

PREP AHEAD OF TIME

Bread Crumbs

4 whole wheat hamburger buns

1. Preheat oven to 375°F.
2. Place buns on baking sheet. Toast until crispy.
3. Crumble in blender until mealy in texture. Store in an airtight container for later use.

Brown Rice

1 Tablespoon grapeseed oil

¼ medium yellow onion, finely chopped

1 ½ cups brown rice

3 cups water

1. Heat grapeseed oil over medium-low heat in a medium stockpot.
2. Sauté onions for 2-3 minutes.
3. Brown the rice, stirring frequently, for 3-4 minutes.
4. Add water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes.
5. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

MENU:

MONDAY ①

Caprese Sandwich
Red Bell Pepper Caponata

TUESDAY ②

Linguine with White Sauce
Simple Salad

WEDNESDAY ③

Veggie Taco Bar
Garbanzo Beans

THURSDAY ④

Greek Salad
Tangerines

FRIDAY ⑤

Oven-Baked Falafel
Roasted Carrots
Garden Salad



March 9th

Vegetarian Shopping List

This Week: 1-Caprese Sandwiches; 2-Linguine w/ White Sauce; 3-Veggie Taco Bar; 4-Greek Salad; 5-Oven Baked Falafel

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3, 4, 5	onions	3	yellow (1 1/4); red (1)	2
4, 5	lemon	2		1
2, 3, 4	romaine lettuce	2 heads		3
1, 2, 4	grape tomatoes	2 pints	to yield 4 cups	6
4, 5	cucumbers	3		3
2, 5	carrots	7 medium		2
2, 3	parsley	1 bunch	to yield 3 Tablespoons	2
1, 3	bell peppers	5	2 red; 3 of any color	5
3	white button mushrooms	8 ounces		3
3	avocado	1		1
1	basil	12-16 leaves		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3, 4	crumbled feta cheese	8 ounces		4
3	nonfat plain Greek Yogurt	1/2 cup		1
1	mozzarella	10 ounces		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 5	whole wheat hamburger buns	8		4
4	kalamata olives	1/2 cup	check the deli	2
3, 5	garbanzo beans	4 15-oz. cans		6
5	organic eggs	2		1
1	walnuts	3 Tablespoons		2
2	dry white wine	1/4 cup		3
3	organic corn taco shells	8		3

Fresh 20 Grocery Est 54
 Cost Per Dinner 10.8
 Cost Per Serving 2.7

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoons	dried oregano	2 1/2 teaspoons
	grapeseed oil	1 Tablespoon	herbes de provence	1 teaspoon
	balsamic vinegar	1/4 cup	ground cumin	1 1/2 teaspoons
	white wine vinegar		raw honey	1 1/2 Tablespoons
	vegetable broth	1 cup	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	1 1/8 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta LINGUINE	12 ounces
	cayenne pepper	3/4 teaspoon	long grain brown rice	1 1/2 cups
pantry dressing	1/2 cup	whole wheat flour	5 teaspoons	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

CAPRESE SANDWICH

red bell pepper caponata

DIRECTIONS

For caprese sandwich

1. Preheat oven to 350°F. Brush the inside of each bun with olive oil. Toast for 1-2 minutes.
2. Arrange a layer of mozzarella cheese on one side top with tomato slices and fresh basil. Top with the other slice of bread.
3. Return to oven and toast until mozzarella melts. Remove from oven and slice in half.

For red bell pepper caponata

1. Heat olive oil in a medium saucepan over medium heat.
2. Sauté onions until softened, about 2 minutes. Add walnuts; sauté for one minute.
3. Add red bell peppers, oregano, and Herbes de Provence. Sauté until everything is cooked down.
4. Pour in balsamic vinegar and water. Stir in raw honey. Season with salt and pepper.
5. Bring mixture to boil, stirring continuously.
6. Once at a boil, reduce heat to low and cover the saucepan with lid, leaving a slight space to vent. Simmer for 10-12 minutes.

INGREDIENTS

For caprese sandwich

4 whole wheat hamburger buns
Olive oil, for brushing buns
10 ounces mozzarella cheese, sliced
2 cups cherry tomatoes, sliced in half
12-16 fresh basil leaves

For red bell pepper caponata

1 ½ Tablespoons olive oil
½ medium onion, chopped
3 Tablespoons chopped walnuts
2 red bell peppers, chopped
½ teaspoon dried oregano
1 teaspoon Herbes de Provence
3 Tablespoons balsamic vinegar
3 Tablespoons water
1 ½ Tablespoons raw honey
¼ teaspoon kosher salt
¼ teaspoon black pepper

DIRECTIONS

For linguine with white wine sauce

1. Cook linguine 1-2 minutes shy of time listed on package instructions. Drain, saving $\frac{1}{2}$ cup pasta water, and set aside.
2. Heat olive oil in a medium saucepan in medium-low heat.
3. Sauté garlic until fragrant. Stir in flour until just well incorporated.
4. Slowly stir in vegetable broth until well incorporated.
5. Stir in cherry tomatoes and parsley.
6. Slowly stir in white wine; reduce temperature to low and allow to simmer for 3-4 minutes.
7. Season with salt, black pepper, and cayenne pepper.
8. Toss pasta with sauce. Add a little pasta water if needed to thin out the sauce.

For simple salad

1. Toss lettuce and carrots with dressing. Serve with linguine.

INGREDIENTS

For linguine with white wine sauce

- 12 ounces whole wheat linguine
- 1 $\frac{1}{2}$ Tablespoons olive oil
- 1 clove garlic, minced
- 2 teaspoons flour
- 1 cup low sodium vegetable broth, heated
- $\frac{1}{2}$ cup cherry tomatoes, chopped
- 2 Tablespoons fresh parsley, chopped
- $\frac{1}{4}$ cup dry white wine, room temperature
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon cayenne pepper (amount can be reduced according to preference)

For simple salad

- 1 head romaine lettuce, chopped
 - 1 medium carrot, shredded or chopped depending on preference
 - $\frac{1}{2}$ cup pantry dressing
- (www.thefresh20.com/pantrydressings)

VEGGIE TACO BAR

garbanzo beans

There are many ways to build a great taco. Have fun with it! Kids love this meal.

DIRECTIONS

For garbanzo beans

1. Pour can of garbanzo beans with its liquid into a microwave safe bowl. Add parsley to beans. Season with cumin. Heat in microwave on high for 2-3 minutes.

For veggie taco bar

1. In a skillet over high heat, sear bell pepper slices for 2 minutes.
2. Add black pepper, oregano, and cayenne pepper.
3. Cover with water and simmer for 5 minutes.
4. Add onion, garlic, and mushrooms; simmer an additional 5 minutes.
5. Place all ingredients in small bowls or on one large platter.
6. Layer beans, cooked veggies, lettuce, cheese, tomato, avocado and yogurt in taco shell. Serve 2 tacos with $\frac{1}{2}$ cup beans.

Note: With feta cheese as topping, a little goes a long way because of its sodium content.

INGREDIENTS

For garbanzo beans

- 1 14-ounce can garbanzo beans
- 1 Tablespoon fresh parsley, chopped
- $\frac{1}{2}$ teaspoon cumin

For veggie taco bar

- 3 bell peppers (any color), sliced
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ onion, chopped
- 1 clove garlic
- 1 cup white button mushrooms, chopped
- 2 cups cherry tomatoes, chopped
- 1 avocado, pit removed & sliced
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 4 ounces crumbled feta cheese
- 2 cups romaine lettuce, chopped
- 8 organic corn taco shells

DIRECTIONS

Made Ahead

- Brown Rice

For dressing

1. Combine lemon juice, oregano, and garlic in a small bowl.
2. Allow to sit for 5-6 minutes. Stir in salt and pepper.
3. Whisk in olive oil until well incorporated.

For Greek Salad

1. Toss lettuce and onions in dressing. Top with brown rice, cherry tomatoes, olives, cucumbers, and feta cheese.

INGREDIENTS

For dressing

- 2 Tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 clove garlic, finely minced
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 3 Tablespoons olive oil

For Greek salad

- 1 head romaine lettuce, chopped crosswise
- ½ red onion, sliced crosswise
- 3 cups cooked brown rice, already made
- 1 ½ cups cherry tomatoes, sliced in half
- ½ cup pitted kalamata olives, roughly chopped
- 1 cucumber, peeled and chopped
- 4 ounces crumbled feta cheese

DIRECTIONS

Made Ahead

- Bread Crumbs

For oven-baked falafel and roasted carrots

1. Preheat oven to 400°F.
2. In a blender or food processor, purée beans, onions, lemon juice, flour, garlic, cumin, salt, cayenne pepper, black pepper, bread crumbs, egg, and olive oil.
3. Mold mixture into 8-9 falafels (small, round patties).
4. Toss carrot pieces in olive oil and oregano.
5. Lightly oil baking sheet.
6. Arrange falafel and carrots on sheet and bake for 25-30 minutes, turning once.

For garden salad

1. Whisk olive oil, balsamic vinegar, salt, and black pepper in a small bowl.
2. Assemble salad in a large bowl and dress salad once falafels are ready to serve. Reserve extra dressing on the side to drizzle on top of falafel.

INGREDIENTS

For oven-baked falafel

- 2 cans garbanzo beans, drained
- ½ onion, chopped
- 2 teaspoons lemon juice (½ lemon)
- 3 teaspoons white whole wheat flour
- 2 cloves garlic
- 1 teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- Bread crumbs, already made
- 2 organic eggs
- 2 Tablespoons olive oil + a little for the baking sheet

For roasted carrots

- 6 medium carrots, peeled & cut into 1-inch pieces
- 1 Tablespoon olive oil
- 1 teaspoon dried oregano

For garden salad

- 3 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 2 cups cherry tomatoes, cut in half
- 2 cucumbers, sliced