

# WELCOME!

Somehow, it is February!

If you need a slow start to this week, welcome to the club. We'll be taking it easy with our favorite very-customizable frittata. If you want to try something different, try adding caramelized onions, diced ham, or steamed broccoli and plenty of Cheddar.

## PREP AHEAD

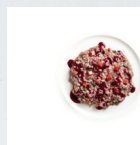
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Prep the veggies for Monday's frittata.
2. Make Wednesday's soup. It's great reheated.



### MONDAY

**Spinach and Cheddar Frittata**



### TUESDAY

**Red Wine Risotto with Salami**



### WEDNESDAY

**Classic Lentil Soup**



### THURSDAY

**Honey-Lime Chicken Thighs with Brussels Sprouts**



### FRIDAY

**Take Out-Style Chicken and Broccoli**



**DISH**<sup>®</sup>  
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## SPINACH AND CHEDDAR FRITTATA

As always, frittatas are a blank canvas for whatever you're in the mood for (or whatever leftovers are languishing in the fridge). Pre-cook high-moisture veggies, and crispy bacon, browned sausage, or even smoked tempeh for extra savoriness.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, cut into small dice
- 1 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 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 6



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## RED WINE RISOTTO WITH SALAMI

**We love salami as a salty and savory flavoring for a simple risotto. Store-bought chicken broth will work, but if you have the time, a homemade stock or broth, whether chicken or even pork, will help add tons of flavor to this dish.**

### INGREDIENTS:

- 2 1/2 qt chicken broth
- 3/4 cup unsalted butter
- 3/4 cup minced yellow onion
- 1 lb (2 1/4 cups) Carnaroli rice
  - 1/2 cup dry red wine
- 1 cup grated Parmigiano-Reggiano
- 5 oz salami, casing removed, diced
  - Kosher salt, to taste
- Ground black pepper, to taste

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

2. Heat 1/2 cup of the butter in a large pot over low heat. Add the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.

3. Add the wine and cook until almost dry. Add enough of the broth to cover the rice by 1/2 inch, and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 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 20 minutes total cooking time, remove the pot from the heat. Add the remaining 1/4 cup butter and stir vigorously until the risotto is very creamy. Stir in cheese and the salami until blended. Season with salt and pepper, if needed, and serve immediately on flat plates.

SERVES 6



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## CLASSIC LENTIL SOUP

We adore lentil soup as a hearty vegetarian dinner (especially alongside a crusty loaf of bread, if you can get your hands on one). Serve with croutons, instead, for a little crunch, if you like.

### INGREDIENTS:

- 2 tbsp vegetable oil
- 1 1/4 cups minced onion
- 1 garlic clove, minced
- 2/3 cup minced carrots
- 1 1/4 cups minced leek  
(white and light green parts)
- 1/2 cup minced celery stalk
  - 1 tbsp tomato paste
  - 7 cups vegetable broth
- 1 3/4 cups French (green) lentils
  - 1/4 cup Riesling or other slightly sweet white wine
  - 2 tbsp sherry vinegar
    - 1/2 lemon
  - 2 sprigs fresh thyme
  - 1/2 tsp salt, or as needed
  - 1/4 tsp ground black pepper, or as needed

1. Heat the oil in a soup pot over medium heat. Add the onion and garlic. Cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.

2. Add the carrots, leek, and celery. Cook, stirring occasionally, until softened, 5 to 7 minutes.

3. Add the tomato paste, stir well, and cook for 2 more minutes.

4. Add the remaining ingredients and bring to a simmer over medium-low heat. Cook until the lentils are tender, about 40 minutes. Remove and discard the thyme sprigs and lemon half. Purée the soup if desired (the lentils may have already turned into a purée by this time).

5. Adjust the seasoning to taste with salt and pepper. Serve in heated bowls.

SERVES 6 TO 8



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## HONEY-LIME CHICKEN WITH BRUSSELS SPROUTS

**Brussels sprouts are basically a stand-in for whatever veggie you're in the mood for this week, like carrots, broccoli, or even sugar snap peas (which will take much less time to cook, so just keep an eye on them).**

### 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 ground black pepper
- 4 bone-in chicken thighs
- 3 tbsp canola oil, divided use
  - 2 lb Brussels sprouts, trimmed and halved
- 4 cups cooked white rice, for serving (optional)

SERVES 4

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.



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## TAKE OUT-STYLE CHICKEN AND BROCCOLI

This dish is quick, easy, and family-friendly. Add some chopped toasted cashews or slivered water chesnuts for a little extra crunch, if you like. For a super-veggied power version, add mushrooms, thinly sliced carrots, shredded cabbage, and snow peas.

### INGREDIENTS:

- 3 tbsp vegetable oil
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes
  - 2 tbsp chopped garlic
  - 2 tbsp chopped ginger
  - 1 bunch scallions, sliced
- 2 tbsp cider or rice vinegar
  - 2 tbsp sugar
  - 3 tbsp soy sauce
- 1 cup chicken stock or water
  - 2 tbsp cornstarch
- 4 cups (1 head) broccoli florets or broccolini

1. In a large sauté pan or wok, heat the oil over medium heat. Add the chicken and cook until golden brown, stirring the chicken occasionally to cook it evenly on all sides, about 5 minutes. Transfer the cooked chicken to a plate and set aside.
2. Add the garlic, ginger, and scallions to the pan and cook until fragrant, about 1 minute.
3. In a medium-sized bowl, combine the vinegar, sugar, soy sauce, chicken stock or water, and the cornstarch. Mix with a whisk until there are no clumps and set aside.
4. Add the broccoli to the pan. Add the cornstarch mixture and stir to coat the broccoli.
5. Stir in the chicken, cover the pan with a lid or aluminum foil, and cook on medium-high heat until the broccoli is bright green and cooked through, for 3 to 5 minutes.

SERVES 4 TO 6



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# DINNER SHOPPING LIST

## PROTEIN

- 4 bone-in chicken thighs
- 1 lb boneless, skinless chicken breast
- 5 oz salami

## DAIRY

- 1/2 cup whole milk
- 1/2 cup shredded Cheddar
- 1 cup grated Parmigiano-Reggiano
- 3/4 cup unsalted butter
- 6 eggs

## PANTRY

- 1/2 cup olive oil
- 1/2 cup vegetable oil
- 2 tbsp sherry vinegar
- 2 tbsp cider vinegar
- 3 tbsp soy sauce
- 3 qt chicken broth
- 7 cups vegetable broth
- 1 tbsp tomato paste
- 1 tbsp chile-garlic sauce
- 1 3/4 cup French lentils
- 1 lb Carnaroli rice
- 2 cups white rice
- 2 tbsp cornstarch
- 2 tbsp sugar
- 2 tbsp honey
- 1/2 cup dry white wine
- 1/4 cup Riesling
- Kosher salt
- Black pepper

## PRODUCE

- 4 yellow onions
- 1 head garlic
- 1 (2-in) piece ginger
- 2 carrots
- 1 head celery
- 2 lb Brussels sprouts
- 1 head broccoli
- 1 bunch leeks
- 1 Russet potato
- 6 cups spinach
- 1 lemon
- 3 limes
- 1 bunch scallions
- 1 bunch thyme

