

PREP AHEAD OF TIME

Green Beans

1 ½ lbs green beans, tips removed
4 quarts water

Heat water. Blanch green beans for 3 minutes before removing from water. Store in airtight container for use on Tuesday and Thursday.

Brown Rice

½ onion, finely chopped
3 cups brown rice
1 ½ cups vegetable stock (or water)
3 cups water
2 Tablespoons olive oil
1 teaspoon salt

Add oil, onion, salt and rice to a large 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. Yield is 6 cups; used for 2 recipes.

Boiled Potatoes

6 white new potatoes, peeled
7-8 quarts water, depending on whether enough water covers the potatoes in a pot
Add potatoes to pot of water and bring the pot to boil. Once the water reaches boiling point, turn heat to medium-low, cover the pot with lid, and cook potatoes for 15 minutes. Drain potatoes and store in airtight container. The potatoes will be used on Tuesday and Friday.

Sour Cherry Sauce

¾ cup dried cherries, finely chopped
2 Tablespoons balsamic vinegar
1 cup water
1 clove garlic, minced
¼ teaspoon salt

Pour all the ingredients in a sauce pot and heat close-lidded over medium flame. Stir occasionally. After 5 minutes, lower to a simmer and remove the lid. Stir now and then to avoid anything sticking to the bottom of the pot. Cook for another 3 minutes or until the sauce becomes thicker. When finished, pour sauce in an airtight container and set aside.

Tofu

3 packages tofu
Divide three packages into two even portions by slicing one package worth of tofu in half lengthwise only; leave the other two packages uncut. Each portion comprises of 1 ½ packages of tofu. Pack both portions in airtight containers. One portion will be used on Monday and the other for Wednesday.

MENU:

MONDAY

Sloppy Joes
Cole Slaw

TUESDAY

Green Bean Casserole
Potato Wedges

WEDNESDAY

Grilled Tofu w/ Sour Cherry Sauce
Sautéed Arugula and Brown Rice

THURSDAY

Vegetable Fried Rice
Sautéed Cabbage

FRIDAY

Salad Niçoise



Vegetarian May 27th

Shopping List

This Week's Menu:

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green beans	1 1/2 lbs		4.5
	mushrooms	1 package	8 oz; crimini preferred	3.9
	potatoes	6 white new		5.5
	romaine lettuce	2 packages	10 oz each; pre-washed	7
	cabbage	1 head		2
	red onion	1		1
	carrot	3 medium		3
	arugula	1 package	5 oz; pre-washed	3
	lemon	1		0.6
	tomatoes	3 medium		3
	green onions	1 bunch		1

Got it!	Dairy	Quantity	Notes	Est Cost
	butter	1 package		4
	plain yogurt	1 pint		1
	half & half	1 pint		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	firm tofu	3 boxes		6
	panko	1 container	8 oz	3.3
	dried cherries	1 package	6 oz	3
	hamburger buns	1 bag	12 oz; whole wheat preferred	3
	organic eggs	1/2 dozen		3
	tomato paste	1 can		1

Fresh 20 Grocery Est 60.8
 Cost Per Dinner 12.16
 Cost Per Serving 3.04

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	10 Tablespoons	raw honey	1 1/2 teaspoons
	grape seed oil	8 Tablespoons	flour	2 teaspoons
	balsamic vinegar	11 teaspoons	garlic	5 cloves
	white wine vinegar	1 teaspoon	onions	3 1/2 medium
	sea salt	7 3/4 teaspoons	vegetable stock	3 cups
	black pepper	3/4 teaspoon	dijon mustard	14 teaspoons
			low-sodium soy sauce	2 Tablespoons
	ground cumin	1 1/2 teaspoons		
	dried thyme	1/2 teaspoon	brown rice	3 cups
cayenne pepper	1/8 teaspoon			

INSTRUCTIONS:

For coleslaw

Mix yogurt, honey, vinegar, salt, and black pepper in a small bowl. Pour dressing over shredded cabbage and carrots. Toss to coat vegetables thoroughly and refrigerate until ready to serve.

For sloppy joe mix

Combine tomato paste, balsamic vinegar, cumin, black pepper, cayenne, and salt in a small bowl. Stir to mix and set aside.

Heat oil in a pan over medium heat. Sauté onions for 3-4 minutes. Add tomatoes and sauté for 2 minutes. Add tofu and sauté for another 2-3 minutes. Add vegetable stock. Stir in the tomato paste mixture and make sure tofu is coated with sauce. Lower the heat and cook for 5 minutes. Cover pan with either lid or tin foil and set aside until ready to assemble sandwiches.

For sandwiches, spread mustard on one side of the bun. Scoop tofu mix on bottom half of the bun. Add a few rings of red onions and cover with top half of the bun.

Serve each sandwich with cole slaw on the side.

INGREDIENTS

For coleslaw

- ½ cup plain yogurt
- 1 ½ teaspoons honey
- 1 teaspoon white wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 half head cabbage, shredded
- 1 carrot, shredded

For sloppy joe

- 2 ½ Tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- 1/8 teaspoon cayenne
- 1 ½ teaspoons salt
- 1 Tablespoon grape seed oil
- ½ medium onion, chopped
- 1 tomato, de-seeded and diced
- 1 container pre-portioned firm tofu, mashed in a bowl
- 1 cup vegetable stock

- 4 hamburger buns
- ¼ cup Dijon mustard
- ½ red onion, sliced

GREEN BEAN CASSEROLE w/ potato wedges and simple salad

INSTRUCTIONS:

For potato wedges

Preheat oven to 375°F. Toss them with olive oil in a medium bowl. Spread the wedges on a baking sheet and roast for 15 minutes. When time is up, remove from oven and salt.

For green bean casserole

While the potato wedges are roasting in the oven, begin preparing the green bean casserole. Pour blanched green beans in a baking or casserole dish.

Next, heat butter and oil in a pan over medium heat. Add chopped onions and sauté for 2-3 minutes. Add minced garlic and stir for another minute before adding the mushrooms. Continue to sauté for 2 minutes. Add flour to the pan and coat the vegetables. Add half & half and stock to the pan and stir to mix through. The sauce will thicken up in less than 2 minutes. Stir salt into the sauce.

Take sauce off the burner and pour onto the green beans. Mix thoroughly. Top green beans with panko and set aside. Add casserole to the oven. Remove potatoes from the oven and bake the casserole for 15 minutes.

For simple salad

While you wait for the casserole to finish baking, prepare the salad dressing by whisking the olive oil, mustard, vinegar, and salt in a bowl. Pour over arugula leaves and toss to coat in a medium bowl.

INGREDIENTS

For potato wedges

3 boiled potatoes, cut into wedges

1 ½ Tablespoons olive oil

½ teaspoon salt

For green bean casserole

1 Tablespoon butter

½ Tablespoon olive oil

1 garlic clove, minced

½ medium onion, diced

½ cup mushrooms, sliced

2 teaspoons flour

½ cup half & half

½ cup vegetable stock

½ teaspoon salt

2 cups blanched green beans

½ cup panko (substitute with crushed crackers if needed)

For simple salad

3 Tablespoons olive oil

1 teaspoon Dijon mustard

1 teaspoon balsamic vinegar

¼ teaspoon salt

1 10-oz package of romaine lettuce

GRILLED TOFU

w/ sour cherry sauce and sautéed arugula

INSTRUCTIONS:

For grilled/pan seared tofu

Combine cumin and salt in a small bowl. Sprinkle each side of the tofu with cumin-salt mix. Refrigerate and allow to marinate for 20 minutes.

For sautéed arugula

Heat oil in a pan over medium flame. Add arugula to the pan once the oil is sizzling and sauté until leaves are slightly wilted. Sprinkle on garlic and salt. Stir to mix through. Turn heat off and set aside.

For grilled/pan seared tofu (continued)

Brush oil on a grill pan (use regular pan if you don't have a grill pan) and heat over medium flame. Add slices of tofu to the pan, making sure not to crowd the slices. Grill/sear each side for 2-3 minutes. Repeat until all the slices are cooked.

Serve with sour cherry sauce on top; arugula and brown rice on the side.

INGREDIENTS

For grilled/pan seared tofu

1 teaspoon cumin

1 teaspoon salt

2 Tablespoons grape seed oil

1 container pre-portioned firm tofu, sliced lengthwise in eighths

For sautéed arugula

1 5-oz package arugula

1 clove garlic, minced

1 Tablespoon grape seed oil

¼ teaspoon salt

pre-made sour cherry sauce

3 cups pre-cooked brown rice

VEGETABLE FRIED RICE w/ sautéed cabbage

INSTRUCTIONS:

For vegetable fried rice

Heat oil in a deep pan or wok over medium-high flame. When oil is sizzling, sauté onions. Stir continuously and quickly to avoid onions burning the onions. After a minute, add carrots to the pan or wok. Stir-fry for 2 minutes. Add mushrooms and continue to stir-fry for a minute.

Add brown rice and stir to mix. After 1 minute, lower the heat and create a space in the center of the pan (or wok). Pour eggs in the center and within that center scramble the eggs to cook through. After a minute or so, the eggs will become less runny and coagulate.

Fold eggs into rice mixture so that bits and pieces of the eggs are distributed among the vegetables and rice. Stir for another minute.

Once all the ingredients are well mixed, pour soy sauce over the rice and stir to coat. Turn the heat off and fold in green onions.

For sautéed cabbage

Heat oil over medium high flame. Sauté smashed garlic for less than 20 seconds. Remove from pan and add cabbage. Sauté until slightly wilted down. Sprinkle salt throughout and stir again before removing from heat.

Serve fried rice and cabbage, each in either large bowls or platters.

INGREDIENTS

For vegetable fried rice

- 2 Tablespoons grape seed oil
- 1 medium onion, diced
- 2 medium carrots, diced
- ½ cup mushrooms, chopped
- 3 cups cooked brown rice
- 3 eggs, whipped in a bowl
- 2 Tablespoons low sodium soy sauce
- 2 stalks green onions, chopped

For sautéed cabbage

- 1 ½ Tablespoons of grape seed oil
- 2 cloves of garlic, peeled and smashed
- ½ head of cabbage, chopped
- ½ teaspoon of salt

INSTRUCTIONS:

Preheat oven to 375°F.

Place three eggs in a small pot of water. Bring pot to boil. Once water reaches boiling point, reduce to medium and boil for 10 minutes. Prepare a bowl of cold water on the side. Once time is up, place eggs in the bowl of water. Remove shells from eggs and cut them in half lengthwise and half again when ready to assemble salad.

For roasted green beans

Toss green beans with oil, thyme, and salt. Spread beans out on a baking sheet. Roast in oven for 5 minutes.

For dressing

Whisk all ingredients in a small bowl.

For salad

Pour lettuce in a big bowl. Layer cubed potatoes on top, followed by roasted green beans and red onions. Arrange wedges of tomatoes and eggs at different edges of the salad. Pour dressing on top.

Serve with lemon wedges on the side.

INGREDIENTS

For roasted green beans

1 cup blanched green beans

1 Tablespoon grape seed oil

½ teaspoon dried thyme

¼ teaspoon salt

For salad

3 hard-boiled eggs, cut into wedges lengthwise (8 each)

1 cup roasted green beans (recipe above)

3 boiled potatoes, cubed

2 tomatoes, cut into wedges lengthwise (8 each)

1 10-oz package romaine lettuce

1 lemon, cut into wedges lengthwise (8)

½ red onion, thinly sliced

For dressing

3 Tablespoons olive oil

2 teaspoons balsamic vinegar

1 teaspoon Dijon mustard

½ teaspoon salt

¼ teaspoon black pepper