

PREP AHEAD OF TIME:

Chopped Cauliflower

Wash 1 head of cauliflower and chop into ½ in pieces. Store in airtight container and refrigerate until use.

Olive Oil Mashed Potatoes

2 potatoes, peeled & quartered

½ Tablespoon olive oil

¼ teaspoon black pepper

¼ teaspoon thyme

1/8 teaspoon salt

Boil potatoes. Mash with olive oil, black pepper, thyme, and salt. Store mash in an airtight container for cauliflower Sheppard's pie.

MENU:

MONDAY

Cauliflower Shepherd's Pie
Fresh Fruit
w/ Yogurt Dressing

TUESDAY

Spinach Salad w/ Parmesan Crisps
Raspberry Vinaigrette

WEDNESDAY

Spinach Stuffed Cannelloni

THURSDAY

Chard Quesadillas
Fruit Salsa

FRIDAY

Cauliflower Soft Tacos
Avocado Salad



April 29th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	avocado	2		4
	basil	1 bunch	18 leaves	2
	cauliflower	1 head		2
	chard	2 bunches	10-12 leaves/stalks	2
	cilantro	1 bunch		2
	potatoes	2 medium		1
	red bell peppers	3		3
	spinach	6 cups	regualr or baby	4
	tomatoes	6		4
	kiwi	5		3
	raspberries	1 pint		5

Got it!	Dairy	Quantity	Notes	Est Cost
	mozzarella	2-1/2 cups	shredded	5
	parmesan cheese	1 cup	shredded	4
	Greek yogurt	1/2 cup		1
	milk	1 cup		1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	cannelloni tubes	1 box	16 tubes	3
	tomato paste	6 oz	Italian brand!	4
	whole wheat tortillas	4 medium		2

Fresh 20 Grocery Est 52
 Cost Per Dinner 10.4
 Cost Per Serving 2.6

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	vegetable stock	5-1/2 cups
	garlic	5 cloves	organic butter	2 Tablespoons
	onions	1 medium	eggs	1 large
	dried oregano		low sodium soy sauce	
	cumin	1 teaspoon	cannellini beans	14 oz can
	sea salt	2-1/2 teaspoons	flour	1 Tablespoon
	black pepper	1 teaspoon	white wine vinegar	4-1/2 teaspoon
	cayenne	1/4 teaspoon		
	dried thyme	1 teaspoon		
	honey	2 Tablespoons		

CAULIFLOWER SHEPHERD'S PIE

fresh fruit w/ yogurt dressing

INSTRUCTIONS:

Preheat oven to 350° F

Heat olive oil in a medium pan. Sauté onions until slightly brown. Add garlic and sauté for a half minute before adding cauliflower and chard. Cook through for 4-5 minutes. Transfer to bowl and set aside.

For gravy: In same pan, melt butter over medium-low heat and scrape pan for browned bits of vegetables. Add flour once butter is melted. Cook for 1 minute until flour smell is gone. Add milk. Bring to a simmer. Add 1 cup of vegetable stock. Stir vigorously. Remove from heat and add salt and pepper. Pour gravy over cauliflower-chard mixture and stir to coat.

Pour cauliflower-chard mixture in 8" or 9" baking dish. Spread mashed potatoes on top of the vegetables and bake dish at 350° F for 25 minutes.

For yogurt dressing

Mix yogurt with 1 tbsp of honey and 1/8 tsp of thyme. Serve on the side of fresh kiwi slices. Use any fresh fruit as a substitute.

INGREDIENTS

1 Tablespoon of olive oil
¼ yellow onion, chopped
2 cloves of garlic, minced
½ head of cauliflower, chopped
3 large pieces of chard, chopped
1/8 teaspoon of salt
1/8 teaspoon of black pepper
Olive oil mashed potatoes

For gravy:

1 Tablespoon of flour
2 Tablespoons of butter
1 cup of milk
1 cup of vegetable stock
1/8 teaspoon of salt
¼ teaspoon of black pepper

3 fresh kiwi, sliced

For yogurt dressing:

½ cup Greek yogurt, plain
1 Tablespoon honey
1/8 teaspoon dried thyme

SPINACH SALAD

Parmesan crisps & raspberry vinaigrette

INSTRUCTIONS:

Preheat oven to 375°F

Prepare salad of spinach with cannellini beans, red bell peppers, and tomato wedges.

Toss with dressing and serve with 2 parmesan crisps per person.

For raspberry vinaigrette

Whisk ingredients together until smooth and creamy. If desired, strain mashed raspberries thru fine colander and discard seeds.

For parmesan crisps (recipe adapted from Giada de Laurentiis)

Mix shredded parmesan with dried thyme. Spread 1 Tablespoon of cheese mix on a baking sheet.

Make sure there is about a half inch of space between each cheese mix. Bake at 375°F for 6 minutes. Makes 4 crisps.

INGREDIENTS

4 cups of spinach
1 can of cannellini beans, drained
2 bell peppers, sliced
2 tomatoes, cut into eighths

For raspberry vinaigrette:

½ cup of fresh raspberries, mashed
2 tsp of white wine vinegar
1 tsp of honey
2 ½ tsp of olive oil
1/8 tsp of salt
1/8 tsp of black pepper

For parmesan crisps:

½ cup of shredded parmesan (not grated)
½ tsp of dried thyme

INSTRUCTIONS:

Make tomato sauce ahead of time:

Heat olive oil in a medium pan. Sauté onions and garlic for 2-3 minutes. Add tomatoes and paste to coat onion mix. Pour vegetable stock in along with basil leaves, and salt. Stir to mix. Cover pot with lid and reduce to simmer for 15 minutes. Makes 4 cups. Reserve 1 cup for another recipe.

Dinner time:

Puree spinach, basil, mozzarella, parmesan, egg, garlic, and salt. Stuff each cannelloni with 2 Tablespoons spinach/ricotta mix.

Pour ½ cup of sauce on baking dish and line cannelloni on dish. Coat them with sauce on top. Sprinkle 1 tbsp of parmesan on top.

Bake at 350°F for 25 minutes.

Serve with fridge salad of extra ingredients.

INGREDIENTS

For tomato sauce:

1 tbsp of olive oil
½ onion chopped
2 garlic cloves
4 tomatoes, peeled and chopped
4 cups of vegetable stock
6-8 basil leaves
6 oz of tomato paste
½ tsp of salt

*Reserve ½ cup of tomato sauce for quesadillas on the next day.

2 cups of spinach
12 leaves basil
1 ½ cups of mozzarella cheese
¼ cup + 1 tbsp of parmesan
1 egg
1 clove of garlic
½ tsp of salt
16 uncooked cannelloni

CHARD QUESADILLAS fruit salsa

INSTRUCTIONS:

Make fruit *up to 2 days* ahead:

Mix olive oil, vinegar, honey, cumin, salt, and pepper in a small bowl.

Pour dressing over sliced fruit and cilantro.

Dinner time:

Sauté chard and onions with olive oil and salt for 3 minutes. Set aside mixture.

With another pan, sear one side of a tortilla for less than half a minute and flip it over. Spread a tbsp of tomato sauce from the previous night on one half of the tortilla. Add chard mix and ½ cup of cheese on top. Fold tortilla in half and heat through without burning tortilla. It will take less than 5 minutes.

INGREDIENTS

1 bunch of chard, chopped

¼ onion chopped

¼ tsp of salt

½ tbsp of olive oil

4 wheat tortillas

¼ cup of tomato sauce from night before

A shredded cheese mix of ¼ cup of shredded parmesan + ¼ cup of shredded mozzarella

For fruit salsa

2 fresh kiwi, chopped

¼ cup of cilantro, chopped

½ tbsp of olive oil

2 tsp of white wine vinegar

½ tbsp of honey

1/8 tsp of cumin

1/8 tsp of salt

1/8 tsp of pepper

INSTRUCTIONS:

Sauté red bell pepper with 1 tbsp of olive oil on pan over medium heat. Add cauliflower florets after a minute.

Add vegetable broth to the pan and stir. Add cayenne, cumin, pepper and salt. Sauté for another 3-4 minutes, or until vegetable are soft.

Serve on a tortilla with a sprinkling of mozzarella on top and avocado salad on the side.

For avocado salad

Mix all the ingredients except avocados and cilantro together. When ready to serve, toss avocado slices with dressing and serve with tacos.

INGREDIENTS

1 Tablespoon of olive oil
1 red bell pepper, sliced
½ head of cauliflower, chopped
½ cup of vegetable broth
¼ teaspoon of cayenne
¼ teaspoon of cumin
¼ teaspoon of black pepper
1/8 teaspoon of salt

4-6 corn tortillas
¼ cup of mozzarella

For avocado salad:

½ Tablespoon of olive oil
½ teaspoon of white wine vinegar
1/8 teaspoon of salt
1/8 teaspoon of cumin
¼ teaspoon of black pepper
2 avocados, pitted and sliced
½ cup of cilantro