

delicious dish

Make Ahead Friday Night Dinner (fish), Dec 10, 2020 @5pm-7pm
Grocery, Tool List and Prep list (2 pages)

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
roasted vegetables with sesame, pine nuts and sweet tahini drizzle	Fresh garlic Veggies of your choice (1½ pounds- serves 6-8)	Olive oil Sesame seeds Toasted pine nuts Tahini Low sodium tamari Honey Apple cider vinegar Mirin Salt Pepper	Cookie sheet Foil	Peel or wash any vegetables
fastest chicken vegetable quinoa soup	5 bone-in chicken thighs, skin and fat removed 1 large leek 2 carrots 1 parsnip 2 small celery 1 small zucchini, diced small	4 cups chicken stock, no/low sodium ½ cup DRY quinoa Vegetable oil Tomato paste	Soup pot	Peel carrots and parsnips
apricot chili salmon stuffed with spinach and shitake	1 side of salmon, sliced in half horizontally (like butterflied but all the way though, you want to sandwich the stuffing in the middle) Fresh garlic Shitake mushrooms 2 boxes of baby spinach (each box is 5 ounces/142 grams) 2 lemon	1 jar apricot preserves Cayenne pepper Chili powder Kosher salt Freshly ground pepper Olive oil	Sauté pan Foil Cookie Sheet	Remove stems from the mushrooms
torta caprese - flourless chocolate almond cake	4 eggs Unsalted butter or coconut oil	Dark chocolate Sugar Vanilla or almond extract Cocoa powder Ground almonds or almond meal (flour) Powdered sugar	Round springform pan (8-9 inch)	Eggs a room temp