

^{fine}
Cooking

Make It Tonight

Easy Dinner Download

MENU for the Week of **MARCH 30, 2020**



monday

Asparagus Frittata with Prosciutto
and Caramelized Onions

tuesday

Shrimp and Edamame Fried Rice

wednesday

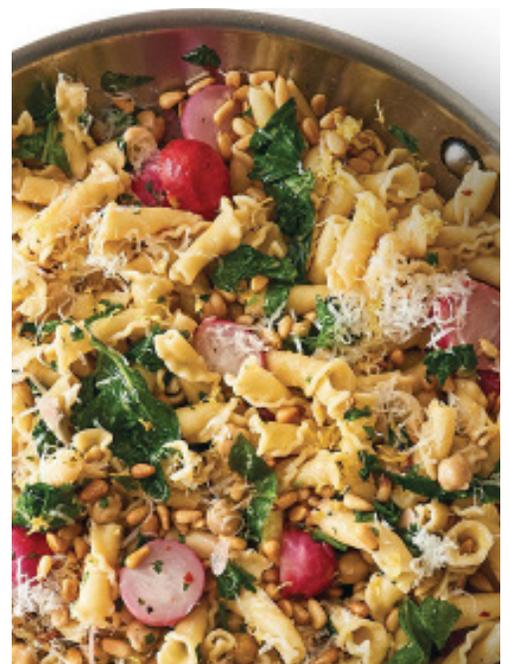
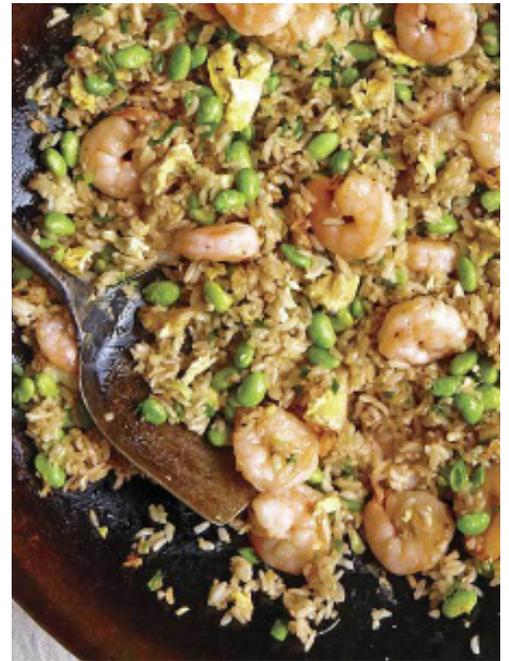
Broccoli Leaf Tortellini Soup

thursday

Mini Meatloaves
Wrapped in Bacon

friday

Pasta with Radish Tops and
Bottoms





Monday **m** :
Asparagus Frittata
with Prosciutto and
Caramelized Onions

Tuesday **t** :
Shrimp and Edamame
Fried Rice

Wednesday **w** :
Broccoli Leaf Tortellini
Soup

Thursday **th** :
Mini Meatloaves
Wrapped in Bacon

Friday **f** :
Pasta with Radish Tops
and Bottoms

SHOPPING LIST

FRESH PRODUCE

- 2 lemons **f**
- 12 oz. broccoli leaves (or substitute kale or collards) **w**
- 2 large bunches French breakfast or red globe radishes (about 9 ½ oz.) with greens (about 3 ½ oz.) **f**
- 10 spears asparagus **m**
- 1 cup edamame (fresh or frozen, or substitute frozen peas) **t**
- 1 small carrot **w**
- 1 small rib celery **w**
- 1 medium or 2 small leeks **m**
- 1 lb. sweet onions **m**
- 1 medium yellow onion **w th**
- 4 scallions **t**
- 1 small piece fresh ginger **t**
- 1 bulb garlic **t w th f**
- 1 small bunch fresh flat-leaf parsley leaves **m th f**
- 1 small bunch fresh thyme **w**
- 1 bay leaf **w**

MEAT, EGGS & DAIRY

- 1 lb. ground beef, preferably 85% lean **th**
- 1 lb. large (31 to 35 per lb.) shrimp **t**
- 13 large eggs **m t th**
- 8 slices bacon **th**
- 4 oz. prosciutto (or substitute bacon) **m**
- 7 Tbs. unsalted butter **m w**
- ½ oz. pecorino romano **f**
- 1 oz. Parmigiano-Reggiano, plus 1 small piece of rind (1×2 inches) **w**

OTHER GROCERIES

- 2 quarts lower-salt chicken broth **w**
- 2 cups white rice **t**
- 10 oz. campanelle pasta (or other short pasta shapes) **f**
- 9 oz. fresh cheese tortellini **w**
- One 15-oz. can chickpeas **f**
- ½ cup dry breadcrumbs, such as panko **th**
- ¼ cup toasted pine nuts **f**
- 1½ Tbs. soy sauce; more to taste **t**

- 2 tsp. whole-grain Dijon mustard **m**
- 1 tsp. Asian (toasted) sesame oil; more to taste **t**
- ½ tsp. Worcestershire sauce **th**
- ½ tsp. sherry or red-wine vinegar **m**
- Barbecue sauce **th**
- Hot sauce **t**

PANTRY STAPLES

- ½ cup olive oil, plus more for drizzling **m f**
- 2½ Tbs. vegetable oil **t**
- Cooking spray **th**
- 3 Tbs. ketchup; more as needed **th**
- ½ tsp. crushed red pepper flakes, plus more to taste **f**
- ½ tsp. baking soda **m**
- Kosher salt **m t w th f**
- Black peppercorns **m t w th f**

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

Asparagus Frittata with Prosciutto and Caramelized Onions

Active/total time: 30 minutes

Serves 4 to 6

This colorful frittata makes a perfect brunch entrée. A little baking soda added to the onions helps them to brown faster.

5 Tbs. unsalted butter

1 lb. sweet onions, finely sliced (about 3½ cups)

½ tsp. baking soda

½ tsp. sherry or red-wine vinegar

10 large eggs

2 Tbs. olive oil

1 medium or 2 small leeks, trimmed, white and tender greens sliced ¼ inch thick and thoroughly rinsed (about 1¾ cups)

4 oz. prosciutto, coarsely chopped

1 Tbs. finely chopped fresh flat-leaf parsley

2 tsp. whole-grain Dijon mustard

Kosher salt and freshly ground black pepper

10 spears asparagus, preferably medium, trimmed

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

In a large heavy-duty saucepan, melt 3 Tbs. of the butter over medium-high heat. Add the onion, raise the heat to high, and cook, stirring occasionally, until beginning to brown, about 5 minutes. Add 2 Tbs. water and the baking soda, and continue to cook, stirring occasionally, until the liquid has evaporated. Add more water 2 Tbs. at a time as needed until the onions are deep golden brown, about 8 minutes. Add the vinegar, and cook for another 30 seconds. Set aside to cool.

Meanwhile, beat the eggs in a large bowl.

Heat 1 Tbs. of the butter and 1 Tbs. of the oil in a large nonstick skillet over medium-high heat. Add the leeks and cook, stirring occasionally, until browned in spots, about 5 minutes. Let cool briefly,



then transfer the leeks to the bowl with the eggs. Add the onions, prosciutto, parsley, mustard, ½ tsp. salt, and ½ tsp. pepper, and stir to combine.

Heat the remaining 1 Tbs. butter and 1 Tbs. oil in the same skillet over medium heat. Pour in the egg mixture; if necessary, use a fork to distribute the ingredients evenly. Lay the asparagus spears across the top. Bake until set, 15 to 17 minutes. Allow to rest for 5 minutes. Using a thin spatula, slide the frittata onto a serving dish, and cut into wedges.

—Ronne Day, *Fine Cooking* #156

nutrition information (per serving): Calories 330; Calories from Fat 220; Protein 17g; Carbohydrates 11g; Fat 24g; Saturated Fat 10g; Monounsaturated Fat 9g; Polyunsaturated Fat 2.5g; Sodium 730mg; Cholesterol 355mg; Fiber 2g

ON THE SIDE: RADISH, SELERY, AND FRISÉE SALAD WITH LEMON-CUMIN VINAIGRETTE

In a small bowl, combine **fresh lemon juice, white-balsamic vinegar, toasted ground cumin, kosher salt, and freshly ground black pepper**. Whisk in **extra-virgin olive oil**. Cut some large **radishes** into matchsticks. Slice **celery** thinly. Tear 2 heads **frisée** into bite-size pieces. Combine the vegetables in a bowl, and toss with enough of the dressing to coat lightly. Season to taste with salt. Toss with thinly sliced **fresh basil**, and serve with the remaining dressing.

Shrimp and Edamame Fried Rice

Active/total time: 20 minutes

Serves 4 to 6

Edamame gives this mellow-flavored version of the take-out favorite a nice pop of color, flavor, and texture.

2 large eggs

Kosher salt and freshly ground black pepper

2½ Tbs. vegetable oil

4 scallions, thinly sliced, whites and greens separated

3 medium cloves garlic, minced

1 Tbs. minced fresh ginger

1 lb. large (31 to 35 per lb.) shrimp, peeled and deveined

1 cup shelled edamame (thawed if frozen)

1½ Tbs. soy sauce; more to taste

4 cups cooked white rice, at room temperature or cold

1 tsp. Asian (toasted) sesame oil; more to taste

Hot sauce, for serving

In a medium bowl, lightly beat the eggs and season with salt and pepper. Set aside.

Heat 1 Tbs. of the vegetable oil in a large wok or nonstick skillet over medium-high heat. Add the scallion whites, garlic, and ginger, and stir-fry for a few seconds. Season the shrimp lightly with salt and pepper. Add the shrimp and edamame, and stir-fry until the shrimp turn pink, 3 to 4 minutes. Add the soy sauce, the remaining 1½ Tbs. oil, and the rice, and cook, stirring constantly, until the edamame are just tender and the rice is heated through, 3 to 4 minutes.



Push the rice mixture to one side, add the eggs, and cook, stirring occasionally with a rubber spatula, until almost set, 1 to 2 minutes. Remove the wok from the heat, and fold the eggs into the rice mixture. Drizzle the sesame oil over the rice, sprinkle with the scallion greens, and toss to combine. Season to taste with additional soy sauce, sesame oil, and hot sauce, if you like.

—Christine Gallary

nutrition information (per serving): Calories 350; Calories from Fat 90; Protein 23g; Carbohydrates 40g; Fat 11g; Saturated Fat 2g; Monounsaturated Fat 2.5g; Polyunsaturated Fat 4.5g; Sodium 710mg; Cholesterol 175mg; Fiber 2g

wednesday

Broccoli Leaf Tortellini Soup

Active time: 15 minutes | Total time: 30 minutes
Serves 4 to 6

In this hearty take on tortellini en brodo, a piece of Parmigiano rind lends its savory flavor to the broth and complements the earthy sweetness of the greens. You can enhance the flavor with a sprinkle of Parmigiano on top just before serving.

2 Tbs. unsalted butter

1 small carrot, finely chopped

1 small rib celery, finely chopped

½ medium yellow onion, finely chopped

2 sprigs fresh thyme

1 large clove garlic, smashed

1 dried bay leaf

Kosher salt and freshly ground black pepper

2 quarts lower-salt chicken broth

1 small Parmigiano-Reggiano rind (about 1x2 inches)

9 oz. fresh cheese tortellini

12 oz. broccoli leaves (or kale or collards), stemmed and chopped (about 5½ cups)

Freshly grated Parmigiano-Reggiano (optional)

Melt the butter in a 5- to 6-quart pot. Add the carrot, celery, onion, thyme, garlic, bay leaf, ½ tsp. salt, and ¼ tsp. pepper and cook, stirring occasionally, until lightly browned, about 5 minutes.



What are broccoli leaves?

If allowed to grow, those little leaves that you've been trimming from your broccoli crowns become big, thick, and ruffle-edged. These mature leaves have a subtly sweet, mild broccoli flavor. Full of vitamins and calcium, they're sometimes available at farmers' markets, but commercial growers have recently begun marketing them in supermarkets. If you can't find them, substitute other hearty greens, such as kale or collards.



Add the broth and cheese rind; bring to a boil. Reduce to a simmer and cook about 10 minutes to meld the flavors. Remove and discard the thyme, garlic, bay leaf, and rind.

Return the broth to a boil. Add the tortellini and broccoli leaves, and cook until tender, about 7 minutes. Season to taste with salt and pepper. Serve sprinkled with the cheese, if using.

—Julissa Roberts, *Fine Cooking* #133

nutrition information (per serving): Calories 240; Calories from Fat 80; Protein 14g; Carbohydrates 29g; Fat 9g; Saturated Fat 4.5g; Monounsaturated Fat 3g; Polyunsaturated Fat 1g; Sodium 390mg; Cholesterol 30mg; Fiber 2g

ON THE SIDE: CRUSTY BREAD

A hearty, seeded **whole-grain boule** is the perfect complement to this rustic soup.

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Mini Meatloaves Wrapped in Bacon

Active/total time: 40 minutes
Serves 4

These single-serving meatloaves are super cute and tasty, too. Serve with mashed potatoes and extra ketchup on the side.

8 slices bacon

½ cup coarsely chopped onion

½ cup fresh flat-leaf parsley leaves

1 medium clove garlic

½ cup dry breadcrumbs, such as panko

1 large egg

3 Tbs. ketchup; more as needed

½ tsp. Worcestershire sauce

Kosher salt and freshly ground black pepper

1 lb. ground beef, preferably 85% lean

Cooking spray

Barbecue sauce (optional)

Position a rack in the center of the oven and heat to 400°F. Line a large rimmed baking sheet with parchment. Arrange the bacon on the sheet with some room between each slice, and bake until crisp along the edges, about 10 minutes. Transfer to a paper-towel-lined plate to cool.

Pulse the onion, parsley, and garlic in a food processor until chopped, 4 to 5 pulses. Add the breadcrumbs, egg, ketchup, Worcestershire, ½ tsp. salt, and ¼ tsp. pepper. Pulse 3 to 4 times to blend. Transfer to a mixing bowl, add the ground beef, and mix until well combined.

Lightly spray four mini loaf pans or 6-oz. ramekins with cooking spray. Cross 2 slices of bacon in each pan or ramekin, pressing the bacon along the bottom and up the sides. (Let any excess hang over for now.) Divide the meatloaf mixture among the pans, gently packing it in. Fold the excess bacon over the meatloaf. Bake until cooked through (165°F), about 30 minutes. Remove from the pan and transfer to a cooling rack. If you like, combine



an equal amount of ketchup and barbecue sauce in a small bowl and brush some on the meatloaves before serving hot.

—Lynne Curry, *Fine Cooking* #148

nutrition information (per serving): Calories 340; Calories from Fat 180; Protein 29g; Carbohydrates 12g; Fat 20g; Saturated Fat 7g; Monounsaturated Fat 8g; Polyunsaturated Fat 1.5g; Sodium 650mg; Cholesterol 130mg; Fiber 1g

ON THE SIDE: MASHED GARLIC POTATOES

Peel **Yukon Gold potatoes** and cut into 1- to 1½-inch chunks. Put potatoes in a large pot of salted water. Bring to a low boil and cook until the potatoes are tender when pierced with a skewer, 15 to 20 minutes. Meanwhile, in a medium saucepan, melt **butter** over medium-low heat. Add minced **garlic** and cook, stirring frequently, until it has softened, 1 to 2 minutes. Add a little **milk** and keep the mixture warm. When the potatoes are done, drain them and return them to the pot in which they were cooked, set over low heat. Stir the potatoes to dry them until they just start to stick to the pot, about 30 seconds. Gradually add the warm milk mixture to the potatoes as you mash with a potato masher; if they're dry, add a bit more milk. Season the potatoes to taste with **salt** and **pepper** and serve.



Pasta with Radish Tops and Bottoms

Active/total time: 20 minutes

Serves 4

This Mediterranean-influenced pasta is easy and delicious. Salting the radishes before cooking is the key to bringing out their lovely flavor.

Kosher salt

2 cups halved red globe or French breakfast radishes (about 9½ oz.)

Freshly ground black pepper

10 oz. campanelle pasta

¼ cup olive oil, plus more for drizzling

4 cups coarsely chopped radish leaves and tender stems (about 3½ oz.)

4 cloves garlic, thinly sliced lengthwise

½ tsp. crushed red pepper flakes, plus more to taste

One 15-oz. can chickpeas, drained and rinsed

2 Tbs. chopped fresh flat-leaf parsley

1 tsp. finely grated lemon zest

1 Tbs. fresh lemon juice

¼ cup toasted pine nuts

¼ cup freshly grated pecorino romano, plus more for serving

Bring a large pot of well-salted water to a boil.

Put the radishes in a medium bowl, and toss with ¼ tsp. salt and ¼ tsp. pepper.

Meanwhile, cook the pasta according to package directions until al dente. Reserve ½ cup of the cooking water, then drain.

In a large deep skillet, heat the ¼ cup of oil over medium heat until shimmering. Add the radishes and cook, stirring occasionally, until beginning to turn golden, about 5 minutes. Reduce the heat to medium low, and add the radish leaves and stems, garlic, and pepper flakes, and cook, stirring frequently, until the garlic is fragrant and the greens are wilted, about 2 minutes. Add the chickpeas,



parsley, and pasta. Stir to coat and heat through. Remove from the heat, and add the reserved cooking water a little at a time to loosen the sauce, if you like. Season to taste with salt and pepper. Stir in the lemon zest and juice, pine nuts, and the ¼ cup of cheese.

Drizzle with oil, and serve with more cheese at the table.

—Nancy Duran, *Fine Cooking #158*

nutrition information (per serving): Calories 430; Calories from fat 150; Protein 14g; Carbohydrates 56g; Fat 17g; Saturated Fat 2.5g; Monounsaturated Fat 8g; Polyunsaturated Fat 4g; Sodium 520mg; Cholesterol 5mg; Fiber 8g