

So many flavors, so little time. We take a bit from Asia, Italy and Spain for this week's menu. Is your kitchen adventurous?

If you want to get a jump on the week:

- STEAM POTATOES
- MAKE VINAIGRETTE

MENU:

MONDAY ①

Ginger Eggplant

TUESDAY ②

Pasta Puttanesca

WEDNESDAY ③

Stuffed Bell Peppers

THURSDAY ④

Mediterranean Potato Bar

FRIDAY ⑤

Spanish Tortilla

Pear Salad



Vegetaria January 13th

Shopping List

1-Ginger Eggplant 2-Pasta Puttanesca 3-Stuffed Bell Peppers 4-Mediterranean Potato Bar 5-Spanish Tortilla

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	Bell Peppers	5	any color, but at least 1 red	8
1, 3, 4	Eggplant	3		6
1	Ginger Root	1" piece		3
1	Cilantro	1 bunch		2
1	Cabbage	1/2 head		2
2	Tomatoes	2 lbs.	any variety	4
2, 4	Flat-leaf parsley	1 bunch		1.5
2, 4, 5	Pears	7		5
4	Russet potatoes (large)	4		3
4	Baby Spinach Leaves	4 cups		7
5	Red New Potatoes (small)	12		3
5	Bibb Lettuce	1 head		2
5	Lemon	1		0.6

Recipe #	Dairy	Quantity	Notes	Est Cost
5	Milk	1/4 cup		1.5
4	Feta Cheese	1/3 cup	optional	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	Oil-cured Black Olives	1 cup		3.5
3	Rice Noodles	4 oz.		4
5	Walnuts or Pecans	1/4 cup	Optional	4
2	Organic Apple Juice	1 cup		2
3	Firm Tofu	1 14-oz block		2.5

Fresh 20 Grocery Est 68.6
 Cost Per Dinner 13.72
 Cost Per Serving 3.43

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14-1/2 Tbsp.	raw honey	1 Tablespoon
	grape seed oil	1-1/2 Tbsp.	garlic	5 cloves
	balsamic vinegar	2 Tablespoons	onions	3-1/2 yellow
	sea salt	5-3/4 teaspoons	vegetable stock	3 cups
	black pepper	2-3/4 teaspoons	flour	1 Tablespoon
	oregano	1/4 teaspoon	eggs	7
	red pepper flakes	1/2 teaspoon	whole wheat spaghetti	1 12-oz box

INSTRUCTIONS

For ginger eggplant

1. Heat grapeseed oil in large sauté pan on medium heat.
2. Sauté onions for 2-3 minutes.
3. Add red bell peppers and sauté for 1-2 minutes.
4. Add eggplant and cook for 8-10 minutes until cooked through.
5. Add ginger and sauté for 30 seconds.
6. Season with salt and black pepper. Remove vegetables from sauté pan and add to a large bowl. Set aside.
7. In a separate bowl, whisk flour into broth until well incorporated.
8. Reheat pan over medium-low. Pour broth mixture into the pan and simmer until the sauce thickens. Return vegetables back to pan and stir until coated.
9. Garnish with fresh cilantro.

For braised cabbage

1. Bring garlic and vegetable broth to a simmer in a medium pan.
2. Add cabbage and cover. Cook for 5 minutes.
3. Season with salt.

INGREDIENTS

For ginger eggplant

- 1 ½ Tablespoons grapeseed oil
- ½ medium onion, chopped
- 1 red bell pepper, cored and diced
- 1 large eggplant, washed and finely chopped
- 1-inch piece fresh ginger root, peeled and grated
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon flour
- 1 ¼ cups vegetable broth
- ¼ cup fresh cilantro, chopped

For braised cabbage

- 1 clove garlic, pressed
- 2 cups vegetable broth
- ½ cabbage, sliced into strips
- ¼ teaspoon kosher salt

INSTRUCTIONS

For pasta puttanesca

1. Cook pasta according to package instructions.
2. Rinse and drain pasta. Transfer pasta to serving bowl.
3. Heat oil in a large skillet over medium heat.
4. Add onions and sauté for 2-3 minutes.
5. Add garlic and crushed red pepper flakes. Sauté until garlic is fragrant, about 30 seconds.
6. Add olives, tomatoes, black pepper, and parsley. Bring sauce to a boil, reduce heat, and simmer for 5-7 minutes.
7. Season sauce with salt. Pour sauce over pasta and toss when ready to serve.

For poached pears

1. Bring water and juice to a boil.
2. Place pears in liquid and poach for 10 minutes. Remove from heat.
3. Stir in balsamic and salt; let sit for 20 minutes while preparing dinner.
4. Serve one pear half in a small bowl or cup on the side with pasta or immediately following dinner.

INGREDIENTS

For pasta puttanesca

- 12 ounces whole wheat spaghetti
- 2 Tablespoons olive oil
- 1 medium yellow onion, chopped
- 4 cloves garlic, chopped
- ½ teaspoon crushed red pepper flakes
- 10 oil-cured black olives, pitted and chopped
- 2 pounds tomatoes (any style available), chopped
- ½ teaspoon black pepper
- 1/4 cup flat leaf parsley, chopped
- ¾ teaspoon kosher salt

For poached pears

- 2 cups water
- 1 cup organic apple juice
- 2 medium pears, cut in half & seeds removed
- 1 Tablespoon balsamic vinegar
- 1/8 teaspoon kosher salt

DIRECTIONS:

Preheat oven to 350. Take three large peppers for stuffing. Remove core and seeds. Slice in half lengthwise.

Place flesh side up on baking sheet.

Bake for 15-20 minutes, while preparing stuffing.

Finely chop remaining 1 pepper.

In medium skillet, heat olive oil over medium heat. Add chopped pepper and onion and sauté for 5 minutes until mixture softens.

Add tofu and sauté until brown.

Stir in eggplant and broth. Season with salt and black pepper.

Cook for 5-6 minutes until liquid is absorbed.

Stir in soaked rice noodles.

Remove roasted peppers from oven. Scoop 3/4 cup of stuffing mix into each half of pepper.

Serve peppers with side small dinner salad.

For dressing:

Whisk ingredients together until smooth.

If you have a small jar with a lid, add all the ingredients, seal and shake until smooth. Makes it easy to store leftover dressing.

INGREDIENTS:

4 bell peppers (any mix of green, yellow, red)

1 Tablespoon olive oil

½ onion, minced

1 14-oz package firm tofu, cut into ½" cubes

1 Japanese purple eggplant, peeled and diced

¼ cup vegetable broth

4 ounces rice noodles, soaked in warm water for five minutes

½ teaspoon salt

½ teaspoon pepper

for side salad:

1 head Bibb or romaine lettuce, chopped

8 oil-cured black olives, pitted and cut in half

1 medium cucumber, peeled and cut into half moons

Dressing:

1 Tablespoon balsamic vinegar

1/2 teaspoon Dijon mustard

1/4 teaspoon sea salt

1/8 teaspoon ground black pepper

3 Tablespoons extra-virgin olive oil

INSTRUCTIONS

For Mediterranean potato bar

1. Preheat oven to 375°F.
2. Using a fork, poke each potato a few times all over. Brush each with 1 ½ tablespoons of olive oil.
3. Lay potatoes across a baking sheet and bake for 45-50 minutes, until potatoes are cooked through on the inside.
4. Meanwhile, heat the remaining 1 ½ tablespoons of olive oil in a large sauté pan over medium heat.
5. Sauté onions for 2-3 minutes. Season with oregano, stirring to mix.
6. Sauté eggplant for 8-10 minutes, until softened.
7. Pour in broth and reduce heat to simmer. Allow to simmer until the liquids reduce.
8. Season with salt and black pepper.
9. Serve oregano eggplant, olives, parsley, and feta (if using) in separate bowls.
10. Remove potatoes from oven and carefully slice open each one lengthwise. Fluff the inside of each potato with a fork. If using olive oil, drizzle oil inside each potato.

For pear salad

1. Whisk olive oil, balsamic vinegar, salt, and black pepper in a small bowl until well incorporated.
2. Toss sliced pears and baby spinach leaves with dressing.

INGREDIENTS

For Mediterranean potato bar

- 4 large russet potatoes
- 1 ½ + 1 ½ Tablespoons olive oil
- ½ medium yellow onion, chopped
- ¼ teaspoon oregano
- 1 medium eggplant, diced
- ½ cup vegetable broth
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1/3 cup oil-cured black olives, pitted and chopped
- 1/4 cup flat leaf parsley, chopped
- Optional: 1/3 cup feta cheese, crumbled; extra 1-1 ¼ Tablespoons olive oil

For pear salad

- 1 ½ Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 medium pears, cored and sliced lengthwise
- 4 cups baby spinach leaves

SPANISH TORTILLA

pear salad

I have fond memories of my first authentic tortilla in Barcelona, Spain—an easy and satisfying dish and a staple in Southern European households. Paired with a simple salad with basic vinaigrette, it is quite simply delicious.

DIRECTIONS:

In a medium bowl combine potatoes, onions, and 1/2 teaspoon salt.

Heat 2 Tablespoons of the oil in a large non-stick frying pan over medium heat. Add potatoes and onions, and reduce heat to low. Sauté and cover with a lid for 5 minutes to let them soften.

Whisk eggs, ½ teaspoon salt and milk until frothy. Add the potato/onion mix to eggs and stir to coat all potatoes.

Wipe the inside of the frying pan clean with a paper towel.

Heat the remaining 2 Tablespoons of oil on a high heat and pour in the mixture, tilting the pan back and forth for easy distribution. Cook until golden brown, stirring occasionally until it has set. Turn heat to low and cook until bottom begins to brown.

Place a large plate over the frying pan and flip the tortilla onto it. Return to the pan by sliding tortilla back into pan with the wet side now facing down. Cook until golden brown.

Allow to cool and set before cutting into wedges. Serve with salad.

For salad:

Toss lettuce with dressing. Top with pears and walnuts (optional). Season with black pepper if desired.

INGREDIENTS:

4 Tablespoons olive oil, divided

12 red new potatoes, steamed and diced (see prep)

1 medium onion, coarsely chopped

7 eggs, slightly beaten

1 teaspoon kosher salt, divided

1/4 cup milk

Pear salad:

1 head Bibb lettuce (or romaine)

2 medium pears

Optional: ¼ cup walnuts or pecans, chopped

Dressing:

1 lemon, juiced

1 Tablespoon natural honey

1/4 teaspoon sea salt

1/8 teaspoon ground black pepper

3 Tablespoons extra-virgin olive oil