

monday

gingery fried rice w/ bok choy, mushrooms & basil

gather your ingredients

- 4 cups cooked, day-old jasmine rice (or 1 cup uncooked jasmine rice; see tip)
- 5 tbsp canola or vegetable oil
- ¾ lb mixed fresh mushrooms (like shiitake and cremini; thinly sliced)
- kosher salt & freshly ground black pepper
- 8 baby bok choy(trimmed, then sliced crosswise ½ inch thick)
- ½ cup scallions (greens & whites thinly sliced)
- 3 garlic cloves (roughly chopped)
- 1 jalapeño (thinly sliced)
- ¾ cup frozen peas
- 2 to 3 tbsp finely chopped fresh ginger
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- ½ cup thinly sliced fresh basil

let's get cooking

1. take the cooked rice out of the refrigerator, and set it aside at room temp.
2. in a large wok or nonstick skillet, heat 2 tbsp canola oil over medium-high. add the mushrooms, season generously with salt and pepper, and cook, stirring occasionally, until browned and tender (~5 or 6 mins). transfer to a large bowl.
3. wipe out the skillet if needed, then add 1 tbsp canola oil and heat over medium-high. add the bok choy, scallions, garlic, and jalapeño. season with salt and pepper and stir-fry until aromatic and barely crisp-tender (~2 to 3 mins). transfer to the bowl with the mushrooms.
4. add the remaining 2 tbsp canola oil to the skillet and heat over medium-high. add the rice and cook, stirring occasionally, until toasted(~ 4 to 5 mins). add frozen peas, ginger, soy sauce, and sesame oil. stir until rice is evenly coated in soy sauce mixture, and no uncoated rice grains remain (~1 to 2 mins).
5. stir in the mushroom and bok choy mixture and the basil until basil is wilted (1 to 2 mins). season to taste with salt and pepper then divide among bowls; serve hot.

**TIP(S)* leftover rice that has dried out in the refrigerator for a day or two works best for this recipe because it will crisp better than fresh rice. if you don't have time to cook your rice a day in advance, you can make it fresh—I love using any kind of TJ's instant frozen rice in the microwave—transfer to a large baking sheet, spread it in an even layer and pop it in the freezer to chill it while you prepare the vegetables, then pull the rice from the freezer to cook it in step 4.*

tuesday

brown butter orzo w/ butternut squash

gather your ingredients

- 4 tbsp unsalted butter
- ¾ cup thinly sliced shallots
- 3 cups cubed butternut squash
- 2 tsp finely chopped rosemary
- kosher salt
- freshly ground black pepper
- ½ tsp red pepper flakes + more for serving
- 3 cups vegetable stock
- 1½ cup uncooked orzo
- 1 lemon (zested & halved)
- 2 tbsp grated parmesan + more for serving
- ½ to 1 cup whole-milk ricotta

let's get cooking

1. in a large skillet, melt butter over medium heat. cook, swirling occasionally, until the foam subsides and it turns golden brown + smells nutty and toasty (3 to 4 mins)
 2. stir in shallots and cook, stirring occasionally 2 mins
 3. add squash, rosemary, a large pinch of salt, ¼ tsp black pepper & ½ tsp red pepper flakes. cook until squash softens (12-17 mins).
 4. add stock and bring to a simmer. stir in orzo, lemon zest and 1 tsp salt. cover the pan and simmer on medium low until orzo is just tender and most of the liquid is absorbed, 14 to 18 mins, stirring once or twice. if pan dries out before the orzo and squash are tender, add a splash or two of water.
 5. remove pan from heat and stir in parmesan. add a squeeze of lemon juice & dollop with ricotta + more parmesan, red pepper flakes or black pepper to taste.
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wednesday

alice waters' seasonal minestrone

gather your ingredients

- 1 15-oz can cannellini or other white beans (drained & rinsed)
- ¼ cup olive oil
- 1 large onion (finely chopped)
- 2 carrots (peeled and finely chopped)
- 4 garlic cloves (coarsely chopped)
- 5 thyme sprigs
- 1 bay leaf
- kosher salt
- 3 cups vegetable broth
- 1 small leek (white part only; diced)
- 1 medium zucchini (diced)
- 2 medium tomatoes (peeled, seeded and chopped)
- 2 cups spinach (coarsely chopped)
- grated parmesan cheese (for serving)
- pesto, for garnish (optional)

let's get cooking

1. heat the olive oil in a large pot over medium heat. add the onion and carrots and cook for ~10 mins, until onion is translucent. add garlic, thyme, bay leaf, and 2 tsp salt. reduce heat to medium low and cook, stirring often, for 5 mins longer.
 2. add 3 cups broth and bring to a low boil. when boiling, add the leek. after 5 mins, add the zucchini and tomatoes. after 15 mins, add the spinach and beans and cook for 5 more mins. if the soup is too thick, add more broth.
 3. remove the bay leaf and bare thyme sticks and adjust the seasoning, if necessary. serve in bowls, each garnished with grated parmesan cheese or pesto.
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thursday

sweet potato tacos

gather your ingredients

- 8 -10 corn tortillas
- 1 large sweet potato (diced)
- 1 15-oz. can black beans (drained & rinsed)
- 1 yellow onion
- 1 cup shredded kale
- 2 tsp paprika
- 1½ tsp cumin
- 1 tsp smoked paprika
- 1 tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne pepper
- 2 -3 tbsp olive oil
- 1 cup shredded cheese of choice
- cooking spray (can also brush on olive oil)
- sour cream or greek yogurt (for serving)
- salsa or hot sauce (for serving)
- fresh cilantro (for serving)

let's get cooking

1. preheat the oven to 400° F.
 2. dice the sweet potato and chop the onion. add to a large sheet pan with the drained black beans. toss with ~2 tbsp of olive oil and all of the spices.
 3. roast the seasoned vegetables for 30-40 mins, tossing halfway through.
 4. once they're cooked, remove the pan from the oven and toss in the kale while the veggies are still warm.
 5. remove vegetables from the sheet pan and add your tortillas to the pan. layer a handful of cheese onto one half of the tortilla followed by some of the bean mixture. fold the tortillas over and press to hold them down. if the tortillas don't stay folded, you can place another sheet pan on top to hold them down while baking
 6. lightly spray the tortillas with cooking spray and place them back into the oven for 10-12 mins on the top rack. you can also air-fry the folded tacos at 375° F for ~8 mins.
 7. top with sour cream/greek yogurt, salsa or hot sauce, and cilantro to serve.
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friday

crispy tortilla salad with snap peas and avocado

gather your ingredients

- vegetable or canola oil (for frying; ~ $\frac{2}{3}$ cup)
- 6 corn tortillas (halved + cut into $\frac{1}{2}$ "-thick strips)
- 1 tsp red chile powder
- kosher salt
- 1 garlic clove (finely grated)
- $\frac{1}{3}$ cup fresh lime juice (3–4 limes)
- 3 tbsp olive oil
- $\frac{1}{2}$ tsp ground cumin
- 2 ripe avocados (divided)
- freshly ground black pepper
- 1 bunch radishes (trimmed + cut into thin wedges)
- 1 large cucumber (coarsely chopped)
- 1 jalapeño (thinly sliced)
- 10 oz. sugar snap peas (strings removed; halved on a diagonal)
- $\frac{1}{3}$ cup cilantro leaves w/ tender stems (divided)

let's get cooking

1. **make the tortilla strips:** pour vegetable oil into a medium skillet to come $\frac{1}{4}$ " up sides; heat over medium-high. working in 2 batches, fry 6 corn tortillas, halved, cut into $\frac{1}{2}$ "-thick strips, stirring often, until golden and crisp (~ 2 mins). drain on paper towels, then transfer to a large bowl and toss with 1 tsp red chile powder and $\frac{1}{2}$ tsp kosher salt.
 2. **make the dressing:** purée 1 garlic clove, $\frac{1}{3}$ cup fresh lime juice, 3 tbsp olive oil, $\frac{1}{2}$ tsp ground cumin, 1 ripe avocado, and 2 tbsp water in a blender or mini-processor until smooth, add more water to reach desired consistency (it can be thick!). season generously with kosher salt and freshly ground pepper.
 3. **assemble:** spread half of dressing on a platter. Add chopped radishes, cucumber, jalapeño, and. sugar snap peas to remaining dressing in bowl; toss to coat. thinly slice remaining 1 ripe avocado; add to bowl along with tortillas and half of $\frac{1}{3}$ cup cilantro leaves with tender stems; toss gently to combine.
 4. transfer salad to platter or plates. scatter remaining half of $\frac{1}{3}$ cup cilantro leaves over. season with salt and pepper.
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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:

- kosher salt
- freshly ground black pepper
- unsalted butter
- olive oil
- cooking spray (can also brush on olive oil)
- canola or vegetable oil
- sesame oil
- soy sauce
- bay leaf
- red pepper flakes
- paprika
- ground cumin
- cayenne pepper
- red chile powder
- 15-oz. can cannellini or other white beans
- 15-oz. can black beans
- jasmine rice (or any rice)
- orzo
- pesto (optional)
- salsa or hot sauce
- vegetable stock/broth

from the store (organized by section)

- avocados (2)
- ¾ lb mixed fresh mushrooms (like shiitake and cremini)
- yellow onion (2)
- baby bok choy (8)
- leek (1)
- lemons (1-2)
- limes (3-4)
- sweet potato (1 large)
- scallions
- carrots (2)
- shallots (2)
- garlic (1 head)
- butternut squash (1 bag cubed)
- zucchini (1)
- tomatoes (2)

- spinach
- shredded kale
- jalapeño (2)
- radishes
- cucumber (1)
- sugar snap peas
- fresh ginger
- fresh thyme
- fresh basil
- fresh rosemary
- fresh cilantro
- sour cream or greek yogurt
- shredded cheese of choice
- whole-milk ricotta
- parmesan
- corn tortillas (14-16)
- frozen peas