

## PREP AHEAD OF TIME

**Bread Crumbs**

4 whole wheat hamburger buns

1. Preheat oven to 375°F.
2. Divide buns in half and arrange on baking sheet.
3. Toast buns on baking sheet until crispy.
4. Crumble in blender until mealy in texture. Separate out into two portions – one ¼ cup and one ¾ cup – in two airtight containers.

**Taco Filling**

1 ¼ pounds lean ground beef (or turkey)

¼ teaspoon kosher salt

½ teaspoon black pepper

1 teaspoon dried oregano

½ teaspoon cayenne pepper

1 cup water

½ onion, chopped

1 clove garlic

1. In a medium skillet, break apart ground beef into loose crumbles.
2. Add salt, pepper, oregano and cayenne. Cover with 1 cup water and simmer for 10 minutes.
3. Add chopped onions and garlic; simmer an additional 10 minutes. Let cool and store in an airtight container.

**Brown Rice**

1 Tablespoon grape seed oil

¼ medium yellow onion, finely chopped

1 ½ cups brown rice

3 cups water

1. Heat grapeseed oil over medium-low heat in a medium stockpot.
2. Sauté onions for 2-3 minutes.
3. Brown the rice, stirring frequently, for 3-4 minutes.
4. Add water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes.
5. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

## MENU:

**MONDAY ①**

Stuffed Burgers  
Bell Pepper Caponata

**TUESDAY ②**

Clams Linguine  
Side Salad

**WEDNESDAY ③**

Taco Bar  
Seasoned Beans

**THURSDAY ④**

Lemon Caper Turkey  
Brown Rice  
Steamed Carrots

**FRIDAY ⑤**

Oven Baked Falafel  
Roasted Carrots  
Garden Salad



Classic March 9th

# Shopping List

This Week: 1- Stuffed Burgers; 2- Clams Linguine; 3- Taco Bar; 4- Lemon Caper Turkey; 5- Oven Baked Falafel

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 3	ground beef, lean	2-1/4 pounds	sub: ground turkey	12
2	little neck clams	1-1/4 pounds	about 30	14
4	turkey breast	1 pound	deli sliced, 3/4" thick	10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4, 5	carrots	11 medium		3
2, 5	cucumbers	2 medium		2
4, 5	white button mushrooms	1 pound		5
1, 4, 5	lemon	2 medium		1
3, 4, 5	onions	2 medium		2
2, 3	tomatoes	3 medium	Roma or plum okay	2
1, 2, 3, 4	fresh parsley	1 bunch		1
1, 2	red bell peppers	3		3
1, 2, 3, 5	green leaf lettuce	2 heads	at least 4 leaves whole	3

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3	Monterey Jack Cheese	1/2 pound	4 slices and remainder shredded	4
3	Greek yogurt	1/2 cup	plain, lowfat	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	whole wheat hamburger buns	8		4
3	corn taco shells	8		3
3, 5	garbanzo beans	3 14-oz. cans		3
4	capers	2 1/2 tsp.		2
5	organic eggs	2		1
1	walnuts	3 Tablespoons		1

Fresh 20 Grocery Est 77  
 Cost Per Dinner 15.4  
 Cost Per Serving 3.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	12 Tablespoons	dried oregano	4 1/2 teaspoons
	grapeseed oil	1 Tablespoon	herbes de provence	1 teaspoon
	balsamic vinegar	1/2 cup	ground cumin	1 teaspoon
	pantry dressing	1/4 cup	100% maple syrup OR raw honey	1-1/2 Tablespoons
	chicken or vegetable broth	3 cups	organic tomato paste	
	garlic	5 cloves	Dijon mustard or brown mustard	1/4 teaspoon
	kosher salt	4 1/8 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 5/8 teaspoons	whole grain pasta LINGUINE	12 ounces
	cayenne pepper	1 1/4 teaspoons	long grain brown rice	1 1/2 cups
paprika	1/2 teaspoon	whole wheat flour	3 teaspoon	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

*Our stuffed burger recipe is a fan favorite. Kids love the cheesy center surprise of these burgers. A sweet dressing replaces conventional ketchup.*

## DIRECTIONS

### Made Ahead

- Bread Crumbs (¼ cup)

### *For stuffed burgers*

1. Combine beef, breadcrumbs, lemon juice, shredded carrots, parsley, oregano, salt, and pepper in large bowl. Mix well.
2. Divide beef mixture into 8 equal portions. Form 8 thin, individual patties.
3. Place one slice Monterey Jack in middle of a beef patty; place a second patty on top of cheese. Seal patties at edges to enclose cheese. Repeat to form remaining 3 burgers.
4. Grill burgers until cooked through, about 5 minutes per side.
5. Toast hamburger buns. Spread a Tablespoon of dressing onto toasted bun. Top with beef burger garnish with lettuce leaf.

### *For dressing*

1. Whisk together all ingredients until smooth. Use as condiment.

### *For red bell pepper caponata*

1. Heat olive oil in a medium saucepan over medium heat.
2. Sauté onions until softened, about 2 minutes. Add walnuts; sauté for 2-3 minutes.
3. Add red bell peppers, oregano, and Herbes de Provence. Sauté until everything is cooked down.
4. Pour in balsamic vinegar and water. Stir in raw honey. Season with salt and pepper.
5. Bring mixture to boil, stirring constantly. Once at a boil, reduce heat to low and cover the saucepan with lid, leaving a slight space to vent. Simmer for 10-12 minutes.

## INGREDIENTS

### *For stuffed burgers*

- 1 pound lean ground beef (or turkey)
- ¼ cup bread crumbs (see prep)
- ½ lemon, juiced
- 2 medium carrots, shredded
- 2 Tablespoons chopped fresh parsley
- 2 teaspoons dried oregano
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 slices Monterey Jack cheese
- 4 whole wheat hamburger buns
- 4 green leaf lettuce leaves (whole)

### *For dressing*

- 1/4 cup balsamic vinegar
- 2 Tablespoons 100% maple syrup or raw honey
- ¼ teaspoon Dijon mustard
- ¼ teaspoon cayenne pepper

### *For red bell pepper caponata*

- 1 ½ Tablespoons olive oil
- ½ medium onion, chopped
- 3 Tablespoons chopped walnuts
- 2 red bell peppers, chopped
- ½ teaspoon dried oregano
- 1 teaspoon Herbes de Provence
- 3 Tablespoons balsamic vinegar
- 3 Tablespoons water
- 1 ½ Tablespoons raw honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

## DIRECTIONS

### *For clam linguine*

1. Boil water for pasta. Add pasta to water and cook according to package instructions (al dente).
2. Scrub clams under cold running water and brush off shells to remove any caked-on mud. [Note: We use littleneck or manila clams because they contain less grit and do not require more cleaning than a thorough rinse.]
3. Place clams, broth, and cayenne pepper in a deep, 10-inch to 12-inch, skillet.
4. Cover and bring to boil over high heat. Continue to boil, shaking pan a few times, until clams begin to open, 3-5 minutes.
5. Transfer clams and liquid to a heatproof bowl.
6. Heat oil and garlic in same skillet over medium-low heat until garlic is fragrant.
7. Add tomatoes, raise heat to high, and sauté until tomatoes soften, about 2 minutes. Add clams back to pan and cover; cook until all clams open, 1 to 2 minutes. Discard any unopened clams.
8. Drain pasta; do not rinse. Transfer to skillet and toss a little at a time. Stir in parsley and optional lemon zest. Salt and pepper to taste, and serve immediately.

### *For side salad*

1. Toss lettuce, cucumber and red bell peppers with dressing.

## INGREDIENTS

### *For clam linguine*

- 12 ounces whole wheat linguine
- 30 little neck clams (1-1/4 pounds)  
SUB: 1 pound chicken tenders, chopped
- 2 cups organic chicken or vegetable broth, reduced sodium
- ¼ teaspoon cayenne pepper
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 tomato, chopped
- 1 Tablespoon chopped fresh parsley
- Optional: 1/8 teaspoon lemon zest
- Kosher salt and pepper to taste

### *For side salad*

- 1 head green leaf lettuce
- 1 medium cucumber, sliced
- 1 red bell pepper, thinly sliced
- ¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

There are many ways to build a great taco. Have fun with it! Kids love this meal.

## **MAKE AHEAD**

### *For taco filling*

1. In a medium skillet, break apart ground beef into loose crumbles.
2. Add salt, pepper, oregano and cayenne. Cover with 1 cup water and simmer for 10 minutes.
3. Add chopped onions and garlic; simmer an additional 10 minutes. Let cool and store in an airtight container.

## **DINNER NIGHT**

### *For garbanzo beans*

1. Pour can of garbanzo beans with its liquid into a microwave safe bowl.
2. Add fresh parsley to beans. Season with paprika.
3. Heat in microwave on high for 2-3 minutes.

### *For taco bar*

1. Remove taco filling from fridge and reheat.
2. Place all ingredients in small bowls or on one large platter.
3. Layer beans, meat, lettuce, cheese, tomato, parsley, and yogurt in taco shell.
4. Serve 2 tacos with ½ cup beans.

## **INGREDIENTS**

### *For taco filling*

- 1-¼ pound lean ground beef (or turkey)
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper
- 1 cup water
- ½ onion, chopped
- 1 clove garlic

### *For garbanzo beans*

- 1 14-ounce can garbanzo beans
- 1 Tablespoon fresh parsley, chopped
- ½ teaspoon paprika

### *For taco bar*

- Taco filling, made ahead
- 2 tomatoes, chopped
- ¼ cup fresh parsley leaves, chopped
- ½ cup plain Greek yogurt, nonfat
- 6 ounces Monterey Jack cheese, shredded
- ½ head (2 cups) green leaf lettuce, chopped
- 8 organic corn taco shells

## LEMON CAPER TURKEY

*brown rice and steamed carrots*

### DIRECTIONS

#### Make Ahead

- Brown Rice

#### *For lemon caper turkey*

1. Heat 1 ½ Tablespoons of olive oil in a large sauté pan over medium high heat; sear turkey slices on both sides until lightly browned. Remove turkey slices from pan and set aside.
2. Add remaining ½ tablespoon of olive oil, and add mushrooms to the pan; sauté until brown, about 3-4 minutes.
3. Stir in flour and cook for 1 minute.
4. Slowly stir in chicken broth to mix with flour; cook for 1-2 minutes. Squeeze in lemon. Add capers and pepper. Pour sauce over turkey breasts.

#### *For steamed carrots*

1. Bring water to boil in a steamer. Steam carrots for 3-4 minutes.
2. Season with salt and top with chopped parsley.

### INGREDIENTS

Prepared brown rice (see prep), reheated

#### *For lemon caper turkey*

1 ½ + ½ Tablespoons olive oil

1 pound deli sliced turkey breast, ¾-inch each slice

8 ounces white button mushrooms, sliced

1 teaspoon white whole wheat flour

1 cup chicken broth

¼ lemon

2 ½ teaspoons capers

½ teaspoon black pepper

#### *For steamed carrots*

Water

3 medium carrots, peeled and sliced into 1-inch sticks

¼ teaspoon kosher salt

1 Tablespoon fresh parsley, chopped

## DIRECTIONS

## Made Ahead

- Bread Crumbs ( $\frac{3}{4}$  cup)

*For oven-baked falafel and roasted carrots*

1. Preheat oven to 400°F.
2. In a blender or food processor, purée beans, onion, lemon juice, flour, garlic, cumin, salt, cayenne pepper, black pepper, bread crumbs, egg, and olive oil.
3. Mold mixture into 8-9 falafels (small, round patties).
4. Toss carrot pieces in olive oil and oregano.
5. Lightly oil baking sheet.
6. Arrange falafel and carrots on sheet and bake for 25-30 minutes, turning once.

*For garden salad*

1. Whisk olive oil, balsamic vinegar, salt, and black pepper in a small bowl.
2. Assemble salad in a large bowl and dress salad once falafel is ready to serve. Reserve extra dressing on the side to drizzle on top of falafel.

## INGREDIENTS

*For oven-baked falafel*

- 2 cans garbanzo beans, drained
- $\frac{1}{2}$  onion, chopped
- 2 teaspoons lemon juice (1/2 lemon)
- 3 teaspoons flour
- 2 cloves garlic
- 1 teaspoon cumin
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon cayenne pepper
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{3}{4}$  cup bread crumbs (see prep)
- 2 organic eggs
- 2 Tablespoons olive oil + a little for the baking sheet

*For roasted carrots*

- 6 medium carrots, peeled & cut into 1-inch pieces
- 1 Tablespoon olive oil
- 1 teaspoon dried oregano

*For garden salad*

- 3 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- 1 head green leaf lettuce, chopped
- 8oz button mushrooms, sliced
- 1 cucumber, sliced