



WELCOME!

If you've never had a Croque Monsieur, prepare to be forever changed. This French bistro (and American brunch) staple is a classic ham and cheese melt topped with creamy béchamel sauce. It is rich and decadent, the perfect way to start the month.

The béchamel is best when used right away, so you'll want to wait until Monday night to make it.

PREP AHEAD

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

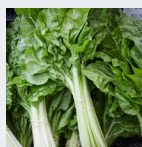
1. Assemble the ham and cheese sandwiches for Monday's croque monsieur. Wait to cook them.
2. Make Tuesday's chile-garlic sauce.
3. Make the dressing for Thursday's Greek salad.



MONDAY
Croque Monsieur



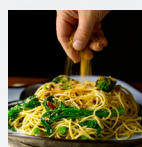
TUESDAY
Chile-Garlic Noodles
with Shrimp



WEDNESDAY
Creamed Swiss Chard
with Prosciutto



THURSDAY
Lemon-Infused Greek Salad



FRIDAY
Spaghetti with Broccoli Rabe



DISH
EAT. DRINK. DISCOVER.



CROQUE MONSIEUR

The extra step to make the béchamel sauce makes this the ham sandwich of your dreams, so yes, it's worth it! You bought enough bread for 10 slices, but will only use 8 here. Use the remaining two to make bread crumbs for Friday's pasta dish.

INGREDIENTS:

- 8 tbsp unsalted butter, softened, divided use
 - 2 tbsp all-purpose flour
 - 2 cups whole milk
- 8 slices rustic white bread
 - 1/4 cup spicy mustard
- 8 slices Gruyère, 1/8-inch-thick slices
- 8 ounces ham, sliced thin
- 1/2 cup grated Gruyère

1. Melt 2 tbsp of the butter in small saucepan over medium heat and whisk in the flour. Cook flour until the raw smell is gone, about 2 minutes.
2. Whisk in the milk and cook, stirring over low heat until sauce is thickened, about 5 minutes. Remove from the heat and cool to room temperature.
3. Preheat the broiler and place a rack at the highest position in the oven.
4. Coat one side of each bread slice with mustard and top with a cheese slice and a quarter of of ham.
5. Close the sandwiches and butter the outsides with the remaining 6 tbsp of softened butter. Cook in a skillet over medium heat until the bread is browned on both sides and the cheese is melting.
6. Spread about 1/2 cup of the sauce on top of the sandwiches and sprinkle with grated cheese. Place under the broiler until browned on top.

SERVES 4



DASH
EAT. DRINK. DISCOVER.



CHILE—GARLIC NOODLES WITH SHRIMP

In the summer, we serve this dish cold, but it's a great hot and spicy cold weather recipe, too! You can make the sauce ahead of time, if you like. Refrigerate it until the day you plan to use it, then leave it at room temperature for a few hours before tossing with the hot noodles.

INGREDIENTS:

- 1 large shallot, thinly sliced
- 6 cloves garlic, thinly sliced
 - 1 tbsp minced ginger
 - 1 cinnamon stick
 - 2 star anise pods
- 3/4 cup vegetable oil
- 16 oz udon noodles or dried spaghetti
 - 1 1/2 tsp sugar
 - 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 2 tbsp crushed red pepper flakes
 - 1/4 tsp kosher salt, plus more, to taste
 - 1 lb large shrimp, peeled and deveined
- 1/4 cup sliced scallions

1. In a medium saucepan, combine the shallot, garlic, ginger, cinnamon, anise, and oil. Bring to a gentle simmer and cook, stirring occasionally, until the shallot and garlic are crisp and golden brown, about 25 minutes.

2. Remove the oil from the heat and set aside to cool slightly. Remove the cinnamon and star anise pods, and add the sugar, soy sauce, vinegar, pepper flakes, and salt. Stir to combine. Set aside.

3. Bring a large pot of salted water to boil. Add the noodles and cook until al dente, about 8 minutes (depending on the style of noodle; follow the directions on your package). Transfer to a serving bowl.

4. Meanwhile, remove about 1 tbsp oil from the chile-garlic oil and heat in a skillet over medium-high heat. Add the shrimp and cook, flipping occasionally, until cooked through and brown around the edges.

5. Add the shrimp to the bowl with the noodles and add the chile-garlic oil (you won't use it all). Toss to coat. Garnish with scallions to serve.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



CREAMED SWISS CHARD WITH PROSCIUTTO

We love this dish as a quick and easy accompaniment to good, crusty bread. The recipe is full of room for experimentation. For an Indian-inspired variation, use coconut milk instead of heavy cream and add garam masala or another curry spice blend (and eat it with naan, of course!).

INGREDIENTS:

- 2 tbsp olive oil
- 1/4 cup diced prosciutto
- 1/4 cup minced yellow onion
- 1 tbsp minced garlic
- 8 cups chopped Swiss chard leaves
- 1/3 cup heavy cream
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup grated Parmesan cheese
- 1/4 tsp grated nutmeg
- 1 loaf crusty bread, sliced or torn

1. Heat the olive oil in a large sauté pan over medium heat. Add the prosciutto and sauté until aromatic, about 1 minute. Increase the heat to high, and add the onion and garlic. Sauté, stirring constantly, until the garlic is aromatic, about 1 minute more.
2. Add the Swiss chard, sautéing just until the leaves wilt, about 5 minutes. Add the heavy cream and bring to a simmer. Cook the Swiss chard until it is tender, about 5 minutes.
3. Season generously with salt and pepper. Remove from the heat, and stir in the Parmesan and nutmeg. Serve hot with bread on the side.

SERVES 4



DISH
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LEMON—INFUSED GREEK SALAD

Make this dressing ahead of time for a 5 minute throw-together dinner. Add shredded rotisserie chicken or quickly-grilled shrimp, if you like. Look for stuffed grape leaves at the olive bar or from a local Mediterranean restaurant.

INGREDIENTS:

- 2 tbsp fresh lemon juice
- 2 tsp balsamic vinegar
- 1 tbsp chopped parsley
- 1/2 tsp salt, plus to taste
- 1/8 tsp ground black pepper,
plus more as needed
 - 3 tbsp canola oil
 - 2 tbsp extra-virgin olive oil
- 9 cups romaine hearts, rinsed,
dried, and torn into bite-sized pieces
 - 1 cup pitted Greek olives,
cut in half lengthwise
 - 2 cups peeled, thinly sliced
seedless cucumber
 - 1 pint cherry tomatoes, halved
- 1/2 cup thinly sliced yellow pepper
 - 1 cup thinly sliced red onion
 - 2 1/4 cups crumbled feta
- 12 prepared stuffed grape leaves

1. Combine the lemon juice, vinegar, parsley, salt, and pepper and stir until the salt is dissolved. Combine the canola and olive oil and add the mixture to the lemon juice and vinegar in a stream, whisking constantly, until the oil is blended into the dressing. Season the dressing with additional salt and pepper if needed, to taste.

2. Place the romaine into the salad bowl. Add the olives, cucumbers, cherry tomatoes, pepper, and red onion. Toss the salad ingredients together with the vinaigrette until evenly coated.

3. Top with the feta and garnish with the stuffed grape leaves.

SERVES 6



DISH
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SPAGHETTI WITH BROCCOLI RABE

The toasted bread crumbs add a nice texture to this dish, but they aren't essential if you're looking to save some time. Use the leftover bread from Monday's sandwiches to make fresh breadcrumbs in a food processor. Toast them in a little butter or olive oil over medium heat until golden and crisp.

INGREDIENTS:

- 2 oz pancetta, julienned
 - 1 cup diced onion
- 3 garlic cloves, minced
- 1 tbsp chopped thyme
- 1 tsp red pepper flakes
- 1 bunch broccoli rabe, trimmed and chopped
- 1 3/4 cups chicken broth
 - 1 tbsp lemon juice
- 1 lb dried spaghetti
- 3/4 cup toasted fresh bread crumbs
 - 2 tbsp grated Parmesan
 - 2 tbsp chopped parsley

1. Cook the pancetta in a large sauté pan over medium heat until the pancetta bits are crisp and the fat has rendered, about 2 minutes. Add the onion and garlic and sauté, stirring frequently, until the onions are golden brown, about 4 minutes. Add the thyme and red pepper flakes and cook just long enough to heat them, about 1 minute.

2. Add the broccoli rabe and sauté, stirring frequently, until it is bright green and hot, about 3 minutes. Add the broth and simmer over low heat until the broccoli rabe is tender and the broth has nearly cooked away, about 5 minutes. Taste and season with lemon juice and red pepper. Keep the broccoli rabe warm while you cook the pasta.

3. Bring a large pot of lightly salted water to a rolling boil over high heat. Add the spaghetti and boil until tender to the bite, 7 to 9 minutes. Drain through a colander, reserving about 1/2 cup of the pasta water.

4. Add the spaghetti to the broccoli rabe and toss to combine the ingredients over low heat. Add enough of the reserved pasta water to evenly and lightly coat the spaghetti if needed (the pasta should look creamy, not oily or dry).

5. Serve the pasta in a heated bowl or individual plates. Top with the toasted bread crumbs, Parmesan, and parsley.

SERVES 6



DISH
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DINNER SHOPPING LIST

PROTEINS

- ☐ 1 lb large shrimp
- ☐ 8 oz thinly sliced ham
- ☐ 1/4 cup diced prosciutto
- ☐ 2 oz pancetta

DAIRY

- ☐ 2 cups whole milk
- ☐ 1/3 cup heavy cream
- ☐ 8 tbsp unsalted butter
- ☐ 2 1/4 cups crumbled feta
- ☐ 8 slices Gruyère
- ☐ 1/2 cup grated Gruyère
- ☐ 1/3 cup grated Parmesan

PANTRY

- ☐ 1 cup vegetable oil
- ☐ 1/4 cup olive oil
- ☐ 2 tsp balsamic vinegar
- ☐ 1 cup pitted Greek olives
- ☐ 12 prepared stuffed grape leaves
- ☐ 1/4 cup spicy mustard
- ☐ 2 cups chicken broth
- ☐ 1 tbsp soy sauce
- ☐ 1 tsp unseasoned rice vinegar
- ☐ 2 tbsp all-purpose flour
- ☐ 1 1/2 tsp sugar
- ☐ 1 lb udon noodles
- ☐ 1 lb dried spaghetti
- ☐ 10 slices rustic white bread
- ☐ 1 loaf crusty bread
- ☐ 2 1/2 tbsp crushed red pepper flakes
- ☐ 1 cinnamon stick
- ☐ 1 whole nutmeg
- ☐ 2 star anise pods
- ☐ Kosher salt
- ☐ Black Pepper

PRODUCE

- ☐ 2 yellow onions
- ☐ 1 red onion
- ☐ 1 large shallot
- ☐ 2 heads garlic
- ☐ 1 (2-in) piece ginger
- ☐ 1 seedless cucumber
- ☐ 1 yellow bell pepper
- ☐ 1 pint cherry tomatoes
- ☐ 1 bunch scallions
- ☐ 2 bunches Swiss chard
- ☐ 1 bunch broccoli rabe
- ☐ 3 Romaine hearts
- ☐ 2 lemons
- ☐ 1 bunch parsley
- ☐ 1 bunch thyme



DISH
EAT DRINK DISCOVER

