

# Weeknight dinners under 30 minutes

## GROCERY LIST



### THIS WEEK'S RECIPES:

- Smoky Lentil Patties With Cucumber Slaw
- Easy Pesto Pasta
- Napa Cabbage Slaw With Grilled Chicken
- Scallops With Zucchini Couscous and Tarragon Butter Sauce
- Lemongrass Pork Chops With Ginger-Butter Corn

### YOU'LL ALSO NEED:

- Butter
- Olive Oil
- Vegetable oil
- Lemon juice
- Salt
- Pepper

- 6 cups chopped stemmed Swiss chard
- 4 cups lightly packed shredded napa cabbage
- 2 tbsp grated lemon zest
- 1 carrot
- 1 sweet red pepper
- 1 rib celery
- 2 English cucumbers
- 16 radishes
- 4 corn cobs
- 2 tbsp grated lemongrass
- 6 cloves garlic
- ⅓ cup red onion
- 2 shallots
- 4 green onions
- 2 zucchinis
- 1 tbsp chopped fresh tarragon
- ½ cup chopped fresh mint
- 3 tbsp chopped fresh basil
- 3 tbsp basil pesto
- 1 tbsp grated fresh ginger
- 225 g farfalle pasta
- 2 cups cooked red lentils
- ½ cup dry bread crumbs
- 1 egg
- 1 cup 2% Balkan-style plain yogurt
- 4 boneless skinless chicken breasts
- 1 pkg (400 g) frozen jumbo sea scallops
- 4 boneless pork loin chops
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 1 cup sliced almonds
- 4 tsp unseasoned rice vinegar
- 1 tbsp sodium-reduced soy sauce
- 1 cup couscous
- 2 cups sodium-reduced chicken broth
- 2 tbsp packed brown sugar
- 1 tbsp fish sauce
- 4 tsp sesame oil
- 1 tsp lime juice