

WELCOME!

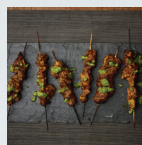
Since many of us are facing hot temperatures this week, we're keeping the menu nice and light. Well, except for those Reuben sandwiches, but everyone deserves some corned beef from time to time!

If your grilling is interrupted by rain, both the chicken tikka and the halibut can be prepared inside, using a grill pan, skillet, or the broiler.

PREP AHEAD

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

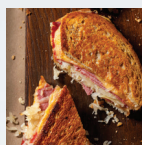
1. Marinade the Chicken Tikka.
2. Make the pepper salad for Tuesday's halibut.
3. Prepare the vegetables for Thursday's gazpacho.
4. Soak the bean and prepare the salsa verde for Friday's dinner.



MONDAY
Chicken Tikka
with Grilled Veggies



TUESDAY
Grilled Halibut with
Roasted Red Pepper Salad



WEDNESDAY
Reuben Sandwiches



THURSDAY
Gazpacho



FRIDAY
White Beans with Salsa Verde



DISH
EAT. DRINK. DISCOVER.



CHICKEN TIKKA

This is a very mild Indian-style preparation that is lightly spiced and not very spicy at all. We like it with [Cilantro-Cashew Chutney](#) (you can buy prepared varieties), but it's tasty enough on its own. Serve it with naan or even just steamed rice, if you like.

INGREDIENTS:

- 2 lb skinless, boneless chicken thighs, cut into 1-inch cubes
 - Salt, as needed
- Ground black pepper, as needed
 - Juice of 1 lemon
 - 2 tbsp ghee or canola oil
 - 1 tbsp paprika
- 1 1/2 tsp ground Korean chili pepper
 - 2 tsp ground cumin
 - 1 tsp ground ginger
 - 2 tsp ground turmeric
 - 2 tsp ground coriander
 - 1/2 cup diced onions
 - 2 cloves garlic, sliced
 - 1 cup Greek yogurt
 - 2 small zucchinis, halved
- 2 bell peppers, cored and quartered
 - 2 tbsp olive oil
- Naan, for serving (optional)

1. Season the chicken with salt, pepper, and lemon juice.
2. In a saucepan or similar pan, heat the ghee. Add the paprika, chili pepper, cumin, ginger, turmeric, and coriander and cook until aromatic, about 1 minute. Add the onions and cook over medium heat until the onions are very tender, about 10 minutes. Add the garlic and continue to cook until fragrant, about 1 minute.
3. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
4. Combine the spice purée with the diced chicken, mix well, and add the remainder of the yogurt. Allow to marinate for about 1 hour. Skewer the chicken pieces (if using wooden skewers, soak in water for 30 minutes before using).
5. Prepare a grill for medium-high cooking. Toss the zucchini and peppers in the olive oil. Grill the vegetables and chicken until cooked through and well charred, 5 to 6 minutes.
6. Cut the vegetables into portion-sized pieces and serve alongside the chicken with the naan, if using.

SERVES 4 to 6



DISH
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Grilled Halibut with ROASTED PEPPER SALAD

Grilling fish can be tricky, and while we believe in you, don't be afraid to utilize a fish basket to take away any stress. With a basket, the fish is held in place off the grates, meaning it won't stick to the grill or fall apart when you flip it!

INGREDIENTS:

- 2 bell peppers, or 1 cup of prepared roasted peppers
 - 2 tbsp olive oil
- 1/2 small onion, thinly sliced
- 1 1/2 tbsp garlic, thinly sliced
 - 1 tbsp capers, chopped
 - 2 tsp sherry vinegar
 - 1/4 tsp ground cumin
 - 1/4 tsp red pepper flakes
- Pinch of ground coriander
 - 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper, or to taste
- 1 1/2 pounds halibut fillet

1. Rub the peppers with 2 tablespoons of the olive oil and roast them in a 350°F oven for 25 to 30 minutes, or until the skins start to fall off. Place the peppers in a bowl and place a piece of plastic wrap over them. Allow them to steam for 5 minutes.

2. Peel the skin off of the peppers and remove the stems and seeds. Slice the peppers into thin strips. (Skip the roasting step if using prepared roasted peppers.)

3. Heat the remaining olive oil in a large sauté pan over medium high heat. Add the onion and cook until lightly caramelized, about 8 to 10 minutes. Add the garlic and cook until aromatic.

4. Add the capers, vinegar, cumin, red pepper flakes, and coriander. Season with about 1/4 teaspoon salt and a pinch of black pepper. Keep warm.

5. Cut the halibut into four portions. Season the halibut with salt and pepper. Grill the halibut over medium-high heat until just cooked through, about 2 to 3 minutes. Serve with the roasted pepper salad.

SERVES 4



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TURKEY REUBEN SANDWICHES

Sometimes a messy sandwich is just what the doctor ordered, and a reuben is just that! We love the original (with corned beef *or* pastrami), but you can substitute smoked turkey, which helps make a rich sandwich feel a little lighter.

INGREDIENTS:

- 8 slices rye bread
- Russian Dressing (recipe below)
- 8 slices Swiss cheese
- 1 lb sliced corned beef
 - 1 cup sauerkraut
- 1/4 cup (4 tbsp) butter

Russian Dressing

- 3/4 cups mayonnaise
 - 1/4 cup ketchup
 - 2 tbsp minced onion
- 1/2 tsp Worcestershire sauce
- Ground black pepper, as needed

1. To make the Russian dressing, combine the mayonnaise, ketchup, onion, Worcestershire sauce, and pepper in a bowl, and stir until combined.

2. Lay out all slices of the rye bread and spread the Russian Dressing on top. Place a slice of cheese onto 8 of the bread slices, then place 1 or 2 slices of corned beef onto the cheese to cover. Place 2 tablespoons of the sauerkraut onto the corned beef and spread evenly. Place 1 or 2 more slices of corned beef onto the sauerkraut to cover, and top with another slice of cheese. Top with the remaining 8 slices of bread and press down slightly.

3. Heat half of the butter on a griddle or in a skillet over medium heat. Cook the sandwiches until brown and crispy on both sides, 5 to 8 minutes. If the bread browns before the cheese is melted, you can place the sandwich on a baking sheet in a 350°F oven until warmed through.

SERVES 4



DISH
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GAZPACHO

This gazpacho, a summer vegetable soup served chilled, is balanced in its tartness and savoriness, but you can adjust it to your own taste with more garlic, lemon juice, or even some hot sauce, if you like. Peeling your tomatoes in a hot water bath will help keep the soup smooth, but you can skip the step, if you like.

INGREDIENTS:

- 3 cups diced tomato
(peeled, seeded; juices reserved)
- 2 cups diced cucumber
(peeled and seeded)
- 1 1/4 cups minced onion
- 1 cup minced red bell pepper
 - 2 garlic cloves, minced
 - 2 tbsp tomato paste
 - 2 tbsp extra-virgin olive oil
- 2 tbsp minced fresh herbs, such as tarragon, thyme, or parsley
 - 3 cups canned tomato juice
- 1/4 cup red wine vinegar, or to taste
 - Juice of 1/2 lemon, or to taste
 - 1/4 tsp kosher salt, or to taste
- 1/4 tsp cayenne pepper, or to taste
 - 1/2 cup thinly sliced chives or scallion greens

1. Reserve 2 tablespoons each of the tomato, cucumber, onion, and pepper for the garnish.
2. Purée the remaining tomato, cucumber, onion, and pepper in a food processor or blender along with the garlic, tomato paste, olive oil, and herbs until fairly smooth but with some texture remaining.
3. Transfer to a mixing bowl and stir in the tomato juice along with the red wine vinegar, lemon juice, salt, and cayenne to taste. Cover and chill thoroughly, at least 3 hours but preferably overnight.
4. After chilling, recheck the seasoning and adjust as needed. Serve in chilled bowls garnished with the reserved vegetables and chives.

SERVES 6



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White Beans with **SALSA VERDE**

This is a simple dish with lots of flavor. Beans can be very filling, especially alongside a nice piece of crusty baguette, but if you would like something more, you can serve the beans alongside a green salad, grilled sausage, or some stewed greens.

INGREDIENTS:

- 1 lb dried white beans (like cannellini), sorted
- 6 cloves garlic, divided use
 - 1 tsp anchovy paste
 - 1/2 tsp kosher salt, plus more to taste
- 1 cup minced parsley (from about 1 bunch)
- 3 tbsp capers, minced
- 1/2 tsp red pepper flakes, plus more to taste
- 1 tbsp red wine vinegar, plus more to taste
- 1/2 cup extra-virgin olive oil, plus more for finishing
- 1 tbsp freshly squeezed lemon juice, plus more to taste
- 1 baguette, for serving

1. Place the beans in a large bowl or container and cover with water by 3 inches. Cover the bowl and allow the beans to soak overnight.

2. Drain and rinse the beans. Transfer to a large pot. Crush 4 of the garlic cloves and add to the pot with the beans. Add enough water to cover by about 2 inches. Bring to a boil over medium-high heat. Reduce to a simmer and cook until the beans are tender and creamy, about an hour. Drain and set aside.

3. Meanwhile, roughly chop the remaining 2 cloves of garlic. On the cutting board, combine the garlic with the anchovy paste and salt, and use the back of your chef's knife to crush the garlic with the anchovy and salt to form a paste. Transfer to a medium mixing bowl.

4. Add the parsley, capers, pepper flakes, vinegar, olive oil, and lemon juice. Mix to combine, and season with salt, vinegar, and lemon juice as needed.

5. Toss the beans with the sauce. Drizzle with oil just before serving alongside the baguette.

SERVES 4 to 6



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DINNER SHOPPING LIST

PROTEINS

- 2 lb boneless, skinless chicken thighs
- 1 1/2 lb halibut fillet
- 1 lb sliced corned beef

DAIRY

- 1 cup Greek yogurt
- 4 tbsp butter
- 2 tbsp ghee (or canola oil)
- 8 slices Swiss cheese

PANTRY

- 1 1/2 cups olive oil
- 1/3 cup red wine vinegar
- 2 tsp sherry vinegar
- 3/4 cups mayonnaise
- 1/4 cup ketchup
- 2 tbsp tomato paste
- 3 cups tomato juice
- 1/2 tsp Worcestershire sauce
- 1 tsp anchovy paste
- 1 cup sauerkraut
- 8 slices rye bread
- 1 lb dried white beans
- 1/4 cup capers
- 1 tbsp paprika
- 2 1/4 tsp ground cumin
- 2 tsp ground turmeric
- 2 1/4 tsp ground coriander
- 3/4 tsp red pepper flakes
- 1/4 tsp cayenne pepper
- 1 1/2 tsp ground Korean chili pepper
- Kosher salt
- Ground black pepper
- 1 baguette
- Prepared naan (optional)

PRODUCE

- 3 yellow onions
- 2 heads garlic
- 8 Roma tomatoes
- 1 large cucumber
- 4 bell peppers (any color)
- 3 lemons
- Mixed herbs, such as tarragon, thyme, or parsley
- 1 bunch parsley
- 1 bunch chives

