

## PREP AHEAD OF TIME

### **BROWN RICE**

- 1 Tablespoon Butter
- 1 Tablespoon Olive Oil
- 3 cups Brown Rice (long grain)
- 3 cups Water
- 3 cups Chicken Stock (or water)
- 1 teaspoon salt

In medium stockpot (whichever one you have the lid for) melt butter and add oil and rice. Sauté rice for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid! Yields 6 cups for 2 dinners.

## MENU:

### **MONDAY**

- Herb Grilled Cheese
- Vegetable Crudités

### **TUESDAY**

- Red Pepper Halibut
- Steamed Broccoli
- Bell Pepper Rice

### **WEDNESDAY**

- Carne Asada
- Salsa and Rice

### **THURSDAY**

- Mediterranean Orzo Salad

### **FRIDAY**

- Steak Nachos



May 20th

# Shopping List

This Week's Menu: Herb Grilled Cheese, Pepper Halibut, Carne Asada, Orzo Salad, Steak Nachos

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	beef flank or skirt steak	2 to 2-1/2		20
	halibut or haddock	1-1/2 pounds		18

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	thyme	1 bunch		2
	fresh parsley	1 bunch	to yield 3/4 cup chopped	1.5
	tomato	4 medium		4
	broccoli	2 pounds	about 3 large floret stems	2
	bell pepper	1		1
	carrots	4		2
	cucumber	1		1
	limes	3		1
	avocado	2		2
	basil	1 bunch	12 large leaves	2
	lettuce	1 head		2

Got it!	Dairy	Quantity	Notes	Est Cost
	white cheddar cheese	1 pound	8oz used shredded + 8oz chunk	7
	Greek yogurt	1 cup	plain, nonfat	1.5
	feta	1/2 cup	2 oz.	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	corn tortillas	8		2
	orzo pasta	1 pound		2
	cashew, pecan or macadamia nuts	1 cup	choose 1 type of nut for fish dish	4
	fresh whole wheat bread			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	1/2 cup	chicken stock (or vegetable)	3 cups for rice
	garlic	5 cloves	organic butter	1 Tablespoon
	onions	1/2 red	eggs	1
	dried oregano	1 teaspoon	brown rice	3 cups dry
	cumin	1 teaspoon	black beans	2 - 14oz cans
	sea salt	5 teaspoons	balsamic vinegar	1 Tablespoon
	black pepper	3 teaspoons		
	cayenne	1 teaspoon		
	brown sugar	2 teaspoon		

*The old standby dinner gets a facelift when you add fresh herbs.*

## **DIRECTIONS:**

In a food processor or blender, puree the cheese with fresh thyme, oregano, salt and pepper, until thick and smooth like a spread.

For each sandwich:

Brush 2 slices of bread with olive oil on one side only. Spread the cheese blend over the dry side of the bread. Add a layer of tomato slices. Top with 2<sup>nd</sup> slice of bread, dry side in the middle.

Preheat a grill pan or a large skillet to medium heat. Place the sandwiches down and grill for 3-5 minutes on each side. You want the sandwiches to be golden on the outside.

Cut each sandwich into quarters.

Serve with vegetable crudité and pantry dressing as dip.



## **INGREDIENTS:**

For cheese spread:

8 oz white cheddar cheese (organic)

1 teaspoon fresh thyme, leaves only

1 teaspoon dried oregano

¼ teaspoon salt

½ teaspoon black pepper

For sandwiches:

2 Tablespoons olive oil

8 slices whole wheat bakery bread

1 medium tomato, thinly sliced

For crudités:

4 medium carrots, peeled and cut into sticks

½ cucumber, sliced

1 broccoli floret stem, chopped

¼ pantry dressing for dipping  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

*This recipe comes from our gluten free expert, Karen Fine. Sometimes, the best dinners are just a few spices away.*

**DIRECTIONS:**

Preheat oven to 350 deg F.  
Combine cayenne, salt and black pepper together in a small bowl.  
Rub seasonings generously on all sides of the fish.  
Whisk together egg and dip coat the fish in the egg batter.  
Spread the crushed nuts on a plate and generously coat all sides of the fish. Press the nuts into the fish so they stay put for a sear.

Heat the olive oil over medium-high heat in a 12" skillet on the stove.  
Place fish in skillet and sear on each side for 3-4 minutes until golden.  
Transfer to baking dish and bake for 15-20 minutes (depending on the thickness of the fish).  
Loosely cover top of fish with aluminum foil so the nuts don't burn.  
The fish is done when juices become clear and fish is flakey. (Don't overcook or it will fall apart!)

Steam broccoli on stove top for 3-4 minutes.

Combine rice and chopped bell pepper. Place in microwave safe bowl and reheat to warm (about 3 minutes).



**INGREDIENTS:**

- 1 teaspoon red pepper (cayenne)
- 1 teaspoon salt
- 2 teaspoons black pepper
- 1-1/2 pounds fresh halibut (or haddock)
- 1 whole egg (organic)
- 1 cup nuts (pecan, cashew or macadamia)
- 4 Tablespoons olive oil
- 2 heads broccoli florets, chopped and steamed
- 3 cups brown rice, prepared
- 1 bell pepper, finely chopped

## DIRECTIONS:

Flatten out your steak(s) and slice in half lengthwise (with a very sharp knife) to yield two thin pieces.

For marinade:

Combine olive oil, garlic, lime juice and brown sugar in a small bowl.

Pat the steaks evenly on one side with the salt, pepper and cumin. Set in a large glass bowl or container. Cover with parsley. Pour olive oil blend over the steaks. Seal and let marinate in the refrigerator for up to 24 hours.

Preheat your grill or grill pan over high heat. Brush with a little oil to prevent the meat from sticking. Remove the steak from the marinade. Remove any parsley bits so they do not burn.

Arrange steak on hot grill pan and cook for 4 minutes each side. Cooking times are for ½" thick cuts of meat.

Remove from grill pan and allow to rest covered in foil for a few minutes. Store half of steak in an airtight container for another meal. To serve: thinly slice the remaining steak across the grain on a diagonal into several pieces.

*For salsa:*

Remove core from tomatoes. Chop into 1"x 1/2" pieces (roughly). Place in medium container (with lid). Mix in onions, olive oil and salt. Squeeze in lime juice. Combine all ingredients until well mixed. Cover and refrigerate for up to two days. Salsa is best when made ahead!

\*\*save ½ cup of salsa for later in the week

To serve: Place a ¼ cup scoop of rice on plate and top with ¼ cup salsa. Arrange strips of steak on plate with avocado on the side.

## INGREDIENTS:

2 to 2-1/2 pounds flank or skirt steak (one pound will be used for another meal)

Marinade:

¼ cup olive oil

4 garlic cloves, minced

1-1/2 limes, juiced

1 teaspoon natural brown sugar

1 teaspoon sea salt

½ teaspoon black pepper

1 teaspoon ground cumin

½ cup fresh parsley leaves and stems, roughly chopped

Oil for pan

*For salsa:*

2 medium tomatoes

¼ medium red onion, finely chopped

½ teaspoon salt

½ teaspoon olive oil

½ lime

3 cups brown rice, cooked (see prep)

1 avocado, peeled, pit removed and cut into 8 wedges

## INSTRUCTIONS:

Cook orzo according to package directions. Drain thoroughly.

Whisk together dressing ingredients until creamy.

In a large bowl, mix beans, cucumbers, tomatoes, feta cheese, basil with orzo. Set aside.

Pour dressing in the bowl of orzo. Mix well.

Serve 1-2 cup scoops of orzo salad on top of whole lettuce leaves.

Wrap it and enjoy.

## INGREDIENTS

### *For orzo salad*

1 pound dry orzo

### *For dressing*

1 teaspoon brown sugar

2 ½ Tablespoons olive oil

1 Tablespoon balsamic vinegar

1 lime, juiced

1 clove garlic, minced

¾ teaspoon salt

½ teaspoon black pepper

### For salad:

1-14oz can black beans, rinsed and drained

½ cucumber, seeded and chopped

1 tomato, chopped

½ cup feta cheese, crumbled

10-12 basil leaves, cut into strips

1 - head green leaf lettuce, whole leaves, washed

*Nachos make great use of fridge leftovers. Make a huge platter and bring on the dinner time fun!*

## **DIRECTIONS:**

For chips:

Preheat oven to 350.

Stack tortillas and cut each into 6 wedges, yielding 48 pieces. Spread out onto lightly greased baking sheet. Brush with olive oil. Sprinkle with salt. Bake for 5 minutes each side. Check frequently, careful not to burn.

Remove from oven. Toss into a pile on same baking sheet. Sprinkle heavily with cheese. Top with steak and onion slices. Place back into oven for 5 minutes or until cheese is melted.

Remove from oven and top nachos with salsa and avocado slices. Finish with parsley.

Serve with a side of plain Greek yogurt (our version of sour cream).

## **INGREDIENTS:**

8 corn tortillas (for chips)

2 Tablespoons olive oil

1 teaspoon salt

2 cups white cheddar cheese, shredded

1 pound cooked steak, cut into bite sized cubes or shredded

¼ red onion, thinly sliced

½ cup prepared salsa from carne asada dinner

1 cup plain Greek yogurt

1 avocado, pitted and sliced

¼ cup flat leaf parsley, chopped

More optional toppings:

Black beans

Bell pepper

Left over fish

Broccoli