bones for another use (like chicken broth or soup).
 2. In a small bowl, combine the cucumber, carrot, and rice wine vinegar. Toss to coat and set aside.
 3. To assemble the lettuce wraps, lay a lettuce leaf on a plate and top with a few pieces of chicken, a pinch or two of rice noodles, a spoonful of the carrot-cucumber mixture, and a drizzle of hoisin-peanut sauce. Fold the lettuce like a taco to eat.



You can make this simple roasted chicken ahead of time and refrigerate until the day you serve it. Leave it on the bone to help keep it nice and juicy.

ROASTED CHICKEN

SERVES 4 TO 6

- One 3- to 3 1/2-lb roasting chicken
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 2 sprigs thyme
- 2 sprigs rosemary
- 1/4 cup vegetable oil or butter, melted (optional)

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1. Preheat the oven to 400°F.
 2. Season the chicken with salt and pepper and place the thyme and rosemary in the cavity. Rub the skin with oil and truss the chicken. Place the chicken, breast side up, in a roasting pan fitted with a roasting rack. Roast, basting the chicken occasionally with the oil or butter, if using, or the juices that accumulate in the bottom of the pan, until an instant-read thermometer inserted in the thickest part of the thigh registers 170°F, about 1 hour and 10 minutes.
 3. Remove the chicken and rack from the roasting pan and let the chicken rest for 15 minutes before carving.



HOISIN-PEANUT SAUCE

MAKES 1 1/2 CUPS

- 1 cup hoisin sauce
- 1/2 cup water
- 1/4 cup minced yellow onions
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon Sriracha or similar ground chili paste
- 1/4 cup roasted peanuts, finely chopped

We're sorry for introducing you to this sauce, because it's going to be on your mind a lot from now on. This sweet, slightly tangy sauce is going to be the best part of your lettuce wraps (sorry, chicken), but you can also use it as a spread for burgers, a dipper for grilled meat skewers, or even tossed into a stir-fry.

1. In a saucepan, combine the hoisin sauce, water, onions, and vinegar and simmer gently over low heat until the onions are soft and the flavors meld, about 5 minutes. Add water as needed to maintain the consistency of ketchup. Set aside to cool.
2. Add the sriracha and peanuts and serve at room temperature.



Greek salads are so light and refreshing, and this one comes together quickly. You can make stuffed grape leaves, if you want (we included a recipe), but many grocery stores or specialty shops sell high-quality prepared options. You can add shredded chicken or white beans, if you like, or serve the salad alongside some hummus and warmed pitas.

LEMON-INFUSED GREEK SALAD WITH STUFFED GRAPE LEAVES

SERVES 4 TO 6

- 2 tablespoons fresh lemon juice
- 2 teaspoons balsamic vinegar
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt, plus to taste
- 1/8 teaspoon ground black pepper, plus more as needed
- 3 tablespoons canola oil
- 2 tablespoons extra-virgin olive oil
- 9 cups romaine hearts, rinsed, dried, and torn into bite-sized pieces
- 1 cup Greek olives, pitted, cut in half lengthwise
- 2 cups peeled, thinly sliced seedless cucumber
- 2 cups halved cherry tomatoes
- 1/2 cup thinly sliced yellow pepper
- 1 cup thinly sliced red onion
- 2 1/4 cups crumbled feta
- 16 Stuffed Grape Leaves

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1. Combine the lemon juice, vinegar, parsley, salt, and pepper and stir until the salt is dissolved. Combine the canola and olive oil and add the mixture to the lemon juice and vinegar in a stream, whisking constantly, until the oil is blended into the dressing. Season the dressing with additional salt and pepper if needed to taste.
 2. Place the romaine into the salad bowl. Add the olives, cucumbers, cherry tomatoes, pepper, and red onion. Toss the salad ingredients together with the vinaigrette until evenly coated.
 3. Top with the feta and garnish with the stuffed grape leaves.



Brine-packed grape leaves are typically found in jars near the olives at most grocery stores. You can also order them online and keep them in the pantry. In case you're curious, the pan is lined with potatoes to help keep the grape leaves from burning as they cook.

STUFFED GRAPE LEAVES

SERVES 4 TO 6

- 1/2 cup olive oil
- 1 cup minced onions
- 1/2 cup minced fennel
- 2 tablespoons minced garlic
- 1 cup short-grain rice
- 1 1/2 cups finely diced tomato
- Salt, to taste
- Ground black pepper, to taste
- 1/4 cup minced scallions, white portion only
- 1/4 cup minced parsley
- 1/4 cup chopped dill
- 1/4 cup chopped mint
- 16 brine-packed grape leaves, rinsed and drained
- 2 cups thinly sliced potatoes
- 1 quart vegetable broth or water, as needed
- 1/4 cup lemon juice
- Freshly ground black pepper, to taste

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1. Heat 2 tablespoons of the oil in a sauté pan over medium-high heat. Add the onions, fennel, and garlic and sauté, stirring frequently, until they are fragrant and just starting to become translucent, about 4 minutes.
 2. Add the rice and stir to coat completely with the oil. Continue to sauté, stirring constantly, until the rice develops a toasty aroma, about 2 minutes. Add the tomatoes and season with salt and pepper. Continue to cook until the tomatoes are very hot, another 3 minutes. Remove the pan from the heat and stir in the scallions, parsley, dill, and mint. Season with additional salt and pepper, if needed.
 3. Cool the rice mixture to room temperature (or it can be kept in the refrigerator in a covered container for up to 12 hours, if you want to prepare the rice ahead of time and assemble the grape leaves later.)
 4. Bring a pot of water to a boil. Add the grape leaves and cook until they are softened, about 5 minutes. Drain well.
 5. Arrange the sliced potatoes in a rectangular baking dish and add enough of the broth to barely cover them (this will prevent the potatoes from discoloring as you fill and roll the grape leaves).
 6. Spread each grape leaf out on a work surface. The veins should be facing up and the smooth side of the leaf facing down. Place 1 tablespoon of the rice mixture in the center of the leaf. Fold in the sides and then roll up so that the rice is completely encased in the leaf. Place the filled grape leaves in a baking dish, with the seam facing down so the grape leaves won't unroll. The grape leaves can be close to each other, but should not be touching.
 7. Season the grape leaves with a little salt and pepper. Add the remaining olive oil, the lemon juice, and enough additional broth or water to barely cover the grape leaves. Cover the grape leaves with a clean, heat-proof plate (this will keep them submerged as they cook). Place over medium heat and bring the broth or water to a simmer. Reduce the heat to low and cook until the rice filling is very tender, 30 to 45 minutes.
 8. Remove the grape leaves from the pan, cool to room temperature, and then chill for at least 8 hours in a covered container in the refrigerator.



This is the ultimate comfort food, especially when paired with grilled sandwiches. This soup can be made earlier in the week and reheated for an easy Friday supper. Add some cooked white rice or other grains, if you like a bit of texture in your soup.

CREAM OF TOMATO SOUP

SERVES 8

- 2 tablespoon olive oil
- 1 1/2 cups chopped yellow onion
- 1 tablespoon chopped garlic
- 1 quart vegetable broth
- One 28-oz can plum tomatoes
- 1 cup heavy cream
- Kosher salt, as needed
- Ground white pepper, as needed
- Basil chiffonade, as needed

1. Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook until the onions are translucent, 5 to 7 minutes.
2. Add the stock, chopped basil, and tomatoes, reserving a little bit of the juice from the tomatoes. Simmer until the onions and tomatoes are completely tender, about 20 minutes.
3. Meanwhile, in a small saucepan over medium-high heat, bring the cream to a boil. Reduce the heat to medium and simmer until the cream has reduced by half, about 20 minutes. Set aside.
4. Purée the soup using an immersion blender, or in batches using a blender or food processor.
5. Strain through a fine mesh sieve.
6. Return the puréed soup to the pot, if necessary, bring to a gentle simmer over medium-low heat, and stir in the reduced cream. If necessary, thin the soup with the reserved tomato juice. Season with salt and white pepper. Serve immediately, garnished with the basil.

Chef's Note: The consistency of the soup may be adjusted to suit your taste. Leave some chunks of tomato, if desired, or continue to purée until the soup is completely smooth.



There is no better pairing for creamy tomato soup than a buttery grilled sandwich. We added ham to the typical grilled cheese, but you can make classic grilled cheeses with Cheddar, American cheese (don't knock it, it's great for melting!), fontina, or a combination of your favorites.

GRILLED HAM AND CHEESE SANDWICH

SERVES 5

- 10 slices Gruyère
- 5 thin slices ham
- 10 slices white Pullman bread
- 2 tbsp Dijon mustard
- 1/2 cup (1 stick) butter, softened

1. Preheat the oven to 350°F.
2. For each sandwich, place 1 slice of the cheese and 1 slice of the ham on each of 5 slices of bread. Spread lightly with mustard. Place another slice of cheese on top and close with a second slice of bread. Lightly butter the top and bottom of each assembled sandwich.
3. Lightly butter a pan and place over medium heat. Cook the sandwiches, in batches as needed, until golden brown on both sides. If necessary, place the sandwiches on a baking sheet and continue cooking in the oven until the cheese has melted. Serve immediately.