

MENU:

MEATLESS MONDAY ①

Beet Pear Soup
Goat Cheese Toasts
Easy Corn

TUESDAY ②

Lemon Herb Salmon
Steamed Broccoli
Cucumber Goat Cheese Dippers

WEDNESDAY ③

Fan Fave: Korean Style Short Ribs
Sautéed Broccoli
Simple Polenta

THURSDAY ④

Ham Avocado Melt
Southwest Salad

FRIDAY ⑤

Turkey Italian Sausage
Beet salad

I've heard from many CSAs that beets are on the scene so we've included them in a delicious soup this week along with a simple beet salad!

Beets are sweet and filled with flavor. They are rich and nutritious and have a vibrant color. If you haven't tried them, here's your opportunity!

Sometimes they are a hard sell on kids. We tested the soup on kids and 3 out of 4 loved it after overcoming the initial color aversion! Make it fun. Create a story about the color of beets. I look forward to hearing your beet stories!



Gluten Free - August 19th

Shopping List

This Week's Menu: 1-Beet/Pear Soup 2-Lemon Herb Salmon 3-Short Ribs 4-Ham Avocado Melt 5-Turkey Sausage

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|---------------------------|------------|------------------------------|----------|
| 2 | salmon | 1.5 pounds | can sub any fresh fish | 15 |
| 3 | short ribs (Korean Style) | 1.5 pounds | ask butcher to cut | 10 |
| 5 | turkey sausage links | 4 links | Italian style or any variety | 5 |
| 4 | black forest ham (lean) | 3/4 pound | | 7 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|--------------------|----------|--------------------------|----------|
| 1, 5 | beet root | 2 bulbs | about 4 cups once cooked | 3 |
| 1 | carrots | 2 medium | | 1 |
| 1 | celery | 2 ribs | | 1 |
| 1, 4 | corn | 6 ears | | 3 |
| 2 | lemons | 2 medium | | 1 |
| 2, 5 | fresh herbs | 1 bunch | your choice! | 2 |
| 2, 3 | broccoli | 3 pounds | 6 cups | 3 |
| 2 | cucumber | 1 medium | | 1 |
| 4 | bell peppers | 2 medium | 1 green, 1 red | 2 |
| 4 | tomato | 1 medium | why not try heirloom? | 1 |
| 4 | avocado | 1 | | 1 |
| 1, 4 | pears | 4 | | 3 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|------------------|----------------|------------------------|----------|
| 1, 2, 3 | goat cheese | 8 oz | usually sold in logs | 5 |
| 4 | hard deli cheese | 4 thick slices | any variety you choose | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|---------------------|---------------|---------------------------------|----------|
| 1, 4 | gluten free bread | 1 loaf | bakery fresh! Need 8 slices. | 3 |
| 3 | sesame oil | 2 Tablespoons | small bottle. We will use again | 3 |
| 3 | polenta (corn meal) | 2 cups | check bins if available | 3 |

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

| Check your pantry for this week's staples | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|---|-------------------|---------------------|---------------------------------------|---------------|
| | olive oil | 8 T | gf chicken stock (or vegetable) | 62 oz |
| | garlic | 5 | organic butter | |
| | onions | 3/4 red, 1/2 yellow | gluten free soy sauce, low sodium | 1/4 cup |
| | dried oregano | | tomato paste | |
| | cumin | | gluten free Dijon mustard | 2 Tablespoons |
| | sea salt | 1.5 teaspoon | rice vinegar or balsamic | 2 Tablespoons |
| | black pepper | quart | gluten free pantry dressing | 1/2 cup |
| | red chili powder | | black beans (low sodium) | 1 - 15oz can |
| | brown sugar | 4 T | pantry dressing (see recipe for link) | 1/2 cup |

Beet Pear Soup

corn & cheese toasts

DIRECTIONS:

Heat olive oil in a medium stock pot. Add carrots, onions and celery and sauté for 5 minutes, stirring occasionally. Mix in beets and garlic. Cook for 3-4 minutes before adding pears and stock. Simmer for 10-15 minutes over medium heat.

IMPORTANT: Before pureeing soup, remove 8 pieces of beet and save in an airtight container for another meal.

Transfer to food processor or blender and puree on high for 2 minutes or until smooth. Add salt, a little at a time, to taste. Serve 1-1/2 cups in a shallow bowl with cheese toasts.

For toasts:

Toast gluten free bread slices. Brush with olive oil and spread with goat cheese. Sprinkle with pepper. If you have any extra fresh herbs in the house, this is a great time to use them as a garnish on top of toasts.

For corn:

Place corn in large Ziploc bag with ¼ cup water. Stand bag upright in microwave and heat on high for 4 minutes. CAREFULLY remove bag from microwave and even more CAREFULLY open to remove steam.

Summer corn requires no salt or butter. Go ahead and try it au natural before loading up the less healthy additions!

INGREDIENTS:

2 Tablespoons olive oil

2 medium carrots, peeled and roughly cut into 3" pieces

½ medium onion, cut into quarters

2 ribs/stalks celery, cut into 3" pieces

2 cloves garlic, smashed

2 beet root bulbs, peeled and cut into eighths (some used for 2nd meal)

2 pears, peeled cored and cut into quarters

24 oz vegetable stock

Salt to taste

For toasts:

4 gluten free bread slices

4 oz goat cheese, softened

1 Tablespoon olive oil

Dash of black pepper

Optional: any fresh herbs on hand can be minced for toast garnish

4 ears fresh corn, husk removed

LEMON HERB SALMON

broccoli & goat cheese cucumber dippers

DIRECTIONS:

Heat stock in a medium sauté pan.
Add 2 Tablespoons lemon juice and 1/8 teaspoon salt.
Simmer. Place salmon fillet skin side down into pan.
Some stock will cover about ¼ inch of salmon.
Cover and steam over low heat for 7 minutes.

Steam broccoli in a covered microwave safe bowl w/ 2 Tablespoons water for 3 minutes.

Remove salmon with a spatula and place on serving dish.
It should be a little soft to the touch and still a little pink inside.
Cover with foil and it will continue to cook while resting.

In same salmon pan, stir in brown sugar, remaining lemon juice and fresh herbs. Simmer and let reduce for 5 minutes. Add salt and pepper then remove from heat.

Pour liquid over resting salmon and serve.

Spread a small amount of goat cheese on cucumber slices and arrange on a serving dish with beet/pear soup in the middle as dipping sauce.

Portion Notes:

Adult: 5 oz of salmon, ¼ cucumber and 1 cup broccoli
Kids: 3 oz of salmon, ¼ cucumber and ½ cup broccoli

Substitution:

Any medium to firm style fish fillet with skin or chicken tenders

INGREDIENTS:

1 cup chicken or vegetable stock

2 lemons, juiced (used in two parts)

½ teaspoon salt

1-1/2 pound salmon fillet

2 Tablespoons brown sugar

2 teaspoons fresh herbs, finely chopped

¼ teaspoon black pepper

¼ teaspoon salt

4 cups chopped florets broccoli

1 cucumber, peeled and sliced

¼ cup goat cheese, softened

1 cup leftover beet/pear soup served in small bowl and used as dip for cucumber slices

KOREAN STYLE SHORT RIBS

w/ sautéed broccoli & simple polenta

DIRECTIONS:

For Ribs:

Combine all marinade ingredients in a large non-aluminum (non-reactive) container.

Add ribs marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours.

Reserving marinade, arrange ribs in large sauté pan (with lid) over medium-high heat and sear ribs for 4 minutes each side.

Pour remaining marinade and stock into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.

Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on platter or serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve along side.

For Broccoli:

In a medium skillet, toss broccoli with olive oil and salt and sauté for 4-5 minutes until soft but still a little crunchy.

For Polenta:

In a medium saucepan, bring the stock to a boil over high heat.

While constantly whisking with one hand, slowly shake in the cornmeal in a thin stream with the other. Lower the heat to medium and cook, stirring frequently, until the polenta thickens to an oatmeal consistency, about 15 minutes. Sometimes it is necessary to add more liquid. Water is okay. Scrape the bottom and sides while cooking to prevent the polenta from sticking.

Stir in the olive oil and transfer polenta to a serving bowl. If desired, serve with ¼ cup crumbled goat cheese for a topping.

SUBSTITUTIONS: Use dark meat chicken thighs instead of ribs.

INGREDIENTS:

Marinade

¼ cup reduced sodium soy sauce
2 Tablespoons brown sugar
2 Tablespoon sesame oil
½ red onion, finely chopped
3 cloves garlic, minced or pressed
1 Tablespoon olive oil
2 Tablespoons rice vinegar

For Ribs:

1-1/2 pounds beef short ribs cross cut into 1" thick slabs Korean style

6 oz chicken or vegetable stock

For Broccoli:

1 pound fresh broccoli florets

1 Tablespoon olive oil

½ teaspoon sea salt

For Polenta:

3 cups chicken or vegetable stock
1.5 cups polenta (coarsely ground yellow cornmeal)
1 tablespoon olive oil

Optional: ¼ cup goat cheese

Quick Tip:

Start the ribs and then while they are simmering, prepare broccoli. Next, start polenta since it requires more labor for stirring.

HAM AVOCADO MELT

southwest salad & pears

DIRECTIONS:

For corn:

Place corn in large Ziploc bag with $\frac{1}{4}$ cup water. Stand bag upright in microwave and heat on high for 4 minutes. CAREFULLY remove bag from microwave and even more CAREFULLY open to remove steam. Once cooled, cut the kernels from the cob with a sharp knife and set aside to use in salad.

For southwest salad:

Combine bell peppers, corn and beans in a medium bowl. Toss with dressing and refrigerate for up to 2 days.

For open-faced melts:

Pre-heat oven to 350 degrees.

Toast gluten free bread slices and brush with olive oil. Spread each piece with Dijon mustard followed by a layer of mashed avocado.

Arrange tomatoes over avocado and top with ham. Add red onion, then, cover with cheese and place on a baking sheet in oven for 5 minutes or until cheese melts.

Serve melts with a cup of salad and pear slices.

SUBSTITUTIONS: Use any quality deli meat of your choice. Cooked shrimp is also delicious as a alternative to deli meat.

INGREDIENTS:

2 ears fresh corn, husks removed

1 red bell pepper, diced

1 green bell pepper, diced

1 – 15oz can black beans, rinsed and drained

$\frac{1}{2}$ cup pantry dressing

www.thefresh20.com/pantrydressings

for melts:

4 slices gluten free bread

2 Tablespoons olive oil

2 Tablespoons Dijon mustard

1 avocado, pit removed and slightly mashed

1 tomato, thinly sliced into 8 pieces

$\frac{3}{4}$ pound black forest ham

$\frac{1}{4}$ red onion, thinly sliced

4 slices hard deli cheese (your choice)

2 pears, sliced

TURKEY SAUSAGE

beet salad & southwest salad

Sometimes, Friday comes and families are exhausted. This meal is quite simple and easy to prepare. Begging the question: Can we just not over think dinner tonight?

DIRECTIONS:

Grill sausage in medium saucepan over medium high heat until cooked through. To serve, cut each sausage in half horizontally to create 8 long pieces.

For beet salad:

Toss beets in olive oil and black pepper. Fold in goat cheese. Chill until ready to serve. Garnish with fresh herbs.

Serve with leftover southwest salad.

Serve with any fruit on hand.

Enjoy and relax!

INGREDIENTS:

4 links Italian style turkey sausage or any variety chicken or turkey sausage

For beet salad:

1-2 cups cooked beets, diced

¼ cup goat cheese (2oz)

1 teaspoon olive oil

¼ teaspoon black pepper

2 Tablespoons fresh herbs, finely chopped

2 cups southwest salad (leftover)