

WELCOME!

Happy fig season! It's one of the most exciting times of the year, and certainly a sweet spot during an otherwise challenging summer.

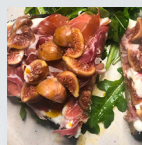
If you can't get your hands on fresh figs with this week's recipe, pick up a jar of fig jam. Use the leftovers to top vanilla ice cream, your breakfast yogurt, or sandwiched between soft oatmeal cookies.

There isn't much prep to do for next week, so use the weekend to relax for once!

PREP AHEAD

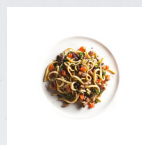
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make the chili oil for Monday's toast.



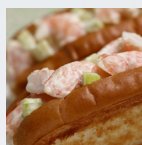
MONDAY

Sweet and Spicy Ricotta Toast with Figs and Arugula



TUESDAY

Spaghetti with Sausage and Bitter Greens



WEDNESDAY

Shrimp Rolls



THURSDAY

Grilled Chicken Caesar Salad



FRIDAY

Tofu Red Curry



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SWEET AND SPICY RICOTTA TOAST WITH FIG

If you love sweet but not spicy, skip the chili oil step and just use unflavored olive oil to toast your bread and for that final drizzle.

INGREDIENTS:

- 1/2 cup olive oil,
plus more as needed
- 2 tbsp red pepper flakes
- 12 oz (about 1 1/2 cups) ricotta
 - 1 tbsp minced rosemary
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 4 slices rye bread
- 4 oz thinly sliced prosciutto
- 6 oz figs, quartered or halved,
depending on their size
 - 4 cups arugula
 - 1 lemon, quartered

1. In a small saucepan, heat the oil over medium heat. Add the pepper flakes and cook until the flakes begin to sizzle, about 1 minute. Remove from the heat, cover, and set aside for at least 1 hour. Strain and set aside.
2. Meanwhile, in a small food processor, combine the ricotta and rosemary. Blend until the ricotta is smooth and lightly whipped, about 1 minute. Season with salt and pepper, to taste.
3. Using a pastry brush, lightly brush the bread on both sides with the reserved chili oil. Grill or griddle the bread until toasted and browned on both sides.
4. Spread each piece of toast with a quarter of the ricotta, a few slices of prosciutto, and a quarter of the figs. Drizzle with leftover chili oil, if you like, and sprinkle with salt.
5. Just before serving, toss the arugula with a drizzle of olive oil (use plain oil for the salad), a squeeze of lemon juice, and salt and pepper, to taste. Serve alongside the toast, or on top, if you prefer.

SERVES 4



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SPAGHETTI WITH SAUSAGE AND BITTER GREENS

If you're still exploring the world of bitter greens, this is a great dish to start with. It's acidic and rich, which helps to balance the slight bitterness of the radicchio and escarole. Peel the tomatoes, if you want, but if the skins don't bother you, it's fine to leave them on.

INGREDIENTS:

- 6 tbsp extra-virgin olive oil
- 12 oz plain fresh pork sausage, crumbled
 - 1 cup minced shallots
 - 4 garlic cloves, smashed
- 1 1/2 cups shredded radicchio
- 1 1/2 cups shredded escarole
 - 1 cup shredded arugula
- 1 1/2 cups peeled, seeded, chopped ripe plum tomatoes
 - 2 tbsp chopped thyme
- Red pepper flakes, as needed
 - Kosher salt, as needed
 - 1 lb spaghetti
 - 2 tbsp unsalted butter
 - 1/4 cup grated Parmigiano-Reggiano
- Freshly ground black pepper, as needed

1. Heat 1/4 cup of the oil in a large sauté pan over medium heat and add the sausage. Cook until the sausage is golden brown, about 5 minutes. Add the shallots and garlic and cook, stirring occasionally, until fragrant, about 3 minutes.

2. Increase the heat to high. Stir in the radicchio, escarole, and arugula and continue to cook until they are wilted, about 2 minutes. Add the tomatoes, thyme, and red pepper flakes. Turn the heat off, remove and discard the garlic cloves, and set aside the sausage mixture.

3. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir a few times to separate the pasta and submerge the strands. Cook, uncovered, until the pasta is just tender (al dente), 7 to 8 minutes. Reserve a few ladlefuls of the pasta cooking water for finishing the sauce (you will need about 1/2 cup).

4. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into a large heated serving bowl. Add 1/4 cup of the reserved pasta cooking water, the reserved sausage mixture, the remaining 2 tablespoons olive oil, the butter, and cheese to the pasta. Toss together until the pasta is evenly coated. The pasta should appear creamy, not oily. If necessary, add a bit more of the pasta cooking water.

5. Serve the pasta immediately with freshly ground black pepper, as needed.

SERVES 4 TO 6



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SHRIMP ROLLS

We like serving shrimp rolls with kettle cooked potato chips, because it feels like casual dinner by the beach, but you can serve yours with a green salad, grilled veggies, or coleslaw, if you prefer. If you can find them, a brioche roll is a decadent upgrade from the hot dog roll.

INGREDIENTS:

- 1 pound jumbo (21/25) shrimp, peeled and deveined
 - 1/4 cup small-dice celery
 - 3 tablespoons mayonnaise
- 1 heaping tsp Dijon mustard
 - 1/2 tsp lemon juice
 - Pinch kosher salt
- Pinch ground black pepper
 - 4 hot dog rolls(Eastern style—split on top)
 - 1 tbsp melted butter
- Kettle cooked potato chips, for serving

1. Bring a medium pot of salted water to a boil. Add the shrimp, turn off the heat, and cover. After 2 minutes, remove the shrimp and place in an ice bath until cool.
2. Cut each shrimp into four pieces.
3. Combine the shrimp meat, celery, mayonnaise, mustard, lemon juice, salt, and pepper in a mixing bowl. Adjust seasoning.
4. For each sandwich, open a roll, brush with butter, and toast on a griddle until golden brown.
5. Divide the shrimp salad between the rolls and serve with the potato chips.

SERVES 4



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GRILLED CHICKEN CAESAR SALAD

Caesar salads are a great base for any protein, so don't feel tied to the grilled chicken. Oven-roasted salmon, blanched shrimp, or even shredded rotisserie chicken are perfect options. For a meat-free version, try crispy chickpeas! You can find them in the snack aisle at some stores, or make them by baking canned chickpeas.

INGREDIENTS:

- 3 pounds chicken breast, boneless and skinless
 - Kosher salt, as needed
- Freshly ground black pepper, as needed
 - 1/2 cup olive oil
 - 1/4 cup lemon juice
 - 1 tsp anchovy paste
 - 1 tsp Dijon mustard
- 2 garlic cloves, finely minced
- 1 1/4 pounds romaine lettuce, washed, drained, and cut into bite size pieces
- 1/2 cup grated Parmesan cheese
 - 4 cups croutons

1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.

2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.

3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.

SERVES 4



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TOFU RED CURRY

Before cubing your tofu, wrap it in a few layers of paper towels and place it on a plate. Top it with another plate, weighted with something heavy, like a can or a book, and set it aside for 15 minute to press out some moisture. This will help it brown.

INGREDIENTS:

- 1 1/2 tbsp vegetable oil
- 8 ounces extra-firm tofu, cubed
 - 1 tbsp fresh lime juice
- 1 medium carrot, peeled and diced
 - 1/4 cup diced yellow onion
 - 2 garlic cloves, minced
- Chicken or vegetable broth, as needed
- 1 cup grape tomatoes, halved
- 1/2 cup frozen green peas, thawed
 - 2 tbsp red curry paste
 - 1/4 tsp ground turmeric
 - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 3/4 cup light coconut milk
- 1/4 cup chopped cilantro
- 1/4 cup minced scallions
- 1/4 cup chopped peanuts

1. Heat the oil in a skillet over medium high heat. Add the tofu cubes and cook until they are golden on all sides, 5 to 7 minutes. To help the tofu cubes maintain their shape, turn them with a flat spatula. Remove from the skillet and sprinkle with the lime juice.
2. Add the carrot and onion to the skillet and sweat until soft, 4 to 5 minutes. Add the garlic and cook until fragrant, about 1 minute more. Splash the vegetables with a small amount of chicken or vegetable broth to prevent them from sticking to the bottom of the skillet and burning. Add the tomatoes and green peas and sweat just until they release a little of their liquid.
3. Stir in the curry paste, turmeric, salt, and pepper. Add the coconut milk, reduce the heat, and simmer until the sauce has thickened slightly, 6 to 8 minutes.
4. Stir the tofu cubes back into the pan and heat through. Stir in the cilantro, scallions, and peanuts.

SERVES 4



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DINNER SHOPPING LIST

PROTEIN

- 3 lb boneless, skinless chicken breast
- 1 lb jumbo (21/25) shrimp
- 3/4 lb sausage
- 8 oz extra-firm tofu
- 4 oz thinly sliced prosciutto

DAIRY

- 3 tbsp unsalted butter
- 1/4 cup grated Parmigiano-Reggiano
- 1/2 cup grated Parmesan
- 12 oz ricotta (about 1 1/2 cups)

PANTRY

- 1 1/2 cups olive oil
- 1 1/2 tbsp vegetable oil
- 3 tbsp mayonnaise
- 2 tsp Dijon mustard
- 1 jar or tin anchovies
- 2 tbsp red curry paste
- 1 cup chicken or vegetable broth
- 1/4 cup chopped peanuts
- 3/4 cup light coconut milk
- 1 lb spaghetti
- 4 top-split hot dog buns
- 1 loaf crusty rye bread
- 4 cups croutons
- 1 bag kettle cooked potato chips
- 1 cup frozen green peas
- 2 1/2 tbsp red pepper flakes
- 1/4 tsp ground turmeric
- Kosher salt
- Black pepper

PRODUCE

- 1 yellow onion
- 1 carrot
- 1 head celery
- 4 shallots
- 8 cloves garlic
- 4 plum tomatoes
- 1 cup grape tomatoes
- 6 oz figs
- 1 1/4 lb romaine lettuce
- 6 cups arugula
- 1 head radicchio
- 1 head escarole
- 6 lemons
- 2 limes
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch rosemary
- 1 bunch thyme

