Menu for the Week of May 1, 2017

Monday
Chickpea, Arugula, and Pita Bread Salad with Goat Cheese

Tuesday
Grilled Flap Steak and Asparagus with Béarnaise Butter

Wednesday
Grated Zucchini Omelet with Fresh Mozzarella

Thursday
Roasted Asparagus and Fresh Herb Grilled Cheese

Friday
Sautéed Tilapia over Swiss Chard with Tarragon Butter
**Make it Tonight**

**Easy Dinner Download**


**SHOPPING LIST**

### FRESH PRODUCE
- 2 lemons
- 2 lb. Swiss chard
- 4 oz. (4 cups lightly packed) baby arugula
- 2 bunches asparagus
- 1 medium English cucumber
- 2 medium zucchini (5 to 6 oz. each)
- 4 small shallots
- 6 cloves garlic
- 1 small bunch fresh mint
- 1 small bunch fresh tarragon
- 1 small bunch fresh dill
- 1 small bunch fresh basil
- 1 small bunch flat-leaf parsley

### MEAT AND DAIRY ITEMS
- 1½ lb. beef flap steak (see Tuesday’s tip)
- 4 tilapia fillets, 6 oz. each
- 8 large eggs
- 16 oz. mozzarella
- 4 oz. fresh goat cheese
- 2 oz. Parmigiano-Reggiano
- ½ cup whole-milk ricotta
- 1½ cups unsalted butter

### PANTRY STAPLES
- 1 cup extra-virgin olive oil
- 3 Tbs. white balsamic vinegar
- 1 Tbs. white wine vinegar
- 1 tsp. honey
- ½ tsp. cumin seeds
- ½ tsp. caraway seeds
- ½ to 1 tsp. Aleppo pepper
- Kosher salt
- Black peppercorns

### OTHER GROCERIES
- 1 loaf olive bread, preferably a boule
- Two 6-inch pita breads
- One 15-oz. can chickpeas
- ¾ cup roasted red peppers
- ½ cup jarred marinara sauce
- 1 tsp. capers
- ½ cup oil-packed sun-dried tomatoes
- 1 Tbs. dry white wine or vermouth

Side-dish ingredients are not included in the shopping list.

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Chickpea, Arugula, and Pita Bread Salad with Goat Cheese

Active/total time: 20 minutes
Serves 4

Harissa is a spicy Middle Eastern condiment flavored with cumin, caraway, and chiles. In this dish, its flavors are deconstructed in a mildly spicy and sweet dressing.

1/3 cup extra-virgin olive oil; more for brushing
Two 6-inch pita breads, halved crosswise
Kosher salt and freshly ground black pepper
3 Tbs. white balsamic vinegar
1 small shallot, minced (about 2 Tbs.)
1 tsp. honey
1/2 tsp. cumin seeds
1/2 tsp. caraway seeds
1/2 to 1 tsp. Aleppo pepper or crushed red pepper flakes
1/4 cup minced oil-packed sun-dried tomatoes, drained
One 15-oz. can chickpeas, rinsed and drained
1 medium English cucumber, peeled, halved lengthwise, seeded, and sliced crosswise into thin crescents
4 oz. (about 4 cups lightly packed) baby arugula
3/4 cup chopped roasted red peppers
1/2 cup chopped fresh dill
4 oz. fresh goat cheese, crumbled

Position a rack in the center of the oven and heat the oven to 400°F. Liberally brush the pita rounds with oil and season with salt and pepper. Spread in a single layer on a baking sheet and bake until the pitas are golden brown, 8 to 10 minutes.

Meanwhile, in a medium bowl, whisk the vinegar, shallot, honey, cumin, caraway, and Aleppo pepper with a large pinch of salt. Let sit for 5 minutes, and then whisk in the oil and sun-dried tomatoes. Season to taste with salt and pepper.

In a large bowl, combine the chickpeas, cucumber, arugula, peppers, and dill. Toss with half of the vinaigrette. Break the toasted pitas into bite-size shards, add to the salad, and toss gently with the remaining vinaigrette and goat cheese. Serve immediately.

— Matthew Card, Fine Cooking #136

nutrition information (per serving): Calories 620; Calories from Fat 270; Protein 21g; Carbohydrates 63g; Fat 31g; Saturated Fat 7g; Monounsaturated Fat 17g; Polyunsaturated Fat 4g; Sodium 1290mg; Cholesterol 15mg; Fiber 11g

What is Aleppo pepper?
This dark red, flaky ground pepper from Syria near the town of Aleppo has deep fruity flavors that aren’t overwhelmed by its moderate heat. Due to the war in Syria, what’s sold as Aleppo in the United States these days mostly comes from the same type of pepper, but from the Turkish province of Kahramanmaras, just across the Syrian border. It’s available in specialty markets and well-stocked supermarkets, but if you can’t find it, you can substitute crushed red pepper flakes.
Grilled Flap Steak and Asparagus with Béarnaise Butter

Active/total time: 20 minutes
Serves 4

A compound butter packed with tarragon and shallot mimics the flavors of béarnaise sauce with much less effort. If you have any left over, try it on salmon or rice.

2 large sprigs fresh tarragon
2 oz. (4 Tbs.) unsalted butter, softened
2 Tbs. minced shallot
1 Tbs. dry white wine or vermouth
1 Tbs. white wine vinegar
Kosher salt and freshly ground black pepper
1½ lb. beef flap steak, cut into pieces of even thickness, if necessary
1 bunch thick asparagus spears, tough ends trimmed
1 Tbs. extra-virgin olive oil

Strip the tarragon leaves from the stems, finely chop the leaves to yield about 2 tsp., and set aside.

In an 8-inch skillet, melt 1 Tbs. of the butter over medium-low heat. Add the shallot and tarragon stems, and cook, stirring frequently, until the shallot is translucent, about 2 minutes. Add the wine, vinegar, and 1 Tbs. water, increase the heat to medium, and cook until the liquid is mostly evaporated, about 3 minutes. Transfer to a small bowl, remove and discard the tarragon stems, and let cool completely. Add the remaining 3 Tbs. butter, the chopped tarragon, 1/4 tsp. salt, and 1/8 tsp. pepper, and mix with a fork until well combined. Set aside until ready to use.

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. Put the meat and asparagus on separate sides of a large rimmed baking sheet (or similar). Coat with the olive oil, and season generously with salt and pepper. Grill the meat, turning every 2 minutes, until cooked to your liking, 6 to 8 minutes for medium (140°F). Transfer to a cutting board, cover loosely with foil, and let rest. Meanwhile, grill the asparagus, turning after 1 minute, until charred and tender, 2 to 3 minutes. Transfer to a serving platter. Thinly slice the meat against the grain, arrange on the platter with the asparagus, top both with dollops of the butter, and serve.

—Jennifer Armentrout, Fine Cooking #141

nutrition information (per serving): Calories 430; Calories from Fat 250; Protein 38g; Carbohydrates 3g; Fat 28g; Saturated Fat 13g; Monounsaturated Fat 12g; Polyunsaturated Fat 1.5g; Sodium 360mg; Cholesterol 3mg; Fiber 1g
**Grated Zucchini Omelet with Mozzarella**

Active/total time: 20 minutes  
Serves 4

Grated zucchini is mixed in with the eggs for one giant, extra-hearty omelet that gets cut in half to feed two. Marinara sauce complements the mozzarella and basil.

- 2 medium zucchini (5 to 6 oz. each)  
- 8 large eggs  
- Kosher salt and freshly ground black pepper  
- 4 Tbs. unsalted butter  
- 1 ½ cups grated mozzarella  
- ½ cup jarred marinara sauce, heated  
- 4 Tbs. thinly sliced fresh basil leaves

Grate the zucchini on the large holes of a box grater and firmly wring it out in a clean kitchen towel. Transfer to a medium bowl and whisk with eggs, 2 tsp. salt, and ½ tsp. pepper.

Melt 2 Tbs. of the butter in a 12-inch nonstick skillet over medium heat until it just begins to brown. Add half of the egg mixture and cook, gently stirring with a silicone spatula, until just set, about 30 seconds. Continue cooking, carefully loosening the edges and bottom once or twice to ensure it doesn’t stick, until deep golden brown underneath and just cooked through, 3 to 4 minutes more.

Remove the skillet from the heat, and sprinkle ¾ cup of the mozzarella over half of the omelet. Fold the other half over the cheese, transfer to a cutting board, and cut in half crosswise.

Make a second omelet with the remaining butter, egg mixture, and mozzarella.

Transfer each omelet half to a plate, top with the marinara sauce and basil, and serve.

—Liz Pearson, Fine Cooking #142
Roasted Asparagus and Fresh Herb Grilled Cheese

Active / total time: 30 minutes
Serves 4

Tender asparagus and fresh mint and basil add a hint of spring to this comfort-food staple. A little soft ricotta helps make the mix of mozzarella and Parmigiano more cohesive and evenly dispersed.

16 thick asparagus spears, tough ends trimmed
¼ cup extra-virgin olive oil; more for the bread
Kosher salt and coarsely ground black pepper
8 oz. coarsely grated mozzarella (about 2½ cups)
2 oz. coarsely grated Parmigiano-Reggiano (about ½ cup)
¼ cup whole-milk ricotta
2 Tbs. finely chopped fresh flat-leaf parsley
1 Tbs. finely chopped fresh mint
1 Tbs. finely chopped fresh basil
1 tsp. finely chopped rinsed capers
2 small cloves garlic, minced
½ tsp. fresh lemon juice
Eight ½-inch-thick slices olive bread, preferably from a boule

Position a rack in the center of the oven and heat the oven to 400°F.

Cut the asparagus on a sharp angle into 2-inch pieces (if very thick, halve lengthwise first). Toss with 2 Tbs. of the oil on a small rimmed baking sheet. Season with salt and pepper, and roast until tender, 7 to 9 minutes. Set aside to cool.

In a small bowl, combine the cheeses and a pinch of pepper. In another small bowl, toss the herbs with the capers, 2 Tbs. of the oil, the garlic, lemon juice, and a pinch of salt.

Divide the cheese mixture evenly among the 8 slices of bread. Top four slices with the asparagus and then the herb-garlic mixture. Top with the other slices of bread to make four sandwiches.

Heat a griddle or 12-inch heavy-duty skillet over medium-low heat. Brush one side of each sandwich with olive oil, put in the pan oiled side down, and then brush the other side with oil (you may need to cook the sandwiches in batches). Cook, pressing lightly on the sandwiches with a spatula, until golden brown on one side, 2 to 3 minutes. Flip and cook until the cheese has melted and the other side is golden brown, another 2 to 3 minutes. Allow the sandwiches to sit for about 1 minute before slicing in half and serving.

—Annie Miller, Fine Cooking #128

nutrition information (per serving): Calories 730; Calories from Fat 370; Protein 31g; Carbohydrates 62g; Fat 42g; Saturated Fat 15g; Monounsaturated Fat 19g; Polyunsaturated Fat 2.5g; Sodium 1450mg; Cholesterol 65; Fiber 3g

ON THE SIDE: HONEY-ROASTED RADISHES

After roasting the asparagus for the sandwiches, put a cast-iron skillet in the oven. Toss quartered or halved radishes with a little melted butter, honey, and white balsamic or sherry vinegar. Add them to the hot skillet, return to the oven, and roast until crisp-tender. If you have the radish leaves, wash them and add to the pan for the last few minutes of cooking.

Why grate?
Grating the cheeses for this sandwich may take a little extra time, but it helps the cheese melt faster. It also makes it easier for the hard Parmigiano to incorporate with the softer mozzarella and ricotta.
Sautéed Tilapia over Swiss Chard with Tarragon Butter

Active/total time: 30 minutes
Serves 4

Fresh tarragon lends a haunting, delicate anise flavor to mild, quick-cooking tilapia fillets.

2 Tbs. extra-virgin olive oil
4 cloves garlic, minced
2 lb. Swiss chard, stems removed and leaves coarsely chopped, washed, and dried
Kosher salt and freshly ground black pepper
5 oz. unsalted butter (8 Tbs. cut into small pieces)
4 tilapia fillets, 6 oz. each
2 shallots, chopped
2 Tbs. fresh lemon juice
3 Tbs. chopped fresh tarragon

Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the garlic and cook until fragrant, 30 to 45 seconds. Add a big handful of the chard and cook, tossing often, until it has collapsed enough to add more. Continue adding the chard in batches until it’s all in the pan and then cook until tender, 2 to 3 minutes. Season to taste with salt and pepper, divide the chard among four dinner plates, and keep warm.

Wipe out the skillet and return it to medium-high heat. Add 1 Tbs. of the butter and let it melt. Sprinkle the tilapia with ¼ tsp. salt and a few grinds of pepper. Add 2 of the tilapia fillets and cook, turning once halfway through cooking, until well browned and cooked through, 4 to 6 minutes. Top the chard with the tilapia and keep warm. Add another 1 Tbs. of the butter to the skillet, and season and cook the remaining tilapia fillets the same way.

Add the shallots to the skillet and cook, stirring occasionally, until lightly browned and beginning to soften, 30 to 60 seconds. Add the lemon juice and cook until nearly evaporated, about 30 seconds. Remove the skillet from the heat and add the remaining 8 Tbs. of butter pieces and tarragon, stirring constantly until the butter melts. Season to taste with salt and pepper. Pour the butter sauce over the fish and chard, and serve immediately.

—David Bonom, Fine Cooking #71

nutrition information (per serving):
Calories 510; Calories from Fat 330; Protein 37g; Carbohydrates 13g; Fat 37g; Saturated Fat 20g; Monounsaturated Fat 13g; Polyunsaturated Fat 2g; Sodium 910mg; Cholesterol 160mg; Fiber 5g

ON THE SIDE: JASMINE RICE WITH TOASTED PINE NUTS

Cook jasmine rice according to package directions with a generous pinch of salt. Meanwhile, melt butter in a small skillet over medium heat. Add pine nuts and cook until the butter and nuts are browned, about 3 minutes. Combine with the rice and add chopped chives and fresh lemon juice. Season to taste with salt and pepper.

Save those stems
To remove Swiss chard stems, simply lay each leaf flat and run a sharp knife down both sides of the stem. Don’t throw the stems away, particularly if you’ve bought a colorful variety, like rainbow or red chard. They’re good to eat, though they take a little longer to cook than the leaves. Cut them crosswise into ¼-inch slices and sauté or braise—you can add them to the cooked leaves here, or cook whole stalks as a side dish.