

PREP AHEAD OF TIME:

BROWN RICE

1/2 onion
1 Tablespoon Butter
2 cups brown rice
4 cups water
1 teaspoon salt

Finely Chop ½ onion and melt 1 Tablespoon butter in a medium stock pan that has lid. Add onion and sauté 3 minutes. Add 2 cups brown rice and 1 teaspoon salt. Sauté 2 minutes. Add 4 cups of water and bring to boil. Lower heat on rice, cover and simmer for 30 minutes on low.

BREAD CRUMBS

6 slices whole wheat bread (half loaf) or one baguette

Toast bread until dry. Pulse on high in a food processor for about 1 minute. Store crumbs in a ziploc bag or airtight container.

MENU:

MONDAY

Sweet Ginger Salmon
scented rice & broccoli

TUESDAY

Chicken Alfredo

WEDNESDAY

Tarragon Salmon Cakes

THURSDAY

Stuffed Veggie Burgers

FRIDAY

Creamed Spinach Chicken
salad



September 23rd

Shopping List

This Week: Ginger Salmon, Chicken Alfredo, Tarragon Salmon Cakes, Veggie Burgers, Spinach Chicken

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Chicken (boneless, skinless)	4 breasts	about 2 pounds	16
	Salmon	2 pounds	fillet, ocean, no color added	22

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	parsley	1 bunch	yield 2 Tablespoons	2
	tarragon	1 bunch	yield 1 Tablespoon	2
	lemon	1		1
	orange	1	to yield 1/3 cup juice	1
	green onion	7		2
	tomatoes	4	beefsteak	3
	romaine lettuce	1 head	yield 4 cups	2
	avocado	1		1
	spinach	1.5 pounds	yield 18 cups (it's a lot in volume)	4
	broccoli	1.5 pounds	yield 4 cups florets	3
	red potatoes	4 large	for potato chips	2
	garbonzo beans	2 14oz cans	organic if possible	3

Got it!	Dairy	Quantity	Notes	Est Cost
	parmesan reggiano	6-8 oz	yield 2.5 - 3 cups	8
	greek yogurt	12 oz	yield 1.5 cups	2

Got it!	Bakery	Quantity	Notes	Est Cost
	wheat bread	1 half loaf	or 1 baguette for 1-1/4 cup breadcrumbs	2

Fresh 20 Grocery Est 76
 Cost Per Dinner 15.2
 Cost Per Serving 3.8

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	garlic	8 cloves	chicken stock	4 cups
	olive oil	3 Tablespoons	brown sugar	2 Tablespoons
	onion	1 white, 1 red	oregano	1 teaspoon
	egg	7	cumin	1/2 teaspoon
	flour	1 Tablespoon	salt	2.5 teaspoons
	Dijan	1 teaspoon	pepper	2.5 teaspoons
	brown rice	2 cups dry	red chili powder	1/8 teaspoon
	long pasta (fettucine) whole wheat!	1 pound	pantry dressing	3/4 cup

CHICKEN ALFREDO

spinach salad

DIRECTIONS:

Dinner Night:

Start to boil salty water for pasta.

Bring stock to simmer in a medium stockpot. Add salt.

Drop in whole chicken breasts and cover.

Poach chicken over medium heat for 10 minutes, flipping half way through.

Cook pasta according to package, keeping the pasta slightly al dente.

Remove chicken with tongs, reserving stock in pot.

Continue to boil stock until it reduces to one cup, about 5 minutes.

Slice or cube chicken breasts and set aside covered in foil.

Whisk garlic, black pepper and yogurt into stock.

Cook for 2-3 minutes, stirring frequently. It will be a thin liquid.

Put egg yolks into a small glass bowl. Stir in 2 teaspoons (one at a time) of the hot liquid to the egg yolks, stirring to make sure egg yolks don't cook or curdle. Add tempered egg yolks back into liquid sauce. Whisk until well blended. Remove from heat.

Stir in 1 ½ cups of cheese. Taste and if desired, add a dash of salt. Drain pasta and immediately place back into stockpot. Pour in sauce. Mix well. Add cubed chicken and parsley. Stir. Add another ½ cup cheese.

Serve immediately by dividing into bowls and sprinkle any remaining cheese on top. Toss spinach and dressing and serve in small bowls topped with red onions and tomatoes.

Substitution:

Vegetarian: Use broccoli instead of chicken and reduce steam time to 4 minutes.

Portion Note:

Adults: 2 cups pasta, 1 cup salad

Kids: 1 cup pasta, 1 cup salad

Kitchen Note:

For adults, add some red chili flakes!

INGREDIENTS:

2 large halves chicken breasts

1.5 cups chicken stock

1/2 teaspoon salt

3 cloves, minced or pressed garlic

1 teaspoon black pepper

1 cup plain nonfat Greek yogurt

2 egg yolks

2 cups, grated parmesan reggiano

1 Tablespoon, chopped parsley

1 pound whole wheat fettucine

For salad

4 cups chopped baby spinach

1/4 sliced red onion

1, cut into wedges tomato

1/4 cup pantry dressing

SWEET GINGER SALMON

steamed broccoli and onion rice

DIRECTIONS:

Ahead If Time:

Brown Rice

Dinner Night:

Heat stock in a medium sauté pan.
Add 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.

Combine green onions and rice over low heat.

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.

Stir in ginger, brown sugar and orange juice. Simmer and let reduce for 10 minutes. Add salt and pepper then remove from heat.

Add ¼ cup of liquid to rice and mix well.
Pour rest of liquid over resting salmon and serve with rice and broccoli.

Portion Notes:

Adult: 5 oz of salmon, ¾ cup rice and 1 cup broccoli
Kids: 3 oz of salmon, ½ cup rice and ½ cup broccoli

Substitution:

Any medium to firm style fish fillet or chicken tenders

INGREDIENTS:

1 cup chicken or vegetable stock

½, lemon, juiced

⅛ teaspoon salt

1 pound fillet salmon

2 teaspoon, minced ginger

2 Tablespoons brown sugar

⅓cup orange juice

¼ teaspoon black pepper

¼ teaspoon salt

3 cups prepared rice

3 stalks, finely chopped green onion

3 cups chopped florets broccoli

DIRECTIONS: Serves 4 with lunch leftovers

Dinner Night:

Combine parmesan, salt, black pepper, cumin, oregano and red chili powder in a medium bowl.

Slice the chicken breasts in half length wise so you have 4 thin, even pieces total.

Lay the chicken into a slightly oiled baking dish. Pat the spice/cheese mix onto each piece. Set aside.

In a medium skillet, heat olive oil.
Whisk in flour and cook for 1 minute until well blended and flour smell is gone. This is considered a roux and is used to thicken sauces.

Whisk in chicken stock and garlic until smooth.

Remove from heat and fold in yogurt.
Add spinach and mix until wilted.
Spoon spinach mix over chicken. Sprinkle with green onions.
Bake for 20 minutes at 350 degrees.

Reheat 3 cups of brown rice.

INGREDIENTS:

1/2 cup, shredded parmesan-reggiano

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon cumin

1 teaspoon oregano

1/8 teaspoon red chili powder

2 boneless, skinless chicken breasts

1 Tablespoon olive oil

1 Tablespoon flour

1 cup chicken stock

2 cloves, minced or pressed garlic

2, finely chopped green onion

1/2 cup plain nonfat Greek yogurt

6 cups baby spinach

3 cups, prepared brown rice

DIRECTIONS: Serves 4

Dinner Night:

Wash hands. Combine first 10 ingredients together in a large bowl using hands to mix. Should come together like meatloaf. Using hands form 2-1/2" round patties. The mix should yield at least 8.

They can be heated two ways.

- 1) In a grill pan over medium-low heat for 4 minutes each side or
- 2) Placed on cookie sheet and baked in a 350 degree oven for 10 minutes.

In a medium sauté pan, heat ¼ cup stock. Add garlic. Cook for 1-2 minutes. Add spinach to pan. It will seem like a lot at first but it will cook down to a small amount. Stir frequently until spinach is wilted, about 2 minutes. Remove from heat and transfer to serving bowl. Sprinkle with salt and pepper.

Cut tomatoes into wedges. Drizzle with pantry dressing

Substitutions:

Any medium to firm style fish fillet or chicken tenders

Portion Note:

Adults: 2-3 salmon cakes, 1/2 cup spinach, 4 tomato wedges

Kids: 1-2 salmon cakes, 1/4 cup spinach, 2 tomato wedges

INGREDIENTS:

2 pre-cooked cups Crumbled salmon

1/4 cup bread crumbs

1 Tablespoon finely chopped fresh tarragon

1 teaspoon Dijon mustard

1 Tablespoon fresh parsley

2, finely chopped green onions

2 eggs

1 clove, minced or pressed garlic

1/2 juiced lemon

1/4 teaspoon each + a little sprinkle salt and black pepper

1/4 cup chicken or vegetable stock

2 cloves, minced or pressed garlic

8 cups baby spinach

2 large beefsteak tomatoes

1/4 cup pantry dressing
(www.thefresh20.com/pantrydressing)

STUFFED VEGGIE BURGERS

homemade potato chips

DIRECTIONS:

This dinner was inspired by Heidi Swanson's 101 Cookbooks recipe for Ultimate Veggie Burgers where she cuts the burger in half and uses it as a bun!

The Fresh 20 version is a little more kid friendly and equally delicious.

Dinner Night:

Combine the broccoli & onions in a food processor. Scrape the edges and add the beans & eggs. Pulse on high until mixture is slightly chunky.

Transfer to a bowl. Stir in parsley, bread crumbs, salt and pepper.

Your mixture should be moist. Form into 12 half inch thick mini patties.

Lightly grease a grill pan with olive oil. Cook over medium heat for 4 minutes each side or until the burgers have firmed slightly and the edges are browned.

You should have 6 tops and 6 bottoms to use as "buns".

Fill with tomato, avocado, lettuce and spread with a teaspoon of pantry dressing or homemade mayo.

Serve with homemade potato chips (below).

For potato chips:

Toss potato slices in olive oil and sprinkle with salt and pepper.

Arrange in a single layer onto a lightly greased baking sheet. Bake at 375 degrees F for about 10-15 minutes, until they begin to crisp.

INGREDIENTS:

1 cup broccoli

1 medium onion, cut in half

3 eggs

2-14 oz cans, drained garbanzo beans

1/3 cup, finely chopped parsley

1 cup bread crumbs (see prep)

1/2 teaspoon each salt & pepper

1 Tablespoon olive oil

4 cups chopped green leaf lettuce

1 sliced avocado

2 beefsteak, sliced tomato

1/4 cup pantry dressing
(www.thefresh20.com/pantrydressings)

For potato chips

3 medium red potatoes for sprinkling
salt

1 Tablespoon olive oil

Salt and pepper to sprinkle