

PREP AHEAD OF TIME

Roasted Eggplant

4 large eggplants, diced
2 Tablespoons olive oil
1 ¼ teaspoons salt

Preheat oven to 400°F. Toss diced eggplant with oil in large bowl. Spread eggplant across two baking sheets and roast for 30-35 minutes. Remove from oven and toss with salt. Allow eggplant to cool, then divide into two portions and store in airtight containers for use in two recipes.

MENU:

MONDAY ①

Roasted Eggplant Wrap
Cucumber Sticks

TUESDAY ②

Cherry Tomato Flatbread
Arugula Salad

WEDNESDAY ③

Eggplant Penne
Fresh Pear Slices

THURSDAY ④

Avocado Salad Sandwich
Roasted Asparagus

FRIDAY ⑤

Pear Walnut Quinoa Salad
On Beds of Romaine Lettuce



Vegetarian September 9th

Shopping List

This Week's: 1-Eggplant Wrap, 2-Cherry Tomato Flatbread, 3-Eggplant Penne, 4-Avocado Salad Sandwich, 5-Pear Walnut Quinoa

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	eggplant	4 large		6
1, 4	lemon	2		1
4	avocado	3		6
1, 3, 5	parsley	1 bunch		1
4	asparagus	1 bunch		2.5
2, 3	cherry tomatoes	2 pints		5
2, 4	arugula	6 cups		3
3, 5	pears	7		5.5
1, 5	romaine lettuce	1 1/4 heads		2.5
2	basil	10 leaves		1.5
1	cucumber	2		2
1	red bell pepper	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 2	feta cheese	1 cup		10

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4	bakery wheat bread	8 slices		2
1, 2	lavash bread	8 slices		4
3, 5	chopped walnuts	1/2 cup		6
5	quinoa	2 cups	check bulk bin	1.5
5	garbanzo beans	1 can	14 oz can	1

Fresh 20 Grocery Est 61.5
 Cost Per Dinner 12.3
 Cost Per Serving 3.075

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	9 Tablespoons	raw honey	2 teaspoons
	grape seed oil	2 1/2 Tablespoons		
	balsamic vinegar	1 teaspoon	garlic	3 cloves
	white wine vinegar	1 1/4 teaspoons	onions	1 1/2 red
	sea salt	5 teaspoons	vegetable stock	1.5 to 6 .5 cups
	black pepper	1 1/4 teaspoons	dijon mustard	1/2 teaspoon
	oregano	3/4 teaspoon		
			whole wheat pasta (penne)	1 16-oz box
	cayenne pepper	1/8 teaspoon		

INSTRUCTIONS

Ahead of time:

Roast eggplant.

Dinner Night:

Toss roasted eggplant with olive oil, lemon juice, garlic, parsley, salt, and black pepper in a medium bowl and set aside.

Heat the lavash bread either by grilling each side for 1 minute or toasting in the toaster oven for 1-2 minutes.

On each lavash bread, spread a tablespoon of feta cheese in the center. Divide roasted eggplant mix into four portions and add to lavash. Top with lettuce, red bell pepper, and red onions.

Close the lavash by folding in two opposing sides towards the center to create a rolled wrap. Place the folded side face-down, and slice each wrap in half on the diagonal. To keep the wrap closed, you can spear each half with a toothpick.

Serve with cucumber sticks.

INGREDIENTS

For eggplant

½ roasted eggplant, already prepared

1 Tablespoon olive oil

2 teaspoons lemon juice

1 clove garlic, mashed

2 Tablespoons fresh parsley,
chopped ½ teaspoon salt

¼ teaspoon black pepper

For lavash filling

4 pieces lavash bread

½ cup feta cheese

¼ head romaine lettuce, roughly
chopped crosswise

1 red bell pepper, sliced

½ red onion, sliced

2 cucumbers, peeled and cut into 2-
inch sticks

INSTRUCTIONS

For cherry tomato flatbread

Preheat oven or toaster oven to 375°F.

Brush a tablespoon and a half of olive oil on the top of each lavash bread. Spread lavash bread on a baking sheet. Toast for 2-2 ½ minutes. Remove from oven and set aside.

Heat one tablespoon of olive oil over medium heat. Sauté cherry tomatoes for 3-4 minutes. Season cherry tomatoes with oregano and salt.

Pour in vegetable stock and bring to a boil. Reduce heat and simmer cherry tomatoes until liquid evaporates.

Spread sautéed cherry tomatoes on top of each lavash, followed by a few slivers of basil leaves. Sprinkle the top of each lavash with a tablespoon of feta cheese. Return the lavash breads to the oven and bake for 5-6 minutes. If you're using a toaster oven, bake each batch for 3-4 minutes at 375°F.

For arugula salad

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss arugula and red onions with dressing. Top with chopped walnuts.

Serve flatbreads with salad.

INGREDIENTS

For cherry tomato flatbread

1 ½ + 1 Tablespoons olive oil

4 pieces lavash bread (6" sheets)

1 pint cherry tomatoes, sliced in half

½ teaspoon oregano

½ teaspoon salt

½ cup vegetable stock

10 basil leaves, thinly sliced
crosswise

½ cup feta cheese

For arugula salad

1 Tablespoon olive oil

1 teaspoon balsamic vinegar

½ teaspoon Dijon mustard

½ teaspoon salt

¼ teaspoon black pepper

4 cups arugula, chopped

½ red onion, thinly sliced

¼ cup chopped walnuts

EGGPLANT PENNE

fresh pear slices

INSTRUCTIONS

Ahead of Time:

Roast eggplant.

Dinner Night:

Cook penne according to package instructions.

Heat olive oil in a pan over medium-low heat. Sauté garlic for 30 seconds, until fragrant. Add cherry tomatoes and increase heat to medium. Sauté tomatoes for 2-3 minutes.

Add roasted eggplant to the pan and sauté for 1 minute to heat through.

Add parsley and vegetable stock. Bring sauce to a boil, then reduce heat to a simmer. Allow liquid to reduce by half. Season sauce with salt, oregano, and black pepper. Toss penne with sauce.

Serve fresh pears alongside pasta.

INGREDIENTS

For eggplant penne

- 1 16-ounce package whole wheat penne
- 1 ½ Tablespoons olive oil
- 2 cloves garlic, minced
- 1 pint cherry tomatoes, sliced in half
- ½ of roasted eggplant
- 2 Tablespoons fresh parsley, chopped
- 1 cup vegetable stock
- ¾ teaspoon salt
- ¼ teaspoon oregano
- ¼ teaspoon black pepper

- 4 pears, cored and sliced into quarters

INSTRUCTIONS

Preheat oven to 400 F.

For avocado salad sandwiches

Toast bread in toaster or toaster oven. Whisk together grape seed oil, lemon juice, honey, salt, black pepper, and cayenne pepper. Toss avocados with dressing.

Top four slices of bread with avocados, arugula leaves, and slices of red onion. Top with another slice of bread. Cut sandwich in half on a diagonal.

For roasted asparagus

Toss asparagus with olive oil. Arrange on a baking sheet and roast for 10-12 minutes. Toss with salt after roasting. Squeeze lemon wedge over asparagus to sprinkle with juice.

INGREDIENTS

For avocado salad sandwiches

- 8 slices bakery bread
- 1 Tablespoon grape seed oil
- 1 Tablespoon lemon juice
- 1 teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne pepper
- 3 avocados, cored and diced
- 2 cups arugula
- ½ red onion, sliced

For roasted asparagus

- 1 bunch asparagus
- 1 Tablespoon olive oil
- ½ teaspoon salt
- 1 wedge of lemon

INSTRUCTIONS

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.

For salad

Whisk grape seed oil, vinegar, honey, salt, and black pepper in a small bowl. Toss quinoa, pears, garbanzo beans and walnuts with dressing. Serve on a bed of chopped romaine lettuce. Sprinkle with chopped parsley.

INGREDIENTS

For quinoa

5 cups water or vegetable broth
2 cups quinoa, uncooked

For salad

1 ½ Tablespoons grape seed oil
1 ¼ teaspoons white wine vinegar
1 teaspoon honey
½ teaspoon salt
¼ teaspoon black pepper
3 pears, cored and chopped
1 14-ounce can garbanzo beans, rinsed and drained
¼ cup chopped walnuts
1 head romaine lettuce, chopped
1 Tablespoon parsley, chopped