

WELCOME!

We all have a lot on our minds, and no matter how much you love to cook (and/or eat!), sometimes making dinner is simply another chore.

We understand. And so this week, we're looking to recipes that are easy, but still substantial enough to be a comfort if you need it.

Make any substitutions or take any shortcuts that make sense for you.

PREP AHEAD

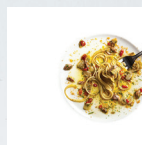
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make Monday's sun-dried tomato pesto.
2. Make Wednesday's vinaigrette, and pound the pork chops.



MONDAY

Sun-Dried Tomato Polenta Bake



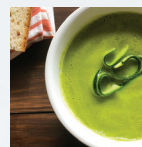
TUESDAY

Spaghetti with Anchovies and Fennel



WEDNESDAY

Pork Schnitzel with Tender Green Salad



THURSDAY

Silky Zucchini Soup



FRIDAY

Honey Lime Chicken Thighs with Brussels Sprouts



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SUN-DRIED TOMATO POLENTA BAKE WITH PROSCIUTTO

Prosciutto cotto is the cooked variety of prosciutto, more like typical ham than the dried variety we see on charcuterie boards. We like it here because it feels a little more substantial for this breakfast dish, but you can use whatever style you like best.

INGREDIENTS:

- 2 (7 oz) jars sun-dried tomatoes packed in oil
 - 5 cloves garlic
 - 1/2 cup basil leaves (about 12 large leaves)
 - 1/2 cup walnut halves
- 4 oz prosciutto cotto, thinly sliced
 - 4 cups water
 - 2 cups heavy cream
 - 1 tsp kosher salt
- 1 1/2 cups quick-cooking polenta
- 3 tbsp grated Parmesan, divided, plus more for serving
 - 6 eggs
- Ground black pepper, as needed

1. In a food processor, combine the tomatoes (including their oil), garlic, basil, and walnut halves. Process until a fine paste is formed. Set aside.

2. Preheat the oven to 400°C. Butter a 9- by 13-inch baking dish.

3. Bring the water, cream, and salt to a simmer over medium heat. Slowly stream in the polenta, stirring constantly. Continue stirring until the polenta has thickened slightly and all of the cream is incorporated, about 1 minute. The polenta will still seem a bit runny.

4. Transfer the polenta to the prepared baking dish and top with 1 cup of the prepared sun-dried tomato mixture, in dollops. Stir the tomato mixture into the polenta so that it is mostly incorporated. Sprinkle with 2 tablespoons of the parmesan.

5. Tear the prosciutto into rough pieces and tuck them into the polenta mixture. Use the back of a spoon to create 6 small pockets in the polenta, then crack the eggs into the pockets. You may wish you crack the egg into a small glass or bowl first.

6. Sprinkle the eggs with the remaining cheese and black pepper. Bake, turning the dish halfway through, if necessary, until the eggs are set to your desired doneness, about 7 minutes for medium. Serve right away with the extra sun-dried tomato mixture and Parmesan cheese.

SERVES 6



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SPAGHETTI WITH ANCHOVIES AND FENNEL

You aren't required to like anchovies, though we hope you'll give them a try if you never have. If they aren't for you, you can substitute diced pancetta or ground sausage. Add either of these options in step 2, before the garlic and pepper flakes. Let them brown or crisp around the edges (and cook through, for the sausage) before moving on.

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb dried spaghetti
- 6 salt-cured anchovy fillets
- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, thinly sliced
 - 1/4 tsp red pepper flakes
- 1/4 cup chopped fennel fronds
- 1/2 cup toasted bread crumbs

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 the pasta is just tender (al dente), 10 to 12 minutes (check the cooking time for your pasta). Reserve a few ladlefuls of the pasta cooking water for finishing the sauce (you will need about 1/2 cup).

2. While the pasta is cooking, use a small knife to cut the anchovy fillets away from the bone. Scrape the salt away. Heat the oil in a large sauté pan over medium heat. Add the garlic and red pepper flakes and cook, stirring frequently, until the garlic is lightly browned, about 2 minutes. Add the anchovies and cook, mashing them into the sauce with the back of a wooden spoon, until they melt into the oil, about 2 minutes. Add 1/4 cup of the reserved pasta cooking water and the fennel fronds, and simmer slowly over low heat for 5 minutes.

3. Drain the spaghetti in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into the pan with the garlic fennel sauce and toss together over low heat until the pasta is evenly coated, about 1 minute. Add half the bread crumbs and quickly toss the pasta until they are evenly distributed. Serve at once on heated plates topped with the remaining bread crumbs.

SERVES 4



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SCHNITZEL WITH TENDER GREEN SALAD

We make a simple shallot vinaigrette, but you can use whatever you like best to dress yours. Chicken breast can be substituted for the pork, or even fillets of flounder or tilapia. Since everything is set up, you could make a few extra pieces of pork to serve on sandwiches later in the week.

INGREDIENTS:

- 1 small shallot, roughly chopped
 - 2 tbsp red wine vinegar
 - 2 tsp Dijon mustard
- 1/4 cup extra-virgin olive oil
 - Kosher salt, to taste
- Ground black pepper, to taste
 - Honey, to taste
- 4 thick-cut boneless pork chops, pounded to about 1/4-inch thick
 - 1 1/2 cups all-purpose flour, plus more as needed
 - 3 eggs
 - 2 to 3 cups bread crumbs
 - 1/4 cup vegetable oil, or as needed for frying
 - 2 heads butter lettuce, torn into pieces
- 3 Persian cucumbers, thinly sliced
- 4 red radishes, very thinly sliced
 - 4 lemon wedges, for serving
- Flaky finishing salt, for serving

1. In a small food processor, combine the shallot, vinegar, and mustard. Pulse until smooth. With the machine running, slowly stream in the olive oil to form a smooth emulsion. Season with salt and pepper, and add honey. Set aside.

2. Place the flour, eggs, and bread crumbs in three separate shallow bowls. Season all three bowls with salt and pepper. Beat the eggs well.

3. Bread the pork dredging in the flour until well coated, then in the egg wash, and then in the breadcrumbs. Repeat with the remaining pork; transfer to a platter as done.

4. Heat the oil in a large skillet over medium-high heat, adding more as needed for the bottom of the skillet to be completely covered by about 1/8-inch. Place a rack inside a baking sheet or line with layers of paper towel.

5. When the oil is shimmering, add the breaded pork, working in batches as needed to avoid crowding the pan, and cook until the pork is browned on both sides, about 3 minutes on each side. Transfer the pork to the prepared baking sheet.

6. In a large serving bowl, combine the lettuce, cucumbers, and radishes. Dress the salad to your preference (you may not use it all) and toss gently to combine.

7. Serve the schnitzel with the salad. Squeeze the lemon over the pork and sprinkle with finishing salt, if you like.

SERVES 4



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SILKY ZUCCHINI SOUP

This simple summer recipe is inspired by the menu at Savor on our San Antonio, Texas campus. Garnish the soup with diced, julienned, or shaved zucchini, if you like. We especially like it with a crusty piece of bread for dipping!

INGREDIENTS:

- 2 tbsp olive oil
- 2 large yellow onions, roughly chopped
- 4 cloves garlic, chopped
 - Kosher salt, to taste
- 3 lb zucchini, roughly chopped, plus more for garnish
- 5 cups vegetable stock

1. Heat the oil in a large saucepan over medium heat. Add the onion, garlic, and a pinch of salt, and cook, stirring occasionally, until soft, about 5 minutes.

2. Add the zucchini and cook, stirring occasionally, until soft, about 10 minutes. Add the stock and bring to a simmer. Simmer until the zucchini is very soft, about 10 more minutes.

3. Carefully transfer to a blender and purée until very smooth. Return to the pot to reheat, if needed, and serve in bowls, garnished with additional zucchini, if you like.

SERVES 4



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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 vegetable 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



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DINNER SHOPPING LIST

PROTEIN

- 4 thick-cut boneless pork chops
- 4 bone-in chicken thighs
- 4 oz thinly sliced prosciutto cotto

DAIRY

- 3 tbsp grated Parmesan
- 2 cups heavy cream
- 9 eggs

PANTRY

- 1 1/4 cups olive oil
- 1/2 cup vegetable oil
- 2 tbsp red wine vinegar
- 5 cups vegetable stock
- 2 tsp Dijon mustard
- 1 tbsp chile-garlic sauce
- 1 lb dried spaghetti
- 1 1/2 cups quick-cooking polenta
- 2 cups white rice
- 3 1/2 cups bread crumbs
- 1 can/jar anchovy fillets
- 2 (7 oz) jars sun-dried tomatoes in oil
- 1/2 cup walnut halves
- 1 1/2 cups all-purpose flour
- 3 tbsp honey
- 1/4 tsp red pepper flakes
- Flaky finishing salt
- Kosher salt
- Black pepper

PRODUCE

- 2 large yellow onions
- 1 small shallot
- 2 heads garlic
- 3 lb zucchini
- 2 lb Brussels sprouts
- 1 fennel
- 3 Persian cucumbers
- 1 bunch red radishes
- 2 heads butter lettuce
- 4 limes
- 1 lemon
- 1 bunch basil

