

PREP:

Brown Rice

1 Tablespoon olive oil
3 cups brown rice, uncooked
½ teaspoon salt
6 cups water

In a medium-large saucepan, heat olive oil over medium-high and sauté rice for 3-minutes. Add salt and water. Bring water to a boil. Reduce heat to low and cover. Simmer for 25 minutes. Allow to cool, then store in airtight container and refrigerate for later use. Used for 2 recipes.

Mayonnaise

2 egg yolks
1/2 teaspoon Dijon mustard
1 teaspoon lemon juice
1/2 cup olive oil
1/2 teaspoon salt

Whisk yolks, Dijon and lemon until well blended and light in color (3 minutes, if whisking by hand; 1 minute with a mixer).

Slowly drizzle in oil a little at a time, whisking until mayo stiffens. Add 1/2 teaspoon salt. Refrigerate for up to 2 days.

MENU:

MONDAY ①

Chicken Picatta
Sautéed Asparagus
Carrots

TUESDAY ②

Creamy Dill Salmon
Tomato and Red Onion Salad

WEDNESDAY ③

Teriyaki Stir Fry
Brown Rice

THURSDAY ④

Salmon Gouda Casserole
Tossed Salad

FRIDAY ⑤

Broccoli Tomato Pasta



Menu: 1-Chicken Picatta 2-Creamy Dill Salmon 3-Chicken Stir Fry 4-Salmon Gouda Pasta Bake 5- Broccoli Tomato Pasta

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	chicken breast	2-1/2 pounds	organic whenever possible	15
2,4	**salmon - look for wild salmon	2-2 1/2 pounds	approx 1" + thick, enough for two nights	20

**SUBSTITUTE pork loin for salmon

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	parsley	1 bunch	yields 2 Tbsp	1
1,3	carrots	5 medium		2
1	asparagus	1 bunch	16 spears	3
2	dill	1 bunch	yield 2 teaspoons	2
3,5	broccoli florets	2 pounds	3 cups	3
4	romaine lettuce	2 heads	yield 8 cups for two dinners	3
2,4,5	cherry tomatoes	2 pints	4 cups	6
1,2	lemons	4		2
1	shallots	2		2
3,4	scallions	1 bunch	4 stalks	2

Recipe #	Dairy	Quantity	Notes	Est Cost
4	gouda cheese	12 oz	shredded	8
4	2% organic milk	2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	capers	2 Tablespoons	look near olives	3
	ground ginger ***extended pantry item	1/2 teaspoon	check pantry	

Fresh 20 Grocery Est 75
Cost Per Dinner 15
Cost Per Serving 3.75

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	extra virgin olive oil	1-1/4 cup	gluten free chicken or vegetable broth	3 cups
	garlic cloves	11	honey	3 Tbsp
	red onion	1 medium	unsalted butter	5 Tbsp
	ground ginger ***extended pantry item	1/2 teaspoon	organic eggs (large)	2
	black pepper	2 teaspoons	gluten free Dijon mustard	1-1/2 tsp
	kosher salt	1 Tablespoon	cayenne pepper	1/2 tsp
	gf pasta: penne, macaroni or fusilli	2 pounds	gluten free flour blend	1/2 cup
	gluten free soy sauce	1/2 cup	**pantry dressing	1/4 cup
	brown rice (to yield 6 cups cooked)	3 cups dry	dried oregano	1 Tbsp

(www.thefresh20.com/pantrydressings)

INSTRUCTIONS:

Preheat the oven to 200 deg F to keep the cutlets warm while making the sauce.

Spread the flour in a shallow dish. Pat the cutlets dry with a paper towel. Sprinkle with salt and pepper.

Heat the oil in a skillet over medium-high heat. Dredge the cutlets in flour and sear until golden brown on both sides (approximately 4 minutes on each side for ½" thick cutlets).

Transfer to a covered baking dish and keep warm in the oven.

Reduce heat to medium. Add the shallots and garlic to the oil left in the skillet and sauté about 4 minutes.

Using a wooden spoon, stir in the broth and the lemon slices, scraping up any browned bits left in the pan.

Simmer until the sauce is reduced and slightly syrupy, about 10 minutes. [NOTE: Don't rush this step or your sauce will be very runny.]

Stir in the lemon juice, capers and juice from the chicken (as you're keeping it warm in the oven, it will release juices.)

Turn the heat to low and whisk in the butter one piece at a time.

Remove from heat and stir in the parsley.

Spoon the sauce over the chicken before serving.

For the asparagus:

Rinse the asparagus and break off the ends (there is a natural breaking point, so hold the middle and the end at the same time, and snap the ends off). Heat the oil in a 12" skillet over medium-high heat. Add the asparagus. Season with salt and pepper to taste.

Using a wooden spoon, gently sauté the stalks until warm and crisp, but not soggy, about 5 minutes.

For the carrots:

Place carrots and water in small stockpot. Bring water to a boil, cover and let sit for 10 minutes. If desired, sprinkle with salt and black pepper.

INGREDIENTS:

¾ cup whole wheat flour

1-1/2 pounds boneless chicken breasts, sliced in half lengthwise to make thin pieces

1 teaspoon salt

1 teaspoon black pepper

¼ cup olive oil

2 shallots, minced

3 garlic cloves, minced

1 cup gluten free chicken broth

1 large lemon, thinly sliced

2 lemons, juiced

2 Tablespoons capers, rinsed

2 Tablespoons unsalted butter, cut into 3 pieces and chilled

2 Tablespoons fresh parsley, minced

For the asparagus:

1 bunch asparagus (about 16 spears)

1 Tablespoon olive oil

black pepper and salt, to taste

For carrots:

3 medium carrots, peeled and cut into rounds

2 cups water

Creamy Dill Salmon

tomato onion salad & rice

INSTRUCTIONS:

*Half of the salmon from this recipe, once cooked, should be stored and saved for the Salmon Gouda Casserole later in the week.

Preheat oven to 350 deg F.

Place salmon skin side down on a foil-lined cookie sheet.

Whisk together the mayo, butter, lemon juice and zest, fresh dill, salt and pepper. Reserve about a third of the dressing for the salad. Spread the remaining dressing/marinade over the salmon.

Bake salmon for 15 minutes at 350 deg F. Then, turn the broiler on and broil for 5 minutes under direct heat. Remove from oven.

While salmon is baking, prepare bed of salad by layering the lettuce, red onions and tomatoes on a platter. Drizzle with reserved dressing/marinade.

Once baked, place salmon on top of lettuce bed. Serve with $\frac{1}{2}$ - $\frac{3}{4}$ cup brown rice for each plate.

INGREDIENTS:

2-1/2 lbs fresh salmon fillets, used for 2 recipes

Marinade

1/3 cup mayonnaise, already prepared (homemade)

1 Tablespoon butter, melted

1 teaspoon lemon juice

1 teaspoon lemon zest

1 teaspoon fresh dill

1/2 teaspoon salt

1/2 teaspoon pepper

4 cups romaine lettuce, chopped

1/2 cup red onion, sliced

1 cup cherry tomatoes, cut in half

3 cups brown rice, already prepared

Chicken Teriyaki Stir Fry

brown rice

INSTRUCTIONS:

Whisk together the soy sauce, water, ground ginger, garlic and honey in a medium-sized bowl.

Add the chicken pieces and marinate 10 minutes. Remove chicken and transfer excess marinade to a small stockpot. Set chicken aside. Bring marinade to a boil, then reduce to a simmer while you cook the chicken and veggies.

Place wok (or deep skillet) on stove over medium-high heat until wok is hot enough for a drop of water to sizzle on it.

Add the oil and swirl the pan until it is coated.

Add the small chicken pieces. Let them cook approximately 2-3 minutes before beginning to stir. Continue to stir/toss every minute or so until the chicken is cooked through, about 4-5 minutes total.

Move the chicken to the sides of the wok, and add the scallions, carrots and broccoli to the center. Continue to stir fry until heated through, approximately 2-3 minutes.

Make a well in the center of the veggies in the wok and pour in the marinade.

Toss all ingredients well.

Serve stir-fry in a bowl over $\frac{3}{4}$ cup brown rice.

INGREDIENTS:

Marinade:

1/2 cup gluten free soy sauce

1/2 cup water

1/2 teaspoon ground ginger

3 cloves garlic, minced

3 Tablespoons raw honey

$\frac{3}{4}$ - 1 lb of boneless, skinless chicken breast – cut into small pieces

1 Tablespoon olive oil

2 scallions, finely chopped

2 carrots, thinly sliced

1 cup fresh broccoli florets

3 cups brown rice, already prepared

INSTRUCTIONS:

Cook the macaroni or fusilli according to directions on the package. Make sure and cook it "al dente" where it is still a little firm.

Preheat oven to 350 degrees.

In a large pot, melt the butter and olive oil over medium heat and stir in the garlic, mustard and cayenne pepper for about 45 seconds.

Whisk in the flour and Xanthan gum and let cook for one minute.

Whisk in the milk and stock. Simmer over low heat for approximately 5 minutes, whisking often, until it thickens slightly.

Remove from heat and stir in the Gouda cheese.

Fold in the salmon. Mix well and season with salt and pepper.

Stir in the pasta and pour into a slightly greased baking dish. We used a 7 x 11 oblong baking dish. You can use a 9" round casserole dish, as well.

Bake approximately 30 minutes, or until the cheese is bubbling around the edges.

For salad:

Combine ingredients and toss with pantry dressing of your choice. If you have any leftover asparagus, use it in the salad!

INGREDIENTS:

1 pound gluten free macaroni or fusilli

2 Tablespoons unsalted butter

2 Tablespoons olive oil

2 garlic cloves, minced or pressed

1 teaspoon Dijon mustard

1/2 teaspoon cayenne pepper

4 Tablespoons gluten free flour blend

¼ teaspoon Xanthan gum

2 cups non-fat or 1% organic milk

1 cup gluten free chicken or vegetable stock

10 ounces of shredded Gouda cheese (about 2 cups)

1 pound cooked salmon, chopped (from Creamy Dill Salmon dinner)

Kosher salt and fresh ground pepper, to taste

SALAD

1/2 head romaine lettuce, chopped

1 cup cherry tomatoes, cut in half

2 scallions, finely chopped

¼ cup pantry dressing

(www.thefresh20.com/pantrydressings)

INSTRUCTIONS:

Cook pasta according to package directions.

Heat olive oil in a large skillet over medium-high heat. Sauté the garlic and onions until translucent, about 4 minutes. Add tomatoes and stock and cook until tomatoes are softened, about 5 minutes. Toss in broccoli.

Season with oregano, salt and black pepper.

Serve over cooked pasta.

INGREDIENTS:

1 lb gluten free penne

2 Tablespoons olive oil

3 cloves garlic, minced

1/2 red onion, minced

2 cups cherry tomatoes, cut in half

1 cup gluten free chicken or vegetable stock

2 cups broccoli florets, chopped

1 Tablespoon dried oregano

½ teaspoon salt

½ teaspoon black pepper