



WELCOME!

We all go through the take-out slump, where we order in more than we should. We've been there, and this menu should help.

Inspired by our favorite take-out foods, this menu is filled with simple dishes that are dramatically more nutritious than their delivery counterparts (though not exclusively virtuous).

PREP AHEAD

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

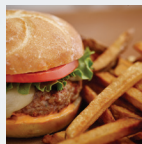
1. Roast the veggies for Tuesday's pizza.
2. Mix your turkey burgers and form them into patties.
3. Make the dressing for Thursday's coleslaw, then just toss it with the veggies on Wednesday night.



MONDAY
Take Out-Style
Chicken and Broccoli



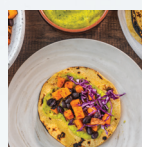
TUESDAY
Roasted Veggie Pizza



WEDNESDAY
Turkey Burgers



THURSDAY
Honey Sriracha Wings
with Mango Coleslaw



FRIDAY
Sweet Potato Tacos
with Street Corn Salad





Take Out-Style CHICKEN AND BROCCOLI

This is a very familiar Chinese-American restaurant-style formula of chicken + veggie + neutral sauce, so you can mix and match to suit your cravings. Swap the chicken for beef, pork, shrimp, or tofu, and add veggies like snow peas, carrots, and mushrooms.

INGREDIENTS:

- 3 tbsp vegetable oil
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes
- 2 tbsp rice vinegar
 - 2 tbsp sugar
 - 3 tbsp soy sauce
- 1 cup chicken stock or water
 - 2 tbsp corn starch
 - 2 tbsp chopped garlic
 - 2 tbsp chopped ginger
- 1 bunch green onions, sliced
- 4 cups (1 bunch) broccoli florets
 - 2 cups cooked brown rice, for serving

1. In a large sauté pan or wok, heat the oil over medium heat. Add the chicken and cook until golden brown, stirring the chicken occasionally to cook it evenly on all sides, about 5 minutes. Transfer the cooked chicken to a plate and set aside.
2. Add the garlic, ginger, and green onions to the pan and cook until fragrant, about 1 minute.
3. In a medium-sized bowl, combine the vinegar, sugar, soy sauce, chicken stock or water, and the corn starch. Mix with a whisk until there are no clumps and set aside.
4. Add the broccoli to pan. Add the corn starch mixture and stir to coat the broccoli.
5. Stir in the chicken, cover the pan with a lid or aluminum foil, and cook on medium-high heat until the broccoli is bright green and cooked through, for 3 to 5.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



ROASTED VEGGIE PIZZA

Use whatever veggies look best at the market for this pizza. For a more substantial meal, add cooked sausage to the pizza or serve the pizza alongside a green salad. Make your own pizza dough or buy it prepared at the store or a local pizza restaurant.

INGREDIENTS:

- 1 lb prepared pizza dough
- 2 small yellow squash, sliced 1/4-inch thick on a diagonal
- 2 small zucchini, sliced 1/4-inch thick on a diagonal
- 2 medium sweet onions, sliced 1/4-inch thick
- 1 medium eggplant, sliced 1/4-inch thick
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1 cup extra-virgin olive oil, or as needed
- 2 tbsp minced garlic
- Cornmeal for dusting
- 1 cup ricotta cheese
- 1 1/2 cups shredded mozzarella
- 3 tbsp chopped parsley

1. Put the sliced vegetables in a large colander and sprinkle them generously with salt. Set aside for 15 minutes. Rinse the salt from the vegetables. Drain and blot the vegetables dry to remove excess water before roasting.
2. Arrange the vegetables on baking sheets in a single layer and drizzle with the olive oil and garlic, reserving about 2 tablespoons of the oil.
3. Roast the vegetables until lightly browned and tender, about 15 to 20 minutes. When the vegetables are cool enough to handle, cut them into thin strips.
4. Preheat the oven to 425°F. Scatter a thin coating of cornmeal on baking sheets (or preheat pizza stones in the oven if they are available). Stretch the pizza dough into either 1 large round or 4 individual rounds and place on the prepared baking sheet.
5. Spread the ricotta on the pizza dough in a thin layer and top with the chopped or sliced roasted vegetables and the mozzarella. Drizzle with a little of the remaining olive oil and top with parsley.
6. Bake the pizzas until the crust is crisp and golden brown and the cheese has melted, about 15 minutes. Cut into wedges and serve immediately.

SERVES 4



DISH
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TURKEY BURGERS

These are simple burgers, but don't be afraid to jazz them up! Top them with blue cheese and mushrooms or brie and caramelized onions (that's a fancy burger). Mix roasted green chiles or sundried tomatoes in the burger mix for even more flavor.

INGREDIENTS:

- 1 tbsp olive oil
- 1 large shallot, minced
- 1 clove garlic, minced
- 1 tbsp chopped flat-leaf parsley
 - 2 tsp kosher salt
- 1 tsp ground black pepper
 - 2 lb ground turkey
- 1 cup panko breadcrumbs
 - 1 tbsp chopped chives
 - 1 tbsp chopped basil
- 6 slices provolone cheese
 - 6 Kaiser rolls
 - 6 leaves lettuce
 - 6 slices tomato
 - 6 slices red onion
- 4 ears of corn, boiled or grilled

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, cooked shallot mixture, and the remaining salt and pepper until completely blended. Form 6 patties. Chill in the refrigerator for 30 minutes.

3. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

4. 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.

5. Serve the burgers on the buns. Garnish with the lettuce, tomato, and red onion. Serve with the corn.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



Honey Sriracha CHICKEN WINGS

These aren't your usual take-out chicken wings, but they're even better! They're a little spicy, but you can help temper that with an easy yogurt dip. Just combine some plain yogurt with lime juice and some chopped cilantro. You don't have to pre-cook the wings, but you'll need some extra time on the grill away from direct heat.

INGREDIENTS:

- 4 lb chicken wings and drumettes
 - Kosher salt, as needed
 - Freshly ground black pepper, as needed
 - 1/3 cup Sriracha
 - 1/3 cup honey
- 1/4 cup freshly squeezed lime juice

1. Preheat the oven to 350°F. Place the chicken wings in one layer on two baking sheets. Season with salt and pepper. Bake until the chicken is cooked through, about 20 minutes.

2. Meanwhile, combine the Sriracha, honey, and lime juice. Transfer the wings to a large bowl and toss with the sauce.

3. Prepare a grill for medium-high heat cooking. Grill the chicken wings until they are heated through and charred around the edges, about 5 minutes. Brush with additional sauce, if you like. Serve right away.

SERVES 4 TO 6



DISH
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MANGO COLESLAW

This is a favorite coleslaw recipe, and the slight sweetness from the mango will go perfectly with the tangy wings. This salad benefits from a few hours to rest before serving, and you can definitely make it a day ahead.

INGREDIENTS:

- 2 garlic cloves, finely chopped
 - 1 cup mayonnaise
 - 2 tbsp white wine vinegar
- 2 tbsp freshly squeezed lime juice
 - 2 tbsp sugar
 - 1 tbsp water
- 5 cups shredded red cabbage (from 1 head cabbage)
 - 1 mango, diced
- 1 or 2 jalapeños, seeded, chopped
 - 1 shallot, minced
- 1/2 cup chopped cilantro, chopped
 - Kosher salt, to taste
- Freshly ground black pepper, to taste

1. In a large serving bowl, combine garlic, mayonnaise, vinegar, lime juice, sugar, and water. Stir to combine.

2. Add cabbage, mango, jalapeño, shallot, and cilantro. Toss to combine. Season with salt and pepper. Cover and refrigerate for at least one hour or up to overnight before serving.

SERVES 6 TO 8



DISH
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Sweet Potato TACOS

Tacos can be heavy, but they don't have to be. This version is light (but filling, thanks to sweet potatoes and black beans) with tons of flavor. We make an easy pineapple salsa, but you can swap your favorite variety instead.

INGREDIENTS:

- 1 tbsp vegetable oil
- 1 tsp chile powder
- 1/2 tsp ground cumin
- 1/2 tsp garlic granules
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 large sweet potato (about 1 lb 4 oz), diced
 - 1 large avocado
- 1/2 cup chopped pineapple
 - 1/2 jalapeño, seeded
 - 1/2 cup cilantro leaves
- 1 tbsp freshly squeezed lime juice
 - 1 (15 oz) can black beans, drained and rinsed
 - 8 corn tortillas
- 1/4 head red cabbage, thinly sliced
- Lime wedges, for serving

1. Preheat the oven to 400°F. In a medium bowl, combine the oil, chile powder, cumin, garlic granules, and a pinch of salt and pepper. Stir to form a paste. Add the sweet potato and toss to coat in the spice mixture. Transfer to a foil-lined baking sheet and roast, stirring occasionally, until cooked through and brown around the edges, about 30 minutes.
2. Meanwhile, in a small food processor, combine the avocado, pineapple, jalapeño, cilantro, and lime juice. Purée until smooth, then season with salt and pepper. Set aside.
3. Transfer the cooked sweet potatoes to a serving bowl and add the black beans, and toss to combine.
4. Heat a griddle or skillet over high heat and heat the tortillas until soft and pliable, about 2 minutes on each side. Alternately, char the tortillas over the open flame of a grill until soft. Wrap in a towel.
5. To serve, spread a dollop of avocado-pineapple cream on a tortilla and top with a spoonful of sweet potato and black beans. Top with a sprinkle of cabbage and a squeeze of lime.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



Mexican-Style STREET CORN SALAD

This salad is reminiscent of esquites, a Mexican street food that combines corn, lime juice, crema, and spices for one of history's top foods. You can use boiled or grilled corn, if you like.

INGREDIENTS:

- 1 tbsp vegetable oil
- 2 cups corn kernels, fresh or frozen
 - 1 tbsp lime juice
 - 3 tbsp mayonnaise
 - Hot sauce, to taste
 - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
 - 1/4 cup chopped cilantro
- 1/2 cup crumbled queso fresco
 - 1/2 tsp cayenne powder

1. Heat the oil in a large sauté pan over medium heat. Add the corn and cook, stirring frequently, until the corn begins to brown slightly but is still moist, about 5 minutes. Remove from the heat and set aside to cool.

2. In a serving bowl, combine the lime juice, mayonnaise, and hot sauce. Add the cooled corn and cilantro and mix to combine. Add the salt, pepper, and cheese and stir until all of the ingredients are evenly coated. Sprinkle with cayenne just before serving.

SERVES 4 TO 6



DISH
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEINS

- 1 lb boneless, skinless chicken breast
- 2 lb ground turkey
- 4 lb chicken wings and drumettes

DAIRY

- 1 cup ricotta cheese
- 1 1/2 cups shredded Mozzarella
- 6 slices provolone
- 1/2 cup crumbled queso fresco

PANTRY

- 1 1/4 cup olive oil
- 1/4 cup vegetable oil
- 1 1/4 cups mayonnaise
- 2 tbsp white wine vinegar
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 3 tbsp soy sauce
- 1/3 cup Sriracha
- 1 tsp hot sauce
- 1/3 cup honey
- 1 cup chicken stock
- 1 (15 oz) can black beans
- 2 tbsp corn starch
- 1 cup brown rice
- 1 cup cornmeal
- 1 cup panko breadcrumbs
- 6 Kaiser rolls
- 1 tsp chile powder
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 tsp garlic granules
- 8 corn tortillas
- 1 lb prepared pizza dough

PRODUCE

- 2 medium sweet onions
- 1 red onion
- 2 large shallots
- 3 jalapeños
- 9 cloves garlic
- 1 (2-in) piece ginger
- 1 medium eggplant
- 2 small yellow squash
- 2 small zucchini
- 1 bunch green onions
- 1 bunch broccoli
- 1 bunch green leaf lettuce
- 1 large tomato
- 1 head red cabbage
- 1 large sweet potato
- 1 large avocado
- 1 pineapple
- 6 ears corn
- 1 mango
- 7 limes
- 1 bunch parsley
- 1 bunch chives
- 1 bunch basil
- 1 bunch cilantro

