

PREP:

- 1) JUICE 2 LEMONS – store in small airtight container and use as necessary during the week.
- 2) TOAST WALNUTS – on stovetop in a dry pan over med-high heat

KITCHEN NOTES:

- This week's meals are vegan friendly. Substitutions are maple syrup for honey. Omissions are goat cheese in all recipes.
- Nut allergies are an issue in many households. This week features walnuts and we suggest using pine nuts if possible or soy nuts.
- Wow, it's hot this week. There is no oven or grill used for any of this week's recipes. Stovetop, yes. Oven, no!

MENU:

MONDAY ①

Vegetable Barley Soup
Fresh Fruit Platter

TUESDAY ②

Walnut Pesto Pasta
Caramelized Fennel
Simple Salad

WEDNESDAY ③

Waldorf Salad Sandwiches
Sautéed Zucchini

THURSDAY ④

Pearl Barley Risotto
Stone Fruit Salad

FRIDAY ⑤

Hummus
Stuffed Grape Leaves
Warm Pita Bread



Vegetarian August 5th

Shopping List

Menu: 1-Vegetable Barley Soup, 2-Walnut Pesto Penne, 3-Waldorf Salad, 4-Barley Risotto, 5-Med Plate

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	seedless red grapes	2 1/2 pounds		3
1, 4	peaches	4		3
4	plums	2		0.5
2, 4	arugula	3 bunches	about 6 cups	4
1, 5	carrots	6 medium		1.5
1, 3	celery	1 large head	6 ribs/stalks	3
1, 3	cucumber	2		1.5
1, 5	parsley	1 bunch	flat leaf preferred	1.25
2, 4, 5	lemon	2 medium		2
2, 5	fennel	3 small bulbs		6
1, 3	Granny Smith apples	4		3.2
2, 3	basil	1-2 bunches	30-40 leaves	4
1, 3	zucchini	5 medium		2.4
2	green leaf lettuce	1 head		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3, 4	goat cheese	8 ounces	easily omit for vegan	6

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
5	tahini	1 jar	smallest available	5
1, 4, 5	pearl barley	3 cups	check bulk bin	4
2, 3, 5	walnuts	1 1/2 cups	check bulk bin	5
3, 5	pita bread	8 rounds	whole wheat	4
5	grape leaves (check ethnic aisle)	1 8-ounce jar	SUB: green leaf lettuce leaves	3

Fresh 20 Grocery Est 63.85
 Cost Per Dinner 12.77
 Cost Per Serving 3.1925

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3/4 cup	raw honey	2 1/4 teaspoons
	grape seed oil	1 1/2 Tablespoons		
	balsamic vinegar	1 teaspoon	garlic	6 cloves
	white wine vinegar	2 teaspoons	onions	2 medium yellow
	sea salt		vegetable stock	10 cups
	black pepper	1 3/4 teaspoons	dijon mustard	1/2 teaspoon
	oregano	1/4 teaspoon		
			wheat penne pasta (recipe 2)	1 16-ounce box
	dried thyme	1/2 teaspoon	brown rice	3/4 cup
cayenne pepper	1/8 teaspoon	garbanzo beans (recipe 5)	1 15-ounce can	

VEGETABLE BARLEY SOUP

w/ fresh fruit platter

This may seem like a fall dish but the fresh fruit platter and the refreshing cucumber slices balance it out for a hearty summer meal.

INSTRUCTIONS

For vegetable barley soup

Heat grape seed oil in a pot over medium high flame. Sauté onions for 2-3 minutes, before adding carrots and celery. Sauté for another 2-3 minutes. Stir in salt. Add pearl barley and sauté for 3-4 minutes.

Pour in the vegetable stock and water in the pot. Bring the soup to a boil and then reduce the heat to a simmer. Stir a few times and cover, allowing the soup to cook on low heat for 15 minutes. Add the zucchini and cook for another 5-6 minutes. Stir in the parsley leaves when ready to serve.

For fresh fruit platter

Place green grapes in the center of a large platter. Arrange wedges of fruit around the grapes. Serve with a soup and cucumber slices.

INGREDIENTS

For vegetable barley soup

- 1 ½ Tablespoons grape seed oil
- 1 medium onion, chopped
- 3 carrots, chopped
- 3 ribs/stalks celery, sliced
- 1 cup pearl barley
- 1 teaspoon salt
- 4 cups vegetable stock
- 2 cups water
- 2 medium zucchini, ends trimmed and chopped
- ¼ cup flat leaf parsley leaves, chopped

For fresh fruit platter

- 1 large bunch red grapes
- 2 peaches, cored and sliced in wedges
- 2 Granny Smith or green apples, cored and sliced in wedges

as side:

- 1 cucumber, peeled and sliced

WALNUT PESTO PASTA

w/ caramelized fennel and simple salad

INSTRUCTIONS

Cook pasta according to instructions.

For caramelized fennel

Heat olive oil in a pan over medium high flame. Sauté fennel in pan for 5-6 minutes. Add lemon juice, honey, vegetable stock, salt, and black pepper. Simmer until most of the liquid is evaporated.

Drain pasta but do not rinse.

For walnut pesto

Toast walnuts in a pan over medium flame for 3-4 minutes, stirring and/or shaking the pan frequently to prevent burning the walnuts.

Throw walnuts along with all the pesto ingredients in a blender or food processor and purée until mixture is well incorporated. You can leave the pesto a little chunky. Toss pasta with pesto and feta cheese.

For simple salad

Whisk olive oil, balsamic vinegar, Dijon mustard, garlic, salt, and black pepper in a small bowl. Toss baby leaf lettuce and arugula with dressing.

Serve alongside walnut pesto pasta and caramelized fennel.

INGREDIENTS

1 16-ounce bag pasta, preferably wheat penne

For caramelized fennel

2 Tablespoons olive oil
2-1/2 small fennel bulbs, stalks removed and thinly sliced
½ lemon, juiced
1 teaspoon honey
½ cup vegetable stock
½ teaspoon salt
¼ teaspoon black pepper

For walnut pesto

½ cup walnuts, chopped
3 Tablespoons olive oil
1 cup basil leaves
1 clove garlic, peeled
¼ teaspoon black pepper
¼ cup goat cheese (about 2oz)
Omit for vegan

For simple salad

1 Tablespoon olive oil
1 teaspoon balsamic vinegar
½ teaspoon Dijon mustard
1 clove garlic, minced
¼ teaspoon salt
¼ teaspoon black pepper
½ head green leaf lettuce, chopped
2 cups arugula, chopped

WALDORF SALAD SANDWICHES

w/ sautéed zucchini

INSTRUCTIONS

For Waldorf salad sandwiches

Whisk olive oil, vinegar, honey, and black pepper in a small bowl. Toss the apples, walnuts, celery, cucumbers, and green grapes with dressing in a large bowl. If using cheese, gently fold into salad.

Stuff each pita half with a generous portion of salad and serve with a side of zucchini.

For sautéed zucchini

Heat olive oil in a pan over medium flame. Add zucchini and sauté for 4-5 minutes. Sprinkle salt and spices onto vegetables, stirring to coat. Sprinkle with shredded basil.
Serve.

INGREDIENTS

For Waldorf salad sandwiches

3 Tablespoons olive oil
2 teaspoon white wine vinegar
1 teaspoon honey
¼ teaspoon black pepper

2 Granny Smith apples, cored and diced
2/3 cup walnuts, roughly chopped
3 ribs/stalks celery, diced
1 cucumber, diced
2 cups red grapes, sliced in half
½ cup goat cheese, crumbled (optional)

4 pita breads, sliced in half

For sautéed zucchini

1 ½ Tablespoons olive oil
3 medium zucchini, sliced into rounds
½ teaspoon salt
¼ teaspoon dried oregano
1/8 teaspoon cayenne pepper
4-6 leaves fresh basil, shredded

PEARL BARLEY RISOTTO

w/ stone fruit salad

INSTRUCTIONS

Preheat oven to 350°F.

For pearl barley risotto

Combine vegetable stock, and water. Bring liquid to boil. Lower heat to a simmer and keep on the side.

In another pot, heat a half tablespoon of olive oil over medium flame. Add onion and sauté until softened, which will take about 4-5 minutes. Add minced garlic and sauté for a half minute. Stir in barley and dried thyme.

Add 2 cups of warmed stock and reduce heat to a simmer. Stir continuously for 5 minutes, until liquid is absorbed. Repeat: add another a half cup of stock and stir until liquid is absorbed. Continue until no more stock is left.

For stone fruit salad

Whisk olive oil, white wine vinegar, lemon juice, honey, salt, and black pepper in a small bowl. Toss peaches, plums, and arugula with dressing. If desired, crumble goat cheese on top. Serve alongside risotto.

Reserve ½ cup cooked barley risotto for another dinner.

INGREDIENTS

For pearl barley risotto

- 4 cups vegetable stock
- 2 cup water
- ½ tablespoon olive oil
- ½ yellow onion, finely chopped
- 2 cloves garlic, minced
- 2 cups dry pearl barley
- ½ teaspoon dried thyme

For stone fruit salad

- 1 ½ Tablespoons olive oil
- 1 teaspoon white wine vinegar
- ½ teaspoon lemon juice
- ¾ teaspoon honey (vegans use maple syrup)
- ¾ teaspoon salt
- ¼ teaspoon black pepper

- 2 peaches, cored and diced
- 2 plums, cored and diced
- 2 bunches arugula, chopped
- ¼ cup goat cheese (omit for vegan)

HUMMUS

w/ stuffed grape leaves and warm pita bread

INSTRUCTIONS

In a small dry pan, toast walnuts over medium high heat for 3-4 minutes. Shake the pan often to prevent nuts from burning.

For hummus

Purée all the hummus ingredients in a blender or food processor on medium until mixture is smooth.

For carrots

Arrange carrots in a steamer insert over 1 cup of water. Sprinkle with salt. Cover and steam for 6 minutes. Transfer to bowl and if desired, mix in ground cumin.

For stuffed grape leaves

Heat oil over medium flame. Sauté onions for 3-4 minutes. Add fennel and sauté for 5-6 minutes. Stir in one tablespoon of lemon juice and ½ cup pearl barley risotto. Pour in a half cup of vegetable stock and reduce flame to simmer. Cook for 5-6 minutes. Turn heat off and mix in toasted walnuts, parsley, salt, and pepper. Set aside.

Bring a pot of water to boil. Soak grape leaves in hot water until they are pliable. Remove from hot water and pat dry. Trim the stems as well as other tough pieces from the leaves.

Lay each grape leaf dull side up on a flat surface. Spoon 1 heaping tablespoon of rice on one side of leaf. Fold that end over the rice and fold the two adjoining sides in. Roll leaf towards the remaining open side to enclose the wrap. Repeat with all the leaves.

Line up the stuffed grape leaves seam-side down across the bottom of a large pot. Pour in juice from a half lemon, one and a quarter cup of vegetable stock, and water. Cover with lid and bring pot to a boil. Reduce heat to low and simmer for 20-25 minutes. The stuffed grape leaves should be tender.

SUBSTITUTE: for a faster meal, use whole green leaf lettuce leaves instead of grape leaves and make lettuce wraps

For warm pita bread

Cut pita rounds in half and toast for 1 minute to warm. Cut warm pita into wedges and serve with hummus.

INGREDIENTS

For hummus

1 15-ounce can garbanzo beans, drained
3 Tablespoons tahini
½ lemon, juiced
1 teaspoon salt
2 cloves garlic
¼ onion, chopped
¾ Tablespoon olive oil
½ teaspoon salt

For carrots

3 medium carrots, peeled and cut into 1" rounds
¼ teaspoon salt
1/8 teaspoon ground cumin (if desired)

For stuffed grape leaves

1/3 cup toasted walnuts, chopped
1 ½ Tablespoons olive oil
½ medium onion, chopped
½ fennel bulb, diced
1 Tablespoon lemon juice + ½ lemon juiced
½ cup cooked pearl barley risotto
½ + 1 ¼ cup vegetable stock
¼ cup water
3 Tablespoons flat leaf parsley leaves, chopped
1 teaspoon salt
½ teaspoon black pepper
1 8-ounce jar grape leaves, drained
Can also use whole green leaf lettuce leaves

For warm pita bread

4 whole wheat pita rounds

Could also serve w/ leftover zucchini