



# WELCOME!

As the weather heats up, we're turning to our grills. If the weather isn't cooperating for you (or maybe you don't even have a grill!), any of these recipes can be prepared on an indoor grill pan, griddle, or even a non-stick skillet. Just use high heat for a good sear.

## PREP AHEAD

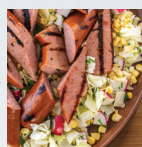
*To make your week easier, check through this prep list on Sunday to get ahead of the game.*

1. Make the sweet and sour sauce for lettuce wraps.
2. Make Tuesday's slaw all the way through.
3. Make the wing sauce (remember to marinate Tuesday night!).



### MONDAY

**Sweet and Sour Shrimp  
Lettuce Wraps**



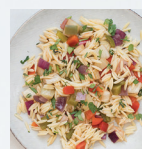
### TUESDAY

**Grilled Kielbasa with  
Corn-Cabbage Slaw**



### WEDNESDAY

**Orange-Chipotle Chicken Wings  
with Street Corn Salad**



### THURSDAY

**Pork Chops  
with Red Pepper Orzo**



### FRIDAY

**Spinach and Cheddar Frittata**



**DISH**<sup>®</sup>  
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## SWEET AND SOUR SHRIMP LETTUCE WRAPS

**It's tiki time! Shrimp feels pretty tiki-tastic, but you can use any protein that you like to fill these, like strips of chicken thigh, pork, or even seitan.**

### INGREDIENTS:

- 1 cup pineapple juice
  - 1/4 cup dry sherry
- 1/2 tsp ground ginger
- 3/4 tsp granulated garlic
  - 1 tbsp sugar
- 1 tbsp cider vinegar
  - 1 tbsp ketchup
  - 1 tbsp soy sauce
- 1 tbsp cornstarch
  - 3 tbsp water
- 2 tbsp vegetable oil
- Kosher salt, to taste
- 1 lb 8 oz large shrimp, peeled and deveined
  - 2 heads Bibb lettuce
- 1 cup julienned carrots
- 1 cup small diced pineapple
- 1 cup chopped toasted macadamia nuts

1. For the sweet and sour sauce: in a medium saucepan, combine the pineapple juice, sherry, ginger, garlic, sugar, vinegar, ketchup, and soy sauce. Bring to a simmer over medium heat. In a small bowl, stir together the cornstarch and water. Slowly add the cornstarch mixture to the simmering pineapple juice mixture, stirring constantly. Bring to a boil to thicken, then remove from the heat and set aside.

2. Skewer the shrimp and season with salt. Prepare a grill for medium-high heat cooking. Grill the shrimp, turning occasionally, until browned and cooked through, about 3 minutes on each side. About 1 minute before removing from the grill, brush the shrimp with the sweet and sour sauce.

3. To serve, remove the leaves from the heads of lettuce and place on a large platter (you may need two platters). Top each leaf with about 1 tablespoon of julienned carrot, then top with a shrimp. Garnish with diced pineapple and macadamia nuts and serve with additional sweet and sour sauce on the side.

SERVES 4



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## GRILLED KIELBASA WITH CORN—CABBAGE SLAW

Kielbasa is a no-brainer for an easy weeknight meal. It's pre-cooked, so you don't have to stand over the grill for hours, and if you want something a little heartier, you can serve it with rolls for a sandwich. Make a double batch of this slaw and use it for an easy lunch!

### INGREDIENTS:

- Kernels from 2 ears corn
- 6 red radishes, chopped
  - 1 jalapeño, minced
- 2 cups diced green cabbage
  - 2 tbsp olive oil
  - 1 tbsp cider vinegar
- 2 tsp spicy brown mustard
  - 1 tsp honey
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 lb kielbasa, halved length-wise

1. In a bowl, combine the corn, radishes, jalapeño, cabbage, oil, vinegar, mustard, and honey. Toss to coat and season with salt and pepper.

2. Preheat a grill for medium-heat cooking and oil the grill grates. Grill the kielbasa until it is browned and hot, about 2 minutes per side. Slice before serving with the corn-cabbage slaw.

SERVES 4



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## ORANGE—CHIPOTLE WINGS

**These wings are tasty served with homemade or store-bought ranch dressing. Canned chipotles aren't typically ultra spicy, but if you're sensitive to the heat, you can just use one. Freeze any leftover canned chipotles to use next time!**

### INGREDIENTS:

- 1/4 cup hot water
- 3 chipotle chiles canned in adobo sauce, seeds removed
  - 1/4 cup chopped cilantro
  - 1 tbsp tomato paste
- 2 tbsp orange marmalade
  - 1 garlic clove, minced
  - 1/2 tsp ground cumin
  - 1/4 tsp ground cinnamon
  - 1 pinch ground allspice
  - 1 pinch ground cloves
- 1 1/2 tbsp cider vinegar
  - 3 tbsp lime juice
- 1 tbsp creamy peanut butter
- 3 1/2 pounds chicken wings
  - 2 tbsp honey
- 1 scallion, sliced thinly on bias for garnish

1. Preheat oven to 450F. In a food processor, combine the hot water, chipotles, cilantro, tomato paste, marmalade, garlic, spices, vinegar, lime juice, and peanut butter, and pulse to make a coarse paste. Divide mixture in half.

2. Marinate the wings in half of the chipotle mixture for 6 to 8 hours or overnight.

3. Lightly oil a heavy-duty baking tray. Arrange the chicken wings on the tray in one layer with space between each wing. Spray the wings with a layer of vegetable cooking spray. Place the wings on a tray over a sheet pan and bake in the oven for 20 to 30 minutes until the wings are golden brown and crisp. The wings may be crisped for 3 to 4 minutes under the broiler if necessary.

4. Add 2 tablespoons of honey to the remaining chipotle sauce. Place 2 tablespoons of the sauce in a large mixing bowl. Add the hot wings and stir gently to coat every wing in sauce. Add more sauce to taste or serve extra sauce on the side.

5. Place the seasoned wings on a platter and garnish with sliced scallions.

SERVES 6



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## STREET CORN SALAD

This is a nice, creamy side dish for spicy chicken wings. If you don't like cilantro, you can leave it out or replace it with some minced scallions.

### 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

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



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## PORK CHOPS WITH RED PEPPER ORZO

The pork chops can be substituted for anything you'd prefer, like chicken breasts, salmon, steaks, or portobello mushrooms. The simple orzo salad is more flavorful than it appears, so you can keep your protein simple with just salt and pepper.

### INGREDIENTS:

- 1/2 pound orzo
- Kosher salt, to taste
- Ground black pepper, to taste
  - 1/4 cup olive oil
  - 1 red onion, diced
  - 1 red pepper, diced
  - 1 green pepper, diced
- 1 fennel bulb, finely diced
  - 1 tbsp garlic, chopped
  - 1 tbsp thyme, chopped
- 1/2 cup tomato juice
- 1/4 cup parsley, chopped
- 1 cup crumbled feta cheese
  - 2 tbsp vegetable oil
- 4 bone-in pork chops

1. Boil the orzo in salted water until tender. Drain, rinse under cold water, toss with 3 tablespoons of the olive oil, cover, and refrigerate.

2. In a large saucepan, sauté the onions, peppers, and fennel in the remaining 1 tablespoon of olive oil until just tender, about 4 minutes. Add the garlic and thyme and cook an additional 2 minutes.

3. Toss the sautéed vegetables with the reserved orzo. Add the tomato juice. Toss in the parsley, pepper, feta cheese. Taste and season with salt, to taste. Set aside.

4. Heat the oil in a cast iron skillet, griddle, or grill pan over medium-high heat. Season the pork with salt and pepper.

5. Add to the skillet and cook until browned, about 5 minutes. Flip and cook until browned and nearly cooked through, about 3 minutes. Remove from the heat and set aside to rest.

6. Transfer the pork to a cutting board and cut the meat from the bone. Slice and serve alongside the orzo salad.

SERVES 4



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## SPINACH AND CHEDDAR FRITTATA

**You can use whatever vegetables you have on hand in this frittata, like bell pepper, broccoli, or mushrooms. Cook the veggies before you add them to the frittata, otherwise they'll add too much moisture. Reheat leftover frittatas for quick and easy breakfast sandwiches.**

### INGREDIENTS:

- 1 tbsp olive oil
- 1 yellow onion, cut into small dice
- 1 yellow 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, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.

SERVES 4 TO 6



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# DINNER SHOPPING LIST

## DAIRY

- ☐ 1/2 cup crumbled queso fresco
- ☐ 1/2 cup shredded Cheddar
- ☐ 1 cup crumbled feta
- ☐ 6 eggs
- ☐ 1/2 cup whole milk

## SPICIES

- ☐ 3/4 tsp granulated garlic
- ☐ 1/2 tsp ground ginger
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp cayenne
- ☐ 1/4 tsp ground cinnamon
- ☐ 1 pinch ground allspice
- ☐ 1 pinch ground cloves

## PANTRY

- ☐ 1/3 cup olive oil
- ☐ 1/3 cup vegetable oil
- ☐ 1/4 cup cider vinegar
- ☐ 3 tbsp mayonnaise
- ☐ 1 tbsp ketchup
- ☐ 2 tsp spicy mustard
- ☐ 1 can chipotles in adobo
- ☐ Hot sauce
- ☐ 1/2 cup tomato juice
- ☐ 1 tbsp tomato paste
- ☐ 1/2 lb orzo
- ☐ 2 tbsp orange marmalade
- ☐ 1 tbsp soy sauce
- ☐ 1 cup pineapple juice
- ☐ 1/4 cup dry sherry
- ☐ 1 tbsp peanut butter
- ☐ 1 cup chopped macadamia nuts
- ☐ 3 tbsp honey
- ☐ 1 tbsp sugar
- ☐ 1 tbsp corn starch

## PROTEIN

- ☐ 1 lb kielbasa
- ☐ 1 lb 8 oz large shrimp
- ☐ 3 lb 8 oz chicken wings
- ☐ 4 bone-in pork chops

## PRODUCE

- ☐ 1 yellow onion
- ☐ 1 red onion
- ☐ 3 carrots
- ☐ 1 head garlic
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 jalapeño
- ☐ 1 bulb fennel
- ☐ 4 ears corn
- ☐ 1 yellow potato
- ☐ 6 red radishes
- ☐ 6 cups spinach
- ☐ 2 heads Bibb lettuce
- ☐ 1 head green cabbage
- ☐ 1 pineapple
- ☐ 4 limes
- ☐ 1 bunch scallions
- ☐ 1 bunch cilantro
- ☐ 1 bunch parsley

