

SUGGESTED PREP

STEAM POTATOES

3 pounds new potatoes (red)

Wash (and scrub if necessary) potatoes. Cut large potatoes in half and leave smaller whole. Place 2-3 cups water in stockpot with steamer insert. Place all potatoes into steamer, sprinkle with salt and cover. Steam for 20 minutes checking to make sure water does not completely evaporate. . Remove from heat, letting cool. Divide in half and store in 2 Ziploc bags.

CROUTONS

1 French baguette (whole wheat)

1 Tablespoon olive oil

pinch of salt

Preheat oven to 350 degrees

Slice baguette in half the long way. Cut one half into small cubes.

Cut the other half into 8 pieces. Place the cubes in a bowl and drizzle with olive oil and sprinkle with salt. Arrange cubes AND slices on an ungreased cookie sheet. Bake at 350 degrees for 15 minutes or until well toasted. Let cool. Store crouton cubes in a covered container or plastic bag. Blend or process slices into breadcrumbs and store in Ziploc bag marked Parmesan Chicken.

MARINATE MOZZARELLA

1 teaspoon oregano

2 Tablespoon olive oil

1/4 teaspoon salt

1/8 teaspoon black pepper

1 pound buffalo mozzarella

Mix first 4 ingredients in airtight Tupperware dish. Cut mozzarella lengthwise into 12 thin (even) pieces. Place mozzarella in dish making sure it is well coated. Cover with lid and store in fridge.

ROAST PEPPERS (3 red)

Using tongs, place whole red peppers directly on burner at medium heat/flame. When one side is burnt, rotate 1/4 turn and burn next side. Repeat until all sides are blackened. Remove from heat and place in paper bag for 5 minutes, letting cool. With hands, scrape off burnt skin and open peppers to discard seeds. Store roasted peppers in airtight container in fridge.

PARMESAN VINAIGRETTE

1/3 cup freshly grated Parmesan cheese

3 tablespoons extra-virgin olive oil

2 tablespoons balsamic vinegar

1 clove finely chopped garlic (or pressed)

1/2 teaspoon Dijon mustard

Whisk all ingredients together until well blended.

Salt and pepper to taste.

MENU:

MONDAY ①

Parmesan Crusted Chicken

New Potato Salad

Fresh Apple Wedges

TUESDAY ②

Balsamic Glazed Cod

Broccoli Gratin

Steamed Potatoes

WEDNESDAY ③

Portobello Caprese

Spinach Salad w/ Home Croutons

THURSDAY ④

Tarragon Chicken Linguine

w/ Broccoli

FRIDAY ⑤

Spinach Mushroom Quesadillas

DESSERT

Caramel Apple Cups

(below)

3 apples

1 cup water

1/3 cup brown sugar

Peel, core and dice all 3 apples. Place water and sugar in a medium saucepan.

Heat on medium until sugar dissolves and liquid starts to thicken.

Add apples and cook on low, stirring frequently until all apples are slightly sticky.

Transfer to small cups and serve.

****Caution hot**



August 26th

Shopping List

This Week's: 1-Parmesean Chicken 2-Balsamic Halibut 3-Portobello Caprese 4-Tarragon Linguine 5-Spinach Quesadilla

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	chicken breast	3 pounds	boneless, skinless	18
2	fresh cod filets or any fresh fish	1.5 pounds	SUB: chicken tenders or tofu	14

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3, 5	portobello mushrooms	5	large caps, about 1 pound	8
1, 2	new potatoes (red)	3 pounds		3
1	celery	2 stalks		1
1	green onions	1 bunch		1
1, D	apple	4	green for tartness	2
2, 3	basil	1 bunch	enough for 12 large leaves	1
2, 5	baby spinach	1.5 pounds	enough for 12 cups	3.5
2, 3	red bell peppers	3		3
4	broccoli	2 pounds	2 cups	2.5
4	tarragon	1 bunch	can sub fresh thyme or basil	2
3	tomatoes	2 large		3
3	avocado	1		1
3	green leaf salad	2 heads	10 cups total	3

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3, 4, 5	parmesean	8 oz	1.5 cups grated	4
3, 5	mozzarella	one pound	2 round balls (shred one, slice one)	7

Got it!	Bakery	Quantity	Notes	Est Cost
1, 3	whole wheat baguette	1 long	used for croutons and breadcrumbs	2
5	tortillas	8	whole wheat	3

Fresh 20 Grocery Est 82
 Cost Per Dinner 16.4
 Cost Per Serving 4.1

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	dried oregano	2 teaspoons	Pantry Dressing	2/3 cup
	chili powder/cayenne pepper	1/8 teaspoon	chicken or vegetable stock	1 cup
	olive oil	1/2 cup	onion	1 red
	egg (organic if possible)	1 large	balsamic vinegar	2/3 cup
	soy sauce	2 Tablespoons	Dijon	1/2 teaspoon
	brown sugar	2/3 cup		
	garlic	4 cloves	salt	1 teaspoon
linguine pasta (whole wheat)	16 oz	black pepper	1 teaspoon	

PARMESAN CHICKEN

new potato salad and apple wedges

DIRECTIONS:

Ahead of Time:

Steam potatoes

Bake bread crumbs

In a blender, pulse the baguette pieces until bread crumbs form. If the bread is crisp enough, you can easily smash it into crumbs without using a blender.

Dinner Night:

Preheat oven to 375

Lightly oil a baking sheet using a small amount of olive oil to coat.

Cut chicken into small even pieces. One breast should yield 3-4 pieces. You want them to be similar in size for even cooking.

In a small bowl, whisk together water and egg.

In medium dish, combine fresh bread crumbs, parmesan, oregano, and chili powder.

One piece at a time, dip chicken into milk/egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish.

Repeat with other pieces, making sure that the baking dish is not too crowded.

Place in oven for 25 minutes or until chicken is no longer pink on inside.

Cut cold or room temperature potatoes in half (or quarters). Add celery and green onions to potatoes and fold in dressing. Start with a little and add as desired. Salt and pepper to taste!

Serve 6 oz chicken with 1 cup potato salad with a few slices of fresh apple!

INGREDIENTS:

1 teaspoon olive oil

1-1/2 pounds chicken breast (2-3 medium halves)

1 egg

2 Tablespoons water

1/2 whole wheat baguette: cut into several slices and then, toasted well for bread crumbs (see prep)

1/3 cup (4oz) parmesan, grated

1 teaspoon dried oregano

1/8 teaspoon cayenne pepper

For potato salad:

1-1/2 pounds steamed new potatoes (red)

2 ribs/stalks celery, diced

2 green onions, finely chopped

1/3 cup pantry dressing

www.thefresh20.com/pantrydressings

salt & pepper *to taste*

2 apples, peeled, cored and sliced into eighths

BALSAMIC GLAZED COD FISH

spinach salad and basil potatoes

DIRECTIONS:

Dinner Night:

In a medium bowl, whisk together marinade ingredients. Rinse fish and pat dry. Place fish in oven proof dish. Pour marinade over fish to thoroughly coat. Cover and let stand 10 minutes.

Wash and dry spinach leaves. Cut into strips.

Heat broiler. Remove halibut from baking dish, reserving marinade. Place fillets down on well oiled foil on a broiler pan. Place in oven at least three inches from flame. Cook 5 minutes and then carefully, lower 2 inches & cook another 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 boiled marinade.

For potatoes:

Reheat steamed potatoes. Lightly salt and pepper to taste. Sprinkle with basil.

For salad:

Toss spinach with peppers and dressing.

Serve 6oz of fish with some marinade drippings, 1-1/2 cups of salad and ½ cup of basil potatoes

SUBSTITUTIONS:

Chicken tenders (small pieces) can be substituted for fish in the recipe without changing the cooking time.

Firm tofu will also work well, but you will need to cut the cooking time in half.

INGREDIENTS:

For marinade:

1/3 cup balsamic vinegar
2 Tablespoons soy sauce
2 Tablespoons olive oil
2 Tablespoon brown sugar
2 cloves garlic

1-1/2 pounds fresh cod fillet (or the freshest fish available in your area)

For salad:

6 cups baby spinach

1 roasted bell pepper (see prep)

3 Tablespoons pantry dressing

For potatoes:

1-1/2 pounds steamed new potatoes
(made the night before or in prep)

Salt and pepper to taste

4 large leaves basil

Recipes that have flexibility are essential when you're feeding a family. This dish can be made composed as instructed or you can toss everything in a large bowl and call it an entrée salad. Another option is to arrange all the ingredients on a large platter and let everyone choose what goes on the plate. It's all up to you and your family food culture.

DIRECTIONS:

Ahead of Time:

- Marinate Mozzarella
- Roast Peppers
- Parmesan Vinaigrette

Dinner Night:

Brush off tops of mushrooms and remove stem and gills.
Slice each mushroom cap in half to create two large circles.

Heat olive oil in medium pan.
Place mushroom caps in pan and grill for 1 minute per side.

For layering:

Place one mushroom slice on dinner plate. Top with slice of marinated mozzarella, then tomato slice, then a basil leaf and finally roasted pepper. Repeat layers and place mushroom cap on top.

Rinse salad and pat dry. Tear into small pieces. Toss with parmesan vinaigrette and top with avocado, onion & croutons.

Enjoy!

PARMASEAN VINAIGRETTE

1/3 cup freshly grated Parmesan cheese
3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1 clove finely chopped garlic (or pressed)
1/2 teaspoon Dijon mustard

Whisk all ingredients together until well blended.
Salt and pepper to taste.

INGREDIENTS:

4 large Portobello caps

1 teaspoon olive oil

8 large leaves basil

8 oz (marinated) mozzarella

2 beefsteak tomatoes, each sliced into 6 thin circles

2 bell peppers (red)

6 cups green leaf salad

½ red onion, thinly sliced

1 avocado, peeled and sliced

from prep

1/2 cup parmesan vinaigrette (see prep)

1 cup croutons

Bowl dinners are big hits in our house. This dish is wonderful with tarragon but if you can't find any, consider fresh thyme or even basil.

DIRECTIONS:

Ahead of Time:

Poach Chicken

Boil 6 cups water with salt. Drop in chicken and simmer for 15-20 minutes. Cool and store in airtight container until dinner night (up to 3 days).

Dinner Night:

Boil 4 quarts salted water for pasta.

Cut cooked chicken into 2" cubes.

Cook pasta according to package instructions adding broccoli in the last 2 minutes of cooking. This is a great technique for keeping it a simple, one pot meal.

Drain pasta and broccoli. Do not rinse. Return to pan, coating pasta with olive oil and Parmesan.

Add cubed chicken and stock. Fold in fresh tarragon and black pepper.

Portion Note:

Kids: 2 cups pasta

Adults: 3 cups pasta

INGREDIENTS:

1-1/2 pounds chicken breasts, poached (2-3 medium halves)

1 teaspoon salt for poaching water

2 cups broccoli florets, chopped

16 oz linguine pasta (whole wheat)

1 Tablespoon olive oil

2 Tablespoons Parmesan

1 cup chicken or vegetable stock

1/8 teaspoon black pepper

2 Tablespoons fresh tarragon, finely chopped

DIRECTIONS:

Dinner Night:

Preheat oven to 400 degrees.

Heat 1 Tablespoon olive oil in a medium skillet over med-high heat. Cook the onions, stirring occasionally, until soft, about 5 minutes.

Wash and pat dry spinach. Cut into strips.

Brush off mushrooms with paper towel. Remove stem and gills. Chop mushrooms. Add garlic to onions and cook additional minute. Add the mushrooms; cook, stirring occasionally, until they're tender, about 3-4 minutes. Add spinach in batches, wilting slightly before adding the next batch. Cook until spinach is completely wilted and mixture is dry. Season with salt and pepper.

Brush one side of tortillas with remaining tablespoon oil. Place 4 tortillas, oiled sides down, on two baking sheets. Layer each tortilla with cheese, spinach mixture, and more cheese, dividing evenly. Top with the remaining 4 tortillas, oiled sides up, and lightly press to seal. Bake until cheese has melted and tortillas are golden brown, turning them once, about 10 minutes. To serve, cut quesadillas into quarters.

Toss lettuce with dressing and add in anything you have on hand so you can limit waste this week!

Kid Note:

Okay, spinach is not the favorite of some kids. This is a great way to try it. Mix it up a little. Make some with and some without and ask them to try both.

DAIRY FREE:

Use a soy cheese that melts well. We have luck with [Follow Your Heart](#) non-dairy products.

INGREDIENTS:

½ red onion, finely chopped

1 clove garlic, minced or pressed

1 Tablespoon + 1 Tablespoon olive oil

6 cups baby spinach

1 Portobello mushrooms

dash of salt, dash of pepper

8 large whole wheat tortillas

1/2 cup parmesan, grated

2 cups shredded mozzarella

End of the week side salad:

1 head green leaf lettuce, chopped

Leftover pantry dressing

Any leftover vegetables in the fridge