

PREP:

For quinoa

1 ½ cups vegetable stock

¾ cup quinoa

½ teaspoon salt

Boil vegetable stock. Stir in salt and quinoa. Reduce to simmer, cover and simmer for 25 minutes. Quinoa will expand to 3-4 times volume. Set aside to be used later in salad.

MENU:

MONDAY

Asparagus Salad
Warm Vinaigrette
Garlicky Croutons

TUESDAY

Vietnamese Spring Rolls
Fresh Mango

WEDNESDAY

Asparagus Frittata
Bell Pepper Salad

THURSDAY

Black Bean Chili
Sourdough Bread Bowls

FRIDAY

Edamame Rice Vermicelli
Roasted Asparagus



Vegetarian July 8th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	bell peppers	6	3 green; 3 red	8
	tomatoes	2		1.5
	asparagus	2 1/2 bunches	about 30 spears	8
	mint	2 bunches		4
	cucumber	2		2
	cilantro	1 bunch		1
	lime	1		0.6
	mango	4		5
	plums	4	red or black	2
	corn	2 ears		1
	shallots	2		1
	romaine lettuce	3 heads		6

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	edamame	1 12-oz bag	shelled	3.5
	eggs	1 dozen	organic preferred	4
	spring roll wrappers	1 16-oz package	12 wrappers needed	3
	rice vermicelli	2 16-oz packages	use rice noodles if you can't find vermicelli	6
	wheat baguette	1 loaf		1.5
	sesame oil	1 5-oz bottle		5
	sourdough bread rounds	4	use 1 loaf if round are unavailable	6
	quinoa	3/4 cup	dry; check in bulk bins	1.5

Fresh 20 Grocery Est 70.6
 Cost Per Dinner 14.12
 Cost Per Serving 3.53

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	9 1/2 Tablespoons	raw honey	3 teaspoons
	grape seed oil	6 1/2 Tablespoons		
	balsamic vinegar	1 Tablespoon	garlic	3 cloves
	white wine vinegar	2 teaspoons	onions	1/2 medium
	sea salt	4 1/2 teaspoons	vegetable stock	5 1/2 cups
	black pepper	7/8 teaspoon	dijon mustard	1/2 teaspoon
	oregano	1/2 teaspoon	low-sodium soy sauce	2 1/2 teaspoons
	ground cumin	1/2 teaspoon		
	dried thyme	1/4 teaspoon		
	cayenne pepper	6/8 teaspoon	black beans	2 15-oz cans

ASPARAGUS SALAD

w/ warm vinaigrette and garlicky croutons

INSTRUCTIONS

For garlicky croutons

Preheat oven to 400°F. Toss bread cubes with olive oil, minced garlic, and oregano. Toast in oven for 15 minutes. Remove and let the croutons sit until ready to serve.

For quinoa

Boil vegetable stock. Stir in salt and quinoa. Reduce to simmer, cover and simmer for 25 minutes. Quinoa will expand to 3-4 times volume. Set aside to be used later in salad.

For salad

Bring a pot of water to boil and add asparagus in the pot. Cook for no more than 2 minutes. While asparagus is cooking, prepare an ice bath by adding a cup of ice cubes to a large bowl of cold water. When the asparagus is done cooking, remove from pot and place in ice bath. This will stop the asparagus from overcooking.

Once cool, chop asparagus into 1-inch spears and toss in thyme and salt. Set aside. Assemble the salad by tossing asparagus with lettuce, red bell pepper, and cooked quinoa.

For warm vinaigrette

Heat olive oil in a pan over medium low flame. Add shallots to pan and heat through for less than a minute. Turn heat off and gently whisk in white wine vinegar, salt, and black pepper until well blended.

Pour dressing over the salad and spread croutons across the top.

INGREDIENTS

For garlicky croutons

½ loaf baguette, cubed
1 Tablespoon olive oil
2 cloves garlic, minced
½ teaspoon oregano

For quinoa

1 ½ cups vegetable stock
¾ cup quinoa
½ teaspoon salt

For salad

1 bunch asparagus
¼ teaspoon dried thyme
½ teaspoon salt
2 heads romaine lettuce, chopped into ½ to 1 inch strips
1 red bell pepper, sliced

For warm vinaigrette

3 Tablespoons olive oil
1 shallot, finely chopped
1 Tablespoon white wine vinegar
½ teaspoon salt
¼ teaspoon black pepper

4 fresh plums for dessert

INSTRUCTIONS

For Vietnamese spring rolls

Cook rice vermicelli according to package instructions.

When ready to assemble the spring rolls, prepare a bowl of warm to hot water to soften each wrapper. Check out the package instructions for suggested length of time as well as further instructions.

To assemble the spring roll, place the softened wrapper on a flat surface. Layer vermicelli as well as pieces of red bell peppers and cucumber in a row in the center of the wrapper. Add the pre-portioned mint and cilantro leaves on top. Be sure to leave 1 inch of wrapper space on the left and right sides; ½ inch of wrapper space on the top and bottom.

Fold the top and bottom of the wrapper towards the center. Fold in either the left or right side over. Follow up by folding the opposite side over the top so that the wrapper is enclosed. Repeat with the remaining wrappers. Cut each one in half crosswise.

For spring roll sauce

Whisk all the ingredients together in a small bowl until well blended.

Serve spring rolls with sauce. Slice fresh mangos to serve along side.

INGREDIENTS

For Vietnamese spring rolls

8 ounces rice vermicelli (1/2 package)

12 rice wrappers

1 red bell pepper, thinly sliced

1 cucumber, thinly sliced into strips

½ cup mint leaves, divided into 8 portions

½ cup cilantro leaves, divided into 8 portions

For spring roll sauce

2 Tablespoons grape seed oil

1 Tablespoon lime juice

1 ½ teaspoons honey

1 teaspoon salt

¼ teaspoon cayenne pepper

1 Tablespoon cilantro leaves, minced

4 mangos

ASPARAGUS FRITTATA

w/ bell pepper salad

INSTRUCTIONS

For asparagus frittata

Preheat oven to broil.

Heat olive oil in an oven-proof pan over medium flame. Add shallots and asparagus. Sauté for 3-4 minutes. Sprinkle salt and black pepper over vegetables. Stir to mix. Pour beaten eggs into the pan. Gently stir and allow the frittata to cook on the burner for 3-4 minutes.

Finish cooking the frittata in the broiler oven for 4-5 minutes. Once finished, flip on to a platter and sprinkle chopped mint leaves on top.

For bell pepper salad

Toss bell peppers with dressing.

Serve frittata with bell pepper salad and baguette.

INGREDIENTS

For asparagus frittata

1 ½ Tablespoons olive oil

1 shallot, thinly sliced

½ bunch asparagus, chopped into half-inch spears

½ teaspoon salt

¼ teaspoon black pepper

8 eggs, beaten with 1 Tablespoon water

1 Tablespoon chopped mint leaves

For bell pepper salad

2 bell peppers, thinly sliced

1 red bell pepper, thinly sliced

3 Tablespoons Pantry dressing
www.thefresh20.com/pantrydressings

½ loaf baguette, sliced

BLACK BEAN CHILI

in sourdough bread bowls

INSTRUCTIONS

For black bean chili

Heat grape seed oil in a pot over medium flame. Add onions and sauté for 2-3 minutes. Add bell peppers, garlic, and tomatoes. Sauté for another 2-3 minutes. Stir in cumin, cayenne pepper, and salt.

Next, pour in vegetable stock and water. Cook for 3-4 minutes, then stir in corn kernels and black beans. Bring the chili to a boiling point. Stir the chili to ensure that no ingredient is sticking to the bottom, after which cover pot with lid and reduce flame to low. Simmer chili for 15 minutes.

For sourdough bread bowls

Slice off the top of the sourdough bread round. Hollow out the inside, leaving about a half inch throughout. Set each round on a plate. Pour chili into the bowl and set the top on side.

INGREDIENTS

For black bean chili

- 1 ½ Tablespoons grape seed oil
- ½ medium onion, diced
- 1 bell pepper, diced
- 1 clove garlic, minced
- 2 tomatoes, diced
- ½ teaspoon cumin
- ¼ teaspoon cayenne pepper
- 1 teaspoon salt
- 4 cups vegetable stock
- 2 cups water
- 2 ears corn, husked and kernels removed
- 2 15-ounce cans black beans, drain only one can

For sourdough bread bowls

- 4 sourdough bread rounds (6")
- * If bread rounds are not available, slice a loaf of sourdough bread and serve alongside bowls of chili.

EDAMAME RICE VERMICELLI

w/ roasted asparagus

INSTRUCTIONS

For roasted asparagus

Preheat oven to 375° F. Toss asparagus with olive oil and spread across on a baking sheet. Roast for 20-22 minutes. Toss with salt and black pepper when removed from the oven.

For rice vermicelli

Bring a pot of water to boil. Cook rice vermicelli according to package instructions in one. Drain well when it is done cooking.

For edamame and dressing

In the other pot, bring the water to a boil and cook the edamame for about 2-3 minutes. Be sure to drain the edamame well.

Meanwhile, whisk all the ingredients (grape seed oil through cayenne pepper) for the dressing in a small to medium bowl until well blended.

To assemble, toss rice vermicelli, edamame, cucumber, mint leaves, and mango with dressing. Serve edamame vermicelli on a few leaves of romaine lettuce. Set a few spears of roasted asparagus on the side.

INGREDIENTS

For roasted asparagus

- 1 bunch asparagus
- 1 Tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

For rice vermicelli

- 1 package of rice vermicelli (16 oz)
- 2 cups water
- 1 ½ cups shelled edamame beans
- 1 cucumber, shredded
- ¼ cup mint leaves, chopped
- 1 mango, cored and thinly sliced
- 1 head romaine lettuce

For rice vermicelli dressing

- 3 Tablespoons grape seed oil
- ½ teaspoon sesame oil
- ¼ Tablespoon lime juice
- 1 teaspoon white wine vinegar
- 1 ½ teaspoons honey
- 2 ½ teaspoons light soy sauce
- 1/8 teaspoon cayenne pepper (optional)