

PREP AHEAD OF TIME:

YOGURT CUCUMBER SAUCE

1 cucumber, peeled
1 cup Greek yogurt, plain, nonfat
One large handful of parsley leaves 1 with stems
½ lemon, juiced
dash of salt

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Squeeze in juice of one lemon. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover sauce and refrigerate for up to 4 days.

SIRLOIN STEAK

1 pound top sirloin
1 teaspoon black pepper
1 teaspoon ground cumin
1 teaspoon salt
1 Tablespoon olive oil

Preheat oven to 375.

Rinse and pat dry steaks and place in 9x13 glass pan
Sprinkle with black pepper and ground cumin. Drizzle with 1 teaspoon olive oil.

Heat grill pan or skillet and coat pan bottom with 1 teaspoon salt (or throw them on grill and sprinkle with salt!)

Place steaks over salt layer in grill pan and sear on each side for 10 minutes.

Remove them from heat, tent with foil and let stand.

Soup Base:

1 Tablespoon butter
1 Tablespoon olive oil
1 medium onion, chopped
4 carrots cut in round discs
2 celery ribs, cut into ½" pieces
8 cups chicken stock

Melt butter and olive oil in large stock pot.

Add chopped onion, carrots and celery and cook 5-10 minutes until slightly brown.

Add chicken stock and let simmer for ½ hour on low.

Let cool down and store in fridge until soup night.

MENU:

MONDAY

Lamb Pita
Spinach Salad

TUESDAY

Lobster Tostadas

WEDNESDAY

Plum Goat Cheese Tartine
Spinach Salad

THURSDAY

Lamb Greek Pasta
Veggie Mix

FRIDAY

Vegetable Beef Soup
w/ spinach
Tangerines



October 21st

Shopping List

This Week: 1- Lamb Pita 2-Lobster Tostadas 3-Plum Goat Cheese Tartine 4-Greek Pasta 5-Vegetable Beef Soup

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
2	Lobster Tail	3		18
1, 4	Ground Lamb	2 pound	ask butcher	8
5	Sirloin Steak	1 pound		12

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
1	cucumber	2		2
1,2,4	lemon/lime	1 each		1
2	red bell pepper	2		4
1,3,5	baby spinach	10 cups		5
4	asparagus	12 spears		4
1,2,4,5	parsley	1 large bunch		1.5
2	radish	6		1.5
2	poblano pepper	1 medium		1
2	cabbage	1/4 head	you can usually find a half	2
3	plums	4 small		2
1	tangerines	4		2
5	carrots	4		2
5	celery	2 ribs		2
2	avocado	1		1

Got it!	Dairy	Quantity	Notes	Est Cost
1,2	Greek yogurt	1-1/2 cup		2
3,4	goat cheese	8 oz		3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole wheat pita	10 rounds		4

Fresh 20 Grocery Est 78
 Cost Per Dinner 15.6
 Cost Per Serving 3.9

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7.5 Tablespoons	chicken stock (or vegetable)	8 cups
	garlic	2 cloves	organic butter	2 Tablespoons
	onions	4 medium	black beans (low sodium)	1-14oz can
	dried oregano	2.5 teaspoon	tomato paste	optional
	cumin	1.5 teaspoons	Dijon mustard	
	sea salt	3 teaspoons	balsamic vinegar	1 cup
	black pepper	2 teaspoons	pantry dressing	1/4 cup
	red chili powder		pasta	12 ounces
	honey	1 teaspoon	flour (whole wheat)	

I know some of you have an aversion to lamb. My family does too; except when I make this dish. Everyone asks for seconds. Lamb is a lean, nutrient rich meat. Go for it! Ground beef or turkey will work just as well!

DIRECTIONS:

In a medium skillet, sauté onions until translucent, about 4 minutes. Add salt, cumin and oregano and mix well. Add ground lamb, browning over medium heat until pink is gone. If necessary, drain a little fat from the pan or blot with a paper towel. Refrigerate half of the lamb mix in an airtight container for Greek pasta dinner.

In a blender or food processor, puree cucumber, HALF the yogurt and parsley. Squeeze in lemon juice. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

Cut each pita in half to make two half circles. Gently separate the pita to form an open sandwich shell that is sealed around the circle and open at the cut.

Spoon 3 Tablespoons of lamb meat into pita, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat until you have 8 sandwiches. Arrange on platter for serving.

In a large salad bowl, combine spinach, tangerine sections and dressing. Sprinkle with black pepper and serve.

Portions:

Small children will only need 1 pita sandwich and one tangerine.

Adults should eat no more than two sandwiches and have at least a cup of spinach/tangerine salad.

INGREDIENTS:

½ medium onion, chopped

1 teaspoon salt

½ teaspoon ground cumin

2 teaspoons dried oregano

2 pounds ground lamb (for 2 dinners)

1 red bell pepper, seeded and chopped

4 rounds whole wheat pita bread

For yogurt sauce:

1 cucumber, peeled

1 cup Greek yogurt, plain, nonfat

One large handful of parsley leaves 1 with stems

½ lemon, juiced

dash of salt

For salad:

4 tangerines, peeled and taken apart

4 cups baby spinach, washed and chopped

1/8 cup your choice pantry dressing
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dash of black pepper

This dinner is light and satisfying. You can use any fish or seafood; I just think it's a great way to treat yourself with Lobster on a weeknight and still stay on budget!

Divide the pita in half thru the edge to make individual pita circles. You should have 4 pita "tostada" bases. Toast lightly. They should be a little crisp but not as hard as chips. If they do not fit in toaster, you can put them in a 300 degree oven for 5 minutes while you prepare dinner.

In a small bowl, mix the Greek yogurt with the radishes. Set aside.

In a small saucepan, over medium heat, sauté garlic and chile in olive oil for 3 minutes.

Add lobster meat and lime juice, cooking until lobster is just warm in center.

Place a heaping scoop of lobster mixture on top of pita round. Sprinkle with salt and pepper.

Cover each with 1 cup cabbage and ¼ cup yogurt sauce.

Top with avocado slices and any leftover red bell pepper. Garnish with parsley. Grab a fork and dig in!

Serve with side of warmed black beans seasoned with cumin.

INGREDIENTS:

2 whole pita rounds

6 radishes, minced

1/2 cup plain, Greek yogurt

1 Tablespoon olive oil

2 cloves garlic, minced

1 green poblano chile, seeds removed & minced

3 cooked lobster tails, shell removed, chopped (may sub shrimp)

1 lime, juiced

Salt and pepper to sprinkle

¼ head cabbage, shredded

1 avocado, pit removed and sliced

1/4 bunch parsley, chopped

If leftover: chopped red bell pepper

1 – 14oz can low sodium black beans
½ teaspoon ground cumin

INSTRUCTIONS

Preheat oven to 350°F.

For plum goat cheese tartine

In a small pot, bring balsamic vinegar to a boil. Reduce heat to low and simmer until the vinegar has thickened and reduced to about a third of its original volume.

[NOTE: While it's reducing, be careful of vinegar fumes. Turn on a cook top fan and/or open a window so the fumes are not as overwhelming.] Turn heat off and set aside until ready to use. Mix salt and black pepper in a small bowl and set aside as well.

Brush pita with olive oil on one side and spread the rounds on a baking sheet, oiled side up. Toast bread for 3-4 minutes. Spoon about a tablespoon of goat cheese on top of each bread slice. Top with slices of plum. Return to the oven and toast through for 2-3 minutes.

Slice each pita "tartine" in half. Drizzle each slice with balsamic syrup and sprinkle with salt-black pepper mix on top.

For spinach salad

Whisk olive oil, balsamic vinegar, honey, oregano, salt, and black pepper in a bowl until well incorporated. Toss spinach greens and onions with dressing.

INGREDIENTS

For plum goat cheese tartine

¾ cup balsamic vinegar

¼ teaspoon salt

½ teaspoon black pepper

4 whole wheat pita rounds

½ Tablespoon olive oil

6 ounces mild goat cheese

4 plums, cored and thinly sliced

For spinach salad

1 Tablespoon olive oil

1 ½ Tablespoons balsamic vinegar

1 teaspoon honey

¼ teaspoon dried oregano

½ teaspoon salt

¼ teaspoon black pepper

4 cups baby spinach greens

1/2 onion, thinly sliced

This simple pasta has lots of flavor. If lamb is too exotic for your kids, it works well with any lean ground meat that has been seasoned.

DIRECTIONS:

Boil salty water for pasta. Cook according to package, remembering not to overcook.

Whisk together olive oil, balsamic vinegar, lemon juice, black pepper and feta cheese until smooth and creamy.

Reheat lamb or ground meat until warm.

Drain pasta but do not rinse.

Toss pasta with dressing. Stir in meat. Top with chopped parsley.

For side salad:

Combine bell pepper and asparagus in a microwave safe bowl.

Heat for 2 minutes on high. Toss with pantry dressing.

Salt and pepper to taste.

Portions:

Small Children: 1-1/2 cups pasta, 1/2 cup vegetables

Adults: 2-1/2 cups pasta, 1 cup vegetables

INGREDIENTS:

3/4 pound Farfalle pasta (or any other short pasta like penne, ziti or rigatoni)

2 Tablespoons olive oil

1 teaspoon balsamic vinegar

1/2 medium lemon, juiced

1/4 teaspoon black pepper

2 oz goat cheese (can sub Parmesan)

1 pound ground lamb (leftover from Lamb Pita night)

1/4 cup parsley leaves with stems, finely chopped

For side:

1 bell pepper, seeded and chopped

12 asparagus spears, ends trimmed and then chopped into 1" pieces

2 Tablespoons your choice pantry dressing

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Salt and pepper to taste

VEGETABLE BEEF SOUP

DIRECTIONS:

MAKE AHEAD:

Melt butter and olive oil in large stock pot.
Add chopped onion, carrots and celery and cook 5-10 minutes until slightly brown.
Add chicken stock, cumin, salt and pepper; simmer for ½ hour on low.
Let cool down and store in fridge until soup night.

DINNER NIGHT:

Bring soup base, lower heat to simmer and add cubed steak.
Simmer for 10 minutes then add spinach.
Simmer 5 minutes.
Serve in individual bowls garnished with parsley and tangerines as a side.

KITCHEN TIP:

I like to add a Tablespoon of tomato paste to make it a little richer.
You can also add some chili flakes if you want to spice it up!
Throw in any extra vegetables you have in the fridge!

VEGETARIAN OPTION:

Substitute flank steak for extra firm tofu.
Substitute chicken stock for vegetable stock.

INGREDIENTS:

1 Tablespoon butter
1 Tablespoon olive oil
1 medium onion, chopped
4 carrots cut in round discs
2 celery ribs, cut into ½" pieces
8 cups chicken stock
2 cups packed baby spinach
3 cups diced flank steak
2 teaspoons each of cumin & salt
1 teaspoon black pepper
2 Tablespoons chopped parsley