

1 Ingredients

- 1 bag baby arugula (regular is fine, too)
- 1 pound pasta (e.g., bucatini or farfalle)
- 6-8 ounces of fresh or jarred pesto
- 1 lemon
- Grated parmesan cheese
- Pine nuts
- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top
- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan
- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread

2 Dinner 1

Figure 1: The Best Way to Eat Arugula (Serves 4)



Ingredients:

- 1 bag baby arugula (regular is fine, too)
- 1 pound pasta (e.g., bucatini or farfalle)
- 6-8 ounces of fresh or jarred pesto
- 1 lemon
- Grated parmesan cheese
- Pine nuts

Instructions:

1. Boil and cook pasta according to box, strain but reserve 1 cup pasta water.
2. In the stock pot used to cook the pasta, add two tablespoons of olive oil and whisk in pesto over medium heat.
3. Whisk in 1/2 cup pasta water, a little more if needed to create a light sauce.
4. Remove sauce from heat and toss cooked pasta in the sauce.
5. Stir arugula in and cover until wilted.
6. Add juice from half a lemon, add more to taste.
7. Serve with parmesan cheese and pine nuts.

3 Dinner 2

Figure 2: Red Wine Ragu (Serves 4)



Ingredients:

- 1 pound pasta (e.g., farfalle or rigatoni)
- 1.5 pounds of stew beef
- 2 bottles of red wine
- 1 vidalia onion
- 1-2 celery sticks
- 1-2 carrots
- 4 garlic cloves
- 4 oz diced pancetta
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground clove (or 1/2 teaspoon nutmeg)
- 1 square dark chocolate
- 1/2 teaspoon dried sage (or 2-3 fresh sage leaves chopped)
- 1 teaspoon dried rosemary (or one fresh rosemary sprig)
- Parmesan cheese to top

Instructions:

1. The night before, place stew beef in a bowl with pepper and enough red wine to cover. Marinate in the refrigerator overnight.
2. Dice onion, carrot, and celery. Mince garlic, and sage and rosemary if using fresh. Finely shave dark chocolate with a knife.
3. Add pancetta to a stock pan with olive oil. Cook for 2-3 minutes.
4. Add onion, carrot, celery and garlic to stock pan and cook until vegetables are cooked.
5. Drain beef marinade.
6. Add beef, sage, rosemary, chocolate, cinnamon, and clove to the sauce pan. Stir.
7. Cover with red wine, add a pinch of salt and pepper, and simmer for about two hours.
8. When ready, boil pasta according to package instructions. Save a cup of pasta water.
9. Add pasta to stock pan with sauce and stir. If needed, add pasta water to loosen the sauce.
10. Serve with grated Parmesan.

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Figure 3: Shakshuka



Ingredients:

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

Instructions:

1. Chop onion and red pepper. Mince garlic.
2. In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
3. Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
4. Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
5. Remove from heat, and sprinkle feta and cilantro.
6. Serve in a bowl with toasted pitas or naan.

5 Breakfast

Figure 4: Pumpkin Toast (Serves 4)



Ingredients:

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread

Instructions:

1. Mix pumpkin, milk, eggs, cinnamon, and vanilla in a medium bowl.
2. Dip a slice of bread, coat in pumpkin mixture, and cook in a generous amount of butter.
3. Repeat until pumpkin mixture runs out.
4. Serve with syrup, berries, and/or whipped cream.