

PREP AHEAD OF TIME

Brown Rice

- 1 Tablespoon olive oil
- ¼ onion, finely chopped
- ½ teaspoon salt
- 1 ½ cups brown rice
- 1 ½ cups vegetable stock (or water)
- 1 ½ cups water

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock and bring water to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yields 3 cups. Used for 1 recipe.

Pickled Onions

- 1 cup white wine vinegar
- ½ cup water
- 2 Tablespoons honey
- ½ teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- 1 clove garlic, minced
- 2 medium onions, sliced

Bring vinegar and water to a simmer in a lidded pot. Stir in honey, salt, oregano, and black pepper. Once all ingredients are incorporated, add garlic and onions. Cover the pot again and simmer for 6-7 minutes.

Turn heat off and allow mixture to cool. Once completely cool, pack onions in pickling juice in an airtight container and refrigerate. It takes about a week for the pickling flavor to come through. Used for Ploughman's Dinner on Friday.

MENU:

MONDAY

- Chili Broccoli
- Brown Rice
- Cherry Tomato Skewers

TUESDAY

- Eggs Florentine
- Home Fries

WEDNESDAY

- Baked Cherry Tomato Pasta
- Spinach Salad

THURSDAY

- Squash Ricotta Pizzettes
- Fruit Salad

FRIDAY

- Ploughman's Dinner



Vegetarian August 12th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	broccoli	3 heads		7
	blueberries	2 pints		7
	cherry tomatoes	3 1/2 pounds		8
	spinach	4 bunches		5
	red bell pepper	1		1
	bibb lettuce	2 heads		3
	peaches	4		3
	strawberries	1 pint		3
	Granny Smith apples	4		3
	zucchini	1		0.75
	yellow squash	1		0.75
	green onions/scallions	1 bunch		0.5
	sweet potatoes	5		4

Got it!	Dairy	Quantity	Notes	Est Cost
	2% milk	1/2 pint		2
	low fat ricotta cheese	1 15-oz container	also labeled as part skim	4
	white cheddar	10 ounces		5

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	eggs	a dozen	organic recommended	4
	whole wheat English muffins	8		3
	bakery bread	1 loaf	crusty Italian bread recommend	1.5

Fresh 20 Grocery Est 65.5
 Cost Per Dinner 13.1
 Cost Per Serving 3.275

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 3/4 Tablespoons	raw honey	4 Tablespoons
	grape seed oil	4 1/3 Tablespoons	flour	1 1/2 teaspoons
	balsamic vinegar	2 teaspoons	garlic	4 cloves
	white wine vinegar	17 Tablespoons	onions (yellow)	4 1/2 medium
	sea salt	5 1/2 teaspoons	vegetable stock	1 1/2 cups
	black pepper	1 1/4 teaspoons	dijon mustard	1 teaspoon
	oregano	1 teaspoon	low-sodium soy sauce	1 1/2 teaspoons
			whole wheat pasta (penne preferred)	1 16-oz box
	dried thyme	1/2 teaspoon	brown rice	1 1/2 cups
cayenne pepper	1/2 teaspoon			

CHILI BROCCOLI

w/ brown rice and cherry tomato skewers

INSTRUCTIONS

Preheat oven to 400°F.

For chili broccoli

Bring a pot of water with a quarter teaspoon of salt to boil. Once at a boil, add broccoli and cook for 1-2 minutes. Drain pot of broccoli and shake off any excess water. Dry with paper towel, if necessary. Toss broccoli with a tablespoon of grape seed oil. Spread the broccoli on a baking sheet and roast for 6-8 minutes.

Whisk soy sauce, vinegar, honey, and cayenne pepper in a small bowl. Toss roasted broccoli with dressing and top with chopped green onions/scallions.

For cherry tomato skewers

Flavor the olive oil by mixing it with salt. Assemble cherry tomatoes on the skewers and brush with seasoned olive oil. Roast in the oven on a baking sheet for 10-12 minutes. Serve a little over a cup of broccoli with a side of brown rice and 1-2 skewer(s) of cherry tomatoes.

INGREDIENTS

For chili broccoli

¼ teaspoon salt

5 cups broccoli, cut into long stems

1 Tablespoon + 1 teaspoon grape seed oil

1 ½ teaspoons light soy sauce

1 teaspoon white wine vinegar

¼ Tablespoon honey

½ teaspoon cayenne pepper

2 stalks green onion/scallion, white portion removed and chopped on a bias

3 cups brown rice, already prepared

For cherry tomato skewers

1 ½ Tablespoons olive oil

½ teaspoon salt

1 pound cherry tomatoes

6-8 wooden or metal skewers

2 cups blueberries for dessert

INSTRUCTIONS

For baked cherry tomato pasta

Preheat oven to 325°F. Cook pasta according to package instructions, but cook for about 30 seconds to a minute less than the indicated time as the pasta will finish cooking in the oven. Drain pasta of water.

Heat olive oil in a pan over medium flame. Sauté onions for 2-3 minutes before adding garlic and cherry tomatoes. Add salt and pepper. Sauté for 3-5 minutes. In a large bowl, toss penne with sautéed cherry tomatoes and ricotta cheese.

Place a piece of parchment paper or foil in a medium bowl and scoop a quarter of the pasta in the middle. Enclose the ends by twisting the sides to make a bow out of the parchment paper/foil. Set the packets on a baking sheet and bake for 6-8 minutes, just until the flavor melds.

For spinach salad

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss spinach and peaches with dressing. Serve alongside packets of baked pasta.

INGREDIENTS

For baked cherry tomato pasta

- 1 16-ounce whole wheat penne
- $\frac{3}{4}$ Tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 pound cherry tomatoes, cut in halves
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{3}{4}$ cup low fat ricotta cheese
- 4 sheets parchment paper or foil, each piece about 18 x 12 inches.

For spinach salad

- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 5 cups spinach leaves
- 2 peaches, cored and sliced in wedges

EGGS FLORENTINE

w/ sweet home fries

INSTRUCTIONS

Preheat oven to 375°F. Spread bread on a baking sheet. When eggs florentine are almost ready, toast for 3-4 minutes.

For sweet home fries

Bring a pot with sweet potatoes, water, and a quarter teaspoon of salt to a boil. Once boiling, allow the sweet potatoes to boil for 4-5 minutes. Drain of water and set aside in refrigerator. Once cool, dice sweet potatoes.

Heat olive oil in a pan over medium high flame. Sauté onions first for 2 minutes before adding red bell peppers. Sauté for another 2 minutes. In a large bowl, toss sautéed vegetables with parboiled sweet potatoes, thyme, and remaining salt. Spread the mix on a baking sheet and roast for 20-22 minutes.

For eggs florentine

Heat a tablespoon of grape seed oil in a small pot over medium low flame. Stir in flour and continue to stir until the mixture turns into light brown. Stir in milk, making sure that the milk is fully incorporated. Turn heat off and set pot aside. Sprinkle in cheese, while stirring to incorporate. Stir in a half teaspoon of salt once the sauce is mixed through, after which stir in the spinach. Return creamed spinach to a burner with low flame to keep the sauce warm.

Meanwhile, in another pan/skillet, heat 1 1/2 tablespoons of oil over medium flame and prepare your preference of eggs -- either sunny side up, over easy, or scrambled. For sunny side up or over easy, split the oil in half as you will be cooking the eggs in two batches. For sunny side up, fry four eggs in the pan/skillet for 1-2 minutes, or until you see the egg whites form into a solid. Repeat in the second batch with the remaining oil and another four eggs. For eggs over easy, follow the sunny side up (cooking the first side for 1 – 1 ½ minutes) and flip eggs over to heat through for 30 seconds. For scrambled, whisk eggs in a large bowl and cook over medium low flame, stirring every so often to form fluffy eggs.

For assembly, scoop some creamed spinach on top of piece of bread, followed by one egg per slice. Serve two slices of eggs florentine with a scoop of sweet home fries per person.

INGREDIENTS

For sweet home fries

3 sweet potatoes, peeled and quartered

¼ + ½ teaspoon salt

1 ½ Tablespoons olive oil

1 medium onion, diced

1 red bell pepper, diced

½ teaspoon thyme

For eggs florentine

1 + 1 ½ Tablespoons grape seed oil

1 ½ Tablespoons flour

1 cup 2% milk

2 ounces white cheddar or Monterey Jack cheese, shredded

½ teaspoon salt

¼ medium onion, finely diced

4 cups spinach

8 eggs

1 teaspoon white wine vinegar

½ leaf fresh bakery bread, sliced

INSTRUCTIONS

For squash ricotta pizettes

Preheat oven 375°F. Brush olive oil on the top of each English muffin, using the first tablespoon. Spread the muffins on a baking sheet and toast for 1-2 minutes. Take out of oven and set aside. Meanwhile, mix the ricotta cheese with salt, oregano, and black pepper.

Heat the other tablespoon of olive oil in pan over medium flame. Sauté yellow squash and zucchini slices for 2-3 minutes. Turn heat off, set pan aside, and stir in garlic.

Assemble the pizettes by spreading 1-1 ½ tablespoon(s) of low fat ricotta mixture on top of each muffin. Top each slice with slices of yellow squash and zucchini. Return baking sheet of muffins – now pizettes – to the oven and bake for 6-8 minutes.

For fruit salad

Whisk grape seed oil, honey, balsamic vinegar, and black pepper in a small bowl. Toss fruit with dressing and serve alongside pizettes.

INGREDIENTS

For squash ricotta pizettes

- 1 + 1 Tablespoons olive oil
- 4 whole wheat English muffins
- ¾ cup low fat ricotta cheese
- 1 teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- 1 yellow squash, sliced thinly on the bias
- 1 Italian zucchini, sliced thinly on the bias
- 1 clove garlic, minced

For fruit salad

- 1 Tablespoon grape seed oil
- 1 Tablespoon honey
- 1 teaspoon balsamic vinegar
- ¼ teaspoon black pepper
- 2 peaches, cored and sliced into wedges
- 2 cups strawberries, sliced in quarters
- 2 cups blueberries

INSTRUCTIONS

Ploughman's Lunch is a traditional British mid-day meal. The dinner version of this meal is lighter as butter is substituted with olive oil.

Preheat oven to 350°F. Brush slices of Italian bread with olive oil. Toast bread for 2-3 minutes.

For mixed salad

Whisk grape seed oil, vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss lettuce and tomatoes with dressing.

For each platter of Ploughman's Dinner:

- mixed salad
- 3 slices of bread
- 1 hard boiled egg that is halved
- ¼ portion of pickled onions already made
- 1 2-ounce slice of white cheddar
- 1 Granny Smith apple

INGREDIENTS

1/2 loaf fresh bakery bread, sliced

1 ½ Tablespoons olive oil

For mixed salad

1 Tablespoon grape seed oil

1 teaspoon white wine vinegar

½ teaspoon Dijon mustard

¼ teaspoon salt

¼ teaspoon black pepper

4 cups Bibb lettuce

3 cups cherry tomatoes, halved

4 eggs, hard-boiled and halved

pickled onions

8 ounces white cheddar, one 2-ounce slice per person

4 Granny Smith apples