



April 8th

# Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	freshly sliced deli turkey	1 pound	low sodium	9
	ground lamb	2 pounds	lean, ask butcher	16
	bay scallops	1 pound	about 20 scallops	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	broccoli	1 cup		2
	avocado	2 medium	ripe	2
	yellow squash	2 medium		2
	Poblano chili	1 medium		1
	asparagus	24-30 spears		4
	lemon	1 medium		1
	parsley	1 large bunch		2
	bell pepper	2 red		2
	tomato	1 medium		1
	button mushrooms	8 oz		3
	edamame	1/2 lb	usually come in package	3
	cucumber	1 medium		1
	baby spinach	5 cups		4
	tangerines	8	clementines	3

Got it!	Dairy	Quantity	Notes	Est Cost
	Greek yogurt	1 cup	nonfat, plain	1
	provolone cheese slices	8	from deli	2
	feta cheese	1 cup	reduced fat	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole wheat pita bread	8 rounds		3

Fresh 20 Grocery Est 80  
 Cost Per Dinner 16  
 Cost Per Serving 4

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

**PREP AHEAD OF TIME (If desired):**

1. **COOK BROWN RICE:**

- ½ Tablespoon olive oil
- 2 cups short grain brown rice
- 1 teaspoon salt
- 4 cups water or vegetable stock

Heat olive oil in a medium stock pot. Add rice and cook, stirring frequently for about 3-4 minutes. Add liquid and salt then bring to a bowl. Reduce heat to a low simmer, cover pot and cook for 25 minutes or until rice is soft with a little bite.

**MENU:**

**MONDAY**

Lamb Pita  
Tangerine Salad

**TUESDAY**

Poblano Scallops  
Asparagus & Squash

**WEDNESDAY**

Greek Pasta  
Bell Pepper/Asparagus Salad

**THURSDAY**

Vegetable Rice Bake

**FRIDAY**

Turkey Sandwich Night

*I know some of you have an aversion to lamb. My family does too; except when I make this dish. Everyone asks for seconds. Lamb is a lean, nutrient rich meat. Go for it!*

## **DIRECTIONS:**

In a medium skillet, sauté onions until translucent, about 4 minutes. Add salt, cumin and oregano and mix well. Add ground lamb, browning over medium heat until pink is gone. If necessary, drain a little fat from the pan or blot with a paper towel. [Refrigerate half of the lamb mix in a airtight container for Greek pasta dinner.](#)

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Squeeze in juice of one lemon. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

Cut each pita in half to make two half circles. Gently separate the pita to form an open sandwich shell that is sealed around the circle and open at the cut.

Spoon 3 Tablespoons of lamb meat into pita, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat until you have 8 sandwiches. Arrange on platter for serving.

In a large salad bowl, combine spinach, tangerine sections and dressing. Sprinkle with black pepper and serve.

## **Portions:**

Small children will only need 1 pita sandwich and two tangerines.

Adults should eat no more than two sandwiches and have at least a cup of spinach/tangerine salad.

## **INGREDIENTS:**

½ medium onion, chopped

1 teaspoon salt

½ teaspoon ground cumin

2 teaspoons dried oregano

2 pounds ground lamb (for 2 dinners)

1 red bell pepper, seeded and chopped

4 rounds whole wheat pita bread

*For yogurt sauce:*

1 cucumber, peeled

1 cup Greek yogurt, plain, nonfat

One large handful of parsley leaves 1 with stems

½ lemon, juiced

dash of salt

4 tangerines, peeled and taken apart

3 cups baby spinach, washed and chopped

1/8 cup your choice pantry dressing  
[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

dash of black pepper

## DIRECTIONS:

Melt the butter in a large skillet over medium heat. Add Poblano and sauté until softened about 4 minutes.

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 a fork, flip over and sauté the other side until brown. (3 minutes)

Lift out scallops and transfer to a serving dish. Cover until ready to eat.

### *For squash:*

Add yellow squash, cooking for 4 minutes or until squash is slightly browned. Add stock, scraping the bottom of the pan with a wooden spoon or spatula to get up the tasty caramelized bits.

Transfer squash 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, 5 asparagus spears, ¼ cup squash

Kids (2-8 years old) – 3 scallops, 3 asparagus spears, ½ cup squash

### 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:*

2 Tablespoons butter (or olive oil)

1 Poblano chili pepper (dark green aka pasilla), seeded and finely chopped

1 pound bay scallops, rinsed and dried with paper towel (about 20 medium)

¼ teaspoon salt

¼ teaspoon black pepper

### *For squash:*

2 medium yellow squash, cut into rounds

½ cup vegetable stock

### *For asparagus:*

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

*This simple pasta has lots of flavor. If lamb is too exotic for your kids, it works well with any lean ground meat that has been seasoned.*

**DIRECTIONS:**

Boil salty water for pasta. Cook according to package, remembering not to overcook.

Whisk together olive oil, balsamic vinegar, lemon, black pepper and feta cheese until smooth and creamy.

Reheat ground meat until warm.

Drain pasta but do not rinse.

Toss pasta with dressing. Stir in meat. Top with chopped parsley.

For side salad:

Combine bell pepper and asparagus in a microwave safe bowl.

Heat for 2 minutes on high. Toss with pantry dressing.

Salt and pepper to taste.

Portions:

Small Children: 1-1/2 cups pasta, ½ cup vegetables

Adults: 2-1/2 cups pasta, 1 cup vegetables

**INGREDIENTS:**

¾ pound Farfalle pasta (or any other short pasta like penne, ziti or rigatoni)

2 Tablespoons olive oil

1 teaspoons balsamic vinegar

½ medium lemon, juiced

¼ teaspoon black pepper

¼ cup reduced fat feta cheese (can sub Parmesan)

1 pound ground lamb (leftover from Lamb Pita night)

¼ cup parsley leaves with stems, finely chopped

For side:

1 bell pepper, seeded and chopped

8 asparagus spears, ends trimmed and then chopped into 1" pieces

2 Tablespoons your choice pantry dressing

[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

Salt and pepper to taste

## VEGEABLE RICE BAKE

Candied edamame

### DIRECTIONS:

Heat oven to 350 degrees F.

Heat olive oil in a sauté pan on medium. Add onions and garlic. Cook until soft, about 4 minutes. Add tomatoes and cook for an additional 3 minutes. Remove from heat.

In a large bowl, combine onion mix (known as sofrito) with broccoli, mushrooms, rice, balsamic, feta and stock. Add salt and pepper.

Spread mix evenly into baking dish. Bake for 20 minutes.

*For edamame:*

Bring a pan of water to a boil and add edamame. Cook for 3 minutes (fresh) or 8 minutes (frozen); then drain.

In a small saucepan, heat water and brown sugar until sugar has dissolved. Add edamame and stir to coat all edamame beans. Cook until liquid starts to reduce and thicken. Melt chili powder in olive oil to form paste. Add soy sauce and chili paste to edamame. Continue cooking until beans are a little sticky and liquid has been reduced; about 10 minutes.

Note: You can substitute green peas. Reduce cooking time to 4 minutes total.

### INGREDIENTS:

1 Tablespoon olive oil

1 medium tomato, chopped

½ medium onion, chopped

2 cloves garlic, minced or pressed

1 cup broccoli, chopped

1 cup button mushrooms, chopped

4 cups cooked rice

1 teaspoon balsamic vinegar

2/3 cup feta cheese

½ teaspoon salt

1 cup vegetable stock

½ teaspoon black pepper

*For edamame:*

½ lb. shelled edamame (fresh preferred but frozen okay)

2 Tablespoons water

1 Tablespoon natural brown sugar

1 teaspoon soy sauce

1/4 teaspoon red chili powder

1 teaspoon olive oil

## DIRECTIONS:

Cut pita rounds in half. Spread  $\frac{1}{4}$  of the mashed avocado on one side of 4 pita slices. Top onions and then sliced cheese. Arrange a layer of turkey over the cheese and finish with 2 leaves of lettuce. On the other 4 slices of pita, spread 1 teaspoon mustard. Place on top to finish sandwich.

These sandwiches are great cold but if you would like them as a melt,

Brush olive oil on the top and bottom of completed sandwiches. Place sandwiches on a baking sheet. Place a second baking sheet on top of sandwiches.

Bake at 400° for 10 minutes or until slightly golden.

Serve with refrigerator salad.

## INGREDIENTS:

2 ripe avocados, peeled and mashed

4 fresh whole wheat pita rounds

$\frac{1}{2}$  onions, sliced very thin

1 pound fresh roasted turkey from deli

8 slices provolone, mozzarella or jack cheese

2 cups spinach leaves

2 Tablespoons Dijon Mustard

For melted version: 2 Tablespoons olive oil

Fridge Sides:

Every once in a while we have night when we clean out all of the half eaten vegetables and/or fruit that needs to be eaten.

I like to mix it all up and create a fridge salad. Get creative, but use it up! No waste!!!