

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](http://www.thefresh20.com/pantrydressings)

#### PREP IN ADVANCE

1. STEAM, BAKE or COOK WHOLE POTATOES for Meal #4
2. COOK QUINOA for Meal #3 & #5

#### MENU:

##### MONDAY ①

Cheddar Tofu Melt  
Mango Relish

##### TUESDAY ②

Roasted Tomato Soup  
Sourdough Bread Bowl

##### WEDNESDAY ③

Jerk Tofu  
Quinoa  
Ginger Carrot Purée

##### THURSDAY ④

Broccoli Cheddar Baked Potatoes  
Simple Salad  
Fresh Melon Slices

##### FRIDAY ⑤

Grilled Romaine Salad  
Sourdough Croutons  
Feta Cucumber Quinoa



Vegetarian August 19th

# Shopping List

This Week's Menu: 1. Cheddar Tofu Melt 2. Roasted Tomato Soup 3. Jerk Tofu 4. Broccoli Cheddar Potatoes 5. Grilled Romaine Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2	basil	2 bunches		3
1, 5	mango	3		4.5
1	apple	1		0.75
1, 5	cucumber	2		2
3	carrots	8 medium		3
3	ginger	1 - one inch piece		1
1	lime	1		0.5
5	lemon	1		0.5
4	cantaloupe or honeydew melon	1 medium		3
1, 2	tomatoes	6 medium		8
4	broccoli florets	1 pound	3 cups	2
5	romaine lettuce hearts	2		4
4	red leaf lettuce	1 head		2
4	potatoes	4	russet recommended	4

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 4	shredded cheddar	3 cups	12 ounces needed; 1/4 cup opt	6
5	crumbled feta cheese	1 1/2 cups	8 ounces needed	6

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
1, 3	firm tofu	3 14-oz boxes		5
2, 5	sourdough bread rounds	4 small	small/individual sized	6
1	wheat bread	8 slices	fresh bakery recommended	3
3, 5	quinoa	3 1/4 cups	check bulk bins	2

Fresh 20 Grocery Est 66.25  
 Cost Per Dinner 13.25  
 Cost Per Serving 3.3125

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	13 Tablespoons	raw honey	1 1/4 teaspoon
	grape seed oil	4 Tablespoons		
	balsamic vinegar	1 Tablespoon	garlic	4 cloves
	white wine vinegar	1 teaspoon	onions (1 1/4 yellow; 1 red)	2 1/4
	sea salt	4 1/4 teaspoons	vegetable stock	9 cups + 4 opt
	black pepper	2 1/8 teaspoons	dijon mustard	1/2 teaspoon
	oregano	1 1/2 teaspoons		
	dried thyme	1 teaspoon		
	cayenne pepper	1/2 teaspoon		

## CHEDDAR TOFU MELT

w/ mango relish

### INSTRUCTIONS

#### *For each sandwich*

In a food processor or blender, purée cheddar and tofu together until thick and smooth. Mix in salt, black pepper and oregano.

Brush 2 slices of bread with olive oil on one side only. Spread the cheddar tofu blend over the dry side of the bread. Add a layer of tomato slices and basil. Top with second slice of bread, dry side down.

Preheat a grill pan or a large skillet to medium heat. Place the sandwiches down and grill for 3-5 minutes on each side for the sandwiches to be golden on the outside.

Cut in half and serve with cucumber slices and mango relish.

#### *For mango relish*

Combine relish ingredients in a medium bowl and set aside to marinate. Can be made a day ahead.

#### DAIRY FREE VERSION:

Substitute soy cheese. We like Follow Your Heart brand because it melts well and has a nice nutty cheese flavor.

### INGREDIENTS

#### *For cheddar tofu melts*

2 cups cheddar cheese, shredded

1 block tofu, firm

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon ground oregano

2 Tablespoons olive oil

8 slices whole wheat bakery bread

2 tomatoes, thinly sliced

16 leaves fresh basil

#### *For mango relish*

1 mango, peeled and cut into small cubes

¼ medium yellow onion, finely chopped

1 apple, peeled, cored, and chopped

1 lime, juiced (1 teaspoon)

1 Tablespoon olive oil

1 teaspoon white wine vinegar

¼ teaspoon sea salt

1 cucumber, sliced

## ROASTED TOMATO SOUP in sourdough bread bowls

### INSTRUCTIONS

Preheat oven to 350°F.

#### *For roasted tomato soup*

Toss tomatoes with one and a quarter tablespoons of olive oil. Spread tomatoes on a baking sheet and roast for 15-20 minutes.

In a large pot, sauté onions over medium heat for 2-3 minutes. Add the garlic and sauté for another minute, then add the roasted tomatoes. Add half of the basil leaves, followed by vegetable stock. Add water as needed for desired consistency. Bring soup to a boil and stir occasionally. Once at a boil, cover the pot with a lid and reduce heat to low. Simmer for 10 minutes. Season with salt and black pepper to taste.

Place each bread bowl in individual shallow dishes. Ladle soup in each of bread bowls. Chop remaining basil leaves and garnish soup with basil and optional shredded cheddar cheese.

Reserve the middle and the tops of each bread bowl to make croutons later in the week.

You can serve the soup without the bread bowls for a low-carb version.

### INGREDIENTS

#### *For roasted tomato soup*

- 1 ¼ + ¼ Tablespoons olive oil
- 4 medium tomatoes, sliced in half
- ½ medium yellow onion, chopped
- 2 cloves garlic
- 1 cup basil leaves
- 4 cups vegetable stock
- 1 cup water
- 1 teaspoon salt
- ½ teaspoon black pepper

4 bakery sourdough individual rounds, ¼-inch top sliced and inside bread hollowed out to create a bowl (use the scooped out bread and tops for croutons)

optional soup topping: ¼ cup cheddar cheese, shredded

## JERK TOFU

w/ quinoa and ginger carrot purée

### INSTRUCTIONS

#### *For jerk tofu*

Mix the seasonings, minced garlic, and  $\frac{3}{4}$  tablespoon grape seed oil into a paste. Rub on both sides of each slice of tofu. Allow to marinate for 15 minutes.

Heat 1 Tablespoon grape seed oil in a griddle (preferable) or pan over medium flame. Sear each slice of tofu on one side for 3 minutes and finish cooking on the other side for 2-3 minutes. Add more oil to the griddle/pan if needed.

#### *For quinoa*

In a medium-large saucepan, bring water/stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. If desired, add salt and black pepper to taste.

#### *For ginger carrot purée*

Sauté onions in olive oil over medium heat for 2-3 minutes. Add ginger and sauté for 2 minutes before adding carrots to sauté for 4-5 minutes. Pour vegetable stock in and cook until liquids reduce. Set aside to cool. Once cool, purée with a half cup of vegetable stock, salt, and pepper in either food processor or blender.

Serve jerk tofu with a side of quinoa and ginger carrot purée.

### INGREDIENTS

#### *For jerk tofu*

1 teaspoon dried thyme

1 teaspoon salt

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

$\frac{1}{4}$  teaspoon black pepper

2 cloves garlic, minced

$\frac{3}{4}$  + 1 Tablespoons grape seed oil

2 blocks firm tofu, drained and sliced crosswise in  $\frac{1}{4}$ -inch strips

#### *For quinoa*

5 cups water or vegetable broth

2 cups quinoa, uncooked

Salt and black pepper to taste

#### *For ginger carrot purée*

1 Tablespoon olive oil

$\frac{1}{2}$  medium yellow onion, chopped

1  $\frac{1}{2}$ -inch ginger, peeled and grated

6 medium carrots, chopped

1 +  $\frac{1}{2}$  cups vegetable stock

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

$\frac{1}{4}$  teaspoon black pepper

## BROCCOLI CHEDDAR BAKED POTATOES

w/ simple salad and fresh melon slices

### INSTRUCTIONS

Preheat oven to 400°F.

#### *For broccoli cheddar baked potatoes*

Bake potatoes on a tray for an hour. Meanwhile, steam broccoli for 1-2 minutes and set aside to cool.

Once potatoes are ready, carefully slice the top open lengthwise as there will be a release of steam. Brush the insides of each potato with grape seed oil. Stuff with broccoli florets and top with a quarter cup of cheddar. Return potatoes to the oven to melt the cheese, for 3-4 minutes.

#### *For simple salad*

Dress lettuce and carrots with basic vinaigrette.

Serve broccoli cheddar baked potatoes with simple salad and fresh melon slices.

### INGREDIENTS

#### *For broccoli cheddar baked potatoes*

4 russet potatoes, washed and pierced with fork a few times all over

1 Tablespoon grape seed oil

1 cup cheddar cheese, shredded

2 cups broccoli, chopped into ½-in pieces

#### *For simple salad*

1 head red leaf lettuce, chopped

2 medium carrots, shredded

basic vinaigrette

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1 melon (cantaloupe or honeydew), sliced

## GRILLED ROMAINE SALAD

w/ sourdough croutons and feta cucumber quinoa

### INSTRUCTIONS

#### *For croutons*

Preheat oven to 375°F. Toss sourdough cubes with olive oil, dried oregano, salt, and black pepper. Spread on a baking sheet and bake for 10-12 minutes. Remove from oven and pour in a bowl. Allow to cool.

#### *For feta cucumber quinoa*

In a medium-large saucepan, bring water/stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. Stir in crumbled feta, cucumber, and black pepper. Set aside.

#### *For dressing*

Whisk all the ingredients in a small to medium bowl.

#### *For grilled romaine salad*

Brush each romaine lettuce heart with grape seed oil. Sear on a griddle (preferable) or pan for 1-2 minutes on each side.

Serve romaine hearts with mango and red onion slices as well as sourdough croutons on top with drizzling of dressing. Serve alongside a small side of quinoa.

### INGREDIENTS

#### *For croutons*

Tops and middle of 4 sourdough rounds left from earlier in the week.  
Can also use 1 whole sourdough round, cubed

1 Tablespoon olive oil

½ teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon black pepper

#### *For feta cucumber quinoa*

3 1/8 cups vegetable broth

1 ¼ cups quinoa, uncooked

1 teaspoon olive oil

½ cup crumbled feta

1 cucumber, diced

¼ teaspoon black pepper

#### *For dressing*

3 Tablespoons olive oil

1 Tablespoon lemon juice

1 ¼ teaspoons honey

½ teaspoon salt

¼ teaspoon black pepper

#### *For grilled romaine salad*

2 Tablespoons grape seed oil

2 romaine lettuce hearts, quartered

2 mangos, peeled and sliced

1 red onion, thinly sliced