



WELCOME!

If you follow this week’s menu, you’ll eat our favorite cold side dish twice (hooray for leftovers!). This mango slaw only gets tastier as the week goes on, which we think is the best kind of easy weeknight recipe.

This is a pretty easy prep week, but at the very least, we suggest you take a moment to wrap your leafy greens (so the cilantro, parsley, and Chard) in damp paper towels. Refrigerate each in a zip-top bag (they can share, if there’s room), and they’ll stay fresh all week.

PREP AHEAD

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

1. Make Monday’s slaw.
2. Break down your pumpkin, if using fresh.
3. Cook the pepper mixture for Wednesday’s sliders.



MONDAY

Pork Chops with Mango Slaw



TUESDAY

Risotto with Pumpkin



WEDNESDAY

Sausage and Pepper Sliders



THURSDAY

Green Lentils with Chard and Lemon



FRIDAY

Spaghetti with Garlic, Oil, and Hot Pepper





PORK CHOPS WITH MANGO SLAW

This recipe makes enough slaw for two dinners. Save half for Wednesday's sliders. The leftovers will be just as flavorful, but may have some excess moisture. Just drain any extra liquid off, if it bothers you.

INGREDIENTS:

- 2 garlic cloves, finely chopped
 - 1 cup mayonnaise
 - 2 tbsp white wine vinegar
- 2 tbsp freshly squeezed lime juice
 - 2 tbsp sugar
 - 1 tbsp water
- 5 cups shredded red cabbage (from 1 head cabbage)
 - 1 mango, diced
- 1 or 2 jalapeños, seeded, chopped
 - 1 shallot, minced
- 1/2 cup chopped cilantro, chopped
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 1 tbsp vegetable oil
- 4 pork chops, about 1-in thick

1. In a large serving bowl, combine garlic, mayonnaise, vinegar, lime juice, sugar, and water. Stir to combine.

2. Add cabbage, mango, jalapeño, shallot, and cilantro. Toss to combine. Season with salt and pepper. Cover and refrigerate for at least one hour or up to overnight before serving.

3. Heat the oil in a well-seasoned cast-iron or heavy-bottomed skillet over medium-high heat. Pat the pork chops dry with paper towels and season both sides with salt and pepper.

4. Add the chops to the skillet and cook until well-browned, about 4 minutes. Flip the chops and cook until browned on both sides and cooked to your desired doneness, about 3 more minutes for medium-well.

5. Serve the pork chops with the mango slaw.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



RISOTTO WITH PUMPKIN

You can use fresh pumpkin or hard-skinned squash, if you like, but canned pumpkin is a great shortcut. The sage and amaretti cookies are a nice addition if you're serving this at a party, but feel free to skip for a weeknight meal.

INGREDIENTS:

- One 3-pound pumpkin (or use 1 1/2 cups of canned pumpkin)
- 1 quart chicken or vegetable broth
 - 1/2 cup extra-virgin olive oil
- 1 medium yellow onion, minced
 - 1 1/2 cups carnaroli or vialone nano rice
 - 1/2 cup (1 stick) unsalted butter, cubed
 - 3/4 cup grated Parmigiano-Reggiano
 - Kosher salt, to taste
- Coarsely ground black pepper, to taste
- Sage leaves as needed (optional)
 - Crumbled amaretti cookies (optional)

1. Cut the pumpkin in half and scoop out the seeds. Peel the pumpkin and dice the flesh. Set aside.

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

3. Heat the oil in a large pot over low heat. Add the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add the diced pumpkin and continue to cook, stirring to coat the pumpkin with the oil, until it is hot, about 2 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.

4. Add enough of the broth to come 1/2 inch above the rice, 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.

5. 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 butter and cheese and stir vigorously until the risotto is creamy. (The pumpkin will start to fall apart; this is what should happen and gives the risotto a brilliant orange color and additional creaminess.) Season with salt and pepper if necessary and serve immediately on flat plates.

6. Top the risotto with a few leaves of sage fried in butter and a sprinkling of crumbled amaretti cookies, if using.

SERVES 4 TO 6



SAUSAGE AND PEPPER SLIDERS

If you didn't manage to save enough of the mango slaw from Monday (it's good, we get it!), throw some extra veggies on the grill or roast some broccoli with olive oil while you cook the burgers. If you don't want to grill, these burgers can be cooked in a skillet or even in the oven.

INGREDIENTS:

- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1/2 yellow onion, diced
 - Pinch kosher salt
- 1/2 tsp freshly ground black pepper
 - 3 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes, plus more to taste
- 1 lb Italian turkey sausage, casings removed
 - 1 1/2 tsp dried oregano
 - 1/4 cup grated Parmigiano-Reggiano
- 8 oz mozzarella cheese, sliced
 - 10 slider buns
- 3/4 cup marinara sauce
- Mango slaw, for serving

1. Heat the oil in a skillet over medium heat. Add the red and green bell peppers, onion, salt, and pepper, and cook until the vegetables are soft, about 7 minutes. Add the garlic and pepper flakes, and cook until fragrant, about 1 minute. Remove from the heat and set aside to cool for about 10 minutes.

2. In a large bowl, combine the sausage, oregano, Parmigiano-Reggiano cheese, and reserved pepper mixture. Mix until well-combined.

3. Divide the mixture into 10 equal portions and shape into approximately 3-inch patties. The sliders can be covered and refrigerated until ready to use or cooked right away.

4. Prepare a grill for medium heat cooking and oil the grates. If using a charcoal grill, arrange the coals along one half of the grill and leave a space for indirect cooking.


5. Grill the sliders until they are marked on the outside and cooked through, about 4 minutes on each side. Lower the heat or transfer the sliders to a cooler location to finish cooking, as needed. Top the burgers with the mozzarella cheese about 1 minute before removing them from the grill and cook until the cheese has melted.

6. Arrange the sliders on the bottom half of the buns. Top with about 1 tablespoon of marinara sauce and place the top bun on before serving with the slaw.

SERVES 6 to 8



DISH[®]
EAT. DRINK. DISCOVER.



GREEN LENTILS WITH CHARD AND LEMON

Pomegranate molasses is just pomegranate juice reduced to a thick, sweet and sour syrup. It's in most grocery stores, but it can be hard to track down. Look near the vinegars, in the baking aisle, or in the international food aisle.

INGREDIENTS:

- 1 lb dried green lentils (lentilles du Puy), rinsed
- 3 tbsp finely chopped garlic
- 1/2 cup extra-virgin olive oil
- 3/4 cup chopped cilantro
 - Kosher salt, to taste
- 10 large Swiss chard leaves, stemmed and cut into chiffonade
 - 2 tbsp freshly squeezed lemon juice
- 1/4 cup pomegranate molasses
- 1 baguette, sliced or torn into pieces

1. In a medium sauce pot, sweat the garlic in 2 tablespoons of the olive oil over medium heat. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.
2. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain off any excess liquid. Reserve and keep warm.
3. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the Swiss chard and cook until the leaves have wilted. Reserve until needed.
4. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve.
5. Just prior to serving, taste and adjust the seasoning and drizzle with the remaining 1/4 cup olive oil. Serve with pieces of baguette on the side.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.

SPAGHETTI WITH GARLIC, OIL, AND HOT PEPPER



If you're extra hungry, you can add sautéed shrimp, roasted eggplant, or cooked white beans to this dish. And if you don't have a garlic press, you can grate the garlic into the pan. If you don't love spicy food, start with a pinch of pepper flakes.

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb dried spaghetti
- 1 cup extra-virgin olive oil,
or as needed
 - 1 tsp red pepper flakes
 - 3 garlic cloves
- 1/2 cup chopped flat-leaf parsley

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir to submerge and separate the strands. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).
2. While the pasta is cooking, heat the oil in a large sauté pan. Add the chiles to the oil. Press the garlic through a garlic press directly into the hot oil and reduce the heat to low. Let the garlic infuse the oil and gently fry until translucent, about 1 minute. Add the parsley and remove the pan from the heat.
3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the garlic oil. Toss to coat and season with salt as needed. Serve at once in a heated serving bowl or in pasta plates.

SERVES 4 TO 6

DINNER SHOPPING LIST

PROTEINS

- 4 pork chops
(1-inch thick)
- 1 lb Italian turkey sausage

DAIRY

- 1 stick unsalted butter
- 1 1/4 cups grated
Parmigiano-Reggiano
- 8 oz mozzarella cheese

PANTRY

- 2 1/4 cups olive oil
- 1 tbsp vegetable oil
- 2 tbsp white vinegar
- 1/4 cup pomegranate
molasses
- 1 lb dried green lentils
- 1 lb dried spaghetti
- 1 1/2 cups carnaroli rice
- 1 cup mayonnaise
- 3/4 cup marinara sauce
- 1 quart chicken or
vegetable broth
- 10 slider buns
- 1 baguette
- 2 tbsp sugar
- 1 package amaretti
cookies (optional)
- 1 1/2 tsp dried oregano
- 1 1/4 tsp crushed
red pepper flakes
- Kosher salt
- Black pepper

PRODUCE

- 2 medium onions
- 1 shallot
- 2 heads garlic
- 1 red bell pepper
1 green bell pepper
- 1 or 2 jalapeños
- 1 bunch Swiss chard
- 1 head red cabbage
- 1 (3 lb) pumpkin
(or 1 can pumpkin)
- 1 mango
- 2 limes
- 2 lemons
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch sage (optional)

