



# WELCOME!

Happy 4th of July, foodies! We'll be grilling all weekend, and that includes our favorite grilled fish tacos for Monday.

If you have cook-out leftovers to enjoy during the week, you can make Tuesday's waffles and freeze them for an easy dinner down the road.

## PREP AHEAD

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

1. Make the slaw for Monday's tacos.
2. Make Wednesday's salad dressing, and prep some veggies if you want to get ahead.



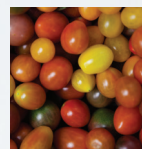
**MONDAY**  
Grilled Fish Tacos



**TUESDAY**  
Cheddar and Scallion Waffles with Fried Eggs



**WEDNESDAY**  
Kale Chopped Salad with Tofu



**THURSDAY**  
Cherry Tomato and Basil One-Pot Pasta



**FRIDAY**  
Grilled Ribeyes with Corn





## GRILLED FISH TACOS

We're using mahi mahi here, but you can use any fish that you like to grill in these tacos. If you're worried about your fish sticking to the grill or falling apart, cook it in a cast-iron skillet on the grill grates. It'll be easier to manage, but you'll still get the flavor from the grill.

### 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
- 1 lb green cabbage, chopped
  - Kosher salt, as needed
    - 2 tbsp lime juice
    - 2 tbsp honey
  - 1/4 red onion, minced
    - 1/2 jalapeño, seeded and finely 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 slaw. In a mixing bowl, mix 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 to 6



**DISH**<sup>®</sup>  
EAT. DRINK. DISCOVER.





## CHEDDAR AND SCALLION WAFFLES

**Waffles aren't just for breakfast! We've added cheese and scallions to this savory version, which goes great with a nice soft egg, but you could top it with pulled pork or even fried chicken!**

### INGREDIENTS:

- 2 cups all-purpose flour
- 2 tsp baking powder
  - 1 tsp baking soda
  - 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 cup shredded Cheddar cheese
  - 1/2 cup sliced scallions
  - 2 eggs
- 1 3/4 cups buttermilk, well shaken
- 1/2 cup (1 stick) melted butter
- 8 fried eggs, for serving

1. In a large bowl, combine the flour, baking powder, baking soda, salt, and pepper. Toss to combine. Add the cheese and scallions and stir to coat.

2. In a separate bowl, combine the eggs, buttermilk, and butter, and whisk to combine.

3. Add the egg mixture to the flour mixture and mix just until combined. There may still be small lumps in the batter.

4. Preheat the oven to 250°F. Heat a waffle iron. Ladle waffle batter in the center of the iron and cook according to the manufacturer's directions. Place the finished waffle on a baking sheet and keep warm in the oven while you prepare the remaining waffles. Transfer to the oven as done.

5. Serve the waffles topped with an egg

SERVES 8



**DISH**<sup>®</sup>  
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## KALE CHOPPED SALAD

This bright salad comes together in flash, and you can add in whatever odds and ends you have in the refrigerator, like cucumbers, avocado, radishes. We've used tofu, but you can substitute chicken, shrimp, or even some chickpeas.

### INGREDIENTS:

- 1/4 cup unsweetened peanut butter
  - 2 tbsp seasoned rice vinegar
  - 1 tbsp low sodium soy sauce
    - 1 clove garlic
- 1/2 cup canned coconut milk
  - 2 tsp chile powder
  - 1/2 tsp curry powder
  - 1/4 tsp garlic granules
  - 1/2 tsp kosher salt
- 1 (14 oz) package firm tofu, drained and cubed
- 1 1/2 tbsp olive oil, divided use
- 1 bunch kale (about 12 oz), tough stems removed, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
  - 1 large mango, cubed
  - 1 red bell pepper, chopped
- 2 cups chopped red cabbage
- 1/2 cup chopped toasted peanuts

1. For the dressing, combine the peanut butter, vinegar, soy sauce, garlic, and coconut milk in a small food processor and blend until smooth. Set aside.
2. In a medium bowl, combine the chile powder, curry powder, garlic granules, and salt, and stir to mix. Add the tofu and toss to coat. Heat 1 tablespoon of the oil in a skillet over medium-high heat and add the tofu. Cook, stirring frequently, until the tofu is browned all over, about 10 minutes. Set aside.
3. In a salad bowl, toss the kale with the remaining 1/2 tablespoon olive oil and massage the leaves until they have darkened in color and feel tender, about 4 minutes. Add the carrot, mango, bell pepper, cabbage, peanuts, and tofu, and toss to combine. Add the dressing (you may not need it all) and toss until the leaves are coated. Serve right away.

SERVES 4



## TOMATO AND BASIL ONE-POT PASTA

One-pot pastas are effortless, which is just what you need after a long day. This version is as simple as it gets, but don't be afraid to doll it up a bit with some grilled shrimp or stewed white beans.

### INGREDIENTS:

- 12 oz spaghetti
- 2 cloves garlic, thinly sliced
  - 2 shallots, thinly sliced
- 2 cups cherry tomatoes, halved
- 8 basil leaves, plus more for garnish
  - 1 tsp kosher salt
- Freshly ground black pepper,  
to taste
- 2 tbsp extra-virgin olive oil
  - 4 1/2 cups water
- 1/4 cup grated Parmesan,  
for serving

1. To a large saucepan or shallow skillet, add the spaghetti, garlic, shallots, tomatoes, basil, salt, pepper, and oil. Pour in the water and bring to a boil over medium heat.

2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with Parmesan before serving.

SERVES 4



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## GRILLED RIBEYES

Replace “ribeyes” with anything you’d like in this recipe, like pork chops, chicken, veggies, or kabobs. We’re keeping ours simple (it is Friday, after all!) with peak of the season sweet corn.

### INGREDIENTS:

- 2 bone-in ribeyes
- 1/4 cup extra-virgin olive oil, divided use
  - 1/4 cup minced garlic
  - 4 tsp salt, plus as needed
  - 2 tsp ground black pepper, plus as needed
- 2 tsp minced rosemary leaves
  - 3 tbsp lemon juice
- 4 ears corn, husks removed
  - Butter, as needed

1. Preheat a gas grill to high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.

2. Brush the steaks with a bit of the oil and season with the garlic, salt, pepper, and rosemary.

3. Add the corn to the cool side of the grill and cook, turning occasionally, until cooked through. Grill the steaks over direct heat until marked, about two minutes on each side. Move the steaks to the cooler part of the grill and continue to grill over indirect medium heat until desired doneness; six to seven minutes per side for medium (cook slightly less for rare, slightly more for medium-well).

4. Transfer the meat to a cutting board. Drizzle each of the steaks with two teaspoons more olive oil and finish sprinkling the steaks with lemon juice. Let the steaks rest for about 10 to 15 minutes before carving into slices.

5. To carve the steaks, cut the meat from the bone with the tip of a knife; it will separate easily and cleanly from the bones if you use short strokes and keep the blade as close to the bone as possible. Once the meat is cut free, carve it into slices.

6. Brush the corn with butter and season with salt and pepper before serving with the steak.

SERVES 4



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

## PROTEINS

- 2 bone-in ribeyes
- 3 lb mahi-mahi fillets
- 1 (14 oz) package firm tofu

## DAIRY

- 1 3/4 cups buttermilk
- 1/2 lb butter
- 1 cup shredded Cheddar cheese
- 1/4 cup grated Parmesan
- 8 eggs
- 1 pint sour cream

## PANTRY

- 1/2 cup vegetable oil
- 1/2 cup olive oil
- 1 tbsp low sodium soy sauce
- 2 tbsp seasoned rice vinegar
- 1/2 cup canned coconut milk
- 1/2 cup chopped peanuts
- 2 tbsp honey
- 1/4 cup unsweetened peanut butter
- 12 oz spaghetti
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 3 tbsp chili powder
- 1/2 tsp curry powder
- 1/4 tsp garlic granules
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 8 (8-in) flour or corn tortillas
- Kosher salt
- Ground black pepper

## PRODUCE

- 1 small red onion
- 2 shallots
- 2 cups cherry tomatoes
- 1 carrot
- 1 jalapeño
- 1 bunch kale
- 1 bunch scallions
- 2 heads garlic
- 1 lb green cabbage
- 1 head red cabbage
- 1 red bell pepper
- 4 ears corn
- 6 limes
- 1 large mango
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch rosemary

