



# WELCOME!

Happy 4th of July, DISH friends!

We hope you're able to find a way to celebrate, even if it looks a little different than last year. Fire up the grill, make a layer cake, or knead together a batch of fresh pasta. Treat yourself to an adventure any way you can!

## PREP AHEAD

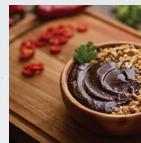
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make the pesto for Monday's pitas.
2. Make Tuesday's hoisin sauce.
3. Cook the veggies for Friday's meatloaf.



### MONDAY

**Marinated Grilled Veggie Pitas with Sundried Tomato Pesto**



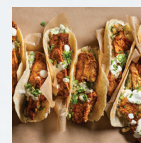
### TUESDAY

**Lettuce Wraps with Roasted Chicken and Hoisin-Peanut Sauce**



### WEDNESDAY

**Grilled Focaccia Sandwich with Bacon and Avocado**



### THURSDAY

**Grilled Fish Tacos**



### FRIDAY

**Veggie and Turkey Meatloaf with Mashed Potatoes**



**DISH**  
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## MARINATED GRILLED VEGGIE PITAS

**Stuff + pitas is the formula for the easiest dinner any night of the week. Marinated grilled veggies are a great no-meat option, but you can add shredded rotisserie chicken, grilled shrimp, or mashed chickpeas, too.**

### INGREDIENTS:

- 1 cup vegetable oil
- 1/4 cup soy sauce
- 2 tbsp fresh lemon juice
- 1 tbsp minced garlic
- 1/2 tsp crushed fennel seeds
- 1 tbsp minced rosemary
  - 2 zucchini, sliced
  - 3 eggplants, sliced
- 1 yellow onion, sliced into rings
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 1 green bell pepper
  - 1 red bell pepper
- Sun-Dried Tomato Pesto (recipe follows)
- 5 pitas, for serving

1. In a large bowl, combine the vegetable oil, soy sauce, lemon juice, 1 tablespoon of the garlic, the fennel seeds, and rosemary to make a marinade. Add the zucchini, eggplant, and onion and gently toss to evenly coat. Marinate the vegetables for 1 hour. Drain any excess marinade off the vegetables before grilling.

2. Preheat the grill for medium-heat cooking. Season the zucchini, eggplant, and onion with salt and black pepper. Place the vegetables on the grill and cook until browned on one side, about 2 minutes. Turn once and cook on the second side until the vegetables are tender, about 2 minutes more. Remove from the grill.

3. Grill or broil the bell peppers until evenly charred on all sides. Transfer to a stainless steel bowl, cover with plastic wrap, and let cool 30 minutes. Remove the skin, core, seeds, and ribs, and slice.

4. Cut the pitas in half and spread the insides with sundried tomato pesto. Stuff with the veggies and serve.

SERVES 5



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## SUN-DRIED TOMATO PESTO

This pesto stores really well, so make it over the weekend, if you like. You can leave out the cheese to make this fully vegan.

### INGREDIENTS:

- 6 garlic cloves
- Salt, as needed
- 1/3 cup pine nuts
- 2 cups sun-dried tomatoes,  
packed in oil
- 1/2 cup extra-virgin olive oil,  
plus more as needed
  - 1 cup basil leaves
- 1 cup grated Parmigiano-Reggiano

1. Mash the garlic and salt together to a smooth paste.

2. Place the garlic paste and pine nuts in a food processor and blend until smooth. Add the sun-dried tomatoes and olive oil and blend slowly until a smooth, fluid consistency is achieved. Add the basil leaves and continue to blend until the basil is incorporated

3. Add the cheese and more olive oil, if needed, and blend until smooth. Taste and adjust with salt, as needed.

MAKES 2 CUPS



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## GRILLED CHICKEN LETTUCE WRAPS

These wraps can also be as homemade or convenient as your schedule dictates. This sauce is super delicious, but you can use prepared peanut sauce or sweet chile sauce, instead. If you're looking for an actual five-minute dinner, swap out the homemade chicken for a rotisserie chicken!

### INGREDIENTS:

- 1 lb boneless chicken thighs
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1 1/2 cups shredded carrots
- 1 English cucumber, thinly sliced
- 1/4 cup seasoned rice vinegar
- 2 heads Bibb lettuce, leaves removed, rinsed, and dried
- 1 cup cooked rice vermicelli or angel hair pasta
- Hoisin-Peanut Sauce, for serving (recipe follows)

1. Prepare a grill for high heat cooking and oil the grill grates, if needed.
2. Season the chicken with salt and pepper. Grill until cooked through and lightly charred, about 4 minutes per side.
3. Set the chicken aside to cool slightly, then thinly slice.
4. In a small bowl, combine the cucumber, carrot, and rice wine vinegar. Toss to coat and set aside.
5. To assemble the lettuce wraps, lay a lettuce leaf on a plate and top with a few pieces of chicken, a pinch or two of rice noodles, a spoonful of the carrot-cucumber mixture, and a drizzle of hoisin-peanut sauce. Fold the lettuce like a taco to eat.

SERVES 4 TO 6



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## HOISIN PEANUT SAUCE

Hoisin sauce is sweet and sticky, and mixed with just a few ingredients, it's the perfect dipping sauce for lettuce wraps, summer rolls, crispy fried chicken thighs, or, well, just about anything!

### INGREDIENTS:

- 1 cup hoisin sauce
  - 1/2 cup water
- 1/4 cup minced yellow onions
- 1/4 cup unseasoned rice vinegar
  - 1 tablespoon Sriracha  
or similar ground chili paste
- 1/4 cup roasted peanuts, finely chopped

1. In a saucepan, combine the hoisin sauce, water, onions, and vinegar and simmer gently over low heat until the onions are soft and the flavors meld, about 5 minutes. Add water as needed to maintain the consistency of ketchup. Set aside to cool.
2. Add the sriracha and peanuts and serve at room temperature

MAKES 1 1/2 CUPS



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## GRILLED FOCACCIA SANDWICH WITH BACON AND AVOCADO

This is a simple BLAT sandwich, but it's easy to jazz up if you aren't in the mood for classic. Add basil pesto, chipotle mayo (stir a few dashes of chipotle hot sauce into the mayo before you spread it), or even a layer of coleslaw

### INGREDIENTS:

- 1/4 cup extra-virgin olive oil,  
or as needed
- 1 tbsp balsamic vinegar
- 3 beefsteak tomatoes, sliced thin
- 2 ripe Haas avocados, sliced
  - 1 tsp lemon juice
  - 1 tbsp minced garlic
  - 1 tsp salt
- 1/4 tsp ground black pepper
- 6 onion or plain focaccia squares  
or two 8-inch round focaccia
  - 1/4 to 1/2 cup mayonnaise
- 6 lettuce leaves, rinsed and dried
  - 12 slices cooked bacon

1. Combine 2 tablespoons olive oil and the vinegar. Add the sliced tomatoes and toss gently to coat them. Set aside.
2. Slice the avocados and sprinkle with the lemon juice to keep them from turning brown. Set aside.
3. Heat a griddle or cast iron skillet over medium heat or preheat the broiler to high. Combine the remaining olive oil with the garlic. Season with salt and pepper.
4. Cut the focaccia in half horizontally and brush with the garlic oil mixture. Griddle or broil, oiled sided facing down, until toasted, about 4 minutes
5. Spread the mayonnaise on the toasted focaccia and then layer the sandwich filling on top of the bread: lettuce leaves, sliced tomatoes, bacon, and finally, sliced avocado. Close the sandwich and serve at once.

SERVES 6



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## GRILLED FISH TACOS

These tacos are grilled, but you can cook the fish in a stainless or well seasoned cast-iron skillet, if you like. Serve them on their own for a nice, light supper, or add some grilled veggies or black bean salad (we like them with chopped cilantro and lime juice).

### INGREDIENTS:

- 3 lb mahi-mahi fillets
- Kosher salt, as needed
- 1/2 cup vegetable oil
  - 3 tbsp lime juice
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
  - 2 garlic cloves, minced
- 8 (8-inch) flour or corn tortillas
  - Sour cream, for serving
  - Lime wedges, for serving

### SOUTHWESTERN SLAW

- 1 lb green cabbage, chopped
  - Kosher salt, as needed
    - 2 tbsp lime juice
    - 2 tbsp honey
  - 1/4 red onion, minced
  - 1/2 jalapeño, minced
- 1/4 cup coarsely cut cilantro
- Ground black pepper, as needed

1. Cut the mahi-mahi into 16 equal slices, and season with salt as needed.
2. Gently combine the vegetable oil, lime juice, chili powder, cumin, coriander, and garlic with the fish. Allow the fish to marinate for about 30 minutes.
3. Meanwhile, prepare the southwestern slaw. In a mixing bowl, combine the chopped cabbage with salt, mix well, and allow to sit for about 15 minutes.
4. Squeeze excess moisture out of the cabbage and combine with the lime juice, honey, onions, jalapeños, and cilantro. Adjust seasoning with salt and pepper, as needed
5. Grill the fish over high heat until well-marked and cooked through, about 1 minute on each side.
6. Place about 2 tablespoons of slaw into a corn tortilla and top with two pieces of fish. Top with sour cream and a squeeze of lime.

SERVES 4



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## VEGGIE AND TURKEY MEATLOAF WITH MASHED POTATOES

**You can make this whole recipe several days ahead, if you like. Or, if you just have a little bit of time, prepare the cooked veggie mixture through Step 4. Refrigerate it and then mix it with the remaining ingredients just before baking.**

### INGREDIENTS:

- 16 oz button mushrooms, cleaned
  - 2 tbsp extra-virgin olive oil, divided use
  - 1 tsp kosher salt, divided use
    - 4 cloves garlic
  - 1 bell pepper, any color, cored and roughly chopped
- 4 medium carrots (about 10 oz), roughly chopped
  - 1 medium yellow onion, peeled and quartered
  - 2 tbsp tomato paste
    - 3 tbsp soy sauce
    - 1 lb ground turkey
  - 1 cup dry breadcrumbs

1. Pulse the mushrooms in a food processor until they are finely chopped, but do not form a paste. Heat 1 tbsp of the oil in a large skillet over medium heat. Add the mushrooms and 1/2 tsp of the salt. Cook, stirring occasionally, until the mushrooms have released most of their liquid and appear dry, 8 to 10 minutes. Add more oil, if needed, to prevent sticking.

2. Meanwhile, combine the garlic, pepper, carrots, and onion in the food processor (no need to clean it between uses) and pulse until the mixture is about the same size as the mushrooms.

3. Transfer the cooked mushrooms to a large mixing bowl and set aside. Heat the remaining 1 tbsp oil to the pan and add the chopped vegetable mixture. Add the remaining 1/2 tsp of salt and cook until the vegetables are fully cooked and the pan is nearly dry, about 15 minutes. Don't rush the process, because too much moisture will prevent the meatloaf from setting up later.

4. Add the tomato paste to the pan, stir to coat the vegetables and cook until it darkens in color, about 3 minutes. Add the soy sauce and cook to reduce slightly, about 3 minutes. Preheat the oven to 375°F.

5. Transfer to the bowl with the mushrooms and let cool for about 15 minutes. Add the turkey and breadcrumbs and mix until well-combined. Transfer to an 8- by 8-inch square baking dish and bake until the meatloaf is browned and pulling away from the pans around the edges, about 50 minutes. Cool for at least 15 minutes before slicing and serving.

SERVES 4 TO 6





## MASHED POTATOES

We chose basic mashed potatoes to round out the comfort food bonanza, but you can make mashed sweet potatoes or even puréed cauliflower, if you like.

### INGREDIENTS:

- 2 1/4 pounds Russet potatoes, peeled and quartered
  - 3/4 cup butter
  - 1 cup milk
  - 1 cup heavy cream
- 1 1/2 tsp salt, or to taste
- 3/4 tsp freshly ground black pepper, or to taste

1. Bring a large pot of water to boil. Cook the potatoes until tender, about 20 to 25 minutes.
2. While the potatoes are boiling, melt the butter and add the milk and cream. Keep warm.
3. Drain the potatoes and return them to the pot. Add the cream mixture and mash the potatoes using a potato masher or a hand blender. Season the potatoes with salt and pepper. Serve immediately.

MAKES 6 SERVINGS



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# DINNER SHOPPING LIST

## DAIRY

- 1 cup grated Parmigiano-Reggiano
- 1 cup sour cream
- 1 cup milk
- 1 cup cream
- 3/4 cup butter

## SPICIES

- 1 tsp fennel seeds
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1 1/2 tbsp chili powder

## PROTEIN

- 3 lb mahi mahi fillets
- 1 lb boneless chicken thighs
- 1 lb ground turkey
- 1/2 lb bacon

## PANTRY

- 1 cup olive oil
- 1 1/2 cups vegetable oil
- 1/2 cup mayonnaise
- 1 cup hoisin sauce
- 1/2 cup seasoned rice vinegar
- 1/2 cup soy sauce
- 1 tbsp balsamic vinegar
- 1 tbsp Sriracha
- 2 tbsp tomato paste
- 2 tbsp honey
- 2 cups sun-dried tomatoes, packed in oil
- 4 oz rice vermicelli or angel hair pasta
- 1/3 cup pine nuts
- 1/4 cup roasted peanuts
- 1 cup dry breadcrumbs
- 5 pitas
- 1 or 2 large focaccias (enough for 6 sandwiches)
- 8 (8-in) flour or corn tortillas

## PRODUCE

- 3 yellow onions
- 1 red onion
- 1 lb carrots
- 2 heads garlic
- 1 English cucumber
- 3 beefsteak tomatoes
- 2 green bell peppers
- 1 red bell pepper
- 1 jalapeño
- 2 zucchinis
- 3 eggplants
- 1 lb button mushrooms
- 2 Haas avocados
- 2 heads Bibb lettuce
- 1 head green cabbage
- 1 head green leaf lettuce
- 2 1/4 lb Russet potatoes
- 2 lemons
- 6 limes
- 1 bunch rosemary
- 1 bunch basil
- 1 bunch cilantro

