

## PREP AHEAD OF TIME

### **Pistou**

- 2 cups arugula leaves
- 2 cups basil leaves
- 2 cloves garlic
- ½ cup shredded Parmesan cheese
- 1 plum tomato, deseeded and diced
- ¼ cup olive oil
- ½ teaspoon black pepper
- ½ teaspoon salt

Pulse the first three ingredients in a blender or food processor until mixture is coarse. Set on blend as olive oil is poured in. Add Parmesan and tomatoes. Pulse until both cheese and tomatoes are just blended in. Stir in black pepper and salt. Store sauce in an airtight container for use in two recipes later in the week.

## MENU:

### **MONDAY ①**

- Portabello Steaks
- Cucumber Bulgur Wheat Salad

### **TUESDAY ②**

- Summer Soup Au Pistou
- Peach and Arugula Salad

### **WEDNESDAY ③**

- Mushroom Pearl Barley Risotto
- Roasted Carrots

### **THURSDAY ④**

- Squash Quesadillas
- Fresh Blueberries w/ Yogurt Sauce

### **FRIDAY ⑤**

- Pasta Napoletana
- Roasted Peaches



Vegetarian August 26th

# Shopping List

Menu: 1-Portobella Steaks 2-Soup Pistou 3-Mushroom Risotto 4-Squash Quesadilla 5-Pasta Napoletana

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	portobello mushrooms	8 caps		8
2, 4	yellow squash	6		4
1, 2	arugula	6 cups		4
1, 5	basil	2 bunches		3
2, 3, 5	carrots	11 medium		4
1	cucumbers	2		1
1, 2, 5	plum tomatoes	3 pounds		7
4	blueberries	2 pints		4
2, 5	peaches	6		4
2	zucchini	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3, 5opt	shredded Parmesan cheese	3/4 cup	may need 1/4 cup more for option	4
4	Monterey Jack cheese	2 cups		6
4	Greek yogurt	1/2 cup	may need more for optional dessert	1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4	whole wheat tortillas	6		3
1	bulgur wheat	1 1/2 cups	check bulk bin	1.5
3	dry white wine	1 bottle	1/2 cup needed; rest can be optional	5
3	pearl barley (dry)	1 cup	check bulk bin	2

Fresh 20 Grocery Est 63  
 Cost Per Dinner 12.6  
 Cost Per Serving 3.15

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1-1/2 cups	raw honey	2 Tablespoons
	grape seed oil	5 3/4 teaspoons		
	balsamic vinegar	1-1/4 Tablespoons	garlic	6 cloves
			onions (2 yellow; 1/2 red)	3 1/2
	sea salt	3 3/4 teaspoons	vegetable stock	10 cups
	black pepper	1 3/4 teaspoons		
	oregano	1 1/2 teaspoons		
			whole wheat pasta (penne preferred)	1 16-ounce box
	dried thyme	2 teaspoons		
cayenne pepper	1/4 teaspoon	cannellini beans	2 15-ounce cans	

## INSTRUCTIONS

*For Portobello steaks*

Preheat oven to 400°F.

Brush mushrooms with olive oil and season with dried thyme and black pepper. Roast mushrooms cap side down for 10-15 minutes, or until mushroom caps are heated through.

Top each cap with a tablespoon of pistou.

*For cucumber bulgur wheat salad*

Pour bulgur wheat in a large bowl. Stir in hot water and cover bowl. Let the bulgur wheat sit in covered bowl for 18-22 minutes. Drain bulgur wheat of its liquid. Toss with cucumbers, red onions, cannellini beans, and basil. Set aside.

Meanwhile, whisk olive oil, balsamic, salt, oregano, and black pepper in a small bowl. Pour dressing in salad and toss to mix.

Serve 1-1/2 Portobello steaks with 2 cups bulgur salad.

## INGREDIENTS

*For Portobello steaks*

1 Tablespoon olive oil

6 Portobello mushrooms, stems removed and chopped for later use in the recipe

½ teaspoon dried thyme

¼ teaspoon black pepper

½ cup pistou, make ahead

*For cucumber bulgur wheat salad*

1 ½ cups bulgur wheat

3 cups boiling hot water

2 medium cucumbers, peeled and diced

½ red onion, diced

1 15-ounce can cannellini beans, rinsed and drained

¼ cup basil leaves, chopped

For dressing:

2 Tablespoons olive oil

1 ½ teaspoons balsamic vinegar

¾ teaspoon salt

¼ teaspoon dried oregano

¼ teaspoon black pepper

## SUMMER SOUP AU PISTOU

w/ peach and arugula salad

### INSTRUCTIONS

#### Make Ahead

- Pistou

#### *For summer soup au pistou*

Sauté onions in olive oil in a large pot over medium heat for 1-2 minutes. Add carrots along with onions and cook for 2 minutes, then add both types of squash, tomatoes, and seasonings. Sauté for 2-3 minute before pouring in vegetable stock and water. Bring soup to a boil. Once at a boil, stir soup and cover pot with a lid. Reduce heat to low.

Simmer soup for 10 minutes. Stir in beans. Cook for another 5 minutes. Serve with a tablespoon (or large dollop) of pistou on top.

#### *For peach and arugula salad*

Whisk olive oil, balsamic vinegar, honey, salt, and black pepper in small bowl. Toss arugula and peaches with dressing.

### INGREDIENTS

#### *For summer soup au pistou*

- 2 Tablespoons olive oil
- 1 yellow onion, diced
- 2 carrots, sliced
- 2 yellow squash, sliced
- 2 Italian zucchini squash, sliced
- 2 plum tomatoes, peeled, deseed and diced
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 5 cups vegetable stock
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed and drained

1/3 cup pistou, make ahead

#### *For peach and arugula salad*

- 1 ½ Tablespoons olive oil
- ¼ Tablespoon balsamic vinegar
- 1 teaspoon honey
- ½ teaspoon each salt + black pepper
- 4 cups arugula
- 2 peaches, cored and diced

## MUSHROOM PEARL BARLEY RISOTTO

w/ roasted carrots

### INSTRUCTIONS

Preheat oven to 400°F.

#### *For mushroom pearl barley risotto*

Sauté mushrooms in olive oil over medium flame for 2 minutes. Season with thyme and salt. Pour pearl barley and sauté with mushrooms for another 1-2 minutes. Pour wine in and stir while the liquid evaporates.

Stir in a cup of vegetable stock. Allow the liquid to evaporate before stirring in another cup of stock. Repeat until all the stock is used up. If the barley is not cooked through, add water.

Once barley is cooked through, fold in shredded Parmesan cheese. Season with black pepper.

#### *For roasted carrots*

Toss carrots in olive oil and thyme. Spread carrots on a baking sheet and roast in the oven for 15 minutes. Toss carrots with salt and serve when risotto is ready.

### INGREDIENTS

#### *For mushroom pearl barley risotto*

1 ½ Tablespoons olive oil

2 portobello mushrooms, diced

½ teaspoon dried thyme

½ teaspoon salt

1 cup dry pearl barley

½ cup dry white wine

4 cups vegetable stock

1-1 ½ cups water (needed only if the barley is not cooked through)

¼ cup shredded Parmesan cheese

¼ teaspoon black pepper

#### *For roasted carrots*

8 medium carrots, peeled and sliced in half lengthwise, then sliced crosswise into 1 ½ to 2 inch pieces

1 ½ Tablespoons olive oil

½ teaspoon dried thyme

½ teaspoon salt

### INSTRUCTIONS

#### *For squash quesadillas*

Preheat oven to 375°F. Sauté onions in grape seed oil over medium flame for 3 minutes, or until softened. Add squash and garlic. Sauté for 2-3 minutes. Season with oregano, salt, and cayenne pepper. Stir in vegetable stock and reduce heat to low. Simmer until most of the liquid has evaporated.

To assemble, scoop squash mixture onto one side of each tortilla. Top the mixture with shredded Monterey Jack cheese. Fold the other side of tortilla on top, forming a half circle. Press down for a few seconds to ensure that each quesadilla is folded down.

Spread quesadillas on two baking sheets. Bake for 6-8 minutes, or until cheese has melted. Slice each quesadilla into three pieces.

#### *For fresh blueberries with yogurt sauce*

Mix yogurt and honey. Serve alongside fresh blueberries.

### INGREDIENTS

#### *For squash quesadillas*

2 Tablespoons grape seed oil  
1/2 yellow onion, diced  
4 yellow squash, sliced  
2 cloves garlic, minced  
¼ teaspoon oregano  
½ teaspoon salt  
¼ teaspoon cayenne pepper  
¼ cup vegetable stock  
6 whole wheat tortillas  
2 cups shredded Monterey Jack cheese

#### *For fresh blueberries with yogurt sauce*

2 cups fresh blueberries  
½ cup Greek yogurt  
1 Tablespoon honey

## INSTRUCTIONS

Cook pasta according to instructions. Run under cool water and drain. Set aside.

*For Neapolitan sauce*

Purée tomatoes in a blender or food processor. Set aside.

Sauté onions in olive oil in a sauce pot over medium flame for 2-3 minutes. Add garlic and carrots. Sauté for another 2-3 minutes before pouring in the puréed tomatoes and bringing sauce to a boil. Once at a boil, stir in basil and reduce heat to low. Cover pot with lid, and simmer for 15-20 minutes, stirring every so often. Stir in the salt. Simmer sauce with pot uncovered for another 5 minutes to reduce the liquid.

Toss penne with sauce. Garnish with Parmesan, if preferred.

*For roasted peaches*

Preheat oven to 400°F. Brush each peach half on the skin-side with grape seed oil. Place on a baking sheet, skin-side down. Roast in oven for 4-5 minutes.

## INGREDIENTS

1 16-ounce package whole wheat penne

*For Neapolitan sauce*

2 pounds plum tomatoes, roughly chopped

1 ½ Tablespoons olive oil

1/2 yellow onion, diced

2 cloves garlic, minced

1 medium carrot, diced

½ cup basil leaves, chopped

1 teaspoon salt

¼ cup shredded Parmesan cheese, optional

*For roasted peaches*

2 teaspoons grape seed oil

4 peaches, cored and sliced in half

## Optional:

For adults, remove skin of roasted peaches and mash peaches in a bowl. Spoon some mashed peaches in a glass and pour in dry white wine for a refreshing beverage inspired by the Italian cocktail Bellini. For kids, pair roasted peaches with Greek yogurt and a drizzle of honey.