



VEGETARIAN MAY 20TH

PREP AHEAD OF TIME

Boiled Sweet Potatoes

5 sweet potatoes, peeled and sliced in half crosswise
4 to 5-quarts of water in a large pot

Heat water to a boil. Add sweet potato halves and boil for 16-18 minutes. Once cool, pack in airtight container and save for use on Wednesday and Thursday.

MENU:

MONDAY

Curried Cauliflower
Raita and Naan Bread

TUESDAY

Lemon Dill Artichoke Pasta

WEDNESDAY

Sweet Potato Cakes
with Honey Dijon Sauce

THURSDAY

Assorted Tea Sandwiches

FRIDAY

Mediterranean Orzo Salad



Vegetarian May 20th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	arugula greens	8 cups	about a pound	6
	cauliflower	1 head	1 lb	2.7
	artichokes	1 jumbo		4
	sweet potato	5	or yam	3
	cucumber	3		2.5
	lemon	1 large		0.6
	parsley	1 bunch	Italian flat leaf suggested	1.6
	dill	1 package	1 teaspoon	2.5
	basil	1 package	12 leaves	2.5
	tomatoes	2 large	tomatoes on the vine preferred	3.2

Got it!	Dairy	Quantity	Notes	Est Cost
	feta cheese	1 cup	4 oz	6
	half & half	1 cup		2.25
	plain yogurt	1-1/2 cups		2.5

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	orzo	1 pound		2.1
	panko bread crumbs	2 cups		4
	curry powder	2 teaspoons	cost is for whole bottle	7
	bread	1 loaf	whole grain preferred	3
	naan bread	6 pieces	pita could be used as substitute	3
	garbanzo beans	1 can		1

Fresh 20 Grocery Est	59.45
Cost Per Dinner	11.89
Cost Per Serving	2.9725

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	9 1/2 Tablespoons	raw honey	5 1/2 teaspoons
	grape seed oil	1 1/2 Tablespoon	whole wheat flour	4 teaspoons
	balsamic vinegar	3 teaspoons	garlic	4 cloves
	white wine vinegar	4 1/2 teaspoons	onions	1 medium
	sea salt	6 teaspoons	vegetable stock	2 1/2 cups
	black pepper	1 1/2 teaspoons	Dijon mustard	1 Tablespoon
	ground cumin	1/4 + 1/8 teaspoon	whole wheat pasta (penne preferred)	8 oz
	dried thyme	1/2 teaspoon		
	cayenne pepper	1/8 teaspoon		



CURRIED CAULIFLOWER

w/ raita and naan bread

INSTRUCTIONS:

For curried cauliflower

Sauté onions with olive oil in a pan over medium heat for 3-4 minutes. Add minced garlic after onions have softened. Add cauliflower and sauté for 6-8 minutes. Cauliflower will cook down.

Add water and vegetable stock to pan and turn heat to high. Once the liquid is boiling, stir in curry powder, cumin, and salt to coat cauliflower. Cook on high for 3 minutes.

Stir in garbanzo beans and cook for 5 minutes. Stir in slurry. The curry will gain a thicker consistency soon thereafter.

Finish with a sprinkle of parsley on top.

For raita

Mix all the ingredients together in a small bowl and set aside.

For naan bread

Toast naan bread in oven or toaster. If using oven, toast at 350°F for 3-4 minutes. If using oven, toast for a minute. Cut in halves and serve with raita sauce for dipping.

INGREDIENTS

For curried cauliflower

1 ½ Tablespoons olive oil

1 onion, finely chopped

2 garlic cloves, minced

1 head cauliflower, chopped

1 cup water

1 ½ cups vegetable stock

2 teaspoons curry powder

¼ teaspoon cumin

1 ½ teaspoons salt

1 can garbanzo beans, rinsed and drained

slurry (2 teaspoons flour whisked with 2 Tablespoons water)

2 Tablespoons parsley

For raita

1 cup plain Greek yogurt

½ cucumber, deseeded and shredded

2 teaspoons honey

1 garlic clove, optional

1/8 teaspoon cumin

1/8 teaspoon cayenne

1/8 teaspoon salt

For naan bread

6 slices naan bread (pita bread is an alternative if you can't find naan)



SWEET POTATO CAKES

w/ honey dijon sauce and arugula salad

INSTRUCTIONS:

Mash cooked sweet potatoes in a large bowl. Mix in cheese, thyme, black pepper, salt, and 1 cup panko. Form 1 ½ inch patties, which makes 8 patties, and set on a platter. Refrigerate for at least 15 minutes before pan frying. Preheat oven to 375°F.

Next, mix all the ingredients for the sauce in one small bowl and refrigerate until use.

Make the salad dressing by stirring the olive oil, salt, and vinegar in a small bowl. Next, dress the salad by pouring the dressing over the arugula leaves in a medium bowl and tossing to coat the leaves.

Pour remaining cup of panko in a medium bowl. Take the sweet potato patties out of the refrigerator. Meanwhile, heat grape seed oil in a large pan over medium-low heat.

Dip both sides of each patty in panko and place patty into the preheated pan. Repeat until all the patties are dipped on both sides with a panko crust. Fry on each side for a minute. [Note: Be sure not to crowd the pan if there is not enough room to fit all the patties. You can pan fry the remaining patties in the next batch. If you find the pan needing more oil, pour another ½ tablespoon into the pan.]

Line all the patties on a baking sheet and place the sheet in the oven for 10 minutes to heat through.

Arrange arugula greens on a dinner plate. Place 2 patties on each plate. Top with Dijon sauce.

INGREDIENTS

For sweet potato cakes

6 halves cooked sweet potatoes (see prep)

½ cup feta cheese

½ teaspoon dried thyme

¼ teaspoon black pepper

1 teaspoon salt

1 + 1 cups panko bread crumbs

1 + ½ Tablespoons grape seed oil

For sauce

½ cup Greek yogurt

1 Tablespoon Dijon mustard

2 teaspoons honey

1/8 teaspoon salt

For arugula salad

1 Tablespoon olive oil

¼ teaspoon salt

1 teaspoon balsamic vinegar

4 cups arugula greens



LEMON DILL ARTICHOKE PASTA

w/ cucumber salad

INSTRUCTIONS:

For cucumber salad

Whisk oil, vinegar, honey, salt, and pepper in small bowl. Pour dressing over slices of cucumber and tomato in another bowl. Refrigerate until ready to use.

For lemon dill artichoke sauce

[Note about Artichokes: They will oxidize upon exposure to air. The best way to avoid this is to work in batches when preparing the artichokes. Have one half of a lemon nearby when you cut into the artichoke. Each time you cut one artichoke in half, rub the lemon half on the exposed sides before you clean out the choke.]

Pour lemon juice over the artichoke slices and toss to coat. The lemon juice stops the artichoke from oxidizing further. Set slices aside.

Cook pasta according to instructions. Meanwhile, heat olive oil in a medium-sized pan over medium heat. Add the artichoke slices and dill. Sauté for 2-3 minutes.

Add flour and stir to coat. Cook for a minute before adding half & half and stock. Lower heat and stir in salt and pepper.

Stir for another minute. The sauce will thicken up in a minute or so.

Once the sauce reaches a thicker consistency, turn heat off and take the pan off the burner.

Pour the sauce over the cooked pasta and top with chopped parsley. Serve with cucumber salad on the side.

INGREDIENTS

For cucumber salad

1 cucumber, peeled, de-seeded, and sliced thinly

1 tomato, cut in half lengthwise and sliced thinly crosswise

Dressing

1 Tablespoon olive oil

1 ½ teaspoons white wine vinegar

1 teaspoon honey

½ teaspoon salt

¼ teaspoon black pepper

¾ pound whole wheat penne or fettuccini

For lemon dill artichoke sauce

½ lemon, squeezed for 1 Tablespoon juice and kept on the side while preparing artichoke

1 ½ Tablespoons olive oil

1 artichoke, trimmed and choke sliced thinly

1 teaspoon of chopped fresh dill

2 teaspoons flour

1 cup half & half

1 cup vegetable stock

1 ¼ teaspoons salt

½ teaspoon pepper

1 Tablespoon chopped parsley



ASSORTED TEA SANDWICHES

with sweet potato purée

INSTRUCTIONS:

Note: the plan is to make half of the tea sandwiches dill cucumber and the other half tomato basil.

For cucumber dill tea sandwich

Set aside six pieces of bread. Stir dill and 1/4 teaspoon of salt in cream cheese. On three of the slices spread cream cheese mixture on top. Layer cucumber slices on top of each slice of bread with cream cheese spread. Cover each bottom slice with another slice of bread. Slice diagonally in half and slice diagonally again to make each sandwich into triangle quarters. Set aside.

For tomato basil tea sandwich

Mix tomatoes, basil leaves, vinegar, oil and 1/4 teaspoon of salt in a small bowl. On each slice of bread, top with slices of tomato and slivers of basil. Cover each slice with its top and slice in the same manner as indicated above.

Arrange all the sandwiches on a large platter.

For sweet potato purée

Combine sweet potatoes with vegetable stock and olive oil. Heat in small saucepan over medium heat. Add salt and stir until the mixture is smooth. Pour into a bowl and serve alongside sandwiches.

INGREDIENTS

For tea sandwiches

1 cucumber, thinly sliced
½ teaspoon chopped fresh dill
¼ teaspoon salt
¼ cup cream cheese
1 large tomato, thinly sliced
6-8 basil leaves, cut into strips
2 teaspoons balsamic vinegar
1 Tablespoon of olive oil
¼ teaspoon salt
12 slices your choice of bread, preferable whole grain

For sweet potato purée

4 halves cooked sweet potato
½ cup vegetable stock
1 Tablespoon olive oil
½ teaspoon salt



MEDITERRANEAN ORZO SALAD

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 a 1-2 cup scoop of orzo salad on lettuce leaves.

INGREDIENTS

For orzo salad

1 pound dry orzo

For dressing

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

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

1 Tablespoon white wine vinegar

1 Tablespoon lemon juice

1 clove garlic, minced

$\frac{3}{4}$ teaspoon salt

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

For salad:

1-14oz can black beans, rinsed and drained

$\frac{1}{2}$ cucumber, seeded and chopped

1 tomato, chopped

$\frac{1}{2}$ cup feta cheese

10-12 basil leaves, chiffonade or sliced thinly crosswise

1-5 ounce package arugula