

## PREP AHEAD OF TIME

**Roasted Butternut Squash**

2 butternut squash (1 ½ to 2 pounds each), peeled  
2 Tablespoons olive oil

Preheat oven to 400°F. Slice each butternut squash in half and scoop out the seeds. Cut butternut squash halves into a large dice. Toss butternut squash with olive oil in a large prep bowl.

Spread butternut squash on a baking sheet and roast for 25-30 minutes. Halfway through roasting, flip butternut squash to ensure even cooking. Allow the squash to cool completely, then divide into thirds. Pack 2/3 of the portion in one airtight container and the remaining 1/3 in another. Use in two recipes later in the week.

**Caramelized Onions**

1 ¾ Tablespoons olive oil  
2 medium yellow onions, sliced  
½ teaspoon dried thyme  
½ teaspoon salt

Heat olive oil in a medium-large pan (cast iron preferred) over medium heat for 30-45 seconds. Sauté onions for 1-2 minutes, then reduce heat to medium-low and let onions cook until they brown and soften all over, stirring occasionally. Allow to cook for about 20-22 minutes. Season with dried thyme and salt once finished.

Once cool, store in an airtight container for later use.

## MENU:

**MONDAY ①**

Cipollini Onion Lentils  
Parsley Tomatoes

**TUESDAY ②**

Steamed Artichokes  
Dijon Yogurt Sauce  
Lemon-Scented Brown Rice  
Fresh Red Grapes

**WEDNESDAY ③**

Butternut Squash Polenta  
w/ Caramelized Onions  
Steamed Spinach

**THURSDAY ④**

Lemon Artichoke Pasta  
Red Grape Spinach Salad

**FRIDAY ⑤**

Butternut Squash Soup  
Pomegranate Goat Cheese Salad



# Shopping List

This Week: 1-Cipollini Lentils 2-Steamed Artichokes 3-Butternut Squash Polenta 4-Lemon Artichoke Pasta 5-Butternut Squash Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3, 5	butternut squash	2	1 1/2 to 2 pounds each	8
1	cipollini onions	8-10		4
1	tomatoes	6		3
1	flat leaf parsley	1 bunch		1
2, 4	artichokes	7		9
2, 3, 4	lemon	4		2
2, 4	red grapes	3 cups	1-2 bunches	5
3, 4	baby spinach	10 cups		9
5	pomegranate	2		5
5	Bibb lettuce	4 cups		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2	plain Greek yogurt	3/4 cup	organic recommended	1.5
3, 4	whole milk	2/3 cup	organic recommended	1.5
5	mild goat cheese	2-4 ounces	depending on preference	5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	dried green lentils	2 cups	check bulk bin	1
3	coarse cornmeal	1 1/2 cups	check bulk bin	1
5	whole wheat sandwich rolls	4	check local bakery	2

Fresh 20 Grocery Est 61  
 Cost Per Dinner 12.2  
 Cost Per Serving 3.05

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	17 Tablespoons	raw honey	3 3/4 teaspoons
	grape seed oil	1 Tablespoon		
	balsamic vinegar	2 1/3 teaspoons	garlic	6-8 cloves
	white wine vinegar	3 1/2 teaspoons	onions	4 1/4
	sea salt	6 1/2 teaspoons	vegetable stock	12 1/2 cups
	black pepper	1 1/2 teaspoons	dijon mustard	2 1/3 Tablespoons
	oregano	1/2 teaspoon	butter **extended pantry item	1 Tablespoon
	ground cumin	1/4 teaspoon	whole wheat shells	4 cups
	dried thyme	1/2 teaspoon	brown rice	1 1/2 cups
cayenne pepper	1/4 teaspoon			

*This dish was inspired by celebrity chef Alex Guarnaschelli who recently on her show made a braised lentil side dish with cipollini onions for a friend's birthday dinner. The dish sounded altogether decadent, hearty, and perfect for winter.*

#### INSTRUCTIONS

Preheat oven to 400°F.

##### *For cipollini onion lentils*

Heat one tablespoon of olive oil in a 3+ quart saucepan with garlic and dried oregano over medium heat, just until the oregano is fragrant. Stir in green lentils to coat. Pour in vegetable stock and water. Bring to boil.

Once boiling, cover saucepan with lid and reduce heat to low. Simmer until lentils are tender, 25-30 minutes. Season with ½ teaspoon of salt once cooked through. Set aside.

While lentils are simmering, pour 1½ tablespoons of olive oil in a large ovenproof pan (preferably cast iron). Heat for 30-45 seconds over medium heat. Gently add cipollini onions to the pan and sear both sides to caramelize, a few minutes on each side. Finish roasting in oven for 20-25 minutes, or until the inside is cooked through.

Remove pan from oven and return to a stove top burner and add ½ tablespoon olive oil. [NOTE: *If pan has too many charred bits, move cipollini onions to a clean pan and pour in 3/4 tablespoon instead of ½ tablespoon olive oil.*] Turn heat to medium and cooked lentils to pan. Pour balsamic vinegar over the lentils. Season with ½ teaspoon salt and ½ teaspoon black pepper. Stir to coat and cook through for a few minutes for the flavors to come together.

##### *For parsley tomatoes*

Whisk olive oil, vinegar, honey, salt, and black pepper vigorously until well incorporated. Dress tomatoes and parsley until well coated.

#### INGREDIENTS

##### *For cipollini onion lentils*

- 1 + 1 ½ + ½ Tablespoons olive oil
- 2-3 cloves garlic, peeled (amount depending on preference)
- ½ teaspoon dried oregano
- 2 cups dried green lentils
- 2 cups vegetable stock
- 2 cups water
- ½ + ½ teaspoon salt
- 8-10 cipollini onions, peeled
- 1 ½ Tablespoons balsamic vinegar
- ½ teaspoon black pepper

##### *For parsley tomatoes*

- 2 Tablespoons olive oil
- 1 ½ teaspoons white wine vinegar
- 1 teaspoon honey
- ½ teaspoon salt
- ½ teaspoon black pepper
- 6 tomatoes, sliced into wedges
- Fresh parsley, chopped (amount depending on preference)

## STEAMED ARTICHOKEs

*Dijon yogurt sauce & lemon-scented brown rice*

### INSTRUCTIONS

#### *For Dijon yogurt sauce*

Whisk Dijon mustard and honey until well incorporated. Mix well with the rest of the ingredients. Store in the refrigerator until ready to use.

#### *For lemon-scented brown rice*

Mix oil, onion, salt, and lemon zest in a medium-large saucepan, until well incorporated. Add rice and turn heat to high. Brown the rice, stirring frequently, for around 2-3 minutes. Add stock and water; bring to a boil. Cover saucepan with lid. Reduce heat to a low simmer and cook for 20-25 minutes, until liquid has evaporated.

#### *For steamed artichokes*

Clean artichokes according to recommendation, using lemon juice to keep artichokes from turning brown. Add enough water to reach 1 ½ to 2 inches of a steamer. Add lemon zest to water and to a boil. Add artichokes to the steamer rack. According to the California Artichoke Advisory, steam artichokes for 25-45 minutes, depending on the size of the artichokes.

\*Check out basic preparation tips by the California Artichoke Advisory Board (<http://artichokes.org/>), under the "Basic Preparation" tab. Watch (<http://www.oceanmist.com/video/prepping-artichokes.aspx>) for a video demonstration. For this recipe, you'll be using the artichokes as whole, serving one per person.

Serve artichokes with Dijon yogurt sauce as a dip and brown rice as a side. Fresh red grapes are for dessert.

### INGREDIENTS

#### *For Dijon yogurt sauce*

2 Tablespoons Dijon mustard  
1 ¼ teaspoons honey  
¾ cup plain Greek yogurt  
½ teaspoon salt  
¼ teaspoon cayenne pepper

#### *For lemon-scented brown rice*

1 Tablespoon grape seed oil  
¼ yellow onion, finely chopped  
¾ teaspoon salt  
1 teaspoon fresh lemon zest  
1 ½ cups brown rice  
1 ½ cups vegetable stock  
1 ½ cups water  
½ teaspoon lemon juice

#### *For steamed artichokes*

4 artichokes, cleaned\*  
Lemon juice bath, prepared with 2-3 Tablespoons fresh lemon juice  
Water  
½ teaspoon fresh lemon zest

2 cups fresh red grapes

### INSTRUCTIONS

Made Ahead:

- 1/3 Portion of Roasted Butternut Squash
- Caramelized Onions

Take caramelized onions out of refrigerator and set aside until ready to use.

#### *For butternut squash polenta*

Combine milk, vegetable stock, and water in a medium-large saucepan. Bring the liquids to boil, then stir in salt and cornmeal until well incorporated. Turn heat to low and simmer the polenta. Stir occasionally as polenta thickens, about 20-30 minutes.

Stir in butternut squash. Depending on preference, either mash butternut squash to incorporate with polenta or leave in big pieces for more texture. Heat butternut squash through for 1-2 minutes. Stir in olive oil to round out the polenta. Top with caramelized onions. Cover with lid and remove from heat.

#### *For steamed spinach*

Bring water in a steamer to boil. Add a bowl with spinach to the steamer. Cover steamer and steam spinach until just wilted, about 1-2 minutes. Toss with olive oil and salt. If desired, accent with a few squeezes of a lemon wedge.

### INGREDIENTS

#### *For butternut squash polenta*

½ cup whole milk (substitute with vegetable stock if desired)

2 cups vegetable stock

3 ½ cups water

½ teaspoon salt

1 ½ cups coarse cornmeal

1/3 Roasted Butternut Squash

½ Tablespoon olive oil

Caramelized Onions, already prepared

#### *For steamed spinach*

Water

5 cups baby spinach leaves

2 teaspoons olive oil

½ teaspoon salt

Optional: 1 lemon wedge, used to spritz on fresh lemon juice on steamed spinach

## LEMON ARTICHOKE PASTA

*red grape spinach salad*

### INSTRUCTIONS

#### *For lemon artichoke pasta*

Cook shells according to package instructions, but cook about a minute shy of indicated done-ness. Reserve  $\frac{1}{2}$  cup of pasta water and drain pot well of the rest.

Melt butter in a deep pan over medium-high heat. Pour in olive oil. Sauté onions for 1-2 minutes. Add the artichokes and sauté for another 2-3 minutes. Add garlic and sauté just until fragrant. Pour in reserved pasta water, vegetable stock and milk. Season with salt and black pepper.

Reduce heat to medium. Add cooked pasta to the pan. Stir continuously to coat as liquids reduce. Cook until liquid has reduced by one-third. Garnish with fresh parsley leaves on top if desired.

#### *For red grape spinach salad*

Whisk olive oil, vinegar, mustard, salt, and black pepper together until well blended. Dress spinach and red grapes with vinaigrette.

#### *Preparation Note:*

*\*Check out basic preparation tips by the California Artichoke Advisory Board (<http://artichokes.org/>), under the "Basic Preparation" tab. For this recipe, you'll be using only the hearts, stems, and first 2-3 layers of yellow leaves. Be sure to remove the choke.*

### INGREDIENTS

#### *For lemon artichoke pasta*

4 cups dried whole wheat shell pasta  
1 Tablespoon butter  
1 Tablespoon olive oil  
1 medium onion, diced  
3 artichokes, hearts & yellow leaves sliced crosswise\*  
4-5 cloves garlic, minced  
 $\frac{1}{2}$  cup reserved pasta water  
1 cup vegetable stock  
3 Tablespoons whole milk  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon black pepper  
Optional: 2 Tablespoons chopped fresh parsley

#### *For red grape spinach salad*

2 Tablespoons olive oil  
2 teaspoons balsamic vinegar  
 $\frac{1}{2}$  teaspoon Dijon mustard  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon black pepper  
5 cups spinach leaves  
1 cup red grapes, sliced in half

## BUTTERNUT SQUASH SOUP

*pomegranate goat cheese salad*

### INSTRUCTIONS

Made Ahead

- 2/3 Portion of Roasted Butternut Squash

#### *For butternut squash soup*

Heat oil in a soup pot over medium heat for less than 30 seconds. Sauté onions for 1-2 minutes. Season with cumin and stir to coat. Add butternut squash; sauté for 1-2 minutes.

Pour in vegetable stock and bring to boil. Once boiling, cover pot with a lid and reduce heat to low. Simmer soup for 15-20 minutes. Season with salt and black pepper to taste.

At this point, you can serve the soup more on the chunky side, or you can purée the soup with an immersion blender or similar appliance to make it smooth to your preference.

#### *For pomegranate goat cheese salad*

Whisk olive oil, vinegar, honey, salt, and pepper until well incorporated. Dress Bibb lettuce with vinaigrette. Top with pomegranate seeds and goat cheese.

Toast whole wheat sandwich rolls for a few minutes, just until the bread is crispy on the outside. Serve alongside soup and salad.

### INGREDIENTS

#### *For butternut squash soup*

- 1 Tablespoon olive oil
- 1 medium yellow onion
- ¼ teaspoon ground cumin
- 2/3 portion of Roasted Butternut Squash, already made
- 6 cups vegetable stock (you can swap out 2 cups for water)
- 1 teaspoon salt
- Optional: black pepper to taste

#### *For pomegranate goat cheese salad*

- 2 Tablespoons olive oil
- 2 teaspoons white wine vinegar
- 1 ½ teaspoons honey
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- Seeds of 2 pomegranates
- 4 cups Bibb lettuce
- 2-4 ounces mild goat cheese, depending on personal preference
  
- 4 whole wheat sandwich rolls, sliced diagonally