



# WELCOME!

As we start looking toward autumn, the farmers' markets are bursting with the last of the season's tomatoes, eggplants, summer squash, and greens. Use them throughout these recipes, especially in Monday's pitas (grilled eggplant!) and Thursday's curry.

Remember, if our menu doesn't match your agenda for the week, move dishes around so that you have easy dinners the nights you need them most. The lamb pitas and pesto pasta are definitely your quickest dinners, though the whole week is relatively simple.

## PREP AHEAD

*To make your week easier, check through this prep list on Sunday to get ahead of the game.*

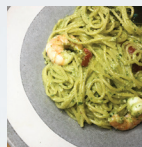
1. Marinate the lamb for Monday's pitas.
2. Make Tuesday's chicken all the way through! Just reheat it on the stove when you're ready to enjoy.



**MONDAY**  
Crispy Lamb Pita



**TUESDAY**  
Chicken Thighs with Olives



**WEDNESDAY**  
Creamy Cashew Pesto Pasta



**THURSDAY**  
Thai Green Curry with Pork and Vegetables



**FRIDAY**  
Taco Salad with Chicken





## CRISPY LAMB PITAS

**You can substitute ground pork, chicken, or beef for the lamb if you'd like, though lamb does contribute a pretty unmistakable flavor. Make this dish dairy-free by substituting hummus, mashed avocado, or even just tahini for the yogurt.**

### INGREDIENTS:

- 1 lb ground lamb
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 3/4 tsp ground cumin
  - 1 tsp kosher salt, plus more as needed
  - Zest of 1 lemon
- 3 cloves garlic, grated
- 1 tbsp plus 1 tsp olive oil, divided use
- 1/2 seedless cucumber, quartered and chopped
- 1 to 2 small tomatoes, chopped
  - 2 tbsp diced red onion
  - 2 tbsp red wine vinegar
- 1 cup plain Greek yogurt
  - 4 pitas, warmed
- Chopped dill, for serving (optional)

1. In a medium bowl, combine the lamb, oregano, rosemary, cumin, salt, lemon zest, garlic, and 2 teaspoons of the olive oil. Mix until well-combined, cover, and refrigerate for about an hour, or up to overnight.

2. Meanwhile, in a separate bowl, combine the cucumber, tomatoes, onion, vinegar, and the remaining 2 teaspoons oil. Season with a pinch of salt and refrigerate until needed.

3. Heat a large non-stick or well-seasoned cast iron skillet over medium-high heat. Add the meat to the skillet and use a spatula to press the meat into a thin layer (it doesn't have to be perfect). Cook until it is golden brown and crisp on the bottom, about 4 minutes.

4. Use the spatula to cut the meat into easy-to-handle portions and flip. Cook for another minutes or so, then use the spatula to break the pieces into roughly 1-inch pieces. Some may be smaller, some may be a little larger, all are okay. Cook, flipping the pieces as needed, until they are crisp all over and cooked through, about 4 minutes. The goal is to have bite-sized, crisp pieces of lamb. Remove from the heat.

5. To serve, spread a few tablespoons of yogurt down the center of a pita. Top with the cucumber salad and lamb, and sprinkle with dill, if using.

SERVES 4



**DASH**  
EAT. DRINK. DISCOVER.



## CHICKEN THIGHS WITH GREEN OLIVES

The saffron in this recipe is subtle in flavor and color, so if you don't want to splurge, you can skip it entirely. For olives, Castelvetranos are plump and fruity, which works great in this dish, but there is no bad olive, so choose whatever variety you like best (even if they aren't green!).

### INGREDIENTS:

- 4 bone-in chicken thighs
  - Salt, as needed
- Ground black pepper, as needed
- 1 tbsp extra-virgin olive oil
  - 1 cup diced onions
  - 1 tbsp minced garlic
  - 1/2 tsp ground ginger
  - 1/2 tsp ground cumin
    - 1 1/2 tsp paprika
    - Pinch saffron
- 1 1/2 cups chicken stock
  - 8 oz green olives, pitted and cracked
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup coarsely chopped cilantro
  - 1 tbsp lemon juice
- Pita bread, for serving (optional)

1. Season the chicken with salt and pepper. In a large saucepan over medium heat, sear the chicken in the olive oil until well browned, 5 to 8 minutes. Remove the chicken from the pan and set aside.

2. In the pan drippings, cook the onions over medium heat until very tender, about 10 minutes. Add the garlic, ginger, cumin, paprika, and saffron. Cook over low heat for 1 minute, until fragrant.

3. Return the chicken pieces to the pot and add chicken stock to submerge by about 1 inch. Add the olives and adjust seasoning as needed. Simmer until the chicken is tender, 30 to 45 minutes.

4. Once the chicken is tender, add the parsley and cilantro, and adjust seasoning with the lemon juice and salt.

5. Serve with pita bread on the side.

SERVES 4



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## CREAMY CASHEW PESTO PASTA

**This dish is best served right away, so assemble it just before you're ready for dinner. We used shrimp for an easy topper, but you can use sausage, white beans, or just leave it out altogether. Use any leafy green in place of the spinach, like kale or chard.**

### INGREDIENTS:

- 1 cup raw cashews
- 5 cloves garlic, divided use
  - 1 cup basil leaves
  - 1 cup spinach leaves
- Kosher salt, as needed
- 1/4 cup plus 2 tbsp olive oil, divided use
- 1 lb pasta, like linguine or spaghetti
  - 1 lb 8 oz shrimp, peeled and deveined
  - 1/2 cup white wine
- 1 cup chopped roasted peppers
  - Juice of 1 lemon

1. Place the cashews in a bowl. Add enough water to cover by 1-inch. Set aside at room temperature for at least an hour or up to overnight.

2. In the bowl of a food processor or blender, combine 3 cloves of the garlic, the basil, spinach, and a pinch of salt. Drain the cashews and add to the food processor, and blend until coarse. Add 1/4 cup of the oil and blend to make a paste, adding water 1 tablespoon at a time, if needed, to facilitate blending. Set aside.

3. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes, depending on the type of pasta. Drain, and reserve about 1 cup of pasta cooking water.

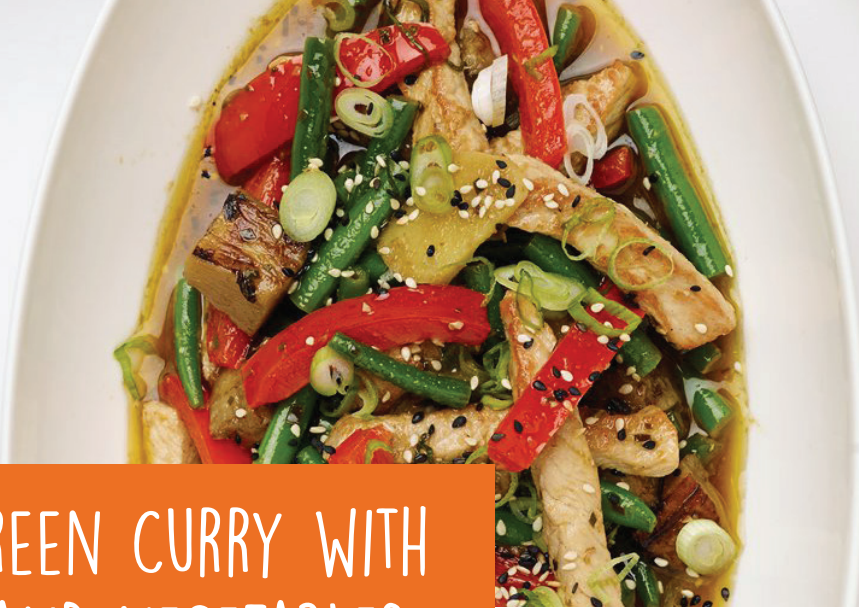
4. Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Mince the remaining 2 cloves of garlic and add them to the pan with the shrimp. Cook until the shrimp begins to turn pink, about 1 minute. Add the wine and roasted peppers, and cook until the mixture reduces by about half, about 4 minutes.

5. Transfer the cashew mixture and the pasta to the pan and toss to combine. Add about half of the reserved pasta water, and toss the pasta until a sauce forms. Add additional pasta water as needed until the sauce is smooth and glossy. Add the lemon juice, adjust the seasoning with salt, and serve right away.

SERVES 6



**DISH**  
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## THAI GREEN CURRY WITH PORK AND VEGETABLES

Pork is an easy quick-cooking option for this curry, but you can use chicken (breast or thigh!), shrimp, or tofu in its place. Green curry paste is easy to find, but you can use any variety you like.

### INGREDIENTS:

- 2 tbsp vegetable oil, divided use
  - 8 ounces pork cutlets, cut into 1/4-inch strips
  - 1 clove garlic, minced
- 1/4 cup Thai green curry paste
  - 2 cups chicken stock
    - 1 lb Thai eggplant, cut into 1-inch cubes
      - 1 red bell pepper, cut into 1/2-inch strips
    - 3 cups green beans, cut into 1-inch pieces
  - 2 tbsp thinly sliced ginger
    - 1/4 cup fish sauce
    - 1 cup basil leaves
  - 1 tsp white and/or black sesame seeds, for garnish (optional)
- 3 cups cooked rice, for serving

1. Heat a wok or large sauté pan over high heat. Add half of the oil and heat until it is very hot and has a shimmer to its appearance. Add the pork and stir-fry until evenly browned, about 2 minutes. Remove and reserve.
2. Add the remaining oil. Add the garlic and curry paste and cook until aromatic, about 2 minutes. Add the stock and bring to a simmer, about 1 minute.
3. Add the eggplant, peppers, beans, ginger, and fish sauce. Cook until the eggplant is tender, about 8 minutes. Add the pork and cook until heated through. Remove from the heat and stir in the basil leaves.
4. Sprinkle with the sesame seeds (if using), and serve with the rice.

SERVES 6



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## TACO SALAD WITH CHICKEN

**For an easy Friday night meal, use whatever protein that's convenient, like canned black beans, shredded rotisserie chicken, or browned ground turkey.**

### INGREDIENTS:

- 3 (6-in) diameter corn tortillas, cut into 1/8-inch strips
  - 1 lime, cut in half
- 1 tbsp plus 2 tsp vegetable oil
  - 2 3/4 tbsp low-sodium taco seasoning
  - 1 lb chicken breast, cut into 1/4-inch dice
- 1 red or green bell pepper, chopped
  - 1/2 onion, chopped
  - 1 small jalapeño, minced
  - 1 garlic clove, minced
- 1 (14.5-oz) can diced tomatoes
  - 1/2 cup water
  - 1 tbsp tomato paste
  - 2 tsp brown sugar
  - 1/2 tsp kosher salt
- 1 1/2 cups cilantro leaves, chopped
  - 6 cups mixed greens
  - 3 oz sharp Cheddar, shredded

1. Preheat the oven to 350°F. Bake the tortilla strips until lightly brown and crispy, about 25 minutes. Set aside.

2. Juice half the lime. Whisk in 1 tablespoon of the canola oil and 1/4 teaspoon of the taco seasoning to make the dressing. Set aside.

3. Heat the 2 teaspoons remaining canola oil in a skillet. Add the chicken and cook until browned. Add the green and red peppers and onion and sweat until the vegetables begin to soften. Add the jalapeño, garlic, and the remaining taco seasoning and continue to sweat until the vegetables are soft. Splash in some of the liquid from the canned tomatoes if ingredients are starting to stick to the bottom of the pan.

4. Once the vegetables are completely soft, add the tomatoes, the water, tomato paste, brown sugar, and salt. Simmer, allowing the flavors to blend, 15 to 20 minutes. Stir in 1 cup of the cilantro. Toss the mixed greens with the reserved dressing and top with tempeh mixture, toasted tortilla strips, shredded cheese, and the remaining cilantro.

SERVES 4 TO 6



**DASH**  
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# DINNER SHOPPING LIST

## PROTEIN

- 1 lb ground lamb
- 1 lb 8 oz shrimp
- 8 oz pork cutlets
- 4 bone-in chicken thighs
- 1 lb chicken breast

## DAIRY

- 1 cup plain Greek yogurt
- 3 oz sharp Cheddar

## PANTRY

- 1/2 cup plus  
1 tbsp olive oil
- 1/4 cup vegetable oil
- 2 tbsp red wine vinegar
- 1 lb linguine
- 1 1/2 cups white rice
- 1 cup raw cashews
- 1/2 cup white wine
- 2 cups chicken stock
- 1/4 cup Thai  
green curry paste
- 1 (14.5 oz) can  
diced tomatoes
- 1 tbsp tomato paste
- 1 cup roasted peppers
- 1/4 cup fish sauce
- 8 oz green olives
- 6 pitas
- 3 corn tortillas
- 2 tsp brown sugar
- 1/2 tsp ground ginger
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 1 tsp sesame seeds
- 1 1/2 tsp ground cumin
- 1 1/2 tsp paprika
- 3 tbsp taco seasoning

## PRODUCE

- 2 yellow onions
- 1 red onion
- 2 heads garlic
- 1 (2-in) piece ginger
- 1 to 2 small tomatoes
- 2 red bell peppers
- 1 jalapeño
- 1 lb Thai or  
purple eggplant
- 3 cups green beans
- 1 seedless cucumber
- 6 cups mixed greens
- 1 cup spinach leaves
- 3 lemons
- 1 lime
- 1 bunch dill
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro



**DISH**  
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