

PREP AHEAD OF TIME:

Brown Rice

- 1 Tablespoon olive oil
- ¼ onion, finely chopped
- ½ teaspoon salt
- 1 ½ cups of brown rice, long grain
- 1 ½ cups vegetable stock (or water)
- 1 ½ cups water

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock and bring water to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yields 3 cups. Used for 1 recipe.

Toasted Pita Chips

- 6 pita bread rounds
- 1 tablespoon of olive oil
- ¼ teaspoon of salt

Preheat oven to 375°F. Whisk olive oil with salt. Lightly brush one side of pita bread. Pile pita breads together. Cut in half. On each half, cut into four pieces. Spread across a baking sheet and bake for 15-18 minutes.

MENU:

MONDAY

- Okra and Tomato Stew
- Brown Rice
- Fresh Grapefruit & Honey

TUESDAY

- Black-Eyed Pea Fritters
in Pita Pockets
- Fresh Apple Slices

WEDNESDAY

- Spanish Tortilla
- Roasted Kale

THURSDAY

- Corn Chowder
- Cucumber Spears

FRIDAY

- Pita Nachos



May 13th Vegetarian

Shopping List

This Week's Menu: Okra Stew, Black-Eyed Fritters, Spanish Tortilla, Corn Chowder, Pita Nachos

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	apples	4	gala preferred	3
	cilantro	1 bunch	yield 1/2 cup chopped	2
	corn	6 ears		4
	cucumbers	2		3
	grapefruit	2		3
	green onions	1 bunch	1/2 cup used (about 4)	1
	kale	2 bunches	about 2 pounds	4
	lime	1	for juicing	1
	okra	1 lb	choose damp, no spots	5
	potatoes	6	gold potatoes preferred	5
	avocado	1		1
	tomatoes	4	hot house or vine-ripened	4

Got it!	Dairy	Quantity	Notes	Est Cost
	cheddar	1 cup	4-6 oz, shredded	4
	plain Greek yogurt	8 oz	1 cup, lowfat	1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	black-eyed peas	2 cans	14 oz size	4
	black beans	1 can	14 oz size	2
	panko crumbs	1-1/2 cups	may sub breadcrumbs	4
	pita bread	8 rounds	whole wheat suggested	6

Fresh 20 Grocery Est 57
 Cost Per Dinner 11.4
 Cost Per Serving 2.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1/2 cup	low sodium vegetable broth	6-1/2 cups
	garlic	5	balsamic vinegar	1 Tablespoon
	onions	1 red, 3 yellow	organic eggs	8
	oregano	1/4 teaspoon	raw honey	1 Tablespoon
	cumin	3/4 teaspoon	brown rice (long grain, dry)	1 1/2 cups
	sea salt	4 teaspoons	whole wheat flour	1-1/2 Tablespoons
	black pepper	1/2 teaspoon		
	cayenne	1/8 teaspoon		
	dried thyme	3/4 teaspoon		

INSTRUCTIONS

In a medium pan, heat olive oil over medium heat. Sauté onions with garlic. Once onions are browned, add cumin.

Add chopped okra. Sauté for 3-4 minutes.

Add vegetable stock and water. Bring to boil. Add chopped tomatoes, beans and salt. Reduce heat to simmer, cover and cook for 20-25 minutes.

Scoop $\frac{3}{4}$ cup of cooked rice in a bowl and ladle about a cup of stew on top. Top with green onions.

Arrange grapefruit on plate. Drizzle with honey. Serve on side with bowl of stew and rice.

Substitutions:

- Fresh green beans or summer squash in place of okra.
- Use 2 cups tofu cubes instead of beans

Notes:

Okra is a green, fuzzy, deeply ridged pod that resembles a funky zucchini. It is used in Cajun/Creole cooking and is prevalent in the southern states.

Okra has a high nutritional value of Vitamin B6, C, fiber and calcium.

Okra is about 3-4 inches long. When choosing Okra, look for bright green, slightly moist pods that are not spotted, moldy, limp or dry.

INGREDIENTS

For stew

2 Tablespoons olive oil

1 onion, chopped

2 garlic cloves, minced

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

1 lb okra, ends trimmed and chopped to $\frac{1}{2}$ inch sections (about 4 cups)

2 cups vegetable stock

2 cups water

2 tomatoes, chopped

14oz black beans, rinsed and drained

1 teaspoon salt

$\frac{1}{4}$ cup green onions, chopped (optional)

3 cups cooked brown rice

2 grapefruit, peeled and cut into wedges

1 Tablespoon raw honey

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Blend black-eyed peas, eggs, onion, clove of garlic, and salt.
2. Stir panko crumbs into black-eyed pea mixture , mix thoroughly, and set aside.
3. Heat olive oil in a large pan over medium-low heat.
4. Make 1 inch patties and sear both sides each for 1-2 minutes.
5. Spread patties across a baking sheet and finish cooking in the oven for 10-12 minutes.

For cucumber yogurt sauce

1. Combine all ingredients in a bowl until well mixed. Chill until ready to serve.

Fill each pita half with fritters. Top with cucumber yogurt sauce. Serve extra cucumber yogurt sauce on the side with fresh apple slices.

INGREDIENTS

For fritters

- 1 can black-eyed peas, drained
- 2 eggs
- ½ yellow onion, roughly chopped
- 1 clove garlic, cut in half
- ½ teaspoon salt
- 1 ½ cups panko crumbs
- 4 Tablespoons olive oil

For cucumber yogurt sauce

- ½ cup plain Greek yogurt
- 1 cucumber, shredded
- ¼ teaspoon salt
- ½ lime, juiced (1 Tablespoon)
- 4 whole wheat pita rounds, halved
- 4 fresh apples cut into wedges

SPANISH TORTILLA with roasted kale

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a medium pan, sauté onions with olive oil over medium heat for 3 minutes.
3. Add potatoes. Sauté for another 3-4 minutes.
4. Add thyme and salt. Stir to coat vegetables with seasoning.
5. Lower the heat to medium-low and add eggs.
6. Cook over stovetop for 2-3 minutes. Be careful not to stir the mixture; instead, gently and slowly shift the pan from side to side.
7. Finish cooking in the oven for 15-18 minutes.

For roasted kale

1. Turn oven temperature up to 375° F.
2. Toss kale with olive oil.
3. Spread kale on baking sheet and bake for 8-10 minutes, or until the leave edges are slightly brown.
4. Remove from oven and sprinkle with salt.

INGREDIENTS

For tortilla

- 1-½ Tablespoons of olive oil
- ½ red onion, chopped
- 3 gold potatoes, peeled and cubed
- ¼ teaspoon of dried thyme
- ½ teaspoon of salt
- 6 eggs, beaten

For roasted kale

- 2 bunches kale, rinsed and dried; chopped into 1-inch strips
- 1 Tablespoon of olive oil
- ¼ teaspoon of salt

CORN CHOWDER

Cucumber sticks

INSTRUCTIONS:

Husk the corn and use a paring knife to cut off the kernels into a bowl. Set aside kernels.

Put the cobs in a stockpot with 6 cups water; bring to a boil, cover, and reduce heat to simmer for 10 minutes.

Heat olive oil in a saucepan on medium-high. Add the onion and potatoes.

Cook, stirring occasionally, until the onion softens, about 5 minutes.

Remove the corn cobs from the pot and discard. Add potato/onion mix to the remaining liquid.

Bring to a boil, then reduce heat and simmer on low for 8 minutes, until potatoes are tender.

Add the corn kernels and vegetable stock and heat through for a few minutes.

Remove 2 cups of chowder and puree in blender for 10 seconds on low. Return puree to stockpot and stir to combine.

Stir in balsamic vinegar, salt and pepper.

Divide chowder into bowls. Garnish with cilantro and avocado.

Cut cucumber into sticks and serve with bowl of chowder.

INGREDIENTS

6 ears corn

6 cups water

1 Tablespoon olive oil

½ medium onion, chopped

3 potatoes, peeled and chopped into bite sized pieces

3 cups vegetable stock

1 Tablespoon balsamic vinegar

½ teaspoon salt

½ teaspoon black pepper

¼ cup cilantro, finely chopped

1 avocado, pit removed and chopped

2 cucumbers, peeled

INSTRUCTIONS:

Preheat oven to 325° F.

Salsa

1. Toss all ingredients together. Refrigerate until use.

Refried Black-Eyed Peas

1. Purée all the ingredients together.
2. Heat in a small pot at a simmer for 8-10 minutes. Set aside.

Nachos

1. Spread pita chips on an oven-proof platter or baking sheet
2. Ladle black-eyed peas on top of chips.
3. Sprinkle cheese on top of black-eyed peas. Bake for 5-6 minutes, or until cheese melts. Remove from oven.
4. Scoop salsa and Greek yogurt on top of nachos.
5. Sprinkle green onions on top.

INGREDIENTS

For salsa

- 2 tomatoes, chopped
- ¼ cup cilantro, finely chopped
- ¼ red onion, chopped
- 1 garlic clove, minced
- juice from ½ lime (1 Tablespoon)
- ½ teaspoon salt

For refried black-eyed peas

- 1 can of black eyed peas, drained
- ½ Tablespoon olive oil
- ¼ yellow onion, chopped
- 1 garlic clove, minced
- ¼ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon dried oregano
- 1/8 teaspoon cayenne pepper

Pita chips (see prep)

1 cup cheddar, shredded

½ cup Greek yogurt

2 green onions (whites only), finely chopped