

# WELCOME!

We're really excited about Monday's caponata-stuffed shells, because it can be reimagined as a number of different dishes. Build it as a lasagna, or just toss the sauce and caponata with boiled pasta to avoid the stuffing-step. Skip the pasta entirely and serve the caponata and creamy sauce alongside broiled fish or chicken for a gluten-free dinner.

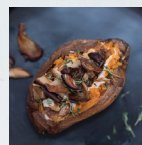
## PREP AHEAD

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

1. Prepare the parts or assemble the stuffed shells all the way through (wait to bake until the night you serve it).
2. Caramelize the onions for Tuesday's stuffed potato.
3. Prepare chicken or vegetable broth, if using homemade for the risotto.



**MONDAY**  
Eggplant Caponata Stuffed Shells



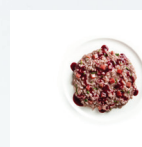
**TUESDAY**  
Baked Sweet Potatoes with Caramelized Onions



**WEDNESDAY**  
Black Bean Cakes with Tomato Salsa



**THURSDAY**  
Curry Udon Noodles



**FRIDAY**  
Risotto with Vegetables, Beans, Salami, and Red Wine





## EGGPLANT CAPONATA STUFFED SHELLS

**This vegan pasta dish is creamy comfort food at its very best. Make all of the components ahead of time, or even assemble the dish a few days before you're ready to serve it for an ultra-convenient weeknight meal. Serve it alongside prepared marinara sauce, if you like.**

### INGREDIENTS:

- 1 (12 oz) box large pasta shells
  - Vegetable oil, as needed
- 1 (15 oz) can white beans, drained and rinsed
  - 6 large basil leaves
    - 2 cloves garlic
    - 1/4 cup olive oil
- 1/4 cup cashew or other non-dairy milk
  - Kosher salt, to taste
  - Black pepper, to taste
- 6 cups Eggplant Caponata (recipe follows)

1. Bring a large pot of salted water to a boil. Add the shells and cook until al dente, about 7 minutes. Drain well, toss with enough vegetable oil to lightly coat, and set aside.
2. In a blender or food processor, combine the beans, basil, garlic, olive oil, and cashew milk. Blend until smooth. Taste and season with salt and pepper.
3. Preheat the oven to 350°. Transfer to a 9x13-inch baking dish and evenly spread to coat the bottom.
4. Working one at a time, hold a cooked shell in your hand and carefully separate the sides to expose the interior. Scoop about 2 tablespoons of the caponata in the shell and place it, seam-side up, in the baking dish. Continue until all of the shells are filled, placing the stuffed shells in rows in the baking dish.
5. Cover the baking dish with aluminum foil and bake until warmed through, about 15 minutes. Serve with any remaining caponata, if you like.

SERVES 4 TO 6



**DISH**<sup>®</sup>  
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## EGGPLANT CAPONATA

You may not use all of this caponata, but it's great leftover at room temperature stuffed into a pita, as a snack with some crusty bread, or stuffed into butterflied chicken breasts and baked.

### INGREDIENTS:

- 1 eggplant (about 1 lb), peeled and cut into small dice
  - 2 tbsp kosher salt
- 1 red bell pepper, seeded and cut into small dice
  - 3/4 cup minced onion
  - 1 tsp minced garlic
  - 1/4 cup olive oil
- 2 cups canned diced tomatoes
  - 2 tbsp tomato paste
  - 2 tbsp basil chiffonade
- 1 tsp minced marjoram or oregano
  - 1 tbsp balsamic vinegar

1. Preheat the oven to 350°F.

2. Place the eggplant in a large bowl and sprinkle with the salt, tossing evenly to distribute. Place the salted eggplant in a colander and allow to drain for 20 minutes.

3. Quickly rinse the eggplant under cool water, then place on paper towels to absorb excess moisture.

4. In a large bowl, combine the eggplant with the bell pepper, onion, garlic, and oil then toss to combine. Add the tomatoes and tomato paste and toss to thoroughly combine.

5. Spread the vegetable mixture evenly on a baking sheet and roast until the vegetables are tender and lightly browned, 25 to 30 minutes.

6. Remove the pan from the oven and add the basil, marjoram, and vinegar. Gently fold the ingredients together.

7. Transfer the caponata to a glass or stainless steel container with a lid. Let cool to room temperature, then stir in the cheese. Refrigerate the caponata in a covered glass or stainless steel container for up to 1 week. The flavor will improve if the caponata is allowed to rest for at least 24 hours before use.

MAKES 6 CUPS



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## BAKED SWEET POTATO WITH CARAMELIZED ONIONS

**Caramelized onions freeze well, so make a double batch and freeze half for an easy dinner later in the month!**

### INGREDIENTS:

- 4 small sweet potatoes, scrubbed
  - 3 tbsp extra-virgin olive oil, divided use
    - Kosher salt, to taste
    - 2 tbsp unsalted butter
  - 3 medium yellow onions, thinly sliced
- Freshly ground black pepper, to taste
- 1 lb 8 oz mixed mushrooms, like oyster, shiitake, or cremini, cut into bite-sized pieces
  - 2 tbsp minced garlic
  - 2 tbsp dry white wine
  - 2 tsp chopped thyme, plus more as needed
  - 1/2 cup crème fraîche

1. Preheat the oven to 350°F. Poke the potatoes all over with a fork, then drizzle with 1 tablespoon of the oil. Rub the potatoes all over, sprinkle with salt, and transfer to a baking sheet. Bake until the potatoes are tender when pierced with a knife, 45 minutes to 1 hour.

2. Meanwhile, heat the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and cook, stirring occasionally, until the onions are very lightly browned all over, about 15 minutes. Lower the heat to medium-low and cook, stirring frequently, until the onions are deeply browned, about 40 minutes. If any dry spots in the pan begin to burn, add some water to moisten the pan.

3. Transfer the onions to a bowl, and wipe out the pan. Return to medium heat and add the remaining 2 tbsp olive oil. Add the mushrooms and a pinch of salt, and cook without stirring until the edges are browned, about 4 minutes. Continue cooking until the mushrooms are browned, about 8 minutes. Stir in the garlic and a pinch of pepper and cook until fragrant, about 30 seconds. Add the wine and cook until the wine has reduced and the pan is dry, about 1 minute. Remove from the heat and stir in the thyme.

4. To serve, slice each potato down the center and push the two sides apart slightly. Use a fork to gently mash the inside of the potato. Top each potato with 2 tablespoons of crème fraîche. Add a layer of caramelized onions, then top with the mushrooms. Sprinkle with additional thyme before serving, if you like.

SERVES 4



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# BLACK BEAN CAKES

These bean cakes are great on their own for a light dinner, but you can serve them alongside a simple green salad, if you like.

## INGREDIENTS:

- 1 cup dried black beans
- 4 cups low-sodium vegetable broth
  - 3/4 tsp kosher salt
- 1/2 ounce chopped Spanish-style chorizo sausage
  - 1/4 cup diced onion
  - 2 garlic cloves, minced
- 1 jalapeño, seeded and minced
  - 3/4 tsp ground cumin
  - 1/2 tsp chili powder
- 1 egg white, lightly beaten
  - 2 tsp fresh lime juice
  - 1 tbsp chopped cilantro
  - 1/3 cup cornmeal
  - 2 tbsp olive oil
- 3 tbsp nonfat Greek yogurt
- 3/4 cup prepared salsa

1. In a medium pot, soak the beans for 8 to 12 hours in enough cold water to cover by 3 inches.

2. Drain the beans and simmer in the chicken broth with 1/2 teaspoon of the salt until tender, about 1 hour. Start to check doneness of the beans after 40 minutes. The beans should absorb almost all the broth. Add more broth if necessary.

3. In a medium sauté pan, cook the chorizo over low heat until the fat just begins to render, 5 to 8 minutes. Add the onion, garlic, and jalapeño and sauté until the onion starts to brown. Add the cumin and chili powder and sauté until aromatic.

4. Mash the beans and combine with the egg white, lime juice, cilantro, the remaining 1/4 teaspoon salt, and the chorizo mixture. Form the mixture into small cakes and lightly dust with the cornmeal.

5. Heat the olive oil in a large sauté pan over medium high heat. Sauté the cakes until golden brown on each side, 2 to 3 minutes. Keep warm.

6. Serve with the yogurt and salsa.

SERVES 4



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# CURRY UDON NOODLES

Your Asian market may have fresh or frozen udon noodles in a variety of styles. If you want to experiment with those, just remember that they'll weigh more than the dry version, so you'll probably only need about 8 oz for four servings.

## INGREDIENTS:

- 1/2 medium white onion, thinly sliced
  - 2 tbsp vegetable oil
- 2 garlic cloves, thinly sliced
- One 1-inch piece fresh ginger, peeled and minced
  - 8 oz chicken breast, very thinly sliced
  - 8 oz turnip, julienned
    - 1 1/2 tsp sugar
  - Kosher salt, as needed
    - 5 cups water
- 1 1/2 oz Japanese curry paste
  - 1 1/2 tsp light soy sauce
- 8 oz Napa cabbage, thinly sliced
  - 1 lb dried udon noodles
  - 2 green onions, sliced
- 1 cups radish sprouts, optional

1. In a pan over medium heat, sweat the onions in the vegetable oil until tender, 5 to 8 minutes. Add the garlic and ginger and continue to sweat until aromatic, 10 to 20 seconds. Add the chicken breast and cook, turning as necessary, until opaque. Add the turnip and continue to cook over medium heat until tender, 3 to 5 minutes. Add the sugar and adjust the seasoning with salt. Remove the mixture from the pan and reserve.

2. Add the water to the pan and bring to a boil over high heat. Lower the heat to a gentle simmer, and add the Japanese curry paste and simmer until the curry paste is fully dispersed and the sauce is slightly thick, about 2 minutes. Add the soy sauce, the cooked chicken mixture, and the cabbage to the curry sauce and simmer until the cabbage is slightly tender, 3 to 5 minutes.

3. In a pot over high heat, cook the noodles in 2 gallons of well-salted boiling water until tender, 3 to 5 minutes. Rinse with hot water, toss with the green onions, and divide into 8 Asian noodle bowls.

4. Top each bowl of noodles with the curry sauce and mix gently to combine. Garnish each bowl with radish sprouts, if using.

SERVES 4



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## RISOTTO WITH VEGGIES AND SALAMI

To simplify this recipe a bit, feel free to use canned white beans. Choose a dry white wine to use in the risotto, and enjoy the rest with dinner.

### INGREDIENTS:

- 1 qt chicken or vegetable broth
  - 2 oz lard or pancetta, cut into small dice
- 1 medium yellow onion, minced
- 3 oz salamino or salami, diced
- 10 oz (1 1/2 cups) Carnaroli or Vialone Nano rice
  - 1/2 cup dry white wine
- 1 1/2 cups cooked fresh or dried borlotti beans
  - 1/4 cup canned crushed San Marzano tomatoes
  - 2 oz (1/4 cup) unsalted butter
- 1/2 cup chopped flat-leaf parsley
  - 3/4 cup grated Parmigiano-Reggiano (optional)
    - Kosher salt, as needed
    - Freshly ground black pepper, as needed

1. Heat the broth over low heat; keep warm.

2. Heat the lard, onion, and salamino in a large pot over low heat to make a soffrito. Cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and cook, stirring frequently, until the rice is well coated with the oil, about 2 minutes.

3. Add the wine and cook until almost dry. Add the beans and the tomatoes and enough of the broth to come 1/2 inch above the rice. Cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the liquid, keep adding more broth, 1/2 cup at a time.

4. Once the rice has absorbed almost all the broth and the grains are just tender (al dente), about 15 minutes total cooking time, remove the pot from the heat. Add the butter, parsley, and cheese, if using, and stir vigorously until the rice looks very creamy. Season the risotto with salt and pepper as needed and serve immediately.

SERVES 4 TO 6



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

## PROTEINS

- 1/2 oz Spanish-style chorizo
- 8 oz chicken breast
- 2 oz lard or pancetta
- 3 oz salami or salami

## DAIRY

- 2 sticks unsalted butter
- 3/4 cup grated Parmigiano-Reggiano
- 1/2 cup crème fraîche
- 3 tbsp nonfat Greek yogurt
- 1 egg

## PANTRY

- 1/4 cup vegetable oil
- 1 cup olive oil
- 1 tbsp balsamic vinegar
- 1 (15 oz) can white beans
- 1 (12 oz) box pasta shells
- 2 cups canned diced tomatoes
- 1/4 cup crushed San Marzano tomatoes
- 2 tbsp tomato paste
- 3/4 cup prepared salsa
- 4 cups vegetable broth
- 1 quart chicken or vegetable broth
- 10 oz Carnaroli rice
- 1 1/2 cups cooked Barlotti beans
- 1 cup dried black beans
- 1/3 cup cornmeal
- 1 1/2 tsp sugar
- 3/4 cups dry white wine
- 1/4 cup cashew milk
- 1 1/2 oz Japanese curry paste
- 1 lb dried udon noodles
- 1 1/2 tsp light soy sauce
- 3/4 tsp ground cumin
- Kosher salt
- Black pepper

## PRODUCE

- 6 yellow onions
- 2 heads garlic
- One (1 in) piece ginger
- 1 jalapeño
- 8 oz Napa cabbage
- 4 small sweet potatoes
- 8 oz turnip
- 1 lb 8 oz mixed mushrooms
- 1 large eggplant
- 1 red bell pepper
- 2 limes
- 1 bunch marjoram or oregano
- 1 bunch basil
- 1 bunch thyme
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch green onions
- 1 cup radish sprouts (optional)

