

monday

white bean orzo soup

gather your ingredients

- 1 tbsp olive oil
- 1 shallot (chopped)
- 4-6 cloves garlic (smashed)
- red pepper flakes
- 2 tbsp salted butter
- 2 cups dry orzo pasta
- 6 cups low-sodium vegetable broth
- 1 can white beans
- kosher salt and black pepper
- ½ bunch kale (finely shredded)
- ¼ cup basil pesto*
- ½ cup whole milk or canned full-fat coconut milk
- 1 cup grated parmesan cheese
- zest and juice of 1 lemon

*i would omit pesto, personally

let's get cooking

1. heat the olive oil in a large pot over medium-high heat.
 2. add the shallot, garlic, and chili flakes and cook until fragrant, about 5 minutes. drop in the butter, then stir in the orzo. cook until golden, 1-3 minutes. pour in the broth and bring to a boil over high heat. season with salt and pepper. stir in the beans and kale. season with salt and pepper. if you have one, add a parmesan rind. simmer 8-10 mins until the orzo is al dente, stirring often. it should become very creamy
 3. stir in the pesto*, milk, parmesan, and lemon, cook another few minutes until warmed through.
 3. divide the orzo and broth among bowls and add more parmesan, black pepper + fresh dill, parsley, or basil if you have it already too! (don't buy just for this)
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tuesday

spicy potatoes & crispy chickpeas

gather your ingredients

- 1 can of chickpeas (drained, rinsed, and dried off thoroughly)
- 16 oz. small gold potatoes
- ½ -1 cup per serving labne (kefir lebanese cheese) or plain greek plain yogurt
- chili oil or chili crisp
- 2 tsp kosher salt (adjust to taste)
- 1 tbsp garlic powder, garam masala, curry powder, paprika, chili flakes, dried parsley (if you don't have any of these just sub something similar—it's flexible!)
- 2-3 tbsp olive oil
- 1 cup arugula or any greens you like
- pita bread or pita chips

let's get cooking

1. boil small potatoes in salt water for about 15-20 minutes until fork tender.
 2. remove or keep skin on potatoes, your choice (i kept)
 3. add chickpeas and potatoes to a sheet pan.
 4. season with all the seasonings and oil except the chili oil.
 5. crisp in the oven at 425°F for about 20 minutes, flipping halfway. keep an eye so it does not burn the seasonings.
 6. spread the labne or yogurt (whichever you are using) to a large plate. then drizzle chili oil. add some arugula or greens if your choice and top with the spicy chickpeas and potatoes.
 7. drizzle more chili oil.
 8. serve with pita bread or pita chips.
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wednesday

quiche with herbs and goat cheese

gather your ingredients

- frozen pre-made pie shell in a 9½-inch pan
- 4 large eggs
- 1 and ¼ cups half-and-half or milk (we did fairlife)
- ½ tsp kosher salt

- black pepper to taste
- ½ tsp grated lemon zest
- 1 tsp chopped fresh thyme
- 2 tbsp chopped scallions
- 2 tbsp chopped parsley
- 4 oz. fresh goat cheese (sliced into ¼" rounds)

let's get cooking

1. preheat oven to 375° f
2. in mixing bowl, beat eggs. whisk in half-and-half or milk, salt, pepper, lemon zest, thyme, scallions and parsley. pour into pie shell.
3. set tart pan on a baking sheet and bake for 15 minutes until just set enough to support goat cheese.
4. remove from oven and spread goat cheese slices across the top.
5. put quiche back in and cook for another 15-20 mins, until top is golden and the custard is set. this time will vary depending on oven so just use your best judgment here.
6. cool for 10 minutes (it will keep cooking so it's okay if it's a little jiggly when you remove).
7. serve warm or at room temperature.

thursday

5-ingredient tofu wonton soup

gather your ingredients

- 1 box trader joe's ginger miso broth*
- 1 package cilantro chicken wontons (or any wonton)
- 1 package firm tofu (no need to press; chopped into 1" cubes)
- 1 bag cut napa cabbage (or buy whole and chop)
- bok choy (chopped)

* if no access to this product, sub 1 box vegetable broth, 1" fresh grated ginger, 2 grated garlic cloves, and 1 tbsp white miso paste

let's get cooking

1. pour broth into a large pot over medium-high heat.

*if making your own broth, saute garlic ginger + miso for 1 min then add broth and whisk until smooth.

2. add chopped vegetables, tofu, and wontons.
 3. cook until everything is warm and serve immediately.
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friday

edamame pesto pasta

gather your ingredients

- kosher salt and freshly ground black pepper
- 1 (12-oz) package frozen shelled edamame
- 1 lb. short pasta (fusilli, rigatoni, or cavatappi)
- 4 garlic cloves (roughly chopped)
- 1½ packed cups soft herbs (basil, parsley or mint leaves)
- ⅓ cup roasted unsalted sunflower or pumpkin seeds
- ½ cup olive oil + more for serving
- 3 to 4 tbsp lemon juice (from 1 to 2 lemons) plus more for serving
- 3 tbsp nutritional yeast (or grated hard cheese like pecorino or parmesan)
- red pepper flake (to serve)

let's get cooking

1. bring a large pot of salted water to a boil. add the edamame and cook for 3 to 4 minutes, until just tender. using a slotted spoon or ladle, remove the edamame and place in a colander. rinse under cold water, then allow to drain and cool.
2. to the same water (top it up with hot tap water if needed), add the pasta. cook according to package instructions.
3. meanwhile, to a food processor or blender, add the cooled edamame, garlic, herbs and seeds and blitz for 8 to 10 seconds, until the mixture resembles coarse crumbs. with the motor running, trickle in the olive oil and 2 to 3 tbsp of water, and blitz until it resembles a thick paste. (it doesn't need to be smooth; some texture is preferred.)
4. stir in 3 tbsp lemon juice, nutritional yeast or parm, 1 tsp of salt, and a few pinches of black pepper. taste and adjust salt and lemon juice until you are happy with the balance.
5. when the pasta is ready, reserve 2 cups of the cooking water and drain the pasta. place the pot back on medium heat and add the edamame pesto, along with 1 cup of pasta cooking water. stir until the pesto and water have emulsified, then add the pasta and stir
6. to coat.
7. if it looks dry, add just enough pasta cooking water for the sauce to loosen up.
8. to serve, finish with a drizzle of olive oil, a squeeze of lemon juice, a scatter of red pepper flakes, and a few torn herbs.

groceries

pantry staples

hopefully, you have some of these already so do a quick check before you shop. here's what you'll need this week:

- olive oil
- salted butter
- chili oil or chili crisp
- kosher salt and black pepper
- red pepper flakes
- garlic powder
- garam masala
- curry powder
- paprika
- chili flakes
- dried parsley
- roasted unsalted sunflower or pumpkin seeds
- orzo pasta
- 1 lb. short pasta (such as fusilli, rigatoni, or cavatappi)
- 1 can white beans
- 1 can chickpeas
- low-sodium vegetable broth

from the store (organized by section)

- lemon (3)
- shallot (1)
- garlic (1 head)
- kale (1 bunch)
- fresh thyme
- scallions
- arugula or any greens you like
- 1 bag cut napa cabbage (or buy whole and chop)
- bok choy
- 16 oz. small gold potatoes
- soft herbs (basil, italian parsley or mint)

- basil pesto* optional
- whole milk or canned full-fat coconut milk
- half-and-half (or use same milk above)
- parmesan cheese and/or nutritional yeast
- labne or plain greek plain yogurt
- eggs
- 1 package firm tofu
- 4 oz. fresh goat cheese
- 1 box trader joe's ginger miso broth*
- pita bread or pita chips
- 1 (12-oz) package frozen shelled edamame
- 1 package frozen cilantro chicken wontons (or any wonton)
- frozen pre-made pie shell in a 9½-inch pan