

PREP AHEAD OF TIME:

BROWN RICE

½ onion, finely chopped
2 cups brown rice
4 cups **gluten free** chicken stock or water
1 Tablespoon olive oil
1 teaspoon salt

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock and bring water to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yield is 5 cups; used for 2 recipes.

ROAST VEGETABLES

3 bell peppers, seeds removed, cut in half vertically
½ pound broccoli florets, roughly chopped
1 Tablespoon olive oil
1 garlic clove, pressed
pinch of salt

Preheat oven to 400 degrees F.
Toss broccoli florets and garlic with olive oil.
Arrange on one half of a baking sheet.
Line up the cut bell peppers on other half of baking sheet.
Roast for 15 minutes, turning broccoli once.

Store separately in airtight containers or Ziploc bags.

STEAM POTATOES

8 medium potatoes (new or white), scrubbed and sliced into ¼" rounds
3 cups water

Bring water to a simmer in a large stockpot with a steamer insert. You can also use a metal colander placed inside stockpot.
Place potato slices in a steamer insert. Cover and steam for 10 minutes. Divide evenly, into two Ziploc bags for use in two recipes.

MENU:

MONDAY

Scallops
Asparagus & Roasted Potatoes

TUESDAY

Lemon Garlic Chicken
Roasted Broccoli

WEDNESDAY

Bell Pepper Tacos

THURSDAY

Quick Chicken &
Potato Stew

FRIDAY

Caprese Burgers
Spinach Salad



March 2nd Gluten Free

Shopping List

This Week's Menu: Seared Scallops, Lemon Garlic Chicken, Bell Pepper Tacos, Chicken Stew, Caprese Burgers

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	scallops	1 pound	the freshest available in your area	12
	ground turkey	2 pounds	lean	10
	chicken thighs	2.5 pounds	boneless, skinless	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	beefsteak tomatoes	4 medium		3
	baby spinach	6-8 cups		3
	basil	1 bunch	about 20 leaves	2
	parsley	1 bunch	to yield 4 Tablespoons chopped	1
	thyme	1 bunch	about 16 sprigs	2
	asparagus	1 bunch	16-20 medium spears	4
	potatoes	8 medium		3
	bell pepper	5	3 red and 2 yellow	5
	mushrooms	8 oz	white/button	3
	carrots	1 medium		1
	celery	2 stalks	use rest for snack	1
	lemons	2	for juicing	1
	avocado	2		2
	broccoli	1/2 pound	florets	2

Got it!	Dairy	Quantity	Notes	Est Cost
	mozzarella	1 whole round	fresh milk style	6

Got it!	Bakery/Misc	Quantity	Notes	Est Cost

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

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3/4 cup	chicken stock (or vegetable)	2-1/2 cups
	garlic	6 cloves	organic butter, unsalted	4 Tablespoons
	onions	3 onions	eggs	1
	dried oregano	1-1/2 teaspoon	brown rice	2 cups dry
	cumin	1-1/2 teaspoon	Dijon mustard	1 teaspoon
	sea salt	4-1/2 teaspoon	balsamic vinegar	2-1/2 Tablespoons
	black pepper	1 teaspoon		
	red chili powder	1/8 teaspoon		
	brown sugar	1 teaspoon		

DIRECTIONS:

Melt the butter in a large skillet over medium heat until lightly browned, being careful not to burn.

Increase heat to high and add the scallops, one at a time. Do not crowd the pan. Sprinkle with salt and pepper.

Sauté until the first side is nicely browned. (3 minutes)

Using tongs or fork, flip over and sauté other side until brown. (3 min)

Lift scallops from pan, leaving behind a little butter and browned bits.

Add steamed potatoes and thyme, cooking for 4 minutes or until potatoes are slight browned. Add stock, scraping the bottom of the pan with a wooden spoon or spatula to get up the tasty caramelized bits.

Transfer potatoes to a serving dish and cover until ready to serve.

For asparagus:

Place trimmed asparagus into a microwave proof bowl with 2 Tablespoons of water. Microwave on high for 4 minutes. Carefully remove and toss with balsamic, brown sugar and olive oil.

Season with salt. Serve.

Portion Size:

Adults – 4-5 scallops, ½ cup potatoes, 5 asparagus spears

Kids (2-8 years old) – 3 scallops, ¼ cup potatoes, 4 asparagus spears

SUBSTITUTIONS:

- any white fish cut into cubes (increase cooking time to 5-6 minutes)
- shrimp
- beef steak cubed (increase cooking time to 8 minutes)

INGREDIENTS:

For scallops:

1 pound bay scallops, rinsed and dried with paper towel (about 16 medium)

2 Tablespoons butter

¼ teaspoon salt

¼ teaspoon black pepper

½ Tablespoon thyme, chopped

4 white potatoes (not russet), steamed and sliced

¼ cup chicken (or vegetable stock)

1 bunch asparagus, ends trimmed by gently bending causing a natural break in the spear. (about 16-20 spears)

1 teaspoon balsamic vinegar

1 teaspoon natural brown sugar

1 teaspoon olive oil

1/8 teaspoon sea salt

DIRECTIONS:

Rinse and pat dry chicken thighs. Heat a large, frying pan over medium heat. Add the oil and 1 Tablespoon butter. Generously season the chicken with salt and pepper. When the butter is foaming, drop in the thighs, and fry (rotating all sides) until lightly browned. Reduce heat to medium-low.

Cover the casserole with a lid or foil and leave the chicken to fry gently for 10-15 minutes, turning once or twice.

Melt 1 Tablespoon butter in small microwave dish. Mince or press garlic and add to melted butter. Add lemon juice to butter. Remove stems from thyme by pulling upwards on the sprig. Once off stem, give the thyme a little chop.

Stir thyme into liquid mix. Pour liquid over chicken.

Remove from heat and let sit five minutes.

Add a mix in to the brown rice. Leftover bell peppers, mushrooms, etc.

Portion Size:

Adult – 2 chicken thighs, 1 cup broccoli, $\frac{3}{4}$ cup rice

Kids (2-8 years old) – 1 chicken thigh, $\frac{1}{2}$ cup broccoli, $\frac{1}{2}$ cup rice

INGREDIENTS:

6-8 chicken thighs, boneless & skinless

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ cup olive oil

2 Tablespoons butter, unsalted

4 garlic cloves, minced or pressed

12 sprigs thyme

2 lemons, juiced

$\frac{1}{2}$ pound roasted broccoli (see prep)

2-1/2 cups brown rice (see prep)

Leftover mix-ins for rice

Sometimes you have to get creative with dinner. My kids love tacos and stuffed peppers. This recipe uses bell peppers as the taco shell.

DIRECTIONS:

AHEAD OF TIME (If desired)

Preheat oven to 400 degrees F

Arrange your peppers on an oiled baking sheet cut side up. Roast for 15 minutes.

DINNER NIGHT

In a medium saucepan, heat olive oil over medium heat and sauté onions until translucent, about five minutes. Add ground turkey to pan; season with salt, oregano, cumin and red chili powder (or flakes).

Cook until meat is no longer pink. Mix in sliced mushrooms and parsley.

Scoop ½ cup meat onto a half bell pepper. Finish with a sprinkle of black pepper.

For salsa:

Combine tomatoes, onion, lemon and salt. You can make up to 2 days ahead. The key to great salsa is cutting the tomatoes and onions into tiny pieces. You can also make it chunky pico de gallo style.

Portion Size:

Adults – 2 bell pepper tacos filled with ½ cup meat each, 3 Tablespoons salsa, ¾ cup rice, ¼ avocado

Kids – 1 bell pepper taco filled with ¾ cup meat, 2 Tablespoons salsa, ½ cup rice and ¼ avocado

If you have leftover bell peppers, save them and add them to a salad.

INGREDIENTS:

4 red or yellow bell peppers, seeds removed and cut in half vertically

1 Tablespoon olive oil

½ onion, chopped

1 pound ground turkey, lean

1 teaspoon dried oregano

½ teaspoon salt

½ teaspoon ground cumin

1/8 teaspoon red chili flakes or powder

8 oz white mushrooms, sliced

2 Tablespoons fresh parsley, finely chopped

2 avocado, pit removed and sliced

¼ teaspoon salt

1 teaspoon lemon juice

2 beefsteak tomatoes, finely chopped

¼ onion, finely chopped

2-1/2 cups brown rice (see prep)

DIRECTIONS:

Heat the olive oil in large skillet over medium-high heat. Arrange chicken in skillet and cook about 3 minutes to brown. Add garlic and onion; cooking until tender.

Stir in celery, carrots and bell pepper.

Season with salt and cumin, and continue cooking 10 minutes, until vegetables are tender and chicken juices run clear. Stir in the stock and potatoes, reduce heat and bring to a simmer for 5 minutes. Add in basil. Season with black pepper just before serving.

Portion size:

Adults – 2 cups of stew (2 thighs)

Kids – 1-1/2 cups stew (1 thigh)

INGREDIENTS:

2 Tablespoons olive oil

1-1/2 pounds chicken thighs,
boneless, skinless (about 8 thighs)

2 cloves garlic, minced

1 medium onion, cut in half and then
sliced

1 medium carrot, thinly sliced

2 ribs celery, ends removed &
chopped

1 red bell pepper, seeded and
chopped

1 teaspoon sea salt

½ teaspoon ground cumin

2 cups chicken (or vegetable) stock

2 cups steamed potato slices

1 Tablespoon fresh basil, finely
chopped

black pepper to taste

DIRECTIONS:

Whisk together olive oil, mustard, balsamic vinegar, oregano, salt and black pepper until well combined. Arrange thick tomato slices in a glass baking dish. Pour dressing over tomatoes and set aside to marinate.

Using your hands, combine all patty ingredients until well mixed.

Form into 4 equal sized burgers. Preheat grill pan on medium-high. Pan-grill the burgers for about 4 minutes each side or until no longer pink in middle.

Arrange burgers on 4 individual plates. Top each patty with a thick slice of marinated tomato, followed by a thick slice of mozzarella cheese. Top each burger with 2 basil leaves. Finish with a pinch of black pepper.

Toss spinach, mushrooms and any extra tomato pieces with the pantry dressing.

Portion Size:

Adult 1 caprese burger, 2 cups salad

Kids (2-8 years old) ½ caprese burger, 1 cup salad

Note: If you have any leftover rice, serve it up!

INGREDIENTS:

3 Tablespoons olive oil

1 Tablespoon balsamic vinegar

1 teaspoon Dijon mustard

½ teaspoon oregano

½ teaspoon sea salt

¼ teaspoon black pepper

2 tomatoes, cut into ½" slices

8 fresh basil leaves

4 slices fresh mozzarella cheese
(about ¼" thick)

For patties:

1 pound ground turkey

½ onion, finely chopped

2 Tablespoons fresh parsley, finely
chopped

½ teaspoon cumin

½ teaspoon salt

1 Tablespoon balsamic vinegar

1 egg, slightly beaten

6-8 cups baby spinach, washed and
chopped

8 oz white mushrooms, sliced

¼ cup pantry dressing of your choice
(www.thefresh20.com/pantrydressings)