

# Week 14 Grocery List

## 1. Sheet pan chicken tikka

1 3/4-inch piece of ginger, peeled and minced (see Note up top)

4 cloves of garlic, minced or pressed

1 jalapeno, seeded and minced

1/2 cup yogurt

1/2 teaspoon chili powder or cayenne, or adjusted to taste (I used 1/4 teaspoon)

1/2 teaspoon ground turmeric

1/2 teaspoon ground cumin

3/4 teaspoon granulated sugar

1 teaspoon paprika

1 teaspoon garam masala

2 pounds chicken thighs, drumsticks or halved chicken breasts (all skin-on, bone-in)

1 1/4 pounds (about 4 medium) Yukon Gold potatoes, peeled if desired, cut into 3/4-inch chunks

1 3/4 pounds (1 small or half a very large head) cauliflower, cut into 3/4-inch-wide florets

1/2 teaspoon cumin seeds

### **To finish, if desired:**

A few thin slices of red onion

Lemon wedges

Dollops of yogurt

A few tablespoons roughly chopped cilantro, parsley or mint

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## 2. Grilled cheese and quick tomato soup

1 (28-ounce) can whole peeled tomatoes (I do recommend San Marzano here)

$\frac{3}{4}$  cup chicken or vegetable broth, plus more as needed

1 large yellow onion, coarsely chopped

4 tablespoons unsalted butter

1½ teaspoons dried oregano

1 teaspoon granulated sugar

Mayonnaise or butter

8 slices milk bread, crusts removed

shredded cheese

Slices of american cheese

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## 3. Pantry pasta with roasted veggies

4-6 garlic cloves

1 lemon, halved

$\frac{1}{3}$  cup olive oil

2 large shallots or 1 medium onion, finely chopped

1 2 oz. tin anchovies

2 tablespoons capers, finely chopped

Crushed red pepper flakes

12 ounces whatever pasta you've got

1 cup herbs such as parsley, chives, tarragon or even dill, finely chopped

Parmesan or pecorino for serving, optional

broccoli, cauliflower, sweet potatoes, cabbage, or whatever kind of hardy veggie you like

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#### 4. Actually good oatmeal

2 tablespoons butter

2 cups old-fashioned rolled oats

1 ½ cups water

½ cup milk of choice

Pinch of ground cinnamon