



# WELCOME!

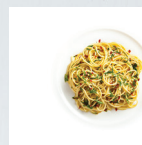
We're keeping it simple again this week, with plenty of wiggle room for substitutions and variations.

We're adding extra veggies whenever possible, so toss some zucchini or eggplant in your pasta, broccoli in your mac and cheese, and load up that frittata.

## PREP AHEAD

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

1. Make the sauce for Tuesday's wings.
2. Prep and pre-cook any veggies for Wednesday's frittata.
3. Make the mac and cheese up through the final baking step.



### MONDAY

**Spaghetti with Garlic, Oil, and Hot Pepper**



### TUESDAY

**Honey-Sriracha Wings with Asparagus**



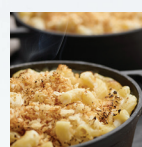
### WEDNESDAY

**Spinach and Cheddar Frittata**



### THURSDAY

**Green Lentils with Chard and Lemon**



### FRIDAY

**Classic Mac and Cheese**



**DISH**<sup>®</sup>  
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## SPAGHETTI WITH GARLIC, OIL, AND HOT PEPPER

Pasta dishes don't get much easier than this, but you can overcomplicate it however you'd like. Add pickled peppers, seared shrimp, browned sausage, marinated artichoke hearts, or any assortment of steamed or sautéed veggies.

### INGREDIENTS:

- Kosher salt, as needed
- 1 lb dried spaghetti
- 1 cup extra-virgin olive oil, or as needed
- 1 tsp red pepper flakes
- 3 garlic cloves
- 1/2 cup chopped flat-leaf parsley

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir to submerge and separate the strands. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).

2. While the pasta is cooking, heat the oil in a large sauté pan. Add the chiles to the oil. Press the garlic through a garlic press directly into the hot oil and reduce the heat to low. Let the garlic infuse the oil and gently fry until translucent, about 1 minute. Add the parsley and remove the pan from the heat.

3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the garlic oil. Toss to coat and season with salt as needed. Serve at once in a heated serving bowl or in pasta plates.

SERVES 4 TO 6



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## HONEY—SRIRACHA WINGS WITH ASPARAGUS

Wings are plentiful and inexpensive these days, so load up, if you can. We're serving ours with easy grilled asparagus, which can cook right alongside the chicken, but you can use whatever veggie or prepared side you might have.

### 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 tbsp canola oil
  - 1 lb asparagus

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. Toss the asparagus with the oil and season with salt and pepper.
4. Prepare a grill for medium-high heat cooking. Grill the asparagus and chicken wings until the asparagus is tender and lightly charred and the wings are heated through and charred around the edges, about 5 minutes. Brush the wings with additional sauce, if you like. Serve right away.

SERVES 6



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## SPINACH AND CHEDDAR FRITTATA

Use this recipe as a guideline to add whatever meat, veggies, or cheese that you have on hand. Vegetables and meat should be pre-cooked, making frittatas the perfect way to use up leftovers.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, cut into small dice
  - 1 Yukon Gold potato, cut into medium dice and boiled until tender
    - 6 cups spinach
  - 6 eggs, lightly beaten
    - 1/2 cup whole milk
    - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
  - 1/2 cup shredded Cheddar

1. Preheat the oven to 350°F.

2. Heat the oil in a medium skillet over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes.

3. Add the potato and cook gently until warmed through, 1 to 2 minutes more. Add the spinach and cook until just wilted, about 30 seconds.

4. In a medium bowl, whisk the eggs, milk, salt, and pepper to combine. Add the egg mixture to the hot skillet, and reduce the heat to low. Cook for a few minutes, until the edges begin to set.

5. Sprinkle the top of the frittata with the cheese, if using, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.

SERVES 6



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## GREEN LENTILS WITH CHARD AND LEMON

**This is the perfect light dinner to serve alongside crusty bread, if you have it. You can substitute any bean for the lentils, if needed, and balsamic vinegar for the pomegranate molasses.**

### INGREDIENTS:

- 1 lb dried green lentils
- 3 tbsp finely chopped garlic
- 1/2 cup extra-virgin olive oil
- 3/4 cup chopped cilantro
  - Kosher salt, to taste
- 10 large Swiss chard leaves, stemmed and thinly sliced
- 2 tbsp freshly squeezed lemon juice
- 1/4 cup pomegranate molasses

1. Rinse the lentils.

2. In a medium sauce pot, sweat the garlic in 2 tablespoons of the olive oil over medium heat. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.

3. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain any excess liquid.

4. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the Swiss chard and cook until the leaves have wilted.

5. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve.

6. Just prior to serving, taste and adjust the seasoning and drizzle with the remaining 1/4 cup olive oil.

SERVES 6



## CLASSIC MAC AND CHEESE

The paprika and bay leaf are a nice-to-have, not a must have, so leave them out if you don't have any on hand. You can substitute Monterey Jack, pepper Jack, Swiss, Havarti, or really any other good melting cheese for all or part of the Cheddar.

### INGREDIENTS:

- 3 tbsp plus 2 tsp kosher salt
  - 2 quarts water
  - 8 oz elbow macaroni
  - 3 tbsp unsalted butter
- 5 tbsp all-purpose flour
  - 3 cups whole milk
  - 1/2 tsp paprika
  - 1 bay leaf
- 5 cups shredded sharp Cheddar cheese
  - 1/4 tsp Tabasco sauce
- 1/2 tsp ground black pepper
- 1/4 cup panko bread crumbs

1. Preheat the oven to 375°F.

2. Bring 3 tbsp of the salt and the water to a boil over high heat. Add the pasta and boil until tender but not completely cooked, 7 to 9 minutes. Drain the pasta in a colander.

3. While the pasta is cooking, melt the butter in a separate pot over medium heat. Stir in the flour, and cook, stirring, until there are no lumps and the mixture has cooked through, about 5 minutes. Be careful not to develop any brown color. Stir in the milk, paprika, and bay leaf. Increase the heat to establish a simmer, and simmer for 10 to 15 minutes, until the sauce has thickened. Remove and discard the bay leaf.

4. Add 4 1/2 cups of the cheese to the sauce in batches. Fold it in, 1 cup at a time, waiting until most of the cheese has melted before adding the next batch. Do not allow the sauce to boil. Add the Tabasco, pepper, and remaining 2 teaspoons salt.

5. Combine the macaroni with the cheese sauce and mix well to coat. Pour the mixture into a 2-quart baking dish, and sprinkle with the remaining 1/2 cup cheese. Sprinkle the bread crumbs over the cheese and transfer the baking dish to the oven. Bake until the cheese is bubbling around the edges and the bread crumb crust on top has become golden brown and crunchy, 20 to 30 minutes. Allow the mac and cheese to set for 5 to 10 minutes before serving.

SERVES 6 TO 8



**DISH**<sup>®</sup>  
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# DINNER SHOPPING LIST

## PROTEIN

- 4 lb chicken wings

## DAIRY

- 3 tbsp unsalted butter
- 6 eggs
- 3 1/2 cup whole milk
- 5 1/2 cups shredded Cheddar

## PANTRY

- 1 3/4 cup olive oil
- 1 tbsp canola oil
- 1/3 cup Sriracha
- 1/3 cup honey
- 1/4 cup pomegranate molasses
- 1/4 tsp Tabasco sauce
- 1 lb dried green lentils
- 1 lb dried spaghetti
- 8 oz elbow macaroni
- 3 tbsp all-purpose flour
- 1/4 cup panko bread crumbs
- 1 tsp red pepper flakes
- 1/2 tsp paprika
- 1 bay leaf
- Kosher salt
- Black pepper

## PRODUCE

- 1 yellow onion
- 2 heads garlic
- 1 Yukon Gold potato
- 1 lb asparagus
- 6 cups spinach
- 1 bunch Swiss chard
- 2 lemons
- 3 limes
- 1 bunch parsley
- 1 bunch cilantro

