

PREP AHEAD OF TIME:

1. CHOP/SLICE RED ONION

Slice $\frac{1}{4}$ red onion and chop half. Seal in airtight container to be used over the course of five days. Use remaining for salad.

2. PIT 18 DATES

3. MAKE BBQ SAUCE

1 tomato
6 dates, pitted
 $\frac{1}{2}$ cup balsamic vinegar
1 Tablespoon honey
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon salt

In a small saucepan, bring all ingredients to a simmer for 5 minutes. Transfer to blender/food processor and puree until smooth. Store in an airtight container for up to a week.

4. MAKE BROWN RICE

2 Tablespoon olive oil
 $\frac{1}{2}$ cup finely chopped onion
3 cups long grain brown rice
6 cups chicken stock (or water)
 $\frac{1}{2}$ teaspoon salt

In stockpot (whichever one you have the lid for) heat oil and add onions & rice. Sauté for about 3 minutes until rice starts to brown. Add liquid and salt; bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid! Yields 6 cups.

MENU:

MONDAY

BBQ Tofu Sandwich
Cole Slaw

TUESDAY

Asparagus Tart
Avocado Salad

WEDNESDAY

Braised Turnips
Parsley Brown Rice
Green Beans

THURSDAY

Lentil Stew
Stuffed Dates

FRIDAY

Roasted Broccoli
Brown Rice
End of Week Salad



April 22nd Vegetarian

Shopping List

This Week's Menu: BBQ Tofu Sandwich, Asparagus Tart, Braised Turnips, Lentil Stew, Roasted Broccoli

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	asparagus	1 bunch	need 10 spears	4
	broccoli florets	6 cups		3
	green cabbage	1/4 head		2
	green beans	1/2 pound		1
	green leaf lettuce	1 head	not pre-chopped, need whole leaves	2
	turnips	3 medium	can sub parsnips	2
	cucumber	1 medium		1
	tomatoes	3 medium		3
	avocados	2		3
	fresh parsley	1 bunch	to yield 1/2 cup chopped	1
	carrots	3 medium		2
	firm tofu	1 package		3
	dates	18	1 package / Medjool	4
	almonds	1/3 cup	raw, natural (chopped okay)	3

Got it!	Dairy	Quantity	Notes	Est Cost
	plain Greek yogurt	1/2 cup	nonfat	2
	sharp cheddar cheese	8 oz	to yield 2 cups shredded	5

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole wheat sandwich rolls	4	bakery fresh!	4
	green lentils	8 oz	1-1/2 cup dried	2
	white wine	1/2 cup		2

Fresh 20 Grocery Est 49
 Cost Per Dinner 9.8
 Cost Per Serving 2.45

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1 cup	vegetable stock, low sodium	3 cups
	garlic	5 cloves	low sodium soy sauce	3 Tablespoon
	onion	1 red	organic eggs	4
	cumin	1/2 teaspoon	flour	1-3/4 cups
	sea salt	2-3/4 teaspoon	balsamic vinegar	1/2 cup + 1 tbsp
	black pepper	2 teaspoon	white wine vinegar	1 Tablespoon
	red chili powder	1/2 teaspoon	milk	1/2 cup + 1 tbsp
	dried thyme	1 teaspoons		
	honey	3 Tablespoons		

INSTRUCTIONS

Mix cumin, cayenne, and salt together in a small bowl.

Slice tofu into eight ½" thick pieces. Sprinkle each side of tofu with seasoning and set aside.

Pour olive oil in pan on medium-low heat. Arrange tofu in pan and sear on one side for 2 minutes. Flip tofu pieces over and sear for another minute. Spoon barbecue sauce top. Turn heat off and flip tofu slices over again to spoon more sauce on top of each slice. Let the slices sit for a few seconds before removing from pan. The residual heat will finish cooking the tofu as well as encrust the sauce.

Serve 2 slices of tofu in a sandwich roll with a few slices of red onion, 2 lettuce leaves, cucumber slices, and avocado.

For coleslaw:

Mix yogurt, vinegar, honey, salt, black pepper, and cayenne together. Pour dressing over shredded carrots and cabbage. Stir to coat vegetables with dressing.

For BBQ sauce (best if made ahead):

In a small saucepan, bring all ingredients to a simmer for 5 minutes. Transfer to blender/food processor and puree until smooth. Store in an airtight container for up to a week.

INGREDIENTS

- ¼ teaspoon of cumin
- ¼ teaspoon of cayenne
- ¼ teaspoon of salt
- 1 package of firm tofu
- 1 Tablespoon of olive oil
- ½ cup of homemade BBQ sauce (below)
- 4 fresh bakery wheat sandwich rolls
- ¼ red onion, sliced
- 8 lettuce leaves, washed and dried
- 1 cucumber, peeled and sliced
- 1 avocado, sliced

For coleslaw:

- ½ cup of plain, Greek yogurt
- 1 Tablespoon of white wine vinegar
- ½ Tablespoon of honey
- ½ teaspoon of salt
- ¼ teaspoon of black pepper
- ¼ teaspoon of cayenne
- 2 medium carrots, shredded
- ¼ head of cabbage, shredded

For BBQ sauce:

- 1 tomato, chopped
- 6 dates, pitted
- ½ cup balsamic vinegar
- 1 Tablespoon honey
- ¼ teaspoon ground cumin
- ¼ teaspoon salt

ASPARAGUS TART w/ avocado salad

INSTRUCTIONS:

Preheat oven to 425° F.

In a 5-qt bowl, combine flour and salt. Mix in ice cold water, olive oil, honey, and milk to form dough. Press dough into a 9x13" baking dish, making sure to form a 1/2 inch crust on bottom of dish. Bake for 5 minutes.

Whip eggs and milk together. Add dried thyme and black pepper. Gently stir in cheese and asparagus.

Remove shell from oven, use a tablespoon to lightly press down any puffs. Lower heat to 350°F.

Pour asparagus filling into the shell and return the tart to the oven. Bake for 20-25 minutes or until the filling is firm.

For salad:

Combine lettuce and parsley. Toss with dressing. Top with avocado. Best serve chilled.

SUBSTITUTIONS:

- Any firm shredded cheese can be used in place of cheddar.
- Broccoli or zucchini work just as well as asparagus!

INGREDIENTS

For crust:

- 1 ¾ cups of flour
- ½ teaspoon of salt
- ½ cup of ice cold water
- ½ cup of olive oil
- 1 Tablespoon of honey
- 1 Tablespoon of milk

For filling:

- 4 eggs
- ½ cup of milk
- ½ teaspoon of dried thyme
- ½ teaspoon of black pepper
- 10 asparagus spears, cleaned and chopped into ½ inch pieces
- 1 ½ cups of sharp cheddar cheese, shredded

For salad

- ½ head of lettuce, chopped
- ¼ cup fresh parsley, finely chopped
- 1 avocado, pit removed and sliced
- ¼ cup of pantry dressing
(www.thefresh20.com/pantrydressings)

BRAISED TURNIPS parsley rice & green beans

INSTRUCTIONS:

In a medium pan, heat olive oil and sauté garlic for 1 minute. Add chopped turnips after 30 seconds. Sauté for 4-5 minutes, then add white wine, soy sauce, and honey. Cover pot with lid and reduce to simmer. Cook through for at least 25 minutes.

For parsley rice

Combine rice, fresh parsley, cayenne and salt. Mix well. Serve $\frac{3}{4}$ cup for each meal.

For green beans

On stovetop or in microwave with a little water, steam green beans for 3-4 minutes or until beans are cooked through, but not mushy. Sprinkle with salt and pepper.

SUBSTITUTIONS:

Parsnips work well!

INGREDIENTS

2 garlic cloves, minced
3 turnips, peeled and chopped
 $\frac{1}{2}$ cup of white wine
3 Tablespoons of light soy sauce
 $\frac{1}{2}$ Tablespoon of honey
1 Tablespoon of olive oil

For parsley rice

3 cups cooked brown rice, warmed
 $\frac{1}{4}$ cup fresh parsley, finely chopped
 $\frac{1}{4}$ teaspoon red chili powder (cayenne)
 $\frac{1}{4}$ teaspoon salt

For green beans

$\frac{1}{2}$ pound green beans, trimmed
 $\frac{1}{8}$ teaspoon of salt
 $\frac{1}{8}$ teaspoon of pepper

LENTIL STEW w/stuffed dates

The savory of the lentils combined with the sweetness of the dates, makes this a meal that is balanced in flavor and texture.

INSTRUCTIONS:

Sauté onions and garlic in olive oil for 2 minutes. Add carrots and tomatoes. Sauté for another minute before adding the lentils. Stir the mix to coat lentils with vegetables.

Add 3 cups of stock and 3 cups of water. Turn heat high to set the pot at a boil. Add dried thyme, black pepper, and salt to the stew.

Once the stew is at a boil, cover the pot with a lid and turn the heat down. Simmer the lentils for 30 minutes.

For Stuffed Dates:

Preheat oven to 350°F. Mix ½ cup of cheese with 1/3 cup of almonds. Stuff each date with cheese mixture, making sure that each date is fully filled. Line dates on baking sheet. Bake for 10-12 minutes.

INGREDIENTS

1 Tablespoon of olive oil
½ red onion, chopped
2 cloves of garlic, chopped
1 carrot, chopped
2 tomatoes, peeled and quartered
1 ½ cup of dried lentil beans, washed
3 cups of vegetable stock
3 cups of water
½ teaspoon of dried thyme
½ teaspoon of black pepper
½ teaspoon of salt

For stuffed dates:

12 Medjool dates, pitted
½ cup of cheddar cheese
1/8 cup of sliced almonds, roughly chopped

ROASTED BROCCOLI w/ brown rice and fridge salad

INSTRUCTIONS:

Preheat oven to 400°F.

Toss chopped broccoli with garlic, olive oil, and black pepper in bowl. Once broccoli is evenly coated, spread broccoli on a baking sheet and roast for 8-10 minutes or until broccoli florets develop a slight char.

Remove from oven and sprinkle salt and almonds on top.

Serve with 3/4 scoop rice and 1-2 cups fridge salad.

For fridge salad:

Toss any and all ingredients in a medium bowl with ¼ cup pantry dressing. No waste! Leave no vegetable behind!

NOTE: Try adding the rice to the salad and topping with roasted broccoli for a great one bowl meal!

INGREDIENTS

6 cups broccoli florets, chopped

1 clove garlic, minced

1 Tablespoon olive oil

¼ teaspoon black pepper

1/8 teaspoon salt

¼ cup of sliced almonds

3 cups prepared brown rice, warmed

End of week fridge salad possibilities:

lettuce, chopped

asparagus, chopped

green beans, chopped

dates, chopped

carrots, shredded

parsley, finely chopped

red onion, chopped

pantry dressing