



WELCOME!

You may have a big dinner to cook on Thursday, so this week's menu is full of our easiest one-dish meals.

Friday, we left space for enjoying leftovers. We're probably going to make a sandwich, but you can make griddled stuffing cakes, roasted vegetable hash, or a turkey shepherd's pie!

PREP AHEAD

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

1. Make Monday's soba noodle salad all the way through.
2. Prep your broccoli florets for Tuesday's grain bowl.
3. Prepare Thursday's curry all the way through.



MONDAY

Soba Noodle Salad



TUESDAY

Roasted Sausage and Broccoli Grain Bowl



WEDNESDAY

One-Pot Mediterranean Pasta



THURSDAY

Turkey Curry



FRIDAY

Leftover Thanksgiving Sandwich



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SOBA NOODLE SALAD

There isn't a ton of veggie prep here, but you can make it even easier by grabbing pre-sliced, diced, and shredded veggies from the salad bar. Add in whatever you like best, like bell peppers, broccoli florets, or shelled edamame.

INGREDIENTS:

- 3/4 pound soba noodles
 - 2 tbsp rice vinegar
- 1/4 cup tamari or soy sauce
 - 2 tsp light miso
 - 6 tbsp sesame oil
- 2 1/2 tbsp sesame seeds, plus additional for garnish
- 1/2 tsp red pepper flakes
- 3 carrots, cut into thin strips
 - 1 bunch scallions, thinly sliced on the bias
 - 2 cups snow peas, cut in 1/8-inch strips on bias
 - 1/2 tsp salt, or to taste
- 1 tsp ground black pepper, or to taste

1. Cook the noodles in boiling salted water until al dente. Rinse with cold water, drain, and allow to dry slightly.
2. To prepare the dressing, stir together the rice vinegar, soy sauce, and miso. Whisk in the sesame oil, sesame seeds, and red pepper flakes.
3. Toss the carrots, scallions, and snow peas in the dressing, then toss in the noodles, and adjust the seasoning with salt and pepper. The salad is ready to serve now, or it may be held, covered, in the refrigerator. Garnish with additional sesame seeds before serving, if desired.

SERVES 4



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ROASTED SAUSAGE AND BROCCOLI GRAIN BOWLS

Broccoli can be substituted for virtually any hearty vegetable, like cauliflower, halved Brussels sprouts, or even sliced cabbage. Use pork or turkey sausage and any grain that you prefer. You can even toss the roasted mixture with orecchiette or orzo, if you prefer.

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.

SERVES 4



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ONE-POT MEDITERRANEAN PASTA

When we say one pot, we mean it! All of the ingredients cook together—pasta included—and the finished dish is flavorful and saucy with less than 10 minutes of work! If you like, you can top the cooked pasta with sautéed shrimp or flaked tuna.

INGREDIENTS:

- 3/4 lb spaghetti
- 16 Kalamata olives, pitted and halved
- 2 cloves garlic, thinly sliced
- 1 shallot, thinly sliced
- 1 cup roughly chopped roasted red peppers
- 2 tbsp oregano leaves
- 2 tbsp freshly squeezed lemon juice
 - 1/2 tsp kosher salt
- Ground black pepper, to taste
- 2 tbsp extra-virgin olive oil
 - 4 1/2 cups water
- 4 oz feta, crumbled

1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.
2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

SERVES 4



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TURKEY CURRY

You may not have a traditional Thanksgiving dinner (or, you may, in which case, we'll see you tomorrow), but there must be something lucky about eating turkey today. This curry calls for cooked turkey, so you can use chopped meat from a rotisserie chicken or just cook raw turkey in the saucepan before adding the shallot and other ingredients.

INGREDIENTS:

- 1 tbsp vegetable oil
 - 1 shallot, minced
- 1 clove garlic, minced
- 1 tbsp yellow curry paste
 - 1 cup coconut milk
- 1 cup turkey or chicken stock
 - 2 tbsp fish sauce
 - 2 tbsp sugar
- 2 cups cubed cooked turkey thigh meat
- 1/4 cup thinly sliced basil
- 1/4 cup thinly sliced cilantro leaves
- 2 cups cooked sticky rice (from 1 cup raw), for serving

1. Heat the oil in a small saucepan over moderate heat. Add the shallot, garlic, and curry paste and cook until fragrant, about 20 seconds. Stir in about 3 tablespoons of the coconut milk. Allow to bubble for 1 minute, and add the remaining coconut milk, turkey stock, fish sauce, and sugar. Stir again and simmer for an additional 5 minutes to blend the flavors.

2. Add the turkey and bring to a simmer. Cook until the turkey is warmed through, about 4 minutes.

3. Evenly divide the rice between four bowls and top with the curry. Garnish with basil and cilantro before serving.

SERVES 4



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LEFTOVER TURKEY SANDWICHES

This recipe assumes you have leftovers from Thanksgiving dinner, so if you don't, you'll want to pick up a rotisserie chicken or some sliced turkey to fill out this sandwich. We've kept it simple, but our expectation is that you'll fill yours with stuffing, corn pudding, or mashed sweet potatoes. Anything is game.

INGREDIENTS:

- 1/2 cup turkey gravy
- 1/2 lb sliced turkey
- 8 slices sourdough, multigrain, or other sandwich bread
 - 1/4 cup mayonnaise
 - 1/2 cup cranberry sauce
- Other toppings, like sliced tomato, lettuce, or stuffing, as needed

1. Heat the gravy in a shallow skillet over medium-low heat. Add the turkey and toss to coat. Cook until the turkey is warmed through, about 4 minutes.

2. Lay four pieces of the bread on a work surface and spread each slice with 1 tbsp of mayonnaise. Evenly divide the turkey among the sandwiches.

3. Adding desired toppings over the turkey. Spread the remaining four pieces of bread with cranberry sauce, then close the sandwiches. Use a serrated knife to cut in half, and serve.

SERVES 4



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DINNER SHOPPING LIST

PROTEIN

- 1 lb Italian sausage
- 1/2 lb sliced turkey
- 2 cups cubed turkey thigh meat, cooked or raw

DAIRY

- 4 oz feta

SPICES

- 2 1/2 tbsp sesame seeds
- 3/4 tsp red pepper flakes
- Kosher salt
- Black pepper

PANTRY

- 1/2 cup olive oil
- 1 tbsp vegetable oil
- 1/4 cup mayonnaise
- 6 tbsp sesame oil
- 2 tbsp rice vinegar
- 1/4 cup tamari soy sauce
- 2 tbsp fish sauce
- 1 tbsp yellow curry paste
- 1 cup coconut milk
- 1 cup turkey or chicken stock
- 1/2 cup turkey gravy
- 1 cup roasted red peppers
- 2 tbsp whole grain mustard
- 2 tsp light miso paste
- 1 cup sticky rice
- 3/4 lb soba noodles
- 3/4 lb spaghetti
- 1 cup farro or other grain
- 8 slices sourdough or other sandwich bread
- 16 Kalamata olives
- 1/2 cup cranberry sauce
- 2 tbsp sugar

PANTRY, CONT.

- 2 shallots
- 5 cloves garlic
- 3 carrots
- 3 heads broccoli
- 2 cups snow peas
- 1 bunch scallions
- 1 bunch oregano
- 1 bunch basil
- 1 bunch cilantro
- 5 lemons



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