



March 25th

Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	pork tenderloin	2 pounds	often packed 2 to a container	14
	shrimp	1 pound	peeled, tail off	10
	ground turkey	2 pounds		10

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	apples	5 large		3
	sweet potatoes or yams	5 large		4
	lemon	2 medium		1
	radish	12 to 16		2
	avocado	2		2
	parsley	1 large bunch		2
	carrots	3 medium		2
	bell pepper	1 any color		1
	baby spinach	8 cups		4
	romaine lettuce	1 large head		2
	Poblano chili	2 small		1
	cucumber	1 medium		1

Got it!	Dairy	Quantity	Notes	Est Cost
	Monterey Jack cheese	8 oz	shredded, part skim	4

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	quinoa (dry)	1 cup	check in bulk bins	2
	corn meal	3/4 cup		1
	white beans (cannelloni)	4 cans	look for low sodium	5
	whole wheat sub rolls	5	from bakery	3

Fresh 20 Grocery Est 74
 Cost Per Dinner 14.8
 Cost Per Serving 3.7

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil (extra virgin)	3/4 cup	chicken stock (or vegetable)	9-1/2 cups
	garlic	9 cloves	organic butter	2 Tablespoons
	onions	2 medium	eggs	2 yolks
	dried oregano	1-1/4 teaspoon	pantry dressing	1/4 cup
	cumin	2 teaspoons	Dijon mustard	2-1/2 Tablesp
	sea salt	8 teaspoons	balsamic vinegar	1-1/2 Tablesp
	black pepper	2 teaspoons	paprika ***extended pantry	3/4 teaspoons
	red chili powder	3/4 teaspoon		
	brown sugar	1-1/2 Tablesp	flour (whole wheat)	1 Tablespoon

PREP AHEAD OF TIME:

QUINOA

2 cups water or stock
1 cup quinoa
½ teaspoon salt

Boil water. Stir in salt and quinoa. Reduce to simmer, cover and simmer for 25 minutes. Quinoa will expand to 3-4 times volume.

MAYONNAISE

2 egg yolks
1 teaspoon Dijon mustard
1 teaspoon lemon juice
1/2 cup olive oil
1/2 teaspoon salt

Whisk yolks, Dijon and lemon until well blended and light in color.
By hand – 4 minutes, by mixer – 2 minute
Slowly drizzle in oil a little at a time, whisking until mayo stiffens.
Add 1/2 teaspoon salt. Refrigerate for up to 2 days.

MENU:

MONDAY

Turkey Stuffed Apples
Caramelized Radish
Quinoa

TUESDAY

Shrimp Po'Boys
Baked Sweet Potato Wedges

WEDNESDAY

Dijon Pork Loin
White Bean Puree
Garlic Spinach

THURSDAY

Turkey Chili
Veggie Sticks
Simple Salad

FRIDAY

Pork Medallions
Apple Relish
Sweet Mash

INSTRUCTIONS:

Preheat oven to 375 degrees.

Soak bread in chicken stock for five minutes.

Using hands, combine turkey, parsley, onion, garlic, salt, cumin and brown sugar with soaked bread.

Slice the bottom of the apples to make a flat base. Core the apples leaving a wide 2" hole in the middle. Sprinkle a little lemon juice on apples to prevent browning.

Chop up any extra apple bits and add them to the turkey mix.

Stuff the apples with the turkey mix, forming a little dome on top.

Bake for 35 minutes.

For radish:

Pour stock and radish into small stockpot. Bring to simmer for 5 minutes or until liquid has evaporated.

Add olive oil and butter. Once butter is melted, add radish to combine. Sauté until brown, about 2 minutes each side.

INGREDIENTS:

1 whole wheat sub roll, cut into pieces

1 cup chicken or vegetable stock

1 pound ground turkey

2 Tablespoons fresh parsley, finely minced

½ onion, finely chopped

2 cloves garlic, minced or pressed

1 teaspoon salt

1/8 teaspoon ground cumin

1 teaspoon natural brown sugar

4 large apples (skin on)

½ lemon, juiced

For radish

12-16 radish (about 3-4 per person)

½ cup chicken or vegetable stock

1 Tablespoon olive oil

1 Tablespoon butter

¼ teaspoon salt

3 cups quinoa, prepared

INSTRUCTIONS:

Toss shrimp with lemon juice. Coat with seasonings. Toss with corn meal.

In a large sauté pan, heat olive oil over medium heat. Set shrimp in pan one at a time. Tongs work well for this task. Cook for 2 minutes until opaque then flip and cook for 1 minute on other side. Transfer to paper towel lined dish. Combine mayonnaise, paprika, oregano and salt.

Open roll on one side and spread 1 Tablespoon mayonnaise between both sides of each sub roll. Place lettuce leaf inside roll. Add 6 shrimp in a line inside each roll. Top with slices of avocado. Serve po' boys with sweet potato wedges.

For potato wedges:

Preheat oven to 400 degrees F.

Thoroughly wash sweet potatoes. Scrub skins. Cut each in half lengthwise then cut each half into 6 wedges.

Toss potatoes in olive oil until they are evenly coated. Season with salt and pepper.

On a baking sheet, arrange potato wedges in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through -- about 30 minutes. Serve while warm.

INGREDIENTS:

1 pound shrimp, peeled, tail off (about 24)

1 Tablespoon lemon juice

½ teaspoon paprika

¼ teaspoon cayenne pepper

1 teaspoon salt

½ teaspoon black pepper

¾ cup corn meal

2 Tablespoons olive oil

½ cup mayo (homemade is better, see prep)

1/8 teaspoon paprika

¼ teaspoon oregano

½ teaspoon salt

4 whole wheat sub rolls, cut a horizontal slit leaving roll connected on one side

4 large romaine lettuce leaves

1 avocado, pit removed and cut into thin slices

1/4 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon red chili pepper

1 Tablespoon olive oil

2 large sweet potatoes or yams

INSTRUCTIONS:

Preheat oven to 375 degrees.

Combine brown sugar, Dijon, balsamic and garlic to create paste.

Pour chicken stock into a large roasting dish

Lay pork in dish and sprinkle with cumin and salt. Turn pork over and spread the paste on top, making sure the entire pork loin is covered. Roast uncovered for 25 minutes.

For bean puree:

Pulse garlic, beans and stock in a food processor or blender and puree until smooth. Transfer to small stockpot. Add olive oil & seasonings and cook for 3 minutes until warm. Add lemon juice to taste.

For spinach:

Bring stock and garlic to a simmer in large sauté pan. Add spinach and cook, tossing frequently, until wilted. Season with salt and pepper.

INGREDIENTS:

1 Tablespoon brown sugar

2 Tablespoons Dijon mustard

1 Tablespoon balsamic vinegar

1 clove garlic, minced or pressed

6 oz chicken or vegetable stock

1 pound pork tenderloin, fat trimmed (usually packed as two pieces)

½ teaspoon cumin

½ teaspoon salt

For bean puree:

2 cloves garlic

1 cup chicken stock

2 cans white cannelloni beans, rinsed and drained

2 Tablespoons olive oil

1 teaspoon salt

1/8 teaspoon black pepper

1 lemon, juiced

For spinach:

8 cups baby spinach

3 cloves garlic, minced

½ cup chicken stock

1/8 teaspoon sea salt

1/8 teaspoon black pepper

This recipe is adapted from 'Simply Recipes' because it's always been a favorite and I don't like to reinvent the wheel when it comes to chili.

DIRECTIONS:

Combine beans, stock, garlic in a large stock pot and bring to a boil. Reduce heat and simmer for 10 minutes.

Heat olive oil in a skillet on medium heat. Add green chili and onions; sautéing until tender. Add turkey and brown until no longer pink. Add cumin, oregano and red chili powder. Pour into bean mixture. Salt to taste, simmering for 10 minutes more

Top with a pinch of black pepper and shredded cheese. Garnish with cilantro or parsley and avocado slices.

Serve with veggie sticks and simple salad with pantry dressing.

Serves 4

INGREDIENTS:

2 cans white beans including liquid

3 cups chicken stock

1 clove garlic, minced

1 Tablespoon olive oil

2 green poblano chili, seeds removed; finely chopped

1 medium onion, chopped

1 pound ground turkey

1 teaspoon ground cumin

1 teaspoon dried oregano

1/4 teaspoon red chili powder

1 teaspoon salt

1/2 teaspoon black pepper

1 1/2 cups Monterey Jack cheese, shredded

1/3 cup cilantro or parsley, chopped

1 avocado, pit removed and sliced

3 carrots, peeled and cut into sticks

1 bell pepper (any color), seeds and stem removed and cut into long slices

1/2 head romaine lettuce (inner leaves), chopped

1/4 cup pantry dressing

INSTRUCTIONS:

Heat olive oil in a large skillet. Rinse and pat dry tenderloins. Season with salt and pepper. Place meat in pan, brown for 5 minutes each side, then pour in stock. Cover and let simmer for 15 minutes.

With tongs, remove meat to serving dish, loosely covered with foil.

Whisk flour and butter into pan drippings/liquid. Once flour is combined cook on low for 5 minutes allowing liquid to thicken.

Slice pork into 2" medallions. Pour gravy over sliced pork.

Garnish with fresh parsley.

For relish:

Combine all ingredients in a medium bowl. Refrigerate until ready to serve, up to 2 days.

For sweet mash:

Steam potatoes for 20 minutes on stovetop

or

microwave (covered with plastic wrap) for 8 minutes or until soft.

Combine with stock to mash and salt and pepper to taste.

INGREDIENTS:

1 Tablespoon olive oil

1 pound pork tenderloin

1 teaspoon salt

½ teaspoon pepper

2 cups stock

1 Tablespoon flour

1 Tablespoon butter

1 Tablespoon fresh parsley, minced

For relish:

1 apple, peeled, cored and chopped

1 cucumber, peeled and chopped

¼ onion, finely chopped

1 Tablespoon olive oil

1 teaspoon balsamic vinegar

1 teaspoon brown sugar

For sweet mash:

3 large sweet potatoes, peeled and cut into quarters

½ cup chicken or vegetable stock

Salt and pepper to taste