

Is it time to clean out the pantry? Visit us on our blog for some simple solutions. <http://blog.thefresh20.com/pantry>

Homemade dressings are quick and easy! Check out our basic pantry dressings. <http://blog.thefresh20.com/pantrydressings>

Enjoy the week!

MENU:

MONDAY

Porkchops and Peaches
Broccoli

TUESDAY

Balsamic Halibut
Parsley Squash & Spinach Salad

WEDNESDAY

Proscuitto Penne
Green Salad

THURSDAY

Turkey Pita & Gazpacho

FRIDAY

Vegetable Fajitas
Guacamole



June 24th

Shopping List

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	proscuitto ham	8 oz	in the deli department	4
	roasted turkey	3/4 pound	in the deli department	7
	pork chops	4	boneles	8
	halibut or swordfish	1.5 pounds		18

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green leaf lettuce	2 heads		3
	bell pepper	3 red		3
	cucumber	1 large		1
	lime	2 medium		1
	tomato	5 medium		4
	peaches	4 ripe		3
	avocado	3 medium		3
	fresh parsley	1 bunch	2 Tablespoons	2
	broccoli	2 pounds	5 cups florets	3
	spinach	6 cups		4
	summer squash	1 pound	any variety	3

Got it!	Dairy	Quantity	Notes	Est Cost
	Parmesan	1 cup	grated	3
	mozzarella	2 cups	8 oz shredded	4
	milk	1/4 cup		1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole what pita rounds	4		2
	corn tortillas	12 ct		3

Fresh 20 Grocery Est 80
 Cost Per Dinner 16
 Cost Per Serving 4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 Tablespoons	chicken stock (or vegetable)	2 cups
	garlic	9	organic butter	
	onions	2 medium	eggs	1 large
	dried oregano	1/4 teaspoon	tomato paste	
	cumin	1/4 teaspoon	pantry dressing	1/2 cup
	sea salt	1.5 teaspoons	balsamic vinegar	1/3 cup
	black pepper	1 teaspoon	soy sauce	2 Tablespoon
	red chili powder		whole wheat penne pasta	3/4 pound
	brown sugar	1/2 cup	flour	1 Tablespoon

Recipe serves 4

DINNER NIGHT:

For peach sauce:

Heat the olive oil in a large nonstick skillet over medium-high heat.

Add the onion, and sauté for 10 minutes, stirring frequently.

Add peaches, cooking for 2 minutes.

Stir in lime juice and brown sugar. Reduce heat, and simmer for 15 minutes.

Stir frequently. Remove from heat and season to taste with salt and pepper.

Place corn tortillas in a food processor and pulse until the consistency of meal.

Preheat oven to 325 degrees.

In a small bowl, beat together the egg and milk.

In a separate bowl, combine cornmeal, black pepper, Parmesan cheese, and parsley.

Heat the olive oil in a large, oven-proof skillet over medium heat.

Add garlic, and cook until lightly browned.

Dip each pork chop into the egg mixture, then into the bread crumb mixture, coating evenly.

Place coated pork chops in the skillet, and brown about 5 minutes on each side.

Place the skillet with pork chops in the preheated oven, and cook 15 minutes.

Try not to overcook the porkchops. A slight pink in the middle is perfect because they will continue to cook once you remove them from the oven.

For broccoli:

Place florets in a microwave proof bowl with 2 Tablespoons water at bottom.

Cover with plastic wrap and microwave on high for 3-5 minutes depending on crunchy preference.

SUBSTITUTIONS:

Chicken Breasts

PORTION NOTE:

Adults: 1 porkchop, 1/2 cup peaches, 1 cup broccoli

Kids: 3/4 porkchop, 1/2 cup peaches, 1/2 cup broccoli

ingredients

for peach sauce:
olive oil

1 Tablespoon

red onion

1/2 finely diced

peaches

2, peeled and chopped

lime, 1

juiced 1 Tablespoon

brown sugar

1/4 cup

salt & black pepper

to taste

for chops:

corn tortillas

3

egg

1

milk

1/4 cup

black pepper

1/2 teaspoon

Parmesan cheese

1/2 cup, grated

fresh parsley

2 Tablespoons, finely chopped

olive oil

2 Tablespoons

garlic

2 cloves, minced

pork chops

4 boneless cuts

broccoli

3 cups florets

BALSAMIC GLAZED HALIBUT

parsley squash & spinach salad

DIRECTIONS:

In a medium bowl, whisk together balsamic, soy sauce, olive oil, brown sugar and garlic.

Rinse fish and pat dry. Place fish in glass baking dish. Pour marinade over fish to thoroughly coat. Cover and set aside.

Wash and dry spinach leaves. With kitchen scissors, cut spinach into strips.

Heat broiler. Remove halibut from baking dish, reserving marinade.

Place fillets down on well oiled broiler pan.

Place in oven at least three inches from flame.

Cook 4 minutes and then carefully, lower 2 inches & cook another 2-4 minutes.

Place marinade in small saucepan and bring to boil. Reduce liquid for 5 minutes.

Transfer broiled fish to serving dish and top with marinade.

Remove ends from squash. Cut into cubes. Sauté for 5 minutes in olive oil over medium heat. Sprinkle with parsley and a little salt to taste.

Toss spinach with peppers and dressing.

INGREDIENTS:

1/3 cup balsamic vinegar

2 Tablespoons soy sauce

2 Tablespoons olive oil

2 Tablespoon brown sugar

2 cloves garlic, minced

1.5 pounds halibut or swordfish fillets

oil for broil pan

For salad:

6 cups baby spinach

1 bell pepper (red), sliced

3 Tablespoons pantry dressing

For squash:

1 Tablespoon olive oil

1 pound summer squash (any variety)

1 Tablespoon parsley, chopped

Salt to taste



ingredients

whole wheat penne
3/4 pound

olive oil
2 Tablespoons
(divided in half)

prosciutto
8 oz

garlic
2 cloves

onion
1/2 medium

stock
1 cup

parmesan
1/2 cup

pepper
1/2 teaspoon

green salad
6 cups

pantry dressing
1/4 cup

Recipe

Bring a large pot of salted water to a boil over high heat. Add pasta and cook according to the package directions.

Cut prosciutto into small pieces. Chop onion and mince garlic.

Heat 1 Tablespoon of the olive oil in a large skillet over medium-high heat. Add prosciutto and cook until crisp and golden brown, about 5 minutes. Be careful not to burn the oil or the prosciutto. You might want to cook in 2 batches. Remove prosciutto to a plate; set aside but do not wash the pan.

Return the pan to the stove over medium-high heat; add remaining olive oil. Add garlic and onions, cook until softened, about 3 minutes. Pour in chicken stock. Add prosciutto back in. Lower heat; simmer for 2-3 minutes.

Drain pasta and pour back into stockpot. Add onions, stock and prosciutto. Stir in half of parmesan. Add pepper in small amounts until desired taste. DO NOT ADD SALT!

Transfer pasta to a bowl and sprinkle remaining parmesan.

Serve with simple green salad.

PORTION NOTE:

Adults: 2 cups pasta, 2 cups salad
Kids: 1 cup pasta, 1 cup salad

SUBSTITUTIONS:

Low Sodium: Use reduced sodium ham



Recipe

AHEAD OF TIME

Place onion and garlic in food processor and pulse for 10 seconds. Remove core and seeds from bell pepper and add to processor. Peel cucumber, cut half into sticks and set aside. Add other half to processor. Pulse on high for 20 seconds. Juice lime. Should yield about 1 Tablespoon. Add olive oil and lime juice. Remove stem from tomatoes. Cut in half and add to processor. Peel peaches, remove pit and add. Blend on medium until large chunks are gone. Add salt and pepper a little at a time until desired taste. Transfer into a container and refrigerate up to 3 days. Place sticks into a small sandwich bag and save for dinner night.

DINNER NIGHT

Slice pita bread in half. Slice avocado. Wash and dry lettuce. Chop. With a knife, open up pita bread to make a pocket. Spread dressing on both the inside top and bottom. Stuff with 3 slices of turkey, 2 slices of avocado, 1/4 cup lettuce and 1/8 cup mozzarella. It will be overflowing!

Pour gazpacho into cups or bowls and garnish with cucumber sticks.

PORTION NOTE:

Adults: 1 overstuffed pita and 2 cups gazpacho
 Kids: 1 slightly stuffed pita and 1 cup gazpacho

ingredients

onion
 1/2 medium (red or white)

garlic
 2 cloves

bell pepper
 1 red or green

cucumber
 1 large

olive oil
 1 Tablespoon

lime
 1

tomatoes
 4 medium

peach or nectarine
 2 ripe

salt & pepper
 to taste
 (about 1/2 teaspoon each)

roasted turkey breast
 1/2 pound deli style, sliced

whole wheat pita
 3

avocado
 1

green leaf lettuce
 1/4 head

mozzarella
 1 cup

pantry dressing
 1/2 cup

VEGETABLE FAJITAS

guacamole

INSTRUCTIONS

For fajitas

Mix stock, flour, and salt in a small bowl for slurry. Set aside to be used in recipe.

Heat oil over medium flame. Sauté onions and red bell peppers for 3-4 minutes. Add oregano to mix and stir for a few seconds to let the spice infuse onions and red bell peppers. Add broccoli and tomatoes; cook for 3-4 minutes.

Pour slurry over the vegetables. Stir to coat. Turn heat down to low and cover pan with a lid. Allow the fajitas to simmer for 5 minutes.

Meanwhile, heat tortillas on griddle for a half minute on each side. If you don't have a griddle, use a dry, hot pan.

Stuff each tortilla with $\frac{1}{2}$ cup filling.

For guacamole

Toss diced avocado with parsley, onions, garlic, lime juice, cumin, and salt. Serve as a condiment along with shredded cheese.

INGREDIENTS

For fajitas

1 cup chicken or vegetable stock

$\frac{1}{4}$ Tablespoon flour

$\frac{1}{4}$ teaspoon salt

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

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

2 cups broccoli florets

1 tomato, cut into wedges

1 red bell pepper, deseeded and sliced

$\frac{1}{4}$ teaspoon oregano

6-8 soft corn tortillas

For guacamole

2 avocado, pitted and diced

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

$\frac{1}{4}$ white onion, diced

1 clove garlic, minced

$\frac{1}{4}$ cup lime juice (1 lime)

$\frac{1}{4}$ teaspoon cumin

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

1 cup shredded mozzarella cheese