

# WELCOME!

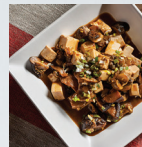
If you practice meat-free Monday, you'll love this week's savory tofu stir-fry. Serve with steamed rice, if you like, and make extra to save for Wednesday's fried rice.

Here are some of our favorite easy, but not boring, dinners. The fried rice and salads will be the quickest to throw together, so save them for your busiest nights.

## PREP AHEAD

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

1. Make the Thursday's all the way through. Just wait until you're ready to serve to do the final bake.
2. Cook the barley for Tuesday's peppers.



### MONDAY

**Spicy Tofu with Mushrooms**



### TUESDAY

**Sausage and Barley Stuffed Peppers**



### WEDNESDAY

**Shrimp Fried Rice**



### THURSDAY

**Lemon Pasta Bake with Broccoli Rabe**



### FRIDAY

**Lemon-Infused Greek Salad**



**DISH**  
EAT. DRINK. DISCOVER.



## SPICY TOFU WITH MUSHROOMS

If you can't find oyster mushrooms, just use a variety of whatever you can find in the store, like button or shiitakes. For the cornstarch slurry, combine about 1 tbsp of cornstarch with about 2 tbsp water. Stir to combine, then slowly stream that into the sauce while stirring. It won't thicken until it simmers, so go slowly.

### INGREDIENTS:

- 3/4 tsp Sichuan pepper
  - 1/2 tsp red pepper flakes
    - 2 tbsp vegetable oil
  - 1 tbsp chili bean paste
    - 1 scallion, minced
    - 1 tsp minced ginger
  - 2 garlic cloves, minced
  - 4 oz oyster mushrooms, cut into bite-size pieces
  - 4 oz white mushrooms, quartered
  - 1 1/2 tsp Shaoxing wine or sherry
    - 2 tbsp light soy sauce, not low-sodium
  - 1 lb silken tofu, 1/2-in dice
    - Salt, as needed
  - Cornstarch slurry, as needed
- Garnish
- 1 green onion, sliced
  - 1 garlic clove, thinly sliced

1. In a skillet over low heat, fry the Sichuan pepper and red pepper flakes in the oil until lightly browned, 30 seconds to 1 minute. Strain the oil into a wok or large sauté pan and discard the solids.

2. In the flavored oil over medium heat, cook the chili bean paste, green onions, ginger, and garlic until fragrant, about 20 seconds. Add the mushrooms and stir-fry until they have shrunk in size by about half and stop exuding moisture as they cook, about 6 minutes.

3. Add the wine and soy sauce. Carefully place the diced tofu over the cooked mushrooms in the wok, sprinkle with salt, cover with a lid, and simmer gently for 3 minutes.

4. Very gently mix the tofu with the mushrooms, and thicken slowly with the cornstarch slurry until the sauce is thick enough to coat the back of a spoon. Bring the liquid to a simmer before adding more slurry. Adjust seasonings as needed. Serve in a bowl and garnish with the sliced green onion and garlic.

SERVES 4



**DISH**  
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## SAUSAGE AND BARLEY STUFFED PEPPERS

**This recipe calls for turkey sausage, but you can use whatever variety you like, including something spicy! To blanch the peppers, lower them into simmering water until they just become pliable, about 1 1/2 minutes.**

### INGREDIENTS:

- 2 cups chicken broth
  - 1 cup water
  - 1 cup pearl barley
  - 2 tsp olive oil
- 1/2 pound sweet Italian-style turkey sausage, casings removed
- 1 medium yellow onion, diced
  - 2 garlic cloves, minced
  - 2 tsp Italian seasoning
  - 1/2 tsp ground black pepper
- 8 oz white mushrooms, sliced
- 5-ounce package spinach leaves, roughly chopped
  - 2 cups marinara sauce
- 2 oz Parmesan cheese, grated
  - 4 red bell peppers, cut in half and blanched

1. Preheat the oven to 400°F.

2. Bring the broth and water to a boil. Add the barley, cover, and reduce the heat to a simmer. Cook the barley until soft but not mushy, about 55 minutes. Set aside and keep warm.

3. Heat the olive oil in a sauté pan over medium high heat. Add the sausage and brown. When the sausage is partially cooked, add the onion, garlic, Italian seasoning, and black pepper. Cook until the onion is soft and sausage is fully cooked, about 2 minutes more. Remove from skillet and set aside and keep warm.

4. Add the mushrooms to the pan and sweat until they release most of their liquid. Add the spinach to the pan and cook just until wilted but still bright green. Add the mushroom mixture to the sausage mixture. Add the marinara sauce, barley, and half of the cheese.

5. Stuff each pepper half with 1 cup of the filling. Cover the stuffing of each pepper with a square of foil coated in cooking spray. Place the pepper foil side down in a baking pan. Bake until the juices are bubbling, about 30 minutes.

6. Turn peppers over and remove foil. Sprinkle remaining cheese on top and serve

SERVES 6 TO 8



**DISH**  
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# SHRIMP FRIED RICE

Feel free to swap the shrimp for chicken, thinly sliced pork chops, tempeh, or tofu. Or leave it out entirely and top the dish with a fried egg. Use leftover rice, if you have it. This is also a great opportunity to use that frozen convenience rice.

## INGREDIENTS:

- One (1-inch) piece ginger, peeled and grated
- 2 cloves garlic, grated
  - 1 tbsp rice vinegar
  - 1 tbsp soy sauce
  - 1 tbsp sesame oil
  - 1/2 tsp sugar
  - 1 tbsp vegetable oil
- 1 lb shrimp, peeled and deveined
  - Kosher salt, to taste
- Ground black pepper, to taste
  - 1 large carrot, diced
  - 1/2 medium onion, diced
  - 2 eggs, beaten
- 3 cups cooked brown rice, preferably day-old
- 1/2 cup shelled edamame (fresh or frozen)
- 2 scallions, sliced into 1/2-inch pieces, plus more for garnish

1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame oil, and sugar. Set aside.

2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the shrimp, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 4 minutes. Transfer to a bowl and set aside.

3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the shrimp.

4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.

5. Add the rice and reserved soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to brown at the bottom of the pan, about 1 minute. Stir and cook again, without stirring. Continue this until the rice is nicely browned, about 4 minutes total.

6. Add the cooked shrimp and vegetables, along with the edamame and scallions. Cook about 3 minutes more until the scallions are slightly wilted. Top with more sliced scallions to serve.

SERVES 4 TO 6



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## LEMON PASTA BAKE WITH BROCCOLI RABE

**Zest one of the lemons before you juice them, since you'll need it later in the recipe. If you'd like to add some meat, browned pancetta or sausage would be great. Stick with something that will hold up well to time in the oven (lean proteins like chicken and shrimp might dry out).**

### INGREDIENTS:

- 1/4 cup olive oil
- 6 cloves garlic, minced or sliced (about 2 tbsp)
  - 3 anchovy fillets
- 1 bunch broccoli rabe, chopped (about 10 cups)
  - 1/2 tsp kosher salt, plus more to taste
- 1/4 cup lemon juice (from about 2 lemons)
  - 1 lb ziti, penne, or rigatoni
    - 8 oz ricotta cheese
- 8 oz Fontina cheese, shredded (about 1 1/2 cups), divided
  - 1 tsp lemon zest (from about 1/2 lemon)
- Ground black pepper, to taste

1. Preheat the oven to 350°F.

2. Heat the oil in a large skillet over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the anchovies and cook, stirring occasionally, until the fillets dissolve, about 2 minutes. Add the broccoli rabe and salt, and stir to coat in the oil. Increase the heat to medium-high, and cook until the broccoli rabe is tender, about 4 minutes. Add the lemon juice and cook until it reduces by about half, about 2 minutes. Transfer to a large bowl and set aside.

3. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 9 minutes (or according to the package instructions). Strain and transfer to the bowl with the broccoli rabe, and toss to combine.

4. To the bowl with the pasta, add the ricotta, 1 cup of the Fontina, and lemon zest, and toss until well-coated. Taste and adjust the seasoning with salt and pepper, to taste.

5. Transfer to a 9 by 13-inch baking dish and cover with foil. Bake until heated through, about 20 minutes, then uncover and sprinkle with the remaining cheese. Return to the oven and bake until the cheese is melted and beginning to brown around the edges, about 10 minutes.

SERVES 8



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## LEMON—INFUSED GREEK SALAD

**Grain-stuffed grape leaves help make this salad feel hearty, though you can add grilled chicken or shrimp, if you like. Look for stuffed grape leaves at the olive bar or stop by your local Mediterranean restaurant and take some to-go.**

### 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 vegetable oil
- 2 tbsp extra-virgin olive oil
- 9 cups romaine hearts, rinsed,  
dried, and torn into bite-sized pieces
- 1 cup Greek olives, pitted,  
cut in half lengthwise
- 2 cups peeled, thinly sliced  
seedless cucumber
- 2 cups halved cherry tomatoes
- 1/2 cup thinly sliced yellow pepper
- 1 cup thinly sliced red onion
- 2 cups crumbled feta
- 16 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 to 8



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# DINNER SHOPPING LIST

## PROTEINS

- 1/2 lb sweet Italian-style turkey sausage
- 1 lb shrimp
- 1 lb silken tofu

## DAIRY

- 12 cups crumbled feta
- 2 oz Parmesan
- 8 oz ricotta
- 8 oz Fontina
- 2 eggs

## PANTRY

- 1/2 cup olive oil
- 1/3 cup vegetable oil
- 1 tbsp sesame oil
- 2 tsp balsamic vinegar
- 1 tbsp rice vinegar
- 1 1/2 tsp Shaoxing wine or sherry
- 2 tbsp light soy sauce
- 1 tbsp soy sauce
- 1 tbsp chili bean paste
- 3 anchovy filets (from 1 can)
- 1 cup pearl barley
- 3 cups cooked brown rice
- 1 lb ziti
- 1 cup Greek olives
- 16 prepared stuffed grape leaves
- 2 cups prepared marinara
- 2 cups chicken broth
- 2 tbsp cornstarch
- 1/2 tsp sugar
- 1/2 tsp red pepper flakes
- 3/4 tsp Sichuan pepper
- 2 tsp Italian seasoning
- Kosher salt
- Ground black pepper

## PRODUCE

- 2 yellow onions
- 1 red onion
- 1 large carrot
- 1 (2-in) piece ginger
- 2 heads garlic
- 2 cups cherry tomatoes
- 1 seedless cucumber
- 1 yellow bell pepper
- 4 red bell peppers
- 1 bunch broccoli rabe
- 1 (5 oz) bag spinach leaves
- 2 hearts of Romaine
- 12 oz white mushrooms
- 4 oz oyster mushrooms
- 1/2 cup shelled edamame
- 1 bunch scallions
- 1 bunch parsley
- 3 lemons



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