

## **Meal Plan Menu**

### ***Thursday:***

It's spring, which means heavy on the greens. Try a new salad dressing with your butterhead lettuce. Sliced breakfast radishes would make a great addition or adding in some arugula leaves for a peppery punch!

### **Basic Vinaigrette**

**From Moosewood Cookbook by Mollie Katzen**

#### *Ingredients:*

1 cup olive oil  
4-5 tbsp. red wine vinegar  
1/2-1 tsp. salt  
1-2 medium cloves garlic, minced

#### *Optional Variations:*

~ add 3-4 tbsp. orange or apple juice, or 2 tbsp. lemon juice plus a little grated lemon rind, plus  
~ very finely minced parsley and/or  
~ very finely minced other herbs (fresh or dried basil, dill, marjoram, chives, thyme)  
~ substitute some of the olive oil with a nut oil  
~ substitute different flavors of vinegar (fruit-infused, balsamic, champagne, etc.)  
~ add 1-2 tsp. good quality mustard  
~ for creamy vinaigrette: add 2-3 tbsp. mayonnaise, sour cream or yogurt

#### *Directions:*

Combine everything in a jar, cover tightly and shake well.

### ***Friday:***

### **Rice and Spinach Gratin**

*Vegetarian Cooking for Everyone*

#### *Ingredients:*

Béchamel for Rice Gratin (separate recipe below)  
2 bunches spinach leaves  
2 Tbsp olive oil or butter  
1/2 cup finely chopped scallions, including an inch or two of the greens  
2 small garlic cloves, minced  
2 Tbsp each chopped parsley, dill and marjoram  
Salt and freshly ground pepper  
1 cup white or brown rice, cooked  
1 cup ricotta cheese, optional

*Directions:*

Preheat oven to 400°F and lightly butter or oil a baking dish. Make the béchamel sauce (directions, below). Cook the spinach in a wide skillet in the water clinging to its leaves until limp, just a few minutes. Rinse it quickly, then squeeze out the water and finely chop. In a wide skillet, cook the spinach in the oil with the scallions, garlic, and parsley mixture for about 3 minutes. Season with salt and pepper to taste. Combine the rice with the spinach, sauce, and ricotta, if using. Turn into the dish and bake until puffed and lightly browned, about 25 minutes.

**Béchamel Sauce**

*Ingredients:*

1/4 cup minced shallot or onion  
3 Tbsp butter  
2 Tbsp flour  
1 1/2 cups milk, scalded  
Salt and freshly milled white pepper  
1/2 tsp grated nutmeg

*Directions:*

Cook the shallot in the butter in a small saucepan over low heat for 3 minutes. Stir in the flour and cook for 2 minutes more. Whisk in the hot milk all at once, then cook for 20 minutes, stirring frequently, or for 30 minutes in the top of a double boiler. Season with 1/2 t salt, a little pepper, and the nutmeg

***Saturday:***

**Farfalle with Arugula Gremolata**

From *The Vegetable Dishes I Can't Live Without* by Mollie Katzen

*Ingredients:*

3/4 pound farfalle (bow-tie pasta)  
2-3 Tbsp extra-virgin olive oil  
1 recipe Arugula Gremolata (below)  
1/2 cup (heaping measure) crumbled gorgonzola  
2-3 Tbsp golden raisins  
1 cup very small, very sweet cherry tomatoes (optional)  
1/2 cup minced walnuts, lightly toasted  
Freshly ground black pepper, to taste

*Directions:*

Cook the pasta in plenty of boiling water until al dente. Drain and transfer to a serving bowl. Immediately toss with olive oil. Add remaining ingredients, except walnuts and pepper. Toss until thoroughly combined. Serve immediately topped with the walnuts and a generous application of black pepper.

**Arugula Gremolata**

*Ingredients:*

2 cups (loosely packed) young arugula, or older arugula (without stems), about 2 ounces  
4 tsp finely minced garlic  
4 tsp finely minced lemon or orange zest  
salt and freshly ground black pepper, to taste

*Directions:*

Combine the arugula, garlic and lemon zest in a food processor. Pulse to finely chop-don't purée! Season to taste with the salt and pepper.

***Sunday:***

**Sauteed Radishes with Radish Greens (or Arugula)**

From *Farmer John's Cookbook*

*This is a fantastically simple recipe, because we rarely think to COOK our radishes, let alone eat the radish greens. Both of which can spice-up your dinner table. The peppery bite mellows when cooked, but if you want the best of both worlds (the succulent sweetness of cooked radishes and the bite of raw radishes) add some mustard or horseradish or cayenne to the dish.*

*Ingredients:*

1/4 cup butter  
1 pound radishes, quartered  
4 cups radish greens or arugula  
2 Tbs freshly squeezed lemon juice  
salt  
freshly ground black pepper

*Directions:*

1. Melt the butter in a large skillet over medium heat. Add the radishes; cook, stirring constantly, until tender but still crisp, about 5 minutes depending on size. Transfer to a bowl to cool.
2. Put greens in skillet with the wash water still clinging to the leaves. Cook over medium heat, stirring constantly, just until wilting, 2-3 minutes.
3. Turn off the heat. Add the lemon juice and radishes to the skillet; stir until well-combined. Season with salt and pepper to taste. Serve immediately.

***Monday:***

Try this rhubarb salsa with your Memorial Day cookout!

**Rhubarb Salsa**

*Ingredients:*

2 cups rhubarb, sliced small

1 apple, sliced or diced  
1 jalapeno, seeded and sliced  
3 green onions, sliced  
2 tbsp. honey  
juice of 2 limes

*Directions:*

Blanch rhubarb for 3 minutes. Drain and let cool. Mix all ingredients and serve with tortilla chips.

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**Rhubarb Crunch**

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

*Ingredients:*

1 cup flour  
3/4 uncooked oatmeal  
1 cup brown sugar, packed  
1/2 cup melted butter  
1 tsp. cinnamon  
4 cups diced rhubarb  
1 cup sugar  
1 cup water  
2 tbsp. cornstarch  
1 tsp. vanilla

*Directions:*

Combine first 5 ingredients. Press half of the crumbs into a greased 9x9 cake pan. Spread rhubarb on the crumbs. Combine remaining ingredients and bring to a boil while stirring. Pour on top of the rhubarb, then top with remaining crumbs. Bake at 350F for 1 hour.

**Tuesday:**

Pesto makes a great "sauce" for pasta, or serve it as a spread on bread.

**Scape Pesto**

Far and away my favorite use for garlic scapes is pesto, either straight-up or mixed with herbs like basil and dill. Pesto showcases raw scapes in all their glory. Scape pesto can be very pungent, but it mellows substantially after a few months in the freezer. I like it best in the middle of winter, but I think that's one part mellowing and two parts deprivation. My favorite scape pesto recipe is below.

*Ingredients:*

1/4 cup pine nuts

3/4 cup coarsely chopped garlic scapes\*  
Juice and zest of 1/2 lemon  
1/2 teaspoon salt  
A few generous grinds of black pepper  
1/2 cup extra virgin olive oil  
1/4 cup grated Parmigiano Reggiano cheese  
\*Or use half scapes and half herbs such as basil, dill and chervil

*Directions:*

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.

Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese. If you plan to freeze the pesto, wait to add the cheese until after you've defrosted it.

*Wednesday:*

Leftovers day! Clean out that fridge for new vegetables coming Thursday.