

PREP AHEAD OF TIME

Oven Roasted Beets

8 red beets, washed and dried
1 ½ Tablespoons olive oil
8 sheets foil, cut to wrap each beet

Preheat oven to 350°F. Rub olive oil on each beet and wrap in foil. Set the wrapped beets on oven rack and roast for 30 minutes. Once cool, unwrap and gently peel each beet. Pack the whole beets in an airtight container. The beets will be used for two recipes later in the week.

Brown Rice

1 Tablespoon grape seed 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.

MENU:

MONDAY ①

Sukiyaki
Brown Rice

TUESDAY ②

Roasted Beet & Goat Cheese Panini
Simple Salad

WEDNESDAY ③

Wild Rice Casserole
Green Beans

THURSDAY ④

Borscht
Toast Points
Salad

FRIDAY ⑤

Cold Soba Noodles
on a Bed of Napa Cabbage
Fresh Red Plums



Vegetarian September 2nd
Shopping List

This Week's Menu: 1-Sukiyaki, 2-Beet/goat Cheese Panini, 3-Wild Rice Casserole, 4-Borscht, 5-Soba Noodles

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	beets	8		5
4	russet potatoes	2		1
2, 4	red leaf lettuce	2 heads		4
3, 5	red bell pepper	3		3
1, 2, 3, 5	carrots	6		5
1, 4, 5	green onions	5 stalks		2
1, 5	napa cabbage	1 head		2
1	oyster mushrooms	1 1/2 cups		2
1, 5	shitake mushrooms	2 1/2 cups	crimini	3
3, 5	green beans	6 cups		4
3, 4	fresh dill	2 Tablespoons		1
4, 5	red plums	6 medium		4

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3	goat cheese	1 1/4 cups	mild	10
4	plain Greek yogurt	2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
5	soba noodles	1 12-oz. package		2.5
2, 4	bakery bread	16 slices	whole wheat recommended	3
1	semi-firm tofu	2 14-oz. packages		3
1	sake	1/2 cup		4.5
3	wild rice	1 cup	check bulk bin	1

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	5 1/3 Tablespoons	raw honey	3 teaspoons
	grape seed oil	3 5/6 Tablespoons		
	white wine vinegar	3 1/2 teaspoons	onions	2 1/4 yellow
	sea salt	2 1/2 teaspoons	vegetable stock	12 1/2 cups
	black pepper	1 3/8 teaspoons		
			low-sodium soy sauce	1 2/3 Tablespoons
	dried thyme	1/2 teaspoon	brown rice	2 1/2 cups

INSTRUCTIONS

For sukiyaki

Combine soy sauce and honey in a small bowl. Set aside. Heat grape seed oil in a soup pot over medium flame and sauté onions for 2-3 minutes. Add carrots and sauté for another 2 minutes before pouring vegetable stock, water, sake, soy sauce mixture, and mushrooms in the pot.

Bring soup to a boil and add tofu. Cover and cook for 3-4 minutes. Uncover and reduce heat to medium low. Add napa cabbage and cook for 1-2 minutes, or until the cabbage wilts through.

Serve each bowl of sukiyaki with a sprinkling of chopped green onions and a side of brown rice

INGREDIENTS

- 1 Tablespoon soy sauce (low sodium)
- 1 teaspoon raw honey
- 1 Tablespoon grape seed oil
- 1 medium yellow onion, diced
- 1 carrot, chopped
- 4 cups vegetable stock
- 2 cups water
- ½ cup sake
- 1 ½ cups oyster mushrooms, sliced
- 1 ½ cups shitake mushrooms, sliced
- 2 14-ounce packages semi-firm tofu, drained and cut into 1-inch pieces
- ½ napa cabbage, sliced into ½ inch pieces
- 2 stalks green onions, chopped

- 3 cups brown rice, already prepared

INSTRUCTIONS

MAKE AHEAD: ROASTED BEETS

DINNER NIGHT:

Mix goat cheese with a teaspoon of olive oil as well as dried thyme and black pepper. Spread mixture on four slices of bread (1/4 cup each). Layer with slices of roasted beets. Top each sandwich half with the other slice of bread.

Brush a skillet or pan with remaining olive oil and set over medium-low heat. Place two sandwiches in pan over medium-low heat. Brush the bottom of another clean skillet or pan and press (bottom-side down) on top of the sandwich and leave for 1-2 minutes to heat through. Repeat with other two sandwiches. Brush pans with oil again if needed.

Slice all sandwiches on a diagonal.

For simple salad

Dress lettuce and carrots with basic vinaigrette.

INGREDIENTS

1 teaspoon + 1 ½ Tablespoons olive oil

1 cup mild goat cheese

½ teaspoon dried thyme

¼ teaspoon black pepper

8 slices bakery bread

3 roasted beets, sliced

For simple salad

1 head red leaf lettuce, chopped

2 medium carrots, shredded

¼ cup basic vinaigrette

[<http://www.thefresh20.com/pantrydressings>]

WILD RICE CASSEROLE

green beans

INSTRUCTIONS

For wild rice casserole

Preheat oven to 375°F. Heat oil in a pan over medium flame and sauté onions for 2-3 minutes. Add carrots and sauté for 2 minutes before adding red bell peppers to sauté for another 2 minutes. Season the vegetables with salt and black pepper.

Pour in both cups of rice and stir to coat rice with sautéed vegetables. Cook for 1-2 minutes before transferring rice mixture into an oven-proof casserole dish. Pour in vegetable stock and water. Cover dish with aluminum foil. Bake for 35 minutes.

Remove foil from dish. With a fork, gently fluff rice throughout the dish to let out a bit of the steam. Tap down dish to create an even layer and sprinkle goat cheese evenly over rice. If necessary, add a ½ cup additional liquid to rice. Return to oven and bake uncovered for another 10-15 minutes.

Sprinkle fresh dill on top before serving with green beans.

For green beans

Bring a pot of water to a boil. Add green beans and cook through for 2-3 minutes, or until green beans are bright green. Drain and add to a large bowl of cold water. Drain after green beans cool down and toss green beans with oil, salt, and black pepper.

INGREDIENTS

For wild rice casserole

- 1 Tablespoon olive oil
- 1 medium yellow onion
- 1 carrot, sliced
- 1 red bell pepper, diced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup wild rice, rinsed and drained
- 1 cup brown rice, rinsed and drained
- 2 cups vegetable stock
- 2 cups water
- ½ cup goat cheese
- 1 Tablespoon fresh dill

For green beans

- 4 cups green beans, trimmed
- 1 teaspoon grape seed oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Large bowl of ice water

INSTRUCTIONS

Preheat oven to 375°F.

For borscht

Pour vegetable stock and potatoes in a pot. Heat over medium low flame for 8-10 minutes, or until potatoes are softened through. Stir in ½ cup Greek yogurt. When yogurt is fully incorporated, stir in the honey, vinegar, salt, and black pepper.

Add diced beets and cook through for 5 minutes before serving with a dollop of plain Greek yogurt, a sprinkling of fresh dill, and a side of toast points.

For toast points

Brush olive oil on one side of each piece of bread. Spread bread on a baking sheet and toast for 3-5 minutes.

INGREDIENTS

For borscht

4 cups vegetable stock
2 russet potatoes, peeled and cubed
1 ½ cups plain Greek yogurt
1 Tablespoon raw honey
1 ½ teaspoons white wine vinegar
1 ¼ teaspoons salt
½ teaspoon black pepper
5 roasted beets, diced
2 Tablespoons fresh dill

½ cup plain Greek yogurt

For toast points

1 Tablespoon olive oil
8 slices bakery bread, each diagonally sliced in half

For salad:

1 head red leaf lettuce, chopped
1 green onion, chopped
2 plums, cut into small wedges
¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)

COLD SOBA NOODLES

on a bed of Napa cabbage, fresh red plums

INSTRUCTIONS

Cook soba noodles according to instructions. Drain in cold water well. Set noodles in a large bowl.

Bring another pot of water to boil and cook green beans for 2-3 minutes. Lift green beans from water, but don't throw out the boiling water. Keep the water on boil.

Meanwhile, rinse green beans in cold water and drain thoroughly before adding to bowl of soba noodles. Flash cook the mushrooms in the boiling water for a minute. Thoroughly drain mushrooms. Add mushrooms, green onions, red bell peppers, and carrots to the soba noodles and green beans.

In a small-to-medium bowl, whisk grape seed oil with vegetable stock, soy sauce, honey, white wine vinegar, salt, and black pepper. Toss soba noodles and vegetables with dressing.

In another large bowl, toss shredded cabbage with grape seed oil, vinegar, and salt.

Serve soba noodles on a bed of shredded cabbage and a side of plum wedges.

INGREDIENTS

1 12-ounce package soba noodles

2 cups green beans, trimmed and chopped into 1-inch pieces

1 cup shitake mushrooms, sliced

2 stalks green onion, thinly sliced

2 red bell peppers, thinly sliced

2 carrots, shredded

1 Tablespoon grape seed oil

1 cup vegetable stock

2 teaspoons soy sauce

1 teaspoon honey

1 teaspoon white wine vinegar

¼ teaspoon salt

1/8 teaspoon black pepper

½ Napa cabbage, shredded

½ Tablespoon grape seed oil

1 teaspoon white wine vinegar

¼ teaspoon salt

4 red plums, cored and sliced into wedges