

We've added a new recipe to our pantry dressings. Homemade ranch!
Switching Greek yogurt for mayo makes this dressing guilt free!

Check it out at www.thefresh20.com/pantrydressings

PREP IN ADVANCE

1. STEAM, BAKE or COOK WHOLE POTATOES for Meal #1

2. BROWN RICE

- 1 Tablespoon Butter
- 1 Tablespoon Olive Oil
- 3 cups Brown Rice
- 2 cups Water
- 3 cups Chicken Stock
- 1 teaspoon salt

In stockpot (whichever one you have the lid for) melt butter and add oil and rice. Sauté rice for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid!

3. CHOP PARSLEY – One bunch

Remove leaves from stem and chop. Place in a plastic bag with a paper towel to absorb and extra moisture. Measure out and use as needed throughout the week.

MENU:

MONDAY ①

Potato Skins
Fruit Platter

TUESDAY ②

Coconut Shrimp
Rice and Salad

WEDNESDAY ③

Quick Turkey Chili
Watermelon Wedges

THURSDAY ④

BLT Entrée Salad

FRIDAY ⑤

Turkey Mushroom Rice



August 19th

Shopping List

This Week's Menu: 1-Potato Skins 2-Coconut Shrimp 3-Quick Chili 4-BLT Salad 5-Turkey Mushroom Skillet

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|----------------|-----------|-----------------------------------|----------|
| 2 | raw shrimp | 1 pound | 24 count (SUB: chicken tenders) | 12 |
| 3, 5 | ground turkey | 2 pounds | | 10 |
| 1, 4 | turkey bacon | 12 slices | go for the best quality available | 5 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|----------------------------|---------------|---------------|----------|
| 1 | new or yukon gold potatoes | 8 medium | not russets | 4 |
| 1, 5 | mushrooms | 1 pound | 4 cups sliced | 5 |
| 2, 4 | romaine lettuce | 3 heads | | 4 |
| 3, 4, 5 | tomatoes | 6 medium | | 5 |
| 4 | chives | 1 bunch | | 1 |
| all | Italian parsley | 1 large bunch | | 1 |
| 2, 4 | lemon | 3 medium | | 2 |
| 1, 3 | watermelon | 1 medium | | 3 |
| 1 | red or green grapes | 1 pound | | 2 |
| 1 | berries | 1 pint | | 3 |
| | | | | |
| | | | | |
| | | | | |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|--------------------|----------|--------|----------|
| 1, 3, 4 | plain Greek yogurt | 2.5 cups | nonfat | 3 |
| 4 | buttermilk | 1/2 cup | | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|--------------|----------------|-------|----------|
| 2 | coconut milk | 1 - 14 oz can | | 2 |
| 3 | white beans | 2 - 14 oz cans | | 3 |

Fresh 20 Grocery Est 67
 Cost Per Dinner 13.4
 Cost Per Serving 3.35

| Check your pantry for this week's staples | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|---|-------------------|---------------|------------------------------|---------------|
| | olive oil | 5 Tablespoons | chicken stock (or vegetable) | 3.5 cups |
| | garlic | 4 cloves | organic butter | 2 Tablespoons |
| | onions | 1.5 medium | eggs | 4 |
| | dried oregano | 1 teaspoon | tomato paste | |
| | cumin | 1 teaspoon | Dijon mustard | |
| | sea salt | 3 teaspoons | balsamic vinegar | |
| | black pepper | 1.5 teaspoons | soy sauce | |
| | cayenne | 1 teaspoon | brown rice (long grain) | 3 cups dry |
| | | | pantry dressing | 1/4 cup |

This is a grab and go dinner for nights when everyone can't sit down at once. Prepare and leave on stove for quick access. No sides, no fuss, just a quick bite for a busy night.

DIRECTIONS:

Ahead of time:

In a covered dish, microwave whole potatoes for 6 minutes, in 3-4 Tablespoons water (enough to cover bottom of dish with ½" liquid). Potatoes can also be steamed (whole) on the stovetop. Cool and store in an airtight container until ready to use.

Dinner night:

Preheat oven to 375 degrees. Cut potatoes in half lengthwise.

With a spoon, carefully, scoop out potato and transfer to mixing bowl. Try to keep skins intact so you can fill them. Brush skins with olive oil.

Toss potato flesh, butter, Greek yogurt, salt and cayenne pepper together in mixing bowl. Mix in mushrooms, turkey bacon and fresh parsley.

Spoon mix back into empty potato skins and sprinkle with a dash of black pepper. Arrange on baking sheet and bake 15 minutes until warmed through and skins are crisp.

Serve with fresh fruit platter.

INGREDIENTS:

8 new potatoes or Yukon Gold
(smaller than russets)

1 Tablespoon olive oil

2 Tablespoons organic butter, melted

1 cup plain Greek yogurt

½ teaspoon salt

1/8 teaspoon cayenne pepper

2 cups sliced mushrooms

4 slices turkey bacon, crumbled

¼ cup flat leaf parsley, finely
chopped

Dash of black pepper

Fresh fruit platter

1/2 medium watermelon

½ pound red or green grapes

1 pint berries, any variety

INSTRUCTIONS

For shrimp:

In a food processor, blend olive oil, garlic, lemon juice, parsley leaves, cayenne pepper, salt and olive oil until smooth. Pour in coconut milk and puree a few seconds to blend.

Pour coconut marinade over shrimp in an airtight container, making sure that the shrimp is coated in sauce. Marinate in refrigerator for at least 20 minutes and up to 6-8 hours.

When ready to cook, heat 1 Tablespoon olive oil in a pan over medium heat. Remove shrimp from marinade, reserving liquid. Once the oil is shimmering, add shrimp to the pan. Spread the shrimp evenly throughout the pan so that each shrimp is lying on the pan on one side.

After a minute and a half, flip each shrimp to cook through on the other side for another minute and a half.

Bring marinade to boil in medium stockpot. Add prepared brown rice to marinade. Stir to blend. Heat for 3 minutes. Cover and remove from heat.

Serve 4-6 shrimp with $\frac{3}{4}$ cup coconut rice and 2 cups side salad.

INGREDIENTS

1 Tablespoon olive oil

2 cloves garlic, peeled

1 lemon, juiced

$\frac{1}{3}$ cup parsley leaves

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

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

1-14oz can coconut milk

1 pound large shrimp (24 pieces),
peeled and deveined

1 Tablespoon of olive oil

3 cups brown rice, prepared

side salad:

1-1/2 heads romaine lettuce
hearts, chopped

$\frac{1}{4}$ cup pantry dressing
(www.thefresh20.com/pantrydressings)

QUICK TURKEY CHILI

watermelon wedges

This meal is made for busy weeknights. The 3 basic ingredients (tomatoes, beans and ground turkey) blend together to make a satisfying meal.

DIRECTIONS:

Heat olive oil in a skillet on medium heat. Add onions, sautéing until tender. Add garlic, then turkey and brown until no longer pink. Stir in tomatoes. Add cumin, oregano and red chili powder. Pour in beans and stock. Salt to taste, simmering for 10 minutes more.

Top with a pinch of black pepper. Garnish with fresh parsley and a dollop of Greek yogurt.

Serve with watermelon wedges.

Serves 4

INGREDIENTS:

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 pound ground turkey
- 2 medium tomatoes, chopped
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 2 cans white beans including liquid
- 3 cups chicken stock
- 1 teaspoon salt (to taste)
- ½ teaspoon black pepper
- 1/3 cup fresh parsley, chopped
- 1 cup plain Greek yogurt
- ½ medium watermelon, cut into wedges

DIRECTIONS:

In a large skillet or grill pan, cook bacon on medium-high heat until brown and crisp. Allow to cool before breaking up into crumbles.

Toss romaine in homemade ranch dressing. Arrange 2 cups dressed salad on each dinner plate. Top with tomatoes and crumbled bacon.

Garnish with a small amount of chopped egg. Sprinkle with black pepper and serve.

Kid note: Arrange all the ingredients separately on a plate with a small amount of dressing in the center and let them use it as dip. This can sometimes overcome the idea of salad and it lets them have more control over each individual bite. Double up on the things they like.

Serve with ½ pound green or red grapes

Homemade ranch:

Combine all ingredients in a medium bowl. Whisk to until well blended. Chill until ready to use. Store in fridge for up to a week.

INGREDIENTS:

8 strips turkey bacon

1-1/2 romaine lettuce hearts, chopped

½ cup ranch pantry dressing
www.thefresh20.com/pantrydressings

2 tomatoes, finely chopped

4 hard boiled eggs, chopped

½ teaspoon black pepper

½ pound green or red grapes

Possible leftover ad- ons:

Coconut Shrimp

Stuffed Potatoes

Side cup of turkey chili

Homemade ranch (makes 1 cup)

1 clove garlic, minced or pressed

2 chives, finely chopped

½ cup buttermilk

½ cup Greek yogurt

1 Tablespoon lemon juice

1/3 cup flat leaf parsley, finely chopped

Salt to taste

I love easy skillet dinners. With the addition of fresh herbs, they can be a quick, tasty solution to hectic weeknights.

DIRECTIONS:

Sauté onions in olive oil over medium-high heat until softened, about 4 minutes. Add ground turkey, cooking until no longer pink. Add salt and black pepper. Stir in mushrooms, tomatoes and parsley. Cook for 5 minutes. Serve 1-1/2 cup over ¾ cup brown rice.

INGREDIENTS:

- 1 Tablespoon olive oil
- ½ onion, chopped
- 1 pound ground turkey
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 cups mushrooms, sliced
- 2 tomatoes, chopped
- ¼ cup fresh parsley, chopped
- 3 cups brown rice (see prep)