



WELCOME!

You may have a big dinner to cook on Thursday, so this week's menu is full of our easiest one-dish meals.

Friday, we left space for enjoying leftovers. We're probably going to make a sandwich, but you can make griddled stuffing cakes, roasted vegetable hash, or a turkey shephard's pie!

PREP AHEAD

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

1. Make Monday's soba noodle salad all the way through.
2. Prep your broccoli florets for Tuesday's grain bowl.
3. Prepare the stuffing for Thursday's turkey.



MONDAY

Soba Noodle Salad



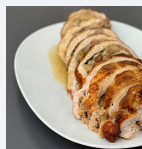
TUESDAY

Roasted Sausage and Broccoli Grain Bowl



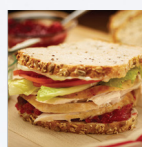
WEDNESDAY

One-Pot Mediterranean Pasta



THURSDAY

Turkey Roulade with Sausage Stuffing



FRIDAY

Leftover Thanksgiving Sandwich



DISH[®]
EAT. DRINK. DISCOVER.



SOBA NOODLE SALAD

There isn't a ton of veggie prep here, but you can make it even easier by grabbing pre-sliced, diced, and shredded veggies from the salad bar. Add in whatever you like best, like bell peppers, broccoli florets, or shelled edamame.

INGREDIENTS:

- 3/4 pound soba noodles
 - 2 tbsp rice vinegar
- 1/4 cup tamari or soy sauce
 - 2 tsp light miso
 - 6 tbsp sesame oil
- 2 1/2 tbsp sesame seeds, plus additional for garnish
- 1/2 tsp red pepper flakes
- 3 carrots, cut into thin strips
 - 1 bunch scallions, thinly sliced on the bias
 - 2 cups snow peas, cut in 1/8-inch strips on bias
- 1/2 tsp salt, or to taste
- 1 tsp ground black pepper, or to taste

1. Cook the noodles in boiling salted water until al dente. Rinse with cold water, drain, and allow to dry slightly.
2. To prepare the dressing, stir together the rice vinegar, soy sauce, and miso. Whisk in the sesame oil, sesame seeds, and red pepper flakes.
3. Toss the carrots, scallions, and snow peas in the dressing, then toss in the noodles, and adjust the seasoning with salt and pepper. The salad is ready to serve now, or it may be held, covered, in the refrigerator. Garnish with additional sesame seeds before serving, if desired.

SERVES 4



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ROASTED SAUSAGE AND BROCCOLI GRAIN BOWLS

Broccoli can be substituted for virtually any hearty vegetable, like cauliflower, halved Brussels sprouts, or even sliced cabbage. Use pork or turkey sausage and any grain that you prefer. You can even toss the roasted mixture with orecchiette or orzo, if you prefer.

INGREDIENTS:

- 3 heads broccoli
- 1/4 cup lemon juice
- 1/4 cup plus 2 tbsp olive oil
- 2 tbsp whole grain mustard
 - 2 cloves garlic
 - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- Pinch red pepper flakes
- 1 lb Italian sausage, removed from casings
- 1 cup farro, wheat berries, or other grain, cooked and drained

1. Preheat the oven to 425°F. Remove the broccoli florets from each head and thinly slice the stalks. Transfer to a large baking or roasting dish.
2. In a small food processor, combine the lemon juice, oil, mustard, garlic, salt, pepper, and garlic flakes. Blend until smooth. Reserve 2 tablespoons and set aside; pour the remainder over the broccoli and toss to coat.
3. Drop tablespoon-sized pieces off sausage over the broccoli, nestling it among the florets. Transfer to the oven and bake, stirring occasionally, until the sausage is cooked through and the broccoli is tender and browned, about 30 minutes.
4. Serve the roasted sausage and broccoli over the cooked grains, drizzled with the remaining lemon juice mixture.

SERVES 4



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ONE-POT MEDITERRANEAN PASTA

When we say one pot, we mean it! All of the ingredients cook together—pasta included—and the finished dish is flavorful and saucy with less than 10 minutes of work! If you like, you can top the cooked pasta with sautéed shrimp or flaked tuna.

INGREDIENTS:

- 3/4 lb spaghetti
- 16 Kalamata olives, pitted and halved
- 2 cloves garlic, thinly sliced
 - 1 shallot, thinly sliced
- 1 cup roughly chopped roasted red peppers
- 2 tbsp oregano leaves
- 2 tbsp freshly squeezed lemon juice
 - 1/2 tsp kosher salt
- Ground black pepper, to taste
- 2 tbsp extra-virgin olive oil
 - 4 1/2 cups water
 - 4 oz feta, crumbled

1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.
2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

SERVES 4



DISH
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TURKEY ROULADE WITH SAUSAGE STUFFING

You may already know what you're preparing for Thanksgiving, in which case, see you tomorrow! If not, here's our favorite new recipe for a smaller holiday dinner. Serve it alongside roasted veggies or a big green salad.

INGREDIENTS:

Italian Sausage Stuffing

- 1 tablespoon olive oil
- 1 lb sweet Italian sausage, casings removed
 - 1/4 cup (2 oz) unsalted butter
- 1 cup finely chopped Spanish onion
 - 2 teaspoons minced garlic
- 1/2 cup finely chopped whole cremini mushrooms or cremini mushroom stems
- 3/4 cups (about 4 oz) g shredded low-moisture mozzarella or shredded Fontina
 - 3/4 cups freshly toasted breadcrumbs or panko
- 1/4 cup shredded Pecorino Romano
 - 1 egg, beaten
 - 2 tablespoons finely chopped flat-leaf parsley
 - 3 tablespoons basil chiffonade
- 1/4 teaspoon ground black pepper, plus as needed to adjust seasoning
- Kosher salt, as needed to adjust seasoning

Seasoned Butter

- 12 oz (1 1/2 cups) unsalted butter, room temperature
 - 4 teaspoons kosher salt
 - 1 1/2 teaspoons ground black pepper

Turkey

- 2 whole turkey breasts, boned, skin on, about 5 lb each
- Kosher salt, as needed to adjust seasoning
- Ground black pepper to season turkey, plus as needed to adjust gravy
 - 1 batch Turkey Gravy
- 1/2 cup minced flat-leaf parsley



TURKEY ROULADE WITH SAUSAGE STUFFING, CONT.

1. For the stuffing: Heat a large sauté pan over medium heat for 1 minute. Add the oil to the pan and heat to hot but not smoking, about 10 seconds. Add the sausage, breaking it into small pieces, adjust the heat to medium-low, and cook, tossing occasionally, until well browned and caramelized, about 30 minutes. Remove the sausage, discarding the fat, and transfer to a bowl. The sausage can be browned in advance. Rapidly cool, then immediately store wrapped in the refrigerator for 2 days or in the freezer for 3 months.
2. Melt the butter in the same sauté pan. Add the onions and scrape the fond from the bottom of the pan. Adjust the heat to medium-low and cook until the onions are soft and translucent, about 15 minutes. If the onions start to burn, add 2 tablespoons water to the pan and cook until the liquid evaporates. Move the onions to one side of the pan. Add the garlic to the empty space and cook until fragrant, about 1 minute. Add the mushrooms and combine. Cook until all the liquid released from the mushrooms has evaporated and they have started to caramelize, 10 minutes. Place the contents of the pan into the bowl with the sausage.
3. To the bowl, add the mozzarella, breadcrumbs, Pecorino Romano, eggs, parsley, basil, and pepper and combine. Sample the stuffing by microwaving a small amount until it is fully cooked. Taste and adjust seasoning. Salt is not added until this point and may not be needed because many of the ingredients are salty. The stuffing can be made in advance. Rapidly cool, then immediately store wrapped in the refrigerator for 1 day or in the freezer for 3 months.
4. For the seasoned butter, combine the butter, salt, and pepper in a bowl with a fork until it forms a smooth paste. The butter can be made 1 week in advance. Store wrapped in the refrigerator.
5. Remove the skin from the turkey breasts without tearing it. Reserve. Butterfly the turkey breasts. Pound each breast between 2 sheets of plastic wrap to an even 1/2-inch thickness. The turkey can be prepped but not stuffed 1 day in advance. Store in plastic in the refrigerator.
6. Position a rack in the bottom third of the oven and heat it to 450°F. Remove the top layer of plastic wrap on one of the breasts. Evenly coat the turkey with about 2 oz of the seasoned butter. In the center of the breast on the buttered side, place about half of the stuffing on the turkey and press it into an even layer across the turkey, leaving about a 1/2-inch border around all sides.
7. With the help of the plastic wrap, lift one side of the turkey and begin to roll toward the stuffing, sealing tightly as you roll. Evenly coat the inside of one of the turkey skins with 2 oz seasoned butter. Carefully lift the stuffed breast off the plastic and onto the skin, so the seam side of the flesh and skin is lined up. Tie with butcher's twine to hold its shape and place seam side down on a rack in a roasting pan measuring about 18 by 24 inch. Repeat with the other breast. Sprinkle both turkey roulades with salt and pepper.
8. Place the turkey in the oven, immediately reduce the temperature to 350°F, and roast, basting every 15 minutes with the extra butter and then the pan drippings, until the turkey is golden brown and the stuffing reaches an internal temperature of 165°F, 60 to 75 minutes. If the drippings in the bottom of the pan start to scorch, add enough water to the bottom of the pan to prevent this. Remove the turkey breasts from the roasting pan, loosely tent with foil, and let the breasts rest for 10 minutes.
9. Place any extra stuffing in a separate baking pan in the same pattern as the turkey breast, cover with parchment paper, seal with aluminum foil, and reserve in the refrigerator. Bake it in an oven at 350°F to an internal temperature of 165°F, 25 to 30 minutes.
10. Deglaze the roasting pan with the turkey gravy, scraping up all the bits from the bottom. Strain the sauce through a fine-mesh strainer into a medium saucepan, discarding all solids, and return to a simmer until it is reduced to the correct viscosity and flavor. Degrease, taste, and adjust seasoning. Add the parsley. Remove and discard the butcher's twine from the breasts, slice, and serve with the gravy.



LEFTOVER TURKEY SANDWICHES

This recipe assumes you have leftovers from Thanksgiving dinner, so if you don't, you'll want to pick up a rotisserie chicken or some sliced turkey to fill out this sandwich. We've kept it simple, but our expectation is that you'll fill yours with stuffing, corn pudding, or mashed sweet potatoes. Anything is game.

INGREDIENTS:

- 1/2 cup turkey gravy
- 1/2 lb sliced turkey
- Other toppings, like sliced tomato, lettuce, or stuffing, as needed
- 8 slices sourdough, multigrain, or other sandwich bread
- 1/4 cup mayonnaise
- 1/2 cup cranberry sauce

1. Heat the gravy in a shallow skillet over medium-low heat. Add the turkey and toss to coat. Cook until the turkey is warmed through, about 4 minutes.
2. Lay four pieces of the bread on a work surface and spread each slice with 1 tbsp of mayonnaise. Evenly divide the turkey among the sandwiches.
3. Adding desired toppings over the turkey. Spread the remaining four pieces of bread with cranberry sauce, then close the sandwiches. Use a serrated knife to cut in half, and serve.

SERVES 4



DISH
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DINNER SHOPPING LIST

PROTEIN

- 2 lb Italian sausage
- 2 whole turkey breasts, boned, skin on

DAIRY

- 4 oz feta
- 4 oz shredded mozzarella
- 14 oz unsalted butter
- 1/4 cup shredded Pecorino Romano
- 1 egg

SPICES

- 3 tbsp sesame seeds
- 1 tsp red pepper flakes
- Kosher salt
- Ground black pepper

PANTRY

- 3 tbsp olive oil
- 6 tbsp sesame oil
- 1/4 cup mayonnaise
- 3/4 lb soba noodles
- 3/4 lb spaghetti
- 2 tbsp rice vinegar
- 1 (8 oz) jar roasted red peppers
- 1/4 cup tamari or soy sauce
- 2 tsp light miso
- 1 cup farro
- 1/2 cup cranberry sauce
- 2 pints turkey gravy, if not preparing fresh
- 2 tbsp whole grain mustard
- 16 Kalamata olives
- 8 slices sourdough
- 3/4 cup breadcrumbs
- 3 lemons

PANTRY, CONT.

- 1 large yellow onion
- 1 head garlic
- 1 shallot
- 1 bunch scallions
- 8 oz cremini mushrooms
- Sandwich toppings (tomato, lettuce, etc.)
- 3 heads broccoli
- 2 cups snow peas
- 1 bunch oregano
- 1 bunch parsley
- 1 bunch basil



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