

WELCOME!

Somehow it's already the 4th of July, and if you're like the rest of us, this short week just means more work!

So we've got an easy menu full of one-dish meals ready for you, including a great (but ridiculously easy) grilling recipe perfect for your big 4th of July cook-out... or a quiet night in!

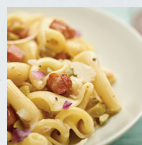
PREP AHEAD

To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

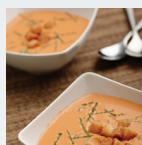
1. Marinate the honey-lime chicken and prep your Brussels sprouts for Monday.
2. Make Wednesday's cream of tomato soup all the way through.



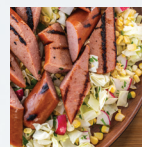
MONDAY
Honey-Lime Chicken with Brussels Sprouts



TUESDAY
Campanelle with Pancetta, Olives, & Pecorino



WEDNESDAY
Cream of Tomato Soup



THURSDAY
Grilled Kielbasa with Corn-Cabbage Slaw



FRIDAY
Lemon-Roasted Broccoli and Sausage Grain Bowl





Honey-Lime Chicken with **BRUSSELS SPROUTS**

A little sweet and a little tangy, this is an easy weeknight dinner that's full of flavor. Chicken thighs stay tender and juicy, but you can substitute breasts or drumsticks, if you like. Use this same cooking method with carrots, potatoes, or even broccoli.

INGREDIENTS:

- 2 cloves garlic
- 1/4 cup lime juice
- 6 tbsp olive oil
- 2 tbsp honey
- 1 tbsp chile-garlic sauce
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 4 bone-in chicken thighs
- 3 tbsp canola oil, divided use
 - 2 lb Brussels sprouts, trimmed and halved
- 4 cups cooked white rice, for serving (optional)

1. In a small food processor, combine the garlic, lime juice, oil, honey, chile-garlic sauce, salt, and pepper; blend until smooth to make a marinade. Reserve 1/4 cup of the marinade and set aside.

2. In a zip-top bag or shallow baking dish, combine the chicken with the remaining marinade. Toss to coat, cover, and refrigerate for at least 6 hours or up to overnight.

3. Preheat the oven to 350°F. Remove the chicken from the marinade and pat dry (discard the used marinade). Heat 2 tablespoons of the oil in a large skillet over medium-high heat. Add the chicken to the pan, skin-side down, and cook until well-browned and crisp, about 6 minutes. Flip and cook until browned on both sides. Transfer the chicken to a baking sheet and place in the oven to finish cooking.

4. Meanwhile, add the remaining 1 tablespoon canola oil to the pan and add the Brussels sprouts. Saute, stirring occasionally, until the sprouts are beginning to brown, about 7 minutes. Add the reserved marinade plus 2 tablespoons of water, stir to combine, and cover. Cook until the sprouts are tender, but still firm, about 4 minutes. Remove the lid and cook until the water has evaporated completely and the sprouts are well-browned, about 5 minutes.

5. Serve the Brussels sprouts with the chicken and rice, if you like.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



Campanelle with Pancetta, **OLIVES AND PECORINO**

For just a few ingredients, this dish is full of salty, savory flavors. If you can't find campanelle, use whatever bite-sized noodles you like. Feel free to substitute traditional bacon or even prosciutto for the pancetta.

INGREDIENTS:

- Kosher salt, as needed
- 1 lb dried campanelle pasta
- 1/4 cup extra-virgin olive oil
 - 6 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
 - Freshly ground black pepper, as needed

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.

SERVES 4 TO 6



DISH
EAT. DRINK. DISCOVER.



CREAM OF TOMATO SOUP

A simple soup is perfect for a busy holiday-week, and tomato soup screams summer -- even if you're using canned tomatoes. Substitute fresh, if you like, but add a few extra and keep in mind that you may need to cook it a bit longer to account for a higher moisture content.

INGREDIENTS:

- 2 tbsp olive oil
- 1 1/2 cups chopped yellow onion
 - 1 tbsp chopped garlic
 - 1 quart vegetable stock
- 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. Strain through a fine mesh sieve.

5. Return the puréed soup to the pot, 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.

SERVES 6

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.



DISH
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Grilled Kielbasa with CORN—CABBAGE SLAW

Kielbasa is a no-brainer for your 4th of July party. It's pre-cooked, meaning you don't have to stand over the grill for hours, it can be served on its own with a slaw, stuffed into sandwiches, or even sliced with a side of mustard as an appetizer. Multiply this recipe as many times as you need to feed your party.

INGREDIENTS:

- Kernels from 2 ears corn
- 6 red radishes, chopped
 - 1 jalapeño, minced
- 2 cups diced green cabbage
 - 2 tbsp olive oil
 - 3 tsp cider vinegar
- 2 tsp spicy brown mustard
 - 1 tsp honey
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 lb kielbasa, halved length-wise

1. In a bowl, combine the corn, radishes, jalapeño, cabbage, oil, vinegar, mustard, and honey. Toss to coat and season with salt and pepper.

2. Preheat a grill for medium-heat cooking and oil the grill grates. Grill the kielbasa until it is browned and hot, about 2 minutes per side. Slice before serving with the corn-cabbage slaw.



DISH
EAT. DRINK. DISCOVER.



Lemon-Roasted Broccoli AND SAUSAGE GRAIN BOWL

Roasted broccoli is super tasty, but you can use whatever you have on hand. Cauliflower, Brussels sprouts, or root vegetables would all work just as well. Feel free to omit the sausage and replace it with grilled shrimp or beans.

INGREDIENTS:

- 3 heads broccoli
- 1/4 cup lemon juice
- 1/4 cup plus 2 tbsp olive oil
- 2 tbsp whole grain mustard
 - 2 cloves garlic
 - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
 - Pinch red pepper flakes
 - 1 lb Italian sausage, removed from casings
- 1 cup farro, wheat berries, or other grain, cooked and drained

1. Preheat the oven to 425°F. Remove the broccoli florets from each head and thinly slice the stalks. Transfer to a large baking or roasting dish.

2. In a small food processor, combine the lemon juice, oil, mustard, garlic, salt, pepper, and garlic flakes. Blend until smooth. Reserve 2 tablespoons and set aside; pour the remainder over the broccoli and toss to coat.

3. Drop tablespoon-sized pieces off sausage over the broccoli, nestling it among the florets. Transfer to the oven and bake, stirring occasionally, until the sausage is cooked through and the broccoli is tender and browned, about 30 minutes.

4. Serve the roasted sausage and broccoli over the cooked grains, drizzled with the remaining lemon juice mixture.



DISH
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DINNER SHOPPING LIST

PROTEINS

- 4 bone-in chicken thighs
- 6 oz pancetta
- 1 lb kielbasa
- 1 lb Italian sausage

DAIRY

- 2 cups heavy cream
- 1/2 cup grated Pecorino Romano

PANTRY

- 1 1/4 cups olive oil
- 3 tbsp canola oil
- 3 tsp cider vinegar
- 2 tsp spicy brown mustard
- 2 tbsp whole grain mustard
- 2 1/2 tbsp honey
- 1 tbsp chile-garlic sauce
- 1 lb campanelle pasta
- 2 cups white rice
- 1 cup farro or other grain
- 1 quart vegetable stock
- 1 (28 oz) can plum tomatoes
- 1 tsp ground white pepper
- Pinch red pepper flakes
- Kosher salt
- Black pepper

PRODUCE

- 1 head garlic
- 1 large red onion
- 1 large yellow onion
- 1 head green cabbage
- 3 heads broccoli
- 2 ears corn
- 6 red radishes
- 1 jalapeño
- 2 lb Brussels sprouts
- 1 bunch basil
- 4 limes
- 6 lemons

