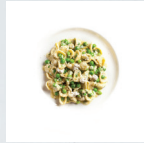
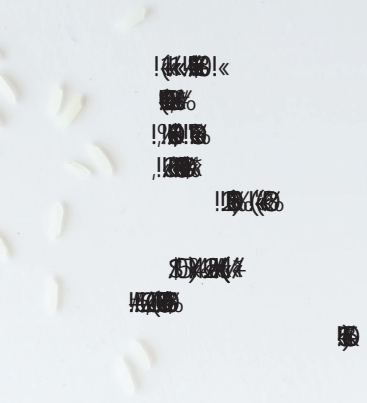




Welcome!



MONDAY
Orecchiette with Ricotta, Peas, and Lemon Zest



TUESDAY
Chilaquiles with Mushrooms



WEDNESDAY
Bibimbap



THURSDAY
Halibut with % Vegetables



FRIDAY
Sausage and Barley Stuffed Peppers

Prep Ahead

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1. Make the marinade for Wednesday's steak.



ORECCHIETTE WITH RICOTTA, PEAS, AND LEMON ZEST

Frozen peas are a little taste of spring during the cold winter months, and they work perfectly in this quick and easy pasta dish. If you can't get your hands on spring onions, use shallot or scallion.

INGREDIENTS:

- 1/2 cup extra-virgin olive oil, plus more as needed for serving
- 2 spring onions, thinly sliced (about 1/2 cup)
- 1/2 cup chopped flat-leaf parsley
 - 1 1/2 cups frozen peas
 - 3/4 cup vegetable broth, or more as needed
- Kosher salt, as needed
- 1 lb dried orecchiette
 - 1 1/2 cups ricotta
 - 1/2 cup grated Parmigiano-Reggiano
 - Zest of 1/2 lemon
- Ground black pepper, as needed

1. Heat the oil in a large sauté pan over medium heat. Add the green onions and cook, stirring frequently, until tender, about 2 minutes. Add half the parsley and cook for 2 minutes more. Add the shelled peas and the broth and bring to a simmer, stirring well. Reduce the heat to medium low or low and continue to cook, covered, until the peas are tender but not mushy, 4 to 5 minutes (the time may vary depending upon the size of your peas). Take the pan off the heat and set aside.

2. Bring a large pot of salted water to a boil over high heat. Add the orecchiette and stir to submerge and separate the pieces. Cook, uncovered, until just tender (al dente), 8 to 10 minutes (check the cooking time for your pasta).

3. Drain the orecchiette in a colander. Shake well to remove water clinging to the pasta. Pour the drained pasta into the peas and return the pan to low heat. Gently stir the orecchiette into the peas until well combined. (If there is a lot of liquid, continue cooking for a few minutes to cook it off.)

4. Remove the pan from the heat, add half of the ricotta to the orecchiette and fold together. Fold in the remaining parsley, the Parmigiano-Reggiano, and lemon zest. Season with salt and pepper as needed.

5. Serve the orecchiette at once in a warmed serving bowl or in pasta plates topped with spoonfuls of the remaining ricotta and drizzled with some extra-virgin olive oil.

SERVES 4 TO 6



DISH
EAT. DRINK. DISCOVER.



MUSHROOM CHILAQUILES

This recipe uses freshly fried tortillas, but you can substitute store-bought corn tortilla chips. Add shredded cooked chicken, grilled shrimp, or pulled pork, if you like.

INGREDIENTS:

- 1 lb white mushrooms, sliced 1/4-inch thick
 - 1/4 cup olive oil
- 1/2 medium white onion, minced
 - 2 garlic cloves, minced
- 1 cup prepared tomatillo salsa
 - Kosher salt, as needed
- Vegetable oil, as needed, to fry the tortillas
 - 8 oz corn tortillas, cut into 8 wedges each
 - 1/2 cup sour cream
- 4 oz queso fresco, crumbled
- 1/2 cup coarsely cut cilantro

1. In a very hot skillet, cook the mushrooms in the olive oil until slightly browned, 3 to 5 minutes. Add the onions and cook until slightly softened, about 1 minute. Add the garlic and cook until fragrant, 10 to 20 seconds. Add the salsa and simmer for about 2 minutes more. Adjust the seasoning as needed with salt.
2. Heat the oil to 325°F and deep-fry the corn tortilla wedges until crispy and very slightly browned, 1 to 2 minutes. Transfer to a paper-towel lined tray to drain.
3. Preheat the oven to 450°F. In a mixing bowl, combine the fried tortilla wedges with the mushroom mixture. The tortillas should soften but not become mushy.
4. Transfer to a baking dish, drizzle with sour cream, and sprinkle with the queso fresco. Bake until heated through, about 5 minutes.
5. Garnish with the cilantro and serve immediately.

SERVES 6 TO 8



DISH
EAT. DRINK. DISCOVER.



BIBIMBAP

Use this recipe as a guide for whatever proteins and veggies you already have on hand. Use tofu, chicken, or pork chops in place of the steak, and add bell peppers, summer squash, steamed asparagus, or edamame to the veggies.

INGREDIENTS:

- 1/4 cup soy sauce
 - 2 tsp sugar
- 1/4 minced scallions
- 1 tbsp minced garlic
- 2 tsp minced ginger
- 2 tsp ground toasted sesame seeds
 - Ground black pepper, as needed
- 1 lb beef skirt steak, cut into strips
 - 1/4 cup vegetable oil, plus more as needed
- 2 cups steamed medium-grain rice
- 2 cups thinly sliced Napa cabbage
- 1 cup julienned or grated red radish
 - 1 cup julienned or grated seedless cucumber
 - 4 large eggs
- 2 tbsp Korean red pepper paste (gochujang), or as needed

1. Combine the soy sauce and sugar in a bowl. Add the scallions, garlic, ginger, and sesame seeds. Add the sesame oil and pepper to taste. Add the skirt steak and toss until evenly coated. Cover, refrigerate, and let the steak marinate for at least 1 and up to 8 hours.

2. Heat 2 tablespoons oil in a wok or a non-stick pan over high heat until it is nearly smoking. Add the beef strips to the hot oil and stir-fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm.

4. Divide the rice evenly among 4 bowls. Top the rice with the cabbage. Toss together the red radish, carrot, and cucumber. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak.

5. Wipe out the wok and return it to the burner. Add 1 tablespoon oil and heat over medium heat until the oil ripples. Add the eggs to the hot oil one at a time and fry, basting the top with a little oil, until the whites are set and the yolk is hot, 2 to 3 minutes. Top each serving with a fried egg and serve at once, accompanied by the Korean red pepper paste.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



HALIBUT WITH MIXED VEGETABLES

Halibut is a neutral-flavored white fish, so any similar fish will do, like flounder, tilapia, cod, or grouper. You can even use scallops or swordfish if you like, just choose whatever is freshest.

INGREDIENTS:

- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 yellow summer squash, sliced into 1/4-inch rounds
- 3 plum tomatoes, peeled, seeded, and cut into large dice
 - 1/2 yellow onion, diced
 - 2 garlic cloves, sliced
 - 1 tbsp minced basil
 - 1/2 tsp minced oregano
- 1 tbsp plus 2 tsp olive oil
 - 4 halibut fillets (about 6 ounces each)
 - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
 - 1/2 lemon

1. Preheat the oven to 375°F.

2. Toss the zucchini, squash, tomatoes, onion, garlic, basil, oregano, and 1 tablespoon of the olive oil. Spread in a thin, even layer in a 9 by 13-inch baking dish. Place in the oven while preparing the fish.

3. Season the fish with the salt and pepper. Heat the remaining 2 teaspoons of olive oil in a large skillet over high heat. Add the fillets and sear until golden brown, 1 to 2 minutes per side. Squeeze the lemon half over the fish.

4. Place the fillets and their juices on top of the vegetables, pouring their juices over all. Continue to roast until the fish is cooked through, 5 to 10 minutes. Serve each fillet over a bed of the vegetables.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



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. 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
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEIN

- 1 lb beef skirt steak
- 4 halibut fillet
- 8 oz mild Italian turkey sausage

DAIRY

- 4 eggs
- 1/2 cup sour cream
- 1 1/2 cups ricotta
- 4 oz queso fresco
- 2 oz Parmesan cheese
- 1/2 cup grated Parmigiano-Reggiano

PANTRY

- 1 cup olive oil
- 2 1/4 cups vegetable oil
- 1/4 cup soy sauce
- 2 cups chicken broth
- 3/4 cup vegetable broth
- 1 lb dried orecchiette
- 1 cup medium-grain white rice
- 1 cup pearl barley
- 8 oz corn tortillas
- 1 1/2 cups frozen peas
- 2 cups marinara sauce
- 1 cup tomatillo (verde) salsa
- 2 tbsp Korean red pepper paste (gochujang)
- 1 tbsp sesame seeds
- 2 tsp Italian seasoning
- Kosher salt
- Black pepper

PRODUCE

- 2 medium yellow onions
- 1 medium white onion
- 3 carrots
- 1 head garlic
- 1 (2-in) piece ginger
- 1 seedless cucumber
- 2 spring onions
- 4 red bell peppers
- 1 1/2 lb white mushrooms
- 1 zucchini
- 1 yellow summer squash
- 1 head Napa cabbage
- 1 bunch red radishes
- 5 oz spinach leaves
- 1 bunch basil
- 1 bunch oregano
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch scallions
- 2 lemons



DISH
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