

# WELCOME!

The weather is playing tricks on some of us! But whatever the thermometer says, this is a summer menu through and through!

There are a few grilled items on this week's menu, but like always, you can bring the kitchen back indoors to the oven or a hot skillet.

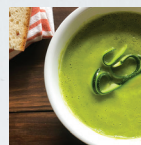
## PREP AHEAD

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

1. Make the sweet and sour sauce for lettuce wraps.
2. Make the zucchini soup all the way through.
3. Make the wing sauce (remember to marinate Tuesday night!).



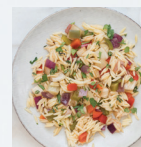
**MONDAY**  
Sweet and Sour Shrimp Lettuce Wraps



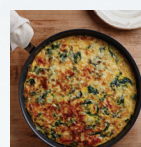
**TUESDAY**  
Silky Zucchini Soup with Tomato Toast



**WEDNESDAY**  
Orange-Chipotle Wings with Street Corn Salad



**THURSDAY**  
Pork Chops with Red Pepper Orzo



**FRIDAY**  
Spinach and Cheddar Frittata



**DISH**  
EAT. DRINK. DISCOVER.



## Sweet and Sour Shrimp LETTUCE WRAPS

What better way to ease into the week than a tiki party! Shrimp is pretty tiki-tastic, but you can use any protein that you like to fill these, like strips of chicken thigh, pork, or even seitan.

### INGREDIENTS:

- 1 cup pineapple juice
  - 1/4 cup sherry
  - 1/2 tsp dried ginger
- 3/4 tsp granulated garlic
  - 1 tbsp sugar
- 1 tbsp cider vinegar
  - 1 tbsp ketchup
  - 1 tbsp soy sauce
  - 1 tbsp cornstarch
    - 3 tbsp water
  - 2 tbsp canola oil
- Kosher salt, to taste
- 1 lb 8 oz large shrimp, peeled and deveined
  - 2 heads Bibb lettuce
  - 1 cup julienned carrots
- 1 cup small diced pineapple
  - 1 cup chopped toasted macadamia nuts

1. For the sweet and sour sauce: in a medium saucepan, combine the pineapple juice, sherry, ginger, garlic, sugar, vinegar, ketchup, and soy sauce. Bring to a simmer over medium heat. In a small bowl, stir together the cornstarch and water. Slowly add the cornstarch mixture to the simmering pineapple juice mixture, stirring constantly. Bring to a boil to thicken, then remove from the heat and set aside.

2. Skewer the shrimp and season with salt. Prepare a grill for medium-high heat cooking. Grill the shrimp, turning occasionally, until browned and cooked through, about 3 minutes on each side. About 1 minute before removing from the grill, brush the shrimp with the sweet and sour sauce.

3. To serve, remove the leaves from the heads of lettuce and place on a large platter (you may need two platters). Top each leaf with about 1 tablespoon of julienned carrot, then top with a shrimp. Garnish with diced pineapple and macadamia nuts and serve with additional sweet and sour sauce on the side.

SERVES 4



**DASH**  
EAT. DRINK. DISCOVER.



## Silky Zucchini Soup WITH TOMATO TOAST

The tomato toast is really just an excuse to eat good bread with good tomatoes, but you can serve this soup with grilled cheese, BLTs, or even just good old bread and butter. Don't forget to marinade the wings for tomorrow's dinner!

### INGREDIENTS:

- 1 tbsp olive oil
- 1 large yellow onion, roughly chopped
  - 2 cloves garlic, chopped
  - Kosher salt, to taste
- 1 lb 8 oz zucchini, roughly chopped
  - 2 1/2 cups vegetable stock
- 4 slices crusty bread, lightly toasted
  - 2 tbsp mayonnaise
  - 2 ripe tomatoes, thinly sliced
  - Coarse salt, to taste
- Ground black pepper, to taste

1. Heat the oil in a large saucepan over medium heat. Add the onion, garlic, and a pinch of salt, and cook, stirring occasionally, until soft, about 5 minutes.
2. Add the zucchini and cook, stirring occasionally, until soft about 10 minutes. Add the stock and bring to a simmer. Simmer until the zucchini is very soft, about 10 more minutes.
3. Carefully transfer to a blender and purée until very smooth. Return to the pot to reheat, if needed.
4. Spread the bread with mayonnaise. Top with the slices tomatoes and sprinkle with coarse salt and pepper. Serve alongside bowls of soup.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## ORANGE—CHIPOTLE WINGS

**These wings are tasty served with homemade or store-bought ranch dressing. Canned chipotles aren't typically ultra spicy, but if you're sensitive to the heat, you can just use one. Freeze any leftover canned chipotles to use next time!**

### INGREDIENTS:

- 1/4 cup hot water
- 3 chipotle chiles canned in adobo sauce, seeds removed
  - 1/4 cup chopped cilantro
  - 1 tbsp tomato paste
- 2 tbsp orange marmalade
  - 1 garlic clove, minced
  - 1/2 tsp ground cumin
  - 1/4 tsp ground cinnamon
  - 1 pinch ground allspice
  - 1 pinch ground cloves
- 1 1/2 tbsp cider vinegar
  - 3 tbsp lime juice
- 1 tbsp creamy peanut butter
- 3 1/2 pounds chicken wings
- Vegetable cooking spray, as needed
  - 2 tbsp honey
- 1 scallion, sliced thinly on bias for garnish

1. Preheat oven to 450°F. In a food processor, combine the hot water, chipotles, cilantro, tomato paste, marmalade, garlic, spices, vinegar, lime juice, and peanut butter, and pulse to make a coarse paste. Divide mixture in half.
2. Marinate the wings in half of the chipotle mixture for 6 to 8 hours or overnight.
3. Spray a heavy-duty baking tray with vegetable cooking spray. Arrange the chicken wings on the tray in one layer with space between each wing. Spray the wings with a light layer of vegetable cooking spray. Place the wings on a tray over a sheet pan and bake in the oven for 20 to 30 minutes until the wings are golden brown and crisp. The wings may be crisped for 3 to 4 minutes under the broiler if necessary.
4. Add 2 tablespoons of honey to the remaining chipotle sauce. Place 2 tablespoons of the sauce in a large mixing bowl. Add the hot wings and stir gently to coat every wing in sauce. Add more sauce to taste or serve extra sauce on the side.
5. Place the seasoned wings on a platter and garnish with sliced scallions.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.



## STREET CORN SALAD

**This is a nice, creamy side dish for spicy chicken wings. If you don't like cilantro, you can leave it out or replace it with some minced scallions.**

### INGREDIENTS:

- 1 tbsp vegetable oil
- 2 cups corn kernels, fresh or frozen
  - 1 tbsp lime juice
  - 3 tbsp mayonnaise
  - Hot sauce, to taste
  - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
  - 1/4 cup chopped cilantro
- 1/2 cup crumbled queso fresco
  - 1/2 tsp cayenne

1. Heat the oil in a large sauté pan over medium heat. Add the corn and cook, stirring frequently, until the corn begins to brown slightly but is still moist, about 5 minutes. Remove from the heat and set aside to cool.

2. In a serving bowl, combine the lime juice, mayonnaise, and hot sauce. Add the cooled corn and cilantro and mix to combine. Add the salt, pepper, and cheese and stir until all of the ingredients are evenly coated. Sprinkle with cayenne just before serving.

SERVES 4



**DISH**  
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## Pork Chops with RED PEPPER ORZO

The pork chops can be substituted for anything you'd prefer, like chicken breasts, salmon, steaks, or portobello mushrooms. The simple orzo salad is more flavorful than it appears, so you can keep your protein simple with just salt and pepper.

### INGREDIENTS:

- 1/2 pound orzo
- Kosher salt, to taste
- Ground black pepper, to taste
  - 1/4 cup olive oil
  - 1 red onion, diced
  - 1 red pepper, diced
  - 1 green pepper, diced
- 1 fennel bulb, finely diced
- 1 tbsp garlic, chopped
- 1 tbsp thyme, chopped
- 1/2 cup tomato juice
- 1/4 cup parsley, chopped
- 1 cup crumbled feta cheese
  - 2 tbsp canola oil
- 4 bone-in pork chops

1. Boil the orzo in salted water until tender. Drain, rinse under cold water, toss with 3 tablespoons of the olive oil, cover, and refrigerate.
2. In a large saucepan, sauté the onions, peppers, and fennel in the remaining 1 tablespoon of olive oil until just tender, about 4 minutes. Add the garlic and thyme and cook an additional 2 minutes.
3. Toss the sautéed vegetables with the reserved orzo. Add the tomato juice. Toss in the parsley, pepper, feta cheese. Taste and season with salt, to taste. Set aside.
4. Heat the oil in a cast iron skillet, griddle, or grill pan over medium-high heat. Season the pork chops with salt and pepper.
5. Add to the skillet and cook until well-browned, about 5 minutes. Flip and cook until browned and nearly cooked through, about 3 minutes. Remove from the heat and set aside in the pan to finish cooking through carryover cooking.
6. Transfer the pork to a cutting board and cut the meat from the bone. Slice and serve alongside the orzo salad.

SERVES 4



## Spinach and Cheddar FRITTATA

**You can use whatever vegetables you have on hand in this frittata, like bell pepper, broccoli, or mushrooms. Cook the veggies before you add them to the frittata, otherwise they'll add too much moisture. Reheat leftover frittatas for quick and easy breakfast sandwiches.**

### INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, cut into small dice
- 1 yellow potato, cut into medium dice and boiled until tender
  - 6 cups spinach
  - 6 eggs, lightly beaten
  - 1/2 cup whole milk
  - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup shredded Cheddar

1. Preheat the oven to 350°F.

2. Heat the oil in a medium skillet over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes.

3. Add the potato and cook gently until warmed through, 1 to 2 minutes more. Add the spinach and cook until just wilted, about 30 seconds.

4. In a medium bowl, whisk the eggs, milk, salt, and pepper to combine. Add the egg mixture to the hot skillet, and reduce the heat to low. Cook for a few minutes, until the edges begin to set.

5. Sprinkle the top of the frittata with the cheese, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.

SERVES 6



**DISH**  
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# DINNER SHOPPING LIST

## PROTEIN

- 1 lb 8 oz large shrimp
- 3 lb 8 oz chicken wings
- 4 bone-in pork chops

## DAIRY

- 1/2 cup whole milk
- 1/2 cup shredded Cheddar
- 1/2 cup crumbled queso fresco
- 1 cup crumbled feta
- 6 eggs

## SPICES

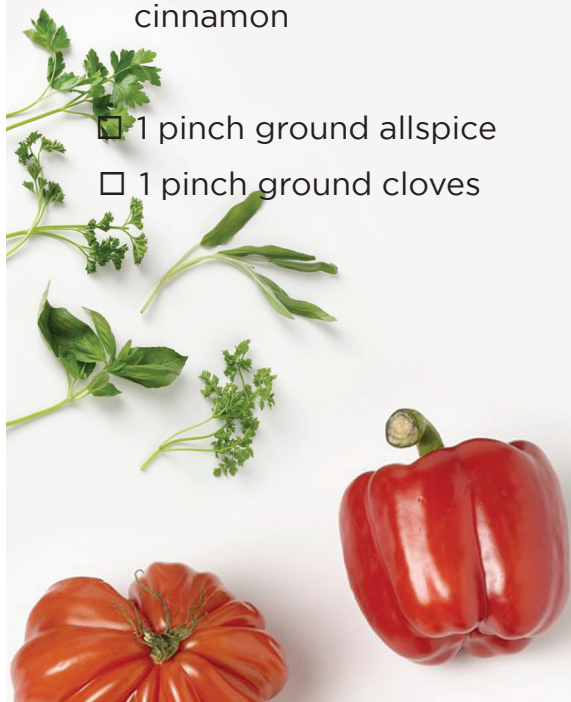
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 tsp dried ginger
- 3/4 tsp granulated garlic
- 1/4 tsp ground cinnamon
- 1 pinch ground allspice
- 1 pinch ground cloves

## PANTRY

- 1/2 cup olive oil
- 1/2 cup canola oil
- 2 1/2 cups vegetable stock
- 3 tbsp cider vinegar
- 1/3 cup mayonnaise
- 1 tbsp ketchup
- 1 tbsp tomato paste
- 1 can chipotle chiles in adobo
- 1 tbsp soy sauce
- 1 tbsp cornstarch
- 1 tbsp peanut butter
- 1/2 lb orzo
- 1 cup pineapple juice
- 2 tbsp orange marmalade
- 2 tbsp honey
- 1 tbsp sugar
- 1 cup macadamia nuts
- 1/4 cup sherry
- Vegetable cooking spray
- 1 bottle hot sauce
- 1 loaf crusty bread
- Kosher salt
- Black pepper

## PRODUCE

- 2 large yellow onions
- 1 red onion
- 1 head garlic
- 1 red bell pepper
- 1 green bell pepper
- 1 bulb fennel
- 1 yellow potato
- 6 cups spinach
- 2 large ripe tomatoes
- 1 lb 8 oz zucchini
- 2 cups corn kernels, fresh or frozen
- 2 heads Bibb lettuce
- 2 carrots
- 1 pineapple
- 3 limes
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch thyme
- 1 bunch scallions



**DASH**  
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