

# monday

## high-protein spinach pasta

### gather your ingredients

- 1 package pasta of your choice
- kosher salt & freshly ground black pepper
- 1 8-oz. bag baby spinach
- 350g (12.3oz) silken tofu
- ¼ cup cashews (soaked for 10 mins in boiling water)
- 2 garlic cloves (peeled)
- olive oil
- shredded parmesan (to serve)

### let's get cooking

1. per the packet instructions, cook pasta in a pot of salted boiling water. once the pasta is ready, drain and reserve about half a cup of the pasta water for later.
  2. meanwhile, add the spinach to a pan on a medium heat and cook for 2-3 minutes or until wilted. add a tbsp of pasta water to the spinach if it's sticking to the pan.
  3. next, transfer the spinach to a high-speed blender along with the silken tofu, nutritional yeast, cashews, hemp seeds, garlic, 2 tbsp of olive oil, and generous pinches of salt and pepper. blend until the sauce is smooth, adding a tbsp or so of the reserved pasta water to the sauce, if needed, to loosen it up.
  4. pour the spinach sauce into the pan you used earlier and heat it on a low temperature until warm. tip the pasta into the sauce and stir to combine.
  5. serve with a drizzle of olive oil, an extra pinch of pepper, and parmesan, if you like.
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# tuesday

## hot & tangy pear salad

### gather your ingredients

- zest and juice of 2 large limes
- 1½ serrano chiles (1 halved, ½ thinly sliced)
- 2 garlic cloves
- ¼ cup mayonnaise
- ¼ cup olive oil
- ¼ cup vegetable oil
- ¼ tsp kosher salt, plus more
- 2 heads of little gem lettuce (leaves separated)
- 1 large asian pear, peeled (cut into ½"-thick sticks)
- 6 small radishes, trimmed (thinly sliced)
- 1 ripe avocado, cut into large pieces
- ¼ cup (packed) coarsely chopped cilantro
- tajín (for serving)

### let's get cooking

1. blend zest and juice of 2 large limes, 1 serrano chile, halved, 2 garlic cloves, ¼ cup mayonnaise, ¼ cup extra-virgin olive oil, ¼ cup vegetable oil, and ¼ tsp kosher salt in a blender until smooth and creamy. taste dressing and season with more salt if needed.
  2. toss 2 heads of little gem lettuce, leaves separated, 1 large asian pear, peeled, cut into ½"-thick sticks, 6 small radishes, trimmed, thinly sliced, ½ serrano chile, thinly sliced, and three fourths of dressing in a large bowl to combine.
  3. arrange salad on a platter and tuck 1 ripe avocado, cut into large pieces, and ¼ cup (packed) coarsely chopped cilantro among lettuce leaves; sprinkle very generously with tajín. serve with remaining dressing alongside.
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# wednesday

## çilbir aka turkish eggs

### gather your ingredients

#### for the yogurt spread:

- 1 cup plain greek yogurt (room temp)
- 1 clove garlic
- 1 tsp lemon zest
- 2 tsp fresh lemon juice
- 2 tbsp coarsely chopped fresh dill
- ¼ tsp fine salt
- ½ tsp ground black pepper

#### for the spiced butter sauce:

- 4 oz (½ cup) unsalted butter (cut into pieces)
- 1 tbsp ground aleppo chili pepper (or cayenne)
- ¼ tsp ground cumin

#### for the poached eggs:

- 1 tbsp white vinegar
- 4 large eggs
- fresh herbs such as dill, mint, or parsley, for serving
- flaky sea salt (for serving)
- turkish bagels or bread (for serving)

### let's get cooking

1. make the yogurt spread: place the yogurt in a medium bowl. grate the garlic directly into the yogurt. add the lemon zest, juice, dill, salt, and pepper. stir to combine. set aside.
  2. make the spiced butter sauce: melt the butter in a small saucepan or skillet over medium-low heat, swirling the pan occasionally, until the butter turns light golden color and foamy, about 2 minutes.
  3. continue to cook the butter until most of the bubbles subside, it smells nutty, and turns a light brown-hazelnut color, about 3 more minutes. remove from the heat. stir in the aleppo pepper and cumin. transfer to a bowl and set aside.
  4. poach the eggs: bring a large pot of water to a boil over high heat. stir in the vinegar. reduce the water to a simmer (around 180 to 190 f).
  5. crack an egg into separate small bowls, ramekins, or measuring cups. gently lower the egg into the simmering water, holding the bowl just above the surface of the water to let the exterior of the egg set as it slides in.
  6. poach until the whites are firm and yolk is set, but still soft, 2 to 3 minutes. remove with a slotted spoon and transfer to a paper towel-lined-plate. repeat with the remaining eggs.
  7. to assemble, divide the yogurt between two shallow bowls or plates, creating a well in the center. place two poached eggs into each, then spoon as much of the spiced butter sauce over top as you like. sprinkle with herbs and flaky sea salt. serve with turkish bagels or toasted bread to mop up all the flavors.
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# thursday

## cheesy white bean & tomato bake

### gather your ingredients

- ¼ cup olive oil
- 3 fat garlic cloves (thinly sliced)
- 1 6-oz. can of tomato paste
- 2 (15-oz) cans white beans (drained & rinsed)
- ½ cup boiling water
- kosher salt & freshly ground black pepper to taste
- ⅓ lb high-quality mozzarella (coarsely grated ~about 1⅓ cups)
- red chile flakes
- bread (for serving)

### let's get cooking

1. preheat oven to 475° F.
  2. in a 10-inch oven-proof skillet, heat olive oil over medium-high. fry the garlic until it's lightly golden (~1 min). stir in the tomato paste and red pepper flakes (be careful of splattering) and fry for 30 seconds, reducing the heat as needed to prevent the garlic from burning.
  3. add the beans, water, and generous pinches of salt and pepper and stir to combine.
  4. sprinkle the cheese evenly over the top, then bake until the cheese has melted and browned in spots (~5 to 10 mins).
  5. if the top is not as toasted as you'd like, run the skillet under the broiler for a minute or 2. serve at once with bread.
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# friday

## chicken-apple sausage w/ cabbage & onions

### gather your ingredients

- 3 tbsp olive oil
- 5-8 links chicken-apple sausage or veggie sausage
- 2 large onions (sliced)
- 1 apple (sliced)
- kosher salt & freshly ground black pepper
- 1¼ lb cabbage, preferably savoy or napa (sliced from a whole head *not* shredded)
- 1 ¼ – 1 ½ cups vegetable or chicken broth
- 2-3 tbsp apple cider vinegar ( plus more to taste)
- grainy mustard (for serving)

### let's get cooking

1. add 1 tbsp of the olive oil to a large skillet set over medium-high heat. add the sausage links and brown on every side, about 6 minutes total. (you do not have to cook them through.) remove the sausages to a plate. turn heat down to medium, then add the onions, salt and pepper. cook 10 minutes, stirring occasionally, until they soften and start to turn gold.
  2. add the cabbage and the remaining 2 tbsp of olive oil. it will feel like a lot of cabbage, but it really does cook down, so be patient. folding it in with the onions helps speed up the process. cook another 10 minutes, then nestle the sausages into the cabbage-onion mixture, and pour in the broth, so it comes about half way up each sausage. lower heat to a simmer, cover, and cook another 10 minutes until sausages are cooked through.
  3. remove the sausages to serving bowls, then stir in apple cider vinegar into the cabbage-onion mixture. taste and add up to another tbsp if you want more brightness. serve vegetables alongside the sausage and w/ grainy mustard.
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# 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
- kosher salt & freshly ground black pepper
- unsalted butter
- mayonnaise
- vegetable oil
- white vinegar
- tajín
- red chile flakes
- ground cumin
- ground aleppo chili pepper (or cayenne)
- vegetable or chicken broth
- 2-3 tbsp apple cider vinegar ( plus more to taste)
- grainy mustard
- tomato paste
- 1 package pasta of your choice
- 2 (15-oz) cans white beans
- cashews

## from the store (organized by section)

- garlic (1 head)
- yellow onions (2)
- apple (1)
- lemons (2)
- limes (2)
- fresh dill
- serrano chiles (2)
- 2 heads of little gem lettuce
- asian pear (1 large)
- radishes (1 bunch)
- 1 8-oz. bag baby spinach
- ripe avocado (1)
- fresh cilantro

- savoy or napa cabbage (1 head)
- plain greek yogurt
- high-quality mozzarella
- shredded parmesan (to serve)
- eggs (4)
- 5-8 chicken-apple sausage or veggie sausage links
- 350g (12.3oz) silken tofu
- bread