



# WELCOME!

We hope you've been using our weekly shopping list tool! Found at the end of each weekly menu, it includes each ingredient you'll need to make the entire week's menu, including pantry staples like oil and salt.

## PREP AHEAD

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

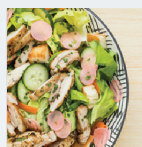
1. Make the burgers patties and refrigerate them until it's time to grill.
2. Pickle the veggies for Wednesday's salad, and cook the chicken (you can do this when you have the grill going on Monday. It will hold just fine!).
3. Make the broccoli soup the whole way through, if you have the time.



**MONDAY**  
Turkey Sausage  
and Pepper Sliders



**TUESDAY**  
Halibut with  
Summer Vegetables



**WEDNESDAY**  
Banh Mi Chicken Salad



**THURSDAY**  
Cream of Broccoli Soup



**FRIDAY**  
Tomato, Chicken, and Feta  
with Whole Wheat Fettuccine



**DISH**  
EAT. DRINK. DISCOVER.



## Sausage & Pepper SLIDERS

**Form the slider patties the day before, if you like. Just place them on a parchment paper-lined tray and wrap them up tightly to refrigerate. Sliders are a hit with kids, but you can make these full size for convenience. They'll take longer to cook, so check before removing from the grill.**

### INGREDIENTS:

- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1/2 yellow onion, diced
  - Pinch kosher salt
- 1/2 tsp freshly ground black pepper
  - 3 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes, plus more to taste
- 1 lb Italian turkey sausage, casings removed
  - 1 1/2 tsp dried oregano
- 1/4 cup grated Parmesan cheese
- 8 oz mozzarella cheese, sliced
  - 10 slider buns
- 3/4 cup marinara sauce

1. Heat the oil in a skillet over medium heat. Add the red and green bell peppers, onion, salt, and pepper, and cook until the vegetables are soft, about 7 minutes. Add the garlic and pepper flakes, and cook until fragrant, about 1 minute. Remove from the heat and set aside to cool for about 10 minutes.
2. In a large bowl, combine the sausage, oregano, cheese, and reserved pepper mixture. Mix until well-combined.
3. Divide the mixture into 10 equal portions and shape into approximately 3-inch patties. The sliders can be covered and refrigerated until ready to use or cooked right away.
4. Prepare a grill for medium heat cooking and oil the grates. If using a charcoal grill, arrange the coals along one half of the grill and leave a space for indirect cooking.
5. Grill the sliders until they are marked on the outside and cooked through, about 4 minutes on each side. Lower the heat or transfer the sliders to a cooler location to finish cooking, as needed. Top the burgers with the cheese about 1 minute before removing them from the grill and cook until the cheese has melted.
6. Arrange the sliders on the bottom half of the buns. Top with about 1 tablespoon of marinara sauce and place the top bun before serving.

SERVES 4 TO 6



**DISH**  
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## Halibut with SUMMER VEGETABLES

This simple preparation is a nice light dinner to follow a heavy weekend of grilling. It's endlessly customizable, too, so choose whatever flaky white fish you like best, and add veggies like mushrooms or asparagus.

### 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 freshly 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 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



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## Banh Mi CHICKEN SALAD

**Grilled chicken thighs are easy and flavorful, but experiment with other proteins, if you like. Pork chops quickly seared in a cast iron skillet would be perfect, or even shredded rotisserie chicken, to make things easy.**

### INGREDIENTS:

- 2 carrots, cut into thin, wide strips with a vegetable peeler
  - 3 radishes, very thinly sliced
  - 1/2 jalapeño, thinly sliced, seeds removed, if desired
  - 1/2 cup seasoned rice wine vinegar
    - 1 cup water
  - 1/2 tsp kosher salt, plus more as needed
  - 5 boneless, skinless chicken thighs
  - Ground black pepper, to taste
    - 1 tsp fish sauce
  - 1 clove garlic, minced
  - 1/4 cup vegetable oil
  - 2 heads Bibb lettuce, torn into bite-size pieces
  - 1/4 cup basil, chopped
    - 1/4 cup cilantro, chopped
  - 1/4 cup mint, chopped
  - 1 seedless cucumber, thinly sliced
  - 1 cup fresh French bread croutons
1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.
  2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest.
  3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette. Thinly slice the chicken thighs.
  4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.

A close-up photograph of a white bowl filled with a smooth, light green cream of broccoli soup. The bowl is set on a white plate, and a silver spoon is visible on the right side. The background is slightly blurred, showing a colorful patterned cloth.

## CREAM OF BROCCOLI SOUP

Think of this is Cream of Whatever-You-Like-Best Soup and swap out the broccoli for veggies like asparagus, mushroom, cauliflower, or even celery, if that's your thing. Add some Cheddar cheese, if you like! Either way, serve the soup with a nice crusty bread for dipping.

### INGREDIENTS:

- 1/4 cup olive oil
- 1 medium yellow onion, chopped
- 1 leek, white and light green parts, chopped
  - 1 celery stalk, chopped
  - 2 lb broccoli, chopped
- 1/4 cup all-purpose flour
- 6 cups vegetable stock
- 1/2 cup heavy cream, warm
  - 1 tsp fresh lemon juice
  - Kosher salt, as needed
  - Freshly ground black pepper, as needed

1. Heat the oil in a soup pot over medium heat. Add the onion, leek, celery, and broccoli and cook, stirring frequently, until the onion is translucent, 6 to 8 minutes.
2. Add the flour and cook to make a blond roux, stirring frequently with a wooden spoon until the flour is well-coated and the mixture is lightly golden, about 5 minutes. Gradually add the stock or broth to the pot, whisking well to work out any lumps. Bring the soup to a simmer and cook until flavorful and thickened, about 45 minutes, stirring frequently and skimming as necessary.
3. Strain the soup and reserve both the solids and the stock or broth. Purée the solids in a blender or food processor, adding broth as needed to facilitate puréeing. Combine the purée with enough of the reserved broth to achieve the consistency of heavy cream. Strain the soup through a fine mesh sieve, if desired.
4. Return the soup to the pot and bring to a simmer over medium heat. Remove the soup from the heat and stir in the cream and lemon juice. Season with salt and pepper.

SERVES 6 TO 8



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## Tomato, Chicken, and Feta WITH FETTUCCINE

We like this pasta dish with whole wheat pasta, because it lends a bit of nuttiness to an-otherwise simple dish. But you can use whichever pasta you prefer, including gluten-free varieties. If you don't love feta, you can substitute another crumbly cheese, like ricotta salata.

### INGREDIENTS:

- 1 tsp kosher salt
- 6 ounces whole wheat fettuccine
  - 1/2 tsp freshly ground black pepper
  - 1 tbsp olive oil
- 4 ounces boneless, skinless chicken breast, pounded to 1/4-inch thick
  - 1 small red onion, diced
  - 1 tsp white wine vinegar
- 2 pints grape or cherry tomatoes, halved
  - 2 tbsp chopped basil
  - 2 tbsp chopped parsley
- 4 ounces feta, crumbled
- Squeeze of fresh lemon juice

1. Bring 2 quarts of water to a boil and add 1/2 teaspoon of the salt. Cook the fettuccine until al dente, about 10 minutes. Use a slotted spoon to remove the pasta from the water and set aside. Reserve the cooking water.
2. Season the chicken with the remaining 1/2 teaspoon salt and the pepper.
3. Heat the olive oil in a sauté pan over medium high heat. When the pan is very hot, add the chicken and brown on both sides. Set the chicken aside and cut into strips. Add the onion to the pan and cook until soft. Add the vinegar and deglaze the pan. Add the tomatoes.
4. Once the tomatoes start to release their water and soften, add the basil and parsley. Return the chicken and pasta to the pan. Add the cheese and toss to coat. Add enough of the reserved pasta cooking water to help form a thin sauce. Finish with a squeeze of fresh lemon juice just before serving.

SERVES 4



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# DINNER SHOPPING LIST

## PROTEINS

- 5 boneless, skinless chicken thighs
- 4 oz boneless, skinless chicken breasts
- 1 lb Italian turkey sausage
- 4 halibut fillets (6 oz each)

## DAIRY

- 1/4 cup grated Parmesan
- 8 oz mozzarella
- 4 oz feta
- 1/2 cup heavy cream

## PRODUCE

- 2 medium yellow onions
- 1 small red onion
- 1 leek
- 2 carrots
- 1 stalk celery
- 6 cloves garlic
- 2 lb broccoli
- 1 medium zucchini
- 1 yellow summer squash
- 1 red bell pepper
- 1 green bell pepper
- 1 seedless cucumber
- 3 plum tomatoes
- 2 pints grape or cherry tomatoes
- 3 radishes
- 1 jalapeño
- 3 lemons
- 2 heads Bibb lettuce
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch oregano

## PANTRY

- 1/2 cup olive oil
- 1/4 cup vegetable oil
- 6 cups vegetable stock
- 1 tsp white wine vinegar
- 1/2 cup seasoned rice vinegar
- 1 tsp fish sauce
- 6 oz whole wheat fettuccine
- 3/4 cup marinara sauce
- 1 1/2 tsp dried oregano
- 1/4 tsp crushed red pepper flakes
- 1/4 cup all-purpose flour
- 10 slider buns
- French bread, for croutons (or prepared croutons)



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