

# WELCOME!

It may not be cold everywhere this week, but it's cold where we are (even on our Texas campus!), so we are looking for warm and cozy dinners to get us through this freeze.

All of these dishes will hold well, so feel free to reorganize the menu to suit your schedule.

## PREP AHEAD

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

1. Make the sauce for Monday's wings.
2. Make Thursday's stew. It will just get better while you wait to enjoy it.



### MONDAY

**Tilapia with Grapefruit Salsa and Green Beans with Almonds**



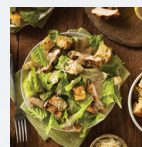
### TUESDAY

**Black Bean and Quinoa-Stuffed Zucchini**



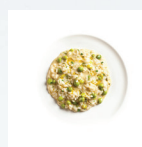
### WEDNESDAY

**Cauliflower-Almond Soup**



### THURSDAY

**Grilled Chicken Caesar Salad**



### FRIDAY

**Rice and Peas**





## TILAPIA WITH GRAPEFRUIT SALSA

Look for grapefruits that feel heavy for their size, because they will be extra juicy. Try and cut the segments over the bowl so you don't lose any of the juice. Habaneros are very spicy, so if that's not for you, skip it or substitute a less spicy pepper, like serrano.

### INGREDIENTS:

- 2 Ruby Red grapefruits  
(about 1 cup sections)
  - 1 navel orange  
(about 1/2 cup sections)
- 2 tbsp chopped cilantro
- 1/4 cup minced red onion
- 1 tsp minced habanero pepper
  - Kosher salt, to taste
- Ground black pepper, to taste
  - 6 tilapia fillets  
(about 6 ounces each)
- 1 1/2 tablespoons olive oil
- 4 cups green string beans,  
ends removed
  - 1 1/2 tsp vegetable oil
  - 1/4 cup sliced almonds
    - 1/4 cup white wine
  - 1/4 teaspoon kosher salt

1. Cut the peel and pith off the grapefruits and orange. Cut on both sides of the membranes to release each citrus segment.

2. Combine the grapefruit and orange segments with the cilantro, onion, habanero, salt, and pepper. Toss carefully so as not to break the citrus sections. Set aside.

3. Season the fillets with the salt and pepper. Heat the olive oil in a sauté pan over medium high heat. Add the fillets and cook on each side until golden brown and cooked through, 2 to 3 minutes.

4. Meanwhile, for the green beans: Steam or blanch the string beans just until tender and set aside.

5. Heat the almond oil in a sauté pan over medium heat. Add the almonds and sauté until lightly brown.

6. Add the cooked beans and toss to coat. Add the white wine and bring to a boil. Cook until the volume of the wine is reduced by half. Season with the salt and serve alongside the tilapia and grapefruit salsa.

SERVES 6



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



## BLACK BEAN AND QUINOA—STUFFED ZUCCHINI

Quinoa is a great base for a stuffing, which you can use in zucchini, like we do here, or other veggies like portobello mushrooms, acorn squash, or bell peppers. Substitute any bean for black beans, or even shredded cooked chicken.

### INGREDIENTS:

- 4 large zucchinis, halved lengthwise
  - 5 tsp olive oil
  - 3/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
  - 1/4 small onion, diced
  - 1/4 cup diced celery
- 1/2 jalapeño, seeded and minced
  - 1/2 cup quinoa
  - 1/2 tsp ground cumin
  - 1/2 tsp ground coriander
  - 1 cup vegetable broth
- 1 cup cooked black beans
- 3/4 cup grated Cheddar
- 1 tbsp chopped cilantro
- 2 tsp chopped oregano

1. Preheat the oven to 350°F.

2. Use a spoon to scoop about three-quarters of the flesh from the zucchini, reserving the flesh for another use such as making vegetable broth.

3. Transfer the zucchini to a baking sheet. Brush the zucchini with 4 teaspoons of the olive oil and season with 1/2 teaspoon of the salt and the pepper.

4. Heat the remaining 1 teaspoon olive oil in medium sauce pan. Sweat the onion, celery, and jalapeño until soft. Add the quinoa, cumin, coriander, and the remaining 1/4 teaspoon salt. Toast briefly but do not allow the mixture to burn. Add the vegetable stock and bring to a boil. Reduce the heat, cover, and simmer until the quinoa is soft and the liquid is absorbed, about 15 minutes.

5. Combine the cooked quinoa, beans, cheese, cilantro, and oregano.

6. Spoon the mixture into the hollowed cavity of the zucchini, pressing to make sure it stays in place.

7. Bake until the zucchini is tender, 15 to 20 minutes.

MAKES 4 SERVINGS



## CAULIFLOWER—ALMOND SOUP

**This dairy-free soup is not just rich and delicious, but also conveniently dairy-free and easily made vegetarian or vegan with the use of veggie stock. Almond oil adds a lot of flavor to this dish, but if you don't have it on hand, vegetable oil is fine.**

### INGREDIENTS:

- 2 tbsp almond or vegetable oil
  - 2 stalks celery, chopped (about 1 cup)
- 1 leek, white and light green parts, sliced (about 1 1/2 cups)
- 1 small head cauliflower separated into florets (about 4 cups)
  - 1 quart chicken broth
  - 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
  - 1/4 tsp ground nutmeg
  - 1/4 cup almond milk
  - 1/4 cup chopped parsley
- 1/2 cup sliced almonds, toasted
  - Crusty bread, for serving

1. Heat the almond oil in a large soup pot over medium heat. Add the celery and sweat until it begins to soften. Add the leek and continue to sweat until both vegetables are soft.
2. Steam a few cauliflower florets and set aside for garnish, if you like. Add the remaining cauliflower, the broth, salt, pepper, and nutmeg to the vegetable mixture and bring to a boil. Simmer until the cauliflower is soft, about 10 minutes.
3. Purée the soup in a blender or food processor. Stir in the almond-cashew cream. Serve each bowl of soup garnished with 1 tablespoon of the parsley, 2 tablespoons of the almonds, and a few of the reserved cauliflower florets. Serve with bread on the side.

SERVES 4



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



## GRILLED CHICKEN CAESAR SALAD

This quick and egg-free Caesar dressing is just what a week-night cook ordered. Simplify this recipe even more by using leftover protein, like shrimp or steak, or the meat from a rotisserie chicken.

### INGREDIENTS:

- 3 pounds chicken breast, boneless and skinless
- Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 1/2 cup olive oil
  - 1/4 cup lemon juice
  - 1 tsp anchovy paste
  - 1 tsp Dijon mustard
- 2 garlic cloves, finely minced
- 1 1/4 pounds romaine lettuce, washed, drained, and cut into bite size pieces
- 1/2 cup grated Parmesan cheese
  - 4 cups croutons

1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.
2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.
3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.

SERVES 6 TO 8



**DISH**<sup>®</sup>  
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## RICE AND PEAS

**Frozen peas are fine for this dish, especially as we wait for fresh pea season. You can add them frozen and follow the recipe as if they were fresh.**

### INGREDIENTS:

- 8 oz (1/2 cup) unsalted butter
  - 1 medium onion, minced
- 1/2 cup chopped flat-leaf parsley
- 2 lb fresh garden peas, shelled (2 1/2 cups shelled peas)
- 1 qt chicken or vegetable broth
  - Kosher salt, as needed
- 10 oz (1 1/2 cups) Arborio rice
  - 3/4 cup Parmesan cheese
- Freshly ground black pepper, as necessary

SERVES 4 TO 6

1. Heat 1/4 cup of the butter in a small saucepan over medium heat. Add half of the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add half of the parsley, and then the peas. Stir to coat the peas with the butter. Add 1 cup of the broth and bring to a gentle simmer until the peas are cooked but still firm, 5 to 7 minutes. Set aside.
2. Heat the remaining broth over low heat; keep warm. Season with salt.
3. Heat 4 tablespoons of the butter in a large pot over low heat. Add the remaining onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring, 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 is al dente, about 16 minutes total cooking time, add the peas and their cooking liquid and continue to cook until all of the ingredients are fully cooked, 2 minutes more. Remove the pot from the heat. Add the remaining 1/4 cup butter and parsley and the cheese and stir vigorously until the risotto is creamy. Season with salt and pepper as needed.
6. Serve the risotto on flat plates.

# DINNER SHOPPING LIST

## PROTEINS

- 6 tilapia fillets
- 3 lb chicken breast, boneless, skinless

## DAIRY

- 8 oz unsalted butter
- 3/4 cup grated Cheddar
- 1 1/4 cups grated Parmesan

## PANTRY

- 3/4 cup olive oil
- 1 1/2 tsp vegetable oil
- 2 tbsp almond oil (or sub vegetable oil)
- 1 cup vegetable broth
- 2 quarts chicken broth
- 1 cup cooked black beans
- 3/4 cup sliced almonds
- 1/2 cup quinoa
- 1 1/2 cups (10 oz) Arborio rice
- 1 loaf crusty bread
- 4 cups prepared croutons
- 1 tsp anchovy paste
- 1 tsp Dijon mustard
- 1/4 cup white wine
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Kosher salt
- Black pepper

## PRODUCE

- 1 red onion
- 2 medium yellow onions
- 1 leek
- 1 head garlic
- 1 head celery
- 1 1/4 lb Romaine lettuce
- 2 lb garden peas (or 2 1/2 cups frozen peas)
- 1 small head cauliflower
- 1 jalapeño pepper
- 1 habanero pepper
- 4 large zucchinis
- 4 cups green string beans
- 2 Ruby Red grapefruits
- 1 navel orange
- 4 lemons
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch oregano

