

NEW!

This week's shopping list has recipe numbers. Hopefully, this makes it easier to adjust your shopping list without searching through the recipes.

LET'S PLAY DINNER GAME

See if you can trace the path of how all the food came to your dinner table. Who planted the vegetables? What's the farmer's name? What day did they harvest the vegetables? Think of everything that had to happen to enjoy the meal. Let the kids get creative with the stories!

ORGANIC UPDATE

Do you know what fruits and vegetables have the most pesticides? The Environmental Working Group keeps track. Download the list. <http://static.ewg.org/reports/2011/foodnews/pdf/2011EWGPesticideGuide.pdf>

MENU:

MONDAY ①

Burger Bar
Fresh Cantaloupe
Kale Chips

TUESDAY ②

Fish Sticks
Tomato Salad
Fresh Blueberries

WEDNESDAY ③

Taco Pizza

THURSDAY ④

Greek Quinoa Salad

FRIDAY ⑤

Pita Pockets



July 22nd

Shopping List

This Week's Menu: 1-Burger Bar 2-Fish Sticks 3-Taco Pizza 4-Greek Quinoa Salad 5-Pita Pockets

| Got it! | Meat / Seafood | Quantity | Notes | Est Cost |
|---------|--------------------------------|-------------|---------------------|----------|
| 1,3 | ground turkey | 2 pounds | | 8 |
| 2 | atlantic cod or any fresh fish | 1-1/2 pound | fillet | 18 |
| 5 | any variety deli lunchmeat | 1 pound | lean, quality meat! | 10 |

| Got it! | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---------|--------------------|----------|--|----------|
| 1,4 | lemon | 1 | | 1 |
| 1,5 | green bell pepper | 1 medium | | 1 |
| 1 | fresh basil | 1 bunch | | 1 |
| 1,3,5 | Bibb lettuce | 1 head | try the living variety packed with roots | 2 |
| 1,2,3,4 | tomatoes | 8 medium | | 5 |
| 1,3 | avocado | 1 | | 1 |
| 1 | kale | 1 bunch | | 2 |
| 1,5 | cantaloupe | 1 medium | | 3 |
| 2 | blueberries | 2 pints | | 6 |
| 4,5 | cucumber | 2 | | 2 |
| 4 | Kalamata olives | 1/2 cup | check the deli | 2 |

| Got it! | Dairy | Quantity | Notes | Est Cost |
|---------|------------------|-----------|----------------------------|----------|
| 1,3 | provolone cheese | 12 slices | | 3 |
| 2,4 | Parmesan cheese | 3/4 cup | | 2 |
| 2 | nonfat milk | 1 cup | can sub water if necessary | 1 |

| Got it! | Bakery/Misc | Quantity | Notes | Est Cost |
|---------|----------------------------|------------|-------------------------|----------|
| 1,2 | whole wheat hamburger buns | 7 | bakery fresh not bagged | 4 |
| 3,5 | whole wheat pita | 8 rounds | | 4 |
| 4 | Quinoa | 2 cups dry | | 2 |

Fresh 20 Grocery Est 78
 Cost Per Dinner 15.6
 Cost Per Serving 3.9

| Check your pantry for this week's staples | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|---|-------------------|-------------------|------------------------------------|----------------|
| | olive oil | 5 Tablespoons | chicken stock (or vegetable) | optional 5 cup |
| | garlic | 3 cloves | organic butter | |
| | onions | 1 red, 1/2 yellow | eggs | 1 large |
| | dried oregano | 4 teaspoons | tomato paste | |
| | cumin | 1/2 teaspoon | Dijon mustard | 1/4 teaspoon |
| | sea salt | 2-1/2 teaspoon | balsamic vinegar | 4 Tablespoon |
| | black pepper | 1-1/4 teaspoon | white wine vinegar EXTENDED PANTRY | 1/3 cup |
| | cayenne pepper | 1 teaspoon | pantry dressing | 1/4 cup |
| | brown sugar | 3 Tablespoon | black beans (low sodium) | 15oz can |

TURKEY BURGER BAR

kale chips and cantaloupe wedges

DIRECTIONS:

For Dressing:

Whisk together all ingredients until smooth.

For kale:

Preheat oven to 350 degrees. Arrange kale strips on baking sheet. Brush kale with oil and lightly sprinkle with salt. Bake for 15 minutes until crisp, flipping once. Let cool before eating, they will continue to crisp.

For Burgers:

Preheat outdoor grill or stovetop grill pan.

Combine turkey, breadcrumbs, lemon juice, green pepper, basil, oregano, salt and pepper in large bowl. Mix well. Divide turkey mixture into 4 equal portions. Form 4 thick, individual patties.

Grill burgers until cooked through, about 5 minutes per side. Toast hamburger buns. Spread a Tablespoon of dressing onto each toasted bun. Arrange condiments on large plate and let everyone build their burger.

Serve burgers with a handful of kale chips and a large wedge of cantaloupe.

INGREDIENTS:

Dressing:

4 Tablespoons balsamic vinegar
2 Tablespoons brown sugar
1/4 teaspoon Dijon mustard
1/4 teaspoon cayenne pepper

For kale chips:

1 bunch kale greens, cut into strips
1 Tablespoon olive oil
¼ teaspoon salt

For burgers:

1 pound ground turkey

1 whole wheat hamburger bun,
toasted well done and crushed into
crumbs

½ lemon, juiced

½ green bell pepper, finely chopped

1 Tablespoon fresh basil, shredded

2 teaspoons dried oregano

1 teaspoon salt

1/2 teaspoon ground black pepper

4 whole wheat buns, bakery fresh

Condiments:

4 slices Provolone cheese
4 lettuce leaves, whole
1 tomato cut into 4 thick slices
1 avocado, pit removed and sliced
¼ red onion, thinly sliced

½ head cantaloupe, cut into 4
wedges

OVEN BAKED FISH NUGGETS

tomato salad and fresh blueberries

DIRECTIONS:

Grind the toasted rolls in a food processor until mealy.
(like cornmeal)

Preheat oven to 375°.

Brush a non-stick baking sheet (9x13) with olive oil.

In a shallow bowl, combine the bread crumbs, Parmesan, salt, chili powder and black pepper.

Beat egg and milk together in a medium bowl.

Dip fish pieces in milk, then roll in crumb mixture.

Place nuggets on baking sheet.

Bake at 375° for 15-20 minutes or until fish flakes easily with a fork.

For tomato salad

Whisk olive oil, white wine vinegar, brown sugar, salt, and cayenne pepper in a small bowl. Toss tomatoes and red onion in dressing. Serve fish sticks and then blueberries for dessert.

INGREDIENTS:

2 wheat hamburger buns, toasted until well done (not burnt, just crisp)

Olive oil (for prepping pan)

½ cup Parmesan cheese, grated

1/2 teaspoon salt

¼ teaspoon red chili powder

1/4 teaspoon black pepper

1 large egg

1 cup nonfat milk

1 pound cod or tilapia fillets, cut into long strips for fish sticks

For tomato salad

1 Tablespoon olive oil

1 Tablespoon white wine vinegar

1 teaspoon brown sugar

¼ teaspoon salt

1/8 teaspoon cayenne pepper

4 tomatoes, sliced into wedges

¼ red onion, sliced

2 pints fresh blueberries

DIRECTIONS:

CAN BE MADE AHEAD OF TIME:

In a medium skillet, break apart ground meat into loose crumbles. Add salt, black pepper, oregano and cayenne pepper. Cover with 1 cup water and simmer for 5 minutes. Add chopped onion/garlic and simmer an additional 10 minutes. Let cool and store in an airtight container.

DINNER NIGHT:

Preheat oven to 375°F.

Pour drained black beans into a microwave safe bowl. Season with a little salt and cumin. Heat on high for 2-3 minutes. Remove from heat and mash with a fork until spreadable.

For each pita round:

Spread a layer of beans onto each pita round. Add 2 spoons of prepared meat evenly layered over beans. Top with 1 slice of cheese. Bake for 5 minutes or until cheese is melted.

Remove from oven and load individual pizzas up with lettuce, tomato, and avocado slices.

INGREDIENTS:

1 pound ground turkey

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon dried oregano

½ teaspoon cayenne pepper

½ onion, chopped

1 clove garlic, minced or pressed

14 oz. black beans (1 can, drained)

a pinch of salt

1 teaspoon ground cumin

8 slices of Provolone cheese

4 whole wheat pita rounds divided in half through the flat middle to create 8 circle pieces

2 cups lettuce, chopped

1 tomato, chopped

1 avocado, pit removed & sliced

Quinoa is such a versatile grain. It contains protein and makes the perfect base for this vegetarian meal.

INSTRUCTIONS

In a medium-large saucepan, bring water/stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool.

For dressing:

In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.

Combine quinoa with olives, basil, red onion and tomatoes. Toss with dressing (adding a little at a time).

Sprinkle with Parmesan and oregano.

Salt and pepper to taste.

Serve quinoa salad with cucumber slices.

INGREDIENTS

5 cups water or vegetable broth

2 cups quinoa, uncooked

Dressing

1/4 cup white wine vinegar

½ lemon, juiced

2 cloves garlic, minced or pressed

3 Tablespoons olive oil

1/2 cup Kalamata olives, chopped

1/4 cup fresh basil, chopped

1/2 red onion, diced

2 tomatoes, chopped

salt and pepper to taste

1/4 cup grated Parmesan

1 teaspoon dried oregano

1 cucumber, peeled and sliced

PITA POCKETS

quinoa salad and cantaloupe

DIRECTIONS:

Stuff each pita pocket with deli meat, lettuce, cucumber and green peppers. Add 1-2 Tablespoons of pantry dressing.

Makes 8 halves.

Serve with quinoa salad and cantaloupe.

INGREDIENTS:

4 whole wheat pita rounds, cut in half to make pockets

1 pound quality deli meat

1 cup chopped lettuce

¼ cup pantry dressing

1 cucumber, peeled and sliced

½ green bell pepper

quinoa salad (leftover)

½ cantaloupe, cubed or sliced