

## PREP AHEAD OF TIME

### BOILED EGGS

Place three eggs in a small pot of water with a teaspoon of vinegar. Bring pot to boil. Once water reaches boiling point, reduce heat and simmer for 5 minutes. Remove from heat, cover and let sit 5 minutes. Store in fridge until ready for use.

### BROWN RICE

2 Tablespoon olive oil  
2 cups brown rice  
2 cups vegetable stock (or water)  
2 cups water  
1 teaspoon salt

Add oil, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock/water and bring 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 4 cups.

### PULLED PORK BBQ SAUCE

¼ cup Dijon mustard  
1/3 cup balsamic vinegar  
1/3 cup natural brown sugar or honey  
2 Tablespoons organic butter  
½ teaspoon black pepper  
1 Tablespoon tomato paste

In a medium saucepan, whisk together all BBQ sauce ingredients and bring to a simmer. Cook for 5 minutes. Store sauce in airtight container for up to a week.

## MENU:

### MEATLESS MONDAY

Tofu Fried Rice

### TUESDAY

Salmon Burgers  
Carrot Ribbons  
Green Beans

### WEDNESDAY

Pork Tenderloin with Cherry Sauce  
Creamed Corn  
Salad

### THURSDAY

Salmon Nicoise Salad

### FRIDAY

Pulled Pork Sandwiches  
Corn on the Cob



June 10th

# Shopping List

This Week's Menu: Tofu Fried Rice, Salmon Burgers, Cherry Pork Loin, Pulled Pork Sandwich, Nicoise

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	pork tenderloin	2 pounds	usually two pieces	14
	fresh salmon fillets	2 pounds	not farmed, no color added	20
	firm tofu	14 oz	1 package	4

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	cherries	1/2 pound	2 cups	4
	lime	2 medium	for juice	1
	corn	8 cobs		3
	green onions	5	1 bunch	2
	gold potatoes	3 medium		2
	tomatoes	2 medium		2
	green beans	1 pound		3
	lettuce	2 large head		3
	shallots	1		1
	parsley	1 bunch		2
	carrots	6 medium		3
	celery	4 ribs/stalks		2
	cucumber	2 medium		2

Got it!	Dairy	Quantity	Notes	Est Cost
	half and half	1/4 cup		1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole wheat buns	5	bakery fresh	4
	sesame oil	3 teaspoons		4

Fresh 20 Grocery Est      77  
 Cost Per Dinner          15.4  
 Cost Per Serving          3.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 Tablespoons	chicken stock (or vegetable)	12 oz
	garlic		organic butter	1 Tablespoon
	onions	1 red	organic eggs	5
	dried oregano		tomato paste	
	cumin		Dijon mustard	1 Tablespoon
	sea salt	2 teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	1-1/2 teaspoons	soy sauce	1 Tablespoon
	red chili powder	1/2 teaspoon	pantry dressing	1/4 cup
	brown sugar		brown rice (long grain)	2 cups

## Tofu Fried Rice

Cucumber Sticks

### DIRECTIONS:

Heat oil on high in a deep skillet, fry pan or wok.

Add celery, green onions and carrots to the oil, stirring to coat vegetables. Pan-fry for 3 minutes then crack both eggs into pan and quickly combine with vegetables.

While eggs are still liquid, add rice and stir to combine. Cook for 3 minutes, stirring frequently.

Add soy sauce, sesame oil, and black pepper. Remove from heat.

Mix in tofu cubes and cover until ready to serve.

Divide between four bowls & serve with cucumber sticks.

### INGREDIENTS:

2 Tablespoons oil (olive, safflower or canola)

3 green onions, chopped

2 celery stalks, chopped

3 medium carrots, peeled & chopped

2 eggs

4 cups brown rice, cooked

2 teaspoons sesame oil

1 Tablespoon soy sauce

½ teaspoon black pepper

10 oz firm tofu (3/4 of package block), cut into 1" cubes

1 cucumber, peeled and cut into sticks

## Salmon Burgers

Carrot Ribbons & Green Beans

### DIRECTIONS:

Cut salmon into large chunks. In a blender or food processor, pulse only half of the salmon with shallot, parsley, lime juice, toasted bread, and Dijon to create a thick paste. Scrape edges. Transfer to bowl & stir in other half of salmon, salt, and black pepper.

Form 4 large  $\frac{3}{4}$ " thick patties. Lightly pre-heat and oil skillet pan or grill pan. Arrange salmon burgers so they have plenty of room. Cook 3 minutes on each side. Remove from heat and cover with foil. Let sit for 5 minutes.

Toast buns. Spread dressing on one side of bun. Place salmon burger on bottom half of bun then top with lettuce & top of bun. Cut each burger in half.

#### *For carrots:*

Melt butter in sauté pan. Add carrots and stir to coat. Sauté for 3 minutes. Add in water and a dash of salt. Cook for 3 more minutes, stirring once or twice. Sprinkle with a dash of black pepper.

#### *For green beans:*

Place green beans in a microwave safe bowl with water. Cover. Steam for 4 minutes on high. Carefully remove cover. Use any remaining dressing for dipping green beans.

#### *For burger dressing:*

2 Tablespoons olive oil  
1 Tablespoon balsamic vinegar  
1 teaspoon Dijon mustard  
1 Tablespoon natural brown sugar  
1/8 teaspoon black pepper

Whisk together ingredients until creamy.

### INGREDIENTS:

1 pound salmon fillets

1 shallot

1/3 cup parsley leaves

1 lime, juiced

1/2 whole wheat bakery bun, well toasted

1/2 Tablespoon Dijon

1/4 teaspoon salt

1/4 teaspoon black pepper

Oil for pan

4 leaves lettuce

1/2 cup dressing

4 whole wheat bakery buns

#### *For carrots:*

3 medium carrots, peeled and shaved into long ribbons with a vegetable peeler

1 Tablespoon organic butter

2 Tablespoons water

Dash of salt and black pepper

1/2 pound green beans (or peas)

1 cup water

#### **DIRECTIONS:**

Preheat oven to 375 degrees.

Rinse pork, pat dry and place in 9x13 baking dish.

Season all sides of pork with salt and black pepper.

Place in oven and roast for 15 minutes.

Meanwhile,

Heat 1 Tablespoon olive oil in a small stock pot. Add celery and red onion, cooking until softened, about 4 minutes. Add cherries, stirring to combine. Add stock and black pepper. Simmer 5 minutes until reduced.

Remove pork from oven. Pour cherry sauce over pork. Return to oven for 10 minutes. Remove from oven and cover with foil. Let rest for 5 minutes before serving.

*For corn:*

Combine onions and stock in a saucepan and cook for 3 minutes over medium-high heat. Mix in corn kernels, salt and if desired, chili flakes. Cook for 3 minutes. Remove from heat, stir in half and half then cover and set aside until ready to serve.

*For salad:*

Combine lettuce and dressing. Top with cucumbers and any other extra vegetables you have on hand.

#### **INGREDIENTS:**

2 pounds pork tenderloin (usually comes in 2 pieces, used for 2 dinners)

½ teaspoon salt

½ teaspoon black pepper

1 Tablespoon olive oil

2 celery ribs/stalks, finely chopped

¼ red onion, finely chopped

2 cups fresh cherries, pitted and cut in half (may substitute with apricots depending on regional season)

1 cup chicken or vegetable stock

*For creamy corn:*

½ cup stock

2 green onions, chopped

4 ears corn, husked and kernels removed

¼ cup half and half

½ teaspoon salt

*For salad:*

1 head lettuce

1 cucumber, sliced

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

## INSTRUCTIONS:

### *For poached salmon:*

Bring water, salt and lime juice to a simmer. Carefully drop salmon fillets into water using a large spatula. Poach for 6-8 minutes. Remove from water with spatula and place on plate. Pat away any excess water. You can leave salmon in large pieces or crumble.

### *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*

Toss lettuce with dressing and arrange on a large serving platter. Layer cubed potatoes on top, followed by green beans and red onions. Arrange wedges of tomatoes and eggs at different edges of the salad. If desired, sprinkle with black pepper.

Serve with lemon wedges on the side.

## INGREDIENTS

### *For poached salmon:*

2 quarts water

1 teaspoon salt

1 lime

$\frac{3}{4}$  - 1 pound salmon fillet

### *For salad:*

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

2 cups green beans, ends trimmed

3 boiled new potatoes, cubed

2 tomatoes, cut into wedges lengthwise (8 each)

1-1/2 heads of romaine

1 lime, cut into wedges lengthwise

$\frac{1}{2}$  red onion, thinly sliced

### *For dressing:*

3 Tablespoons olive oil

2 teaspoons balsamic vinegar

1 teaspoon Dijon mustard

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

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

## Pulled Pork Sandwiches

Corn on the Cob & Cucumber Ribbons

### DIRECTIONS:

#### Make Ahead:

In a medium saucepan, whisk together all BBQ sauce ingredients and bring to a simmer. Cook for 5 minutes. Can be made ahead and stored for up to a week.

#### Dinner night:

Combine shredded pork and BBQ sauce and heat through.

Pile pork onto bottom half of bakery bun. Cover with top bun. You can add any combination of onions, cheese or lettuce that your fridge has in stock or just keep it simple with the meat and bread.

Grill corn outside or cook in microwave by setting all four pieces in a deep dish with  $\frac{1}{2}$  cup water on bottom. Cover with plastic wrap and microwave on high for 4-5 minutes.

Serve sandwiches with corn and cucumber ribbons.

### INGREDIENTS:

$\frac{3}{4}$  - 1 pound roasted pork loin, shredded

$\frac{1}{2}$  cup BBQ sauce (recipe below)

4 whole wheat bakery buns

#### For BBQ sauce:

$\frac{1}{4}$  cup Dijon mustard

$\frac{1}{3}$  cup balsamic vinegar

$\frac{1}{3}$  cup natural brown sugar or honey

2 Tablespoons organic butter

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

1 Tablespoon tomato paste

4 ears corn, husks removed

1 medium cucumber, shaved into ribbons with vegetable peeler