



MAY 27TH

PREP AHEAD OF TIME

MARINATE RIBS

½ cup reduced sodium soy sauce
2 Tablespoons brown sugar
2 Tablespoon sesame oil
4 stalks green onion, roughly chopped
3 cloves garlic, minced or pressed
1 Tablespoon olive oil
2 Tablespoons rice vinegar
1-1/2 pounds beef short ribs cross cut into 1" thick slabs Korean style

Combine all marinade ingredients in a large non-aluminum (reactive) container. Add ribs marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.

Suggestions for make ahead:

Roast Potatoes
Roast Broccoli

MENU:

MONDAY

Korean Style Short Ribs
Roasted Kale & Potatoes

TUESDAY

Baked Fish w/ Peppers
Parmesan Squash

WEDNESDAY

Lemon Garlic Chicken
Roasted Broccoli
Leftover Potatoes

THURSDAY

Chicken Linguine

FRIDAY

Kitchen Sink Salad



May 27th

Shopping List

Member Favorites: Mushroom Risotto, Short Ribs, Lemon Garlic Chicken, Spinach Salad, Chicken Linguine

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	red snapper or any fresh fillets	1-1/2 pound	4 fillets	15
	beef short ribs	1-1/2 pounds	cross cut 1" thick Korean style	14
	chicken thighs	2 pounds	boneless, skinless (ask butcher)	10

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	kale	1-2 bunches	(about 12 large stalks)	4
	red potatoes	3 pounds	gold or new variety okay	3
	bell peppers	1 red, 1 green		2
	yellow squash or zucchini	2 medium		2
	broccoli	1/2 pound	florets	2
	cherry tomatoes	1 pint		3
	green leaf lettuce	1 large head		2
	lemon	2 medium		1
	green onion	4		1
	fresh parsley	1 bunch		1
	fresh thyme	1 bunch		2

Got it!	Dairy	Quantity	Notes	Est Cost
	Parmesan	1 cup	grated	5

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	sesame oil	2 Tablespoons	smallest bottle. Will use again	3
	rice wine vinegar	2 Tablespoons	great for salad dressings!	3

Fresh 20 Grocery Est	73
Cost Per Dinner	14.6
Cost Per Serving	3.65

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	extra virgin olive oil	1 cup	chicken stock (or vegetable)	3 cups
	garlic	9 cloves	organic butter	4 Tablespoons
	onions	1/2 medium	eggs	
	dried oregano		tomato paste	
	cumin		Dijon mustard	
	sea salt	3-1/2 teaspoons	balsamic vinegar	
	black pepper	2 teaspoons	soy sauce	1/4 cup
	red chili powder		whole wheat pasta (linguine)	1 pound
	brown sugar	2 Tablespoons	flour	

DIRECTIONS:*Roasted Potatoes:*

Toss potatoes in olive oil and salt. Arrange on baking sheet and bake in oven for 20-25 minutes until potatoes start to turn golden and they are crisp on the outside, soft in the center. The trick is to not stir them around while baking. Reserve $\frac{1}{2}$ potatoes for another dinner.

For Ribs:

Combine all marinade ingredients in a large non-aluminum (reactive) container.

Add ribs marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.

Reserving marinade, arrange ribs in large sauté pan (with lid) over medium-high heat and sear ribs for 4 minutes each side.

Pour remaining marinade and stock into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.

Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on platter or serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve along side.

For Kale:

Preheat oven to 400 degrees.

Line a large baking sheet with parchment paper. If you do not have parchment on hand, generously oil the bottom of the baking sheet.

Arrange Kale on same baking sheet making sure to not overlap leaves too much. Brush with olive oil and sprinkle with salt. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

SUBSTITUTIONS: Use dark meat chicken instead of ribs.

INGREDIENTS:**Marinade**

$\frac{1}{4}$ cup reduced sodium soy sauce
2 Tablespoons brown sugar
2 Tablespoon sesame oil
4 stalks green onion, roughly chopped
3 cloves garlic, minced or pressed
1 Tablespoon olive oil
2 Tablespoons rice vinegar

For Potatoes:

3 pounds fingerling potatoes, washed, scrubbed and each cut into fourths

2 Tablespoons olive oil

$\frac{1}{2}$ teaspoon salt

For Ribs:

1-1/2 pounds beef short ribs cross cut into 1" thick slabs Korean style

6 oz chicken or vegetable stock

For Kale:

1-2 large bunches of Kale greens, washed & middle stems removed

1 Tablespoon olive oil

$\frac{1}{2}$ teaspoon sea salt

Quick Tip:

Start the ribs and then while they are simmering, prepare kale. You can roast kale and reheat potatoes at the same time.



BAKED FISH w/ PEPPERS

Parmesan Squash

DIRECTIONS:

Preheat oven to 350 degrees F.

Toss peppers and onion with olive oil, salt and pepper to coat.

Spread the onion and pepper in a large, oven proof baking dish and bake 5 minutes. Arrange the fillets on top of onions.

Combine the melted butter and the parsley and pour over fish. Sprinkle with salt.

Bake for 12 minutes or until fish is firm but flaky. Remove from oven, cover and let rest for 5 minutes while squash cook.

For Squash:

Toss squash with olive oil and salt.

Arrange the squash on a large baking sheet.

Bake for 7 minutes, flip over and sprinkle with Parmesan and black pepper. Bake until cheese starts to golden.

PORTION SIZE:

5-6 oz fillet, $\frac{1}{2}$ cup peppers/onions, 4 slices squash

SUBSTITUTIONS:

Chicken tenders for fish
Zucchini for Squash

INGREDIENTS:

4 red snapper fillets or any fresh fish fillet (approx 1/3 pound each)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

1 green pepper, cored and sliced thin

1 red pepper, cored and sliced thin

$\frac{1}{2}$ onion, sliced thin

1 Tablespoon olive oil

1 Tablespoon butter, melted

$\frac{1}{4}$ cup fresh parsley, finely chopped

$\frac{1}{2}$ teaspoon salt

For squash:

2 yellow squash, ends removed and sliced lengthwise into $\frac{1}{4}$ " thick strips

1 Tablespoon olive oil

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup Parmesan, grated

$\frac{1}{4}$ teaspoon black pepper

DIRECTIONS:

Rinse and pat dry chicken thighs. Heat a large, frying pan over medium heat. Add the oil and 1 Tablespoon butter. Generously season the chicken with salt and pepper. When the butter is foaming, drop in the thighs, and fry (rotating all sides) until lightly browned. Reduce heat to medium-low.

Cover the casserole with a lid or foil and leave the chicken to fry gently for 10-15 minutes, turning once or twice.

Melt 1 Tablespoon butter in small microwave dish. Mince or press garlic and add to melted butter. Add lemon juice to butter. Remove stems from thyme by pulling upwards on the sprig. Once off stem, give the thyme a little chop with a sharp knife.

Stir thyme into liquid mix. Pour liquid over chicken.

Remove from heat and let sit five minutes.

Remove $\frac{1}{2}$ of chicken for pasta night. Store in airtight container.

For broccoli:

Preheat oven to 400°F.

Toss chopped broccoli with 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

Reheat potatoes on stove top until warm through.

Portion Size:

Adult – 2 chicken thighs, 1 cup broccoli, $\frac{1}{2}$ cup potatoes

Kids (2-8 years old) – 1 chicken thigh, $\frac{1}{2}$ cup broccoli, $\frac{1}{3}$ cup potatoes

INGREDIENTS:

2 to 2-1/2 pounds chicken thighs, boneless & skinless (used for 2 meals)

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ cup olive oil

2 Tablespoons butter, unsalted

4 garlic cloves, minced or pressed

12 sprigs thyme

2 lemons, juiced

$\frac{1}{2}$ pound broccoli florets, chopped

1 Tablespoon olive oil

$\frac{1}{4}$ teaspoon black pepper

$\frac{1}{8}$ teaspoon salt

Leftover roasted potatoes



CHICKEN LINGUINE

DIRECTIONS:

Boil salty water for pasta in large stockpot. Add a little oil. Cook pasta according to package instructions. Do not overcook.

While pasta is cooking, heat olive oil in large sauté pan. Add minced garlic, sauté for 1 minute. Add chicken and sauté for 2 minutes. Add tomatoes. Cook for 1 minute. Add chicken stock and let simmer for 2 minutes. Remove from heat.

Drain pasta but do not rinse.

Add Linguine to chicken pan in small batches. Add pepper. Gently fold in Parmesan. Sprinkle with fresh thyme.

Divide into four bowls and serve.

Kitchen Tip

The key to great pasta is making sure there is enough salt in the water and making sure that the noodles don't get mushy. Al dente translated is "to the tooth" which means the noodles should still have a slight bite to them. I tell my kids if they can split the linguine using just their tongues then momma overcooked the pasta!

INGREDIENTS:

1 pound whole wheat linguine

salt and oil for pasta water

2 Tablespoons olive oil

2 cloves garlic, minced

1 pound cooked chicken, chopped (leftover)

1 pint cherry tomatoes, cut in half

2 cups chicken stock

½ teaspoon black pepper

6 sprigs fresh thyme, stems removed

½ cup Parmesan, grated



KITCHEN SINK SALAD

INSTRUCTIONS:

Kitchen sink salad is about getting rid of all the little pieces of this and that that are lurking in your fridge.

Toss the lettuce in $\frac{1}{4}$ cup dressing and load up on miscellaneous toppings. Don't let anything go to waste! There are no salad rules.

INGREDIENTS

1 head green leaf lettuce, chopped

Possible leftovers this week:

Squash, broccoli, cherry tomatoes, bell peppers, diced chicken

Optional Dressing Idea:

2 Tablespoons olive oil

2 Tablespoons rice wine vinegar

1 teaspoon honey, agave or natural brown sugar

1/8 teaspoon black pepper

Or

$\frac{1}{4}$ cup pantry dressing

(www.thefresh20.com/pantrydressings)