

Entire Shopping List: Menu A

Produce	Grains & Legumes
<ul style="list-style-type: none">• 2 bunches asparagus spears• Green Onions• Medium yellow onion• lemon• broccolini• mint• sprouts• cucumbers• avocado• cauliflower• basil• Swiss chard• Cherry tomatoes	<ul style="list-style-type: none">• 3 cups precooked brown rice
Dairy	Pantry Items
<ul style="list-style-type: none">• feta• Cheese sticks• Milk (almond and dairy)• Creamer	<ul style="list-style-type: none">• Peanut Butter• Toasted Sesame Oil• Peanuts• 2 cans garbanzo beans• Almond Slivers• Tahini• Orzo• Vegetable Broth• gnocchi• Navy beans
Frozen Goods	Miscellaneous
<ul style="list-style-type: none">• waffles	<ul style="list-style-type: none">• 1 8 ounce package soba noodles• Fake chicken• Chicken Breasts (1• Toasted pine nuts• sausage

Lazy Day Peanut Noodle Salad

Recipe

1 8 ounce package soba noodles
1 bunch asparagus spears, ends trimmed then cut into 1/2-inch segments
3/4 cup creamy peanut butter
1/4 cup (brown) rice vinegar
2 cloves garlic, crushed and chopped
drizzle of toasted sesame oil
big pinch of crushed red pepper flakes
1/4-1/2 cup hot water
1 small bunch of spring onions or scallions, thinly sliced
1/2 cup peanuts
12 ounces extra-firm (organic) tofu, cut into small cubes (feel free to heat the tofu in a skillet if you like, but cold is good too)
herb flowers, optional

Bring a large pot of water to a boil. Boil the soba noodles per package instructions. In the last minute or so of cooking toss in the asparagus. Drain noodles and asparagus, run under cold water for about a minute to stop cooking, and set aside.

Make the peanut dressing by combining the peanut butter, rice vinegar, garlic, sesame oil, red pepper flakes, and a big pinch of salt in a medium bowl. Thin with hot water - the amount you'll need depends on the original consistency of your peanut butter. I like it the consistency of a thin (non-Greek) yogurt. Taste and season with a bit more salt if needed.

Gently toss the noodles, asparagus, spring onions, peanuts, and tofu with a big splash of the dressing. I reserve a bit of each ingredient to sprinkle on top of the serving platter to make it look nice. Add more dressing a bit at a time, until the salad is dressed to your liking, reserving any extra for another use. Taste, sprinkle with more salt (if needed), and a few herb flowers if you have them on hand, and enjoy!

Serves 6 - 8.

Prep time: 7 min - Cook time: 10 min

Ten Minute Tasty Asparagus and Brown Rice Recipe

3 tablespoons extra-virgin olive oil
1 or 2 14-ounce cans of chickpeas, drained
2 cloves garlic, minced
1 medium yellow onion, chopped
1 bunch asparagus, cut into 1-inch segments
3 cups pre-cooked brown rice
1 cup almond slivers, toasted
fine grain sea salt

Tahini Dressing:

1 garlic clove, smashed and chopped
1/4 cup tahini
zest of one lemon
scant 1/4 cup freshly squeezed lemon juice
2 tablespoons extra-virgin olive oil
2 tablespoons hot water
scant 1/2 teaspoon fine grain sea salt

If you're using frozen rice (did I just say that?), heat it on its own in a pot or per package instructions.

Make the dressing by whisking together the garlic, tahini, lemon zest and juice, and olive oil.

Add the hot water to thin a bit and then the salt. Set aside.

Add a couple glugs of olive oil (roughly 3 tablespoons) to a big skillet over medium-high heat. Swirl the oil around to coat the pan, then add the chickpeas and sprinkling of salt. Let the beans saute there for a couple minutes (I like to try to get some crusty color on them). Be careful, they seem to hiss and pop more than other beans over high heat. Add the garlic and onions. Stir for a minute. Stir in the asparagus with another pinch or two of salt, cover with a lid for a minute or two to steam - just until the asparagus brightens and softens up just a bit. Uncover and stir in the rice and almond slivers, reserving a few almonds for garnish. Taste and add more salt if needed (likely). Serve family-style in a big bowl drizzled with a few tablespoons of the tahini dressing, let each person add more dressing to their tastes.

Serves 4-6.

Orzo Super Salad Recipe

1 cup dried (whole wheat) orzo pasta
8 - 10 medium asparagus, trimmed and cut into 1-inch segments
1/2 a medium head of broccoli (or broccolini), cut into small trees
Cherry tomatoes
small handful of cilantro (or mint if you prefer), chopped
1 small clove of garlic, mashed with a big pinch of salt and chopped
2 tablespoons fresh lemon juice
1/4 cup extra virgin olive oil
a small handful of sprouts
1/3 cup almonds, toasted
1/2 small cucumber, cut into 1/4-inch pieces
1 medium avocado, sliced into small pieces
1/4 cup feta, crumbled

Bring a large pot of water to a boil. Salt generously and boil the orzo per package instructions. Avoid over-boiling, you want your orzo to be cooked through, but maintain structure. About 30 seconds before the orzo is finished cooking stir the asparagus and broccoli into the orzo pot. Cook for the final 30 seconds, drain and run under a bit of cold water. Just long enough to stop the cooking.

In the meantime, whisk together the garlic, lemon juice, olive oil, and more salt (if needed) into the dressing. Set aside.

When you are ready to serve the salad toss the orzo, asparagus, broccoli, and cilantro with about half the dressing. Add more dressing if needed, and toss well. Now add the sprouts, almonds, cucumber, avocado, and feta. Very gently toss a couple of times to distribute those ingredients throughout the salad and serve.

Serves 4.

Prep time: 10 min - Cook time: 10 min

Pesto Soup with Gnocchi, Beans & Greens

2 teaspoons olive oil
3 cloves garlic, minced
1 small head cauliflower (about a pound), leaves removed, cut into florettes
4 cups vegetable broth, divided
1/2 teaspoon salt
Big pinch dried thyme
Lots of fresh black pepper
1 tablespoon arrowroot or cornstarch
1 cup loosely packed basil leaves, plus a little extra for garnish
8 oz frozen gnocchi, partially thawed (leave on the counter for 30 minutes or so)
1 15 oz can navy beans, rinsed and drained
1 small bunch swiss chard, stems discarded, leaves torn into bite-sized pieces
Optional: I didn't add them here, but toasted pine nuts would make a great garnish.

Preheat a 4 quart stock pot over medium heat. Saute garlic in olive oil for about a minute, being careful not to let it burn. Add cauliflower, 3 cups of broth (alert! only 3 of the cups! you'll be adding the last cup in a bit), salt, thyme and several dashes fresh black pepper. Cover pot and bring to a boil, stirring every now and again for about 10 minutes, or until cauliflower is tender. Vigorously mix together the final cup of broth and the arrowroot until dissolved. Lower heat a bit so that the soup is at a slow boil. Mix in the broth/arrowroot and cook uncovered for another 5 minutes until slightly thickened. stirring often. Add the basil leaves, and remove from heat. Use a submersion blender to puree until smooth*. Taste for salt and seasoning.

Return to the stove over medium heat and add the gnocchi, cover and let cook for 3 minutes or so. Add the greens and beans and cook until greens are completely wilted and beans are heated through, about 5 more minutes. Be careful as you stir not to crush the gnocchi or beans. Serve garnished with extra basil and pine nuts, if you like.

*If you don't have a submersion blender (GET ONE!) then use a blender or food processor to puree in batches, being careful to lift the lid once in awhile so that the steam doesn't build up and explode.