

PREP AHEAD OF TIME

Polenta (for Polenta Cakes)

1 ½ cups vegetable stock

1 cup water

¼ teaspoon salt

1 cup coarse cornmeal

Combine vegetable stock and water in a saucepan and bring to a boil. Stir in salt and cornmeal until well incorporated. Turn heat low to simmer the polenta. Continue to stir until the mixture has thickened, which will take about 12-15 minutes. Pour the mixture evenly into a square or rectangular dish. Once cool, cover the dish with a lid or wrap the dish tightly with plastic wrap. Store in refrigerator for later use.

Couscous

2 ½ cups vegetable stock

¼ teaspoon salt

1 ½ cups couscous

½ Tablespoon olive oil

Add salt to vegetable stock and bring to a boil. Stir in couscous and cover pot with lid. Remove from heat and allow the couscous to cook through. After 5-6 minutes, remove lid and stir in olive oil. Fluff with a fork. Once cool, store in an airtight container and refrigerate for later use.

MENU:

MONDAY ①

Pan Seared Polenta Cakes
Braised Leeks
Steamed Broccoli Rabe

TUESDAY ②

Stuffed Tomatoes
Arugula Salad
Fresh Kiwi

WEDNESDAY ③

Rhubarb Couscous
Radicchio Wraps

THURSDAY ④

Potato Leek Soup
Fresh Kiwi Yogurt Parfait

FRIDAY ⑤

Tomato Fricassee
Polenta
Radicchio Salad



Vegetarian September 23rd

Shopping List

This Week's Menu: 1-Polenta Cakes, 2-Stuffed Tomatoes, 3-Rhubarb Couscous, 4-Potato Leek Soup, 5-Tomato Fricassee

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	leeks	6 medium		6
1, 3	broccoli rabe	6 cups		6
2, 5	tomatoes	9 medium		5
2, 3	rhubarb	3 stalks		3
2	parsley	1 Tablespoon		0.5
2	arugula	4 cups		2.5
2, 4	kiwi	8		6
3, 5	radicchio	1 head		2
4	gold potatoes	4 medium		3

Recipe #	Dairy	Quantity	Notes	Est Cost
4	plain Greek yogurt	3 cups		4
4, 5	whole milk	1 3/4 cups	about a pint	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 5	cornmeal	2 cups	check bulk bin	3
3	couscous	1 1/2 cups	check bulk bin	2
3	golden raisins	1/4 cup	check bulk bin	2
3, 5	pine nuts	1/4 cup + 2 Tablesp	check bulk bin	9

Fresh 20 Grocery Est 56
 Cost Per Dinner 11.2
 Cost Per Serving 2.8

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	9 Tablespoons	raw honey	1 1/2 Tablespoons
	grape seed oil	2 1/2 Tablespoons		
	balsamic vinegar	2 teaspoons	garlic	2 cloves
	white wine vinegar	1 1/4 teaspoons	onions	1 1/2 yellow onions
	sea salt	4 teaspoons	vegetable stock	10 1/2 cups
	black pepper	1 3/4 teaspoons	dijon mustard	1/2 teaspoon
			low-sodium soy sauce	1 teaspoon
	ground cumin	1/8 teaspoon		
			cannellini beans	1 15-ounce can

INSTRUCTIONS

Make Ahead

- Polenta for Pan Seared Polenta Cakes

For pan seared polenta cakes

Slice polenta into squares, about 1 ½ by 1 ½ inches or according to your serving size preference. Heat grape seed oil in a skillet over medium heat. Sear each square on both sides for 1-2 minutes, or until brown. Top with braised leeks.

For braised leeks

Heat grape seed oil in a saucepan over medium heat. Sauté leeks until browned and softened, about 5 minutes. Stir in soy sauce, black pepper, and cumin and continue sautéing until leeks are coated. Pour in vegetable stock and bring to a boil. Lower heat and simmer leeks until half of the liquid is reduced.

For steamed broccoli rabe

Bring water in a steam pot to a boil. Steam broccoli rabe for less than 2 minutes, or until bright green. Toss with salt.

INGREDIENTS

For pan seared polenta cakes

Prepared polenta

1 ½ Tablespoons grape seed oil

For braised leeks

1 Tablespoon grape seed oil

3 medium leeks, cleaned with white and light green sections chopped crosswise

1 teaspoon light soy sauce

¼ teaspoon black pepper

1/8 teaspoon ground cumin

½ cup vegetable stock

For steamed broccoli rabe

2 cups water

3 cups broccoli rabe, chopped into 1-inch pieces

¼ teaspoon salt

INSTRUCTIONS

For stuffed tomatoes

Preheat oven to 375°F. Using one tablespoon of olive oil, brush the outside of each tomato half. Line them on a baking sheet and roast for 2-3 minutes, just until the tomatoes are slightly heated through.

Heat the remaining tablespoon of olive oil in a pan over medium heat. Sauté onions for 2 minutes. Add garlic and rhubarb. Sauté for 2-3 minutes, then add reserved tomato flesh and cannellini beans. Sauté for another 2 minutes. Season with salt and pepper. Turn the heat off and stir in parsley leaves.

Scoop the mixture into each tomato half and serve with arugula salad as well as kiwi halves on the side.

For arugula salad

Whisk together olive oil, vinegar, mustard, salt, and black pepper until well blended. Dress arugula with vinaigrette.

INGREDIENTS

For stuffed tomatoes

3 medium tomatoes, sliced in half crosswise with insides carefully scooped out, leaving a hollow tomato half (be sure to reserve the tomato flesh)

2 Tablespoons olive oil

½ yellow onion, diced

1 clove garlic, minced

1 stalk rhubarb, chopped

1 15-ounce can cannellini beans, rinsed and drained

½ teaspoon salt

¼ teaspoon black pepper

1 Tablespoon fresh parsley leaves, chopped

For arugula salad

2 Tablespoons olive oil

2 teaspoons balsamic vinegar

½ teaspoon Dijon mustard

¼ teaspoon salt

1/8 teaspoon black pepper

4 cups arugula

4 kiwis, sliced in half

The toasted pine nuts add a great texture to the salad. You can toast the pine nuts by spreading them on a tray for a few minutes in a toaster or conventional oven. You can even toast them in a pan.

INSTRUCTIONS

Make Ahead

- Couscous

For rhubarb couscous salad

Heat olive oil in a pan over medium-high heat. Sauté onions until lightly browned, around 2 minutes. Add rhubarb and broccoli to the pan. Sauté for 3-4 minutes. Season with salt and pepper.

Toss sautéed vegetables with golden raisins, pine nuts, olive oil, and couscous.

Scoop rhubarb couscous into individual radicchio leaves. Another option is to serve rhubarb couscous with the platter of radicchio leaves on the side and allow everyone to make their own wraps.

INGREDIENTS

For rhubarb couscous

1 ¼ Tablespoons olive oil

½ yellow onion, diced

2 stalks rhubarb, chopped crosswise

2 cups broccoli rabe, chopped crosswise

½ teaspoon salt

¼ teaspoon black pepper

¼ cup golden raisins

¼ cup pine nuts, lightly toasted

½ Tablespoon olive oil

Couscous, already prepared

½ head radicchio, washed and peeled apart

INSTRUCTIONS

For fresh kiwi yogurt cups

Whisk honey and yogurt in a medium bowl until well incorporated. Spoon a quarter cup of yogurt each into four small serving bowls or cups. Top with a few slices of kiwi. Top the kiwi with another quarter cup of yogurt and then kiwi. Repeat again for a final time, using the remaining yogurt and kiwi. Chill until ready to serve.

For potato leek soup

Heat olive oil in a large saucepan or medium pot over medium-high heat. Sauté chopped leeks for 5-6 minutes. Season with salt and black pepper. Add diced potatoes and sauté for 2-3 minutes. Pour in vegetable stock and water. Reduce the heat to low, then stir and cover the pot with lid. Simmer the soup for 10-12 minutes. Pour in milk and simmer with lid removed for 2 minutes.

INGREDIENTS

For fresh kiwi yogurt parfait

3 cups plain Greek yogurt
1 ½ Tablespoons honey
4 kiwi, peeled and thinly sliced

For potato leek soup

1 ½ Tablespoons olive oil
3 medium leeks, white sections chopped crosswise
½ teaspoon salt
¼ teaspoon black pepper
4 medium gold potatoes, peeled and diced
4 cups vegetable stock
1 cup water
½ cup whole milk (optional; use 1 Tablespoons olive oil to substitute)

INSTRUCTIONS

For tomato fricassee

Heat olive oil in a medium saucepan over medium heat. Sauté onions for 2 minutes. Add garlic and tomatoes. Sauté for 4-5 minutes. Season with salt and pepper.

Stir in milk while bring sauce to a boil. Once boiling, reduce heat to low and simmer until liquids are reduced by half.

Spoon tomato fricassee over polenta.

For polenta

Combine milk and vegetable stock in a saucepan and bring to a boil. Stir in salt and cornmeal until well incorporated. Turn heat low to simmer the polenta. Continue to stir until the mixture has thickened, about 10-12 minutes. Stir in oil towards the end to round out the polenta.

For radicchio salad

Whisk olive oil, vinegar, honey, salt, and pepper in a small bowl until well incorporated. Toss radicchio with vinaigrette and pine nuts.

INGREDIENTS

For tomato fricassee

- 1 Tablespoon olive oil
- ½ yellow onion, diced
- 1 clove garlic, minced
- 6 medium tomatoes, peeled and cut into wedges
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup whole milk (substitute with vegetable stock if desired)

For polenta

- ½ cup whole milk (substitute with vegetable stock if desired)
- 2 cups vegetable stock
- ¼ teaspoon salt
- 1 cup coarse cornmeal
- ½ Tablespoon olive oil

For radicchio salad

- 1 Tablespoon olive oil
- 1 ¼ teaspoons white wine vinegar
- ¾ teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ head radicchio, shredded
- 2 Tablespoons pine nuts