

## PREP AHEAD OF TIME

**Mashed Potatoes**

2 pounds Russet potatoes, peeled and quartered  
½ teaspoon salt  
1 Tablespoon olive oil

Place potatoes in a large pot of water, enough to cover the potatoes by an inch. Season water with salt and bring to a boil. Cook until potatoes are fork tender, about 14-16 minutes. Reserve a cup of water and set aside. Drain potatoes well and mash with olive oil and some of the reserved water, until potatoes are smooth. The amount of water you use will depend on your preference for the consistency of mashed potatoes. Wait for potatoes to cool, then divide equally into two portions and store in airtight containers for two recipes later in the week.

**Bread Crumbs**

6 slices whole wheat bread, toasted and roughly chopped  
1 Tablespoon grape seed oil  
¼ teaspoon dried thyme

Toss toast pieces with grape seed oil and thyme. Break the pieces into crumbs with a blender or food processor. Divide into three portions. Combine two portions (two-thirds of the total) and save that in one bag. Save the remaining third in another bag for use in two recipes later in the week.

**Dill Quinoa**

3 cups water  
1 ½ cups quinoa, uncooked  
1 Tablespoon fresh dill, roughly chopped  
½ teaspoon salt

In a medium-large saucepan, bring water or stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Fold in fresh dill and salt. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

**Brussels Leaves**

½ pound Brussels sprouts  
Peel each Brussels sprout of three to four layers of its leaves. It is a bit time consuming, but the effort is well worth it. Once done, store the leaves and remaining bulbs in a bag for use later in the week.

## MENU:

**MONDAY ①**

Portobello Steaks  
Roasted Brussels Sprouts  
Mashed Potatoes

**TUESDAY ②**

Mac and Cheese  
Green Leaf Lettuce Salad

**WEDNESDAY ③**

Potato Quinoa Latkes  
Applesauce  
Chive Greek Yogurt

**THURSDAY ④**

Braised Root Vegetables  
Dill Quinoa  
Stir-Fried Brussels Leaves

**FRIDAY ⑤**

Portobello Melt  
Shaved Cucumber Salad



Vegetarian October 14th

# Shopping List

This Week: 1-Portobello Steaks 2-Mac and Cheese 3-Potato Quinoa Latkes 4-Braised Vegetables 5-Portobello Melt

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	Brussels sprouts	1 1/2 pounds		6
4	dill	1 Tablespoon		0.5
1, 3	chives	1 bunch		1
2	green leaf lettuce	1 head		2
2, 4, 5	tomatoes	6		3
3, 5	Granny Smith apples	5		4
1, 5	portobello mushrooms	10		8
4	carrots	4		3
4	parsnips	2		2
5	cucumbers	2		1
1, 3	Russet potatoes	2 pounds		6

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 5	shredded cheddar cheese	1 3/4 cups		6
1, 2, 3	plain Greek yogurt	2 cups		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 3	eggs	half dozen	organic recommended	3
3, 4	quinoa	2 1/4 cups	check bulk bin	3
2, 3, 5	whole wheat bread	14 slices	local bakery loaf	3
3	raisins	1/2 cup	check bulk bin	1.5

Fresh 20 Grocery Est 57  
 Cost Per Dinner 11.4  
 Cost Per Serving 2.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 3/4 Tablespoons	raw honey	2 teaspoons
	grape seed oil	6 Tablespoons	flour	3 3/4 Tablespoons
	balsamic vinegar	1 teaspoon	garlic	1 clove
	white wine vinegar	1 Tablespoon	onions	1/2 red; 1/2 yellow
	sea salt	5 3/4 teaspoons	vegetable stock	3 1/2 cups
	black pepper	1 1/2 teaspoons	dijon mustard	3/4 teaspoon
	oregano	3/4 teaspoon	low-sodium soy sauce	3/4 teaspoon
	ground cumin	3/4 teaspoon	whole wheat macaroni	1 15-ounce box
	dried thyme	1/2 teaspoon		
cayenne pepper	1/8 teaspoon			



## PORTOBELLO STEAKS

*mashed potatoes and roasted Brussels sprouts*

### INSTRUCTIONS

#### Make Ahead

- Mashed Potatoes

Preheat oven to 400°F.

#### *For portobello steaks*

In a small bowl, mix olive oil, cumin, oregano, salt, and black pepper, making a paste. Rub the caps on both sides with paste, spread on to a baking sheet, and roast in the oven for 10-12 minutes, until mushroom caps are cooked through.

#### *For mashed potatoes*

Reheat mashed potatoes either by steaming or stirring in a small pot over low heat with a little water (1-2 tablespoons).

Stir in yogurt, salt, and black pepper. Top with fresh chives.

#### *For roasted Brussels sprouts*

In an ovenproof pan (preferably cast iron), heat oil and sauté sprouts for 2-3 minutes. Transfer to oven and roast for 12-15 minutes, or until the sprouts are cooked through and edges are charred. Season roasted Brussels sprouts with salt.

### INGREDIENTS

#### *For portobello steaks*

- 1 Tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 6 portobello mushrooms, stems removed

#### *For mashed potatoes*

- Mashed potatoes, already prepared
- ½ cup plain Greek yogurt
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Fresh chives, chopped (amount depends on personal preference)

#### *For roasted Brussels sprouts*

- 1 ½ Tablespoons grape seed oil
- 1 pound Brussels sprouts, halved
- ½ teaspoon salt

## MACARONI AND CHEESE

*green leaf lettuce salad*

### INSTRUCTIONS

Make Ahead:

- Bread Crumbs

*For macaroni and cheese*

Preheat oven to 350°F.

Cook pasta according to package instructions.

Sauté garlic in grape seed oil over medium-low heat, being careful not to burn garlic. Stir in flour and cook until golden brown.

Turn heat off and stir in shredded cheddar, returning pan to a low heat if the cheddar does not melt through. Once the cheddar is well incorporated, remove from heat and stir in yogurt, egg, and mustard. Toss macaroni in cheese sauce. Pour macaroni in an ovenproof dish and cover with bread crumbs. Bake for 25-30 minutes, until the macaroni is set.

*For green leaf lettuce salad*

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss green leaf lettuce and red onions with dressing. Top with tomato wedges. Serve alongside pasta.

### INGREDIENTS

*For macaroni and cheese*

1 15-ounce package whole wheat macaroni

1 ½ Tablespoons grape seed oil

1 clove garlic, minced

¾ Tablespoon flour

¾ cup (6 ounces) shredded cheddar cheese

½ cup plain Greek yogurt

1 egg, beaten

¼ teaspoon Dijon mustard

One-third portion bread crumbs, already prepared

*For green leaf lettuce salad*

1 Tablespoon olive oil

1 teaspoon balsamic vinegar

½ teaspoon Dijon mustard

½ teaspoon salt

¼ teaspoon black pepper

1 head green leaf lettuce, chopped

½ red onion, thinly sliced

2 tomatoes, cut into eighths

## INSTRUCTIONS

## Make Ahead

- Mashed Potatoes
- Bread Crumbs

Preheat oven to 375°F.

*For potato quinoa latkes*

In a medium-large saucepan, bring stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Fold in a half-teaspoon of salt. Allow to cool by setting it in the refrigerator while you work on the apple sauce.

Once the quinoa is cool, mix in mashed potatoes, eggs, flour, a three-quarter teaspoon of salt, as well as black pepper, cayenne, and chives. Form patties and coat both sides with bread crumbs. Spread evenly on a baking sheet. Bake 15 minutes on one side and flip over to bake another 10-12 minutes.

*For applesauce*

Steam apples until fork tender. If you don't have a steamer, bring a pot of water with apples to boil. Boil apples until softened. Regardless of method, thoroughly drain apples of water. Purée apples, raisins, and honey in a blender until a chunky consistency. Cool in the refrigerator.

Stir fresh chives into the yogurt and serve on the side of applesauce and latkes.

## INGREDIENTS

*For potato quinoa latkes*

1 ½ cups vegetable stock

¾ cup dry quinoa

½ + ¾ teaspoons salt

Mashed potatoes, already prepared

2 eggs, beaten

3 Tablespoons flour

¼ teaspoon black pepper

1/8 teaspoon cayenne pepper

Two-third portion bread crumbs, already prepared

*For applesauce*

3 Granny Smith apples, peeled and sliced in large pieces with cores removed

1/2 cup raisins

1/2 teaspoon honey

1 cup plain Greek yogurt

Chopped fresh chives, amount depending on personal preference

## INSTRUCTIONS

### Make Ahead:

- Dill Quinoa
- Brussels Leaves

### *For braised root vegetables*

Sauté onions with olive oil in a pan for a minute over medium heat. Add carrots and parsnips. Sauté for 2-3 minutes. Add tomatoes and sauté for 2-3 minutes. Season mixture with salt, oregano, and cumin. Stir in vegetable stock. Bring the mixture to boil. Once at a boil, stir mixture and cover pot with lid. Reduce heat to low and simmer for 20 minutes.

### *For stir-fried Brussels leaves*

Heat oil over medium-high heat. Sautee leaves and bulbs for 3-4 minutes, stirring constantly. Stir in soy sauce and black pepper.

## INGREDIENTS

### *For braised root vegetables*

- 1 Tablespoon olive oil
- ½ yellow onion, chopped
- 4 medium carrots, peeled and chopped to 1 ½-inch pieces
- 2 parsnips, peeled and chopped to 1 ½-inch pieces
- 2 tomatoes, chopped
- ¾ teaspoon salt
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- 2 cups vegetable stock

### *For stir-fried brussel leaves*

- 1 Tablespoon grape seed oil
- Brussels leaves and bulbs, already prepared
- ¾ teaspoon light soy sauce
- ¼ teaspoon black pepper
  
- Dill quinoa, already prepared

## PORTOBELLO MELT

*shaved cucumber salad*

### INSTRUCTIONS

#### *For portobello melt*

Heat three-quarter tablespoon of olive oil over medium heat and sauté mushrooms for 3-4 minutes, or until mushrooms are cooked down. Season with salt and thyme.

Scoop sautéed mushrooms onto four slices of bread. Top each sandwich half with slices of tomato and cheese. Then close the sandwich with another slice of bread.

Brush a skillet or pan with olive oil and set over medium-low heat. Place two sandwiches in pan. Press a second pan (bottom-side down) on top of the sandwich and leave for 1-1 ½ minutes to heat through. Flip sandwiches over and heat for 30 seconds.

Repeat with last batch of sandwiches. Brush pans with oil again before heating sandwiches if needed. Slice all sandwiches diagonally.

#### *For shaved cucumber salad*

Whisk grape seed oil, vinegar, honey, salt, and black pepper in a small bowl. Toss cucumber and apple with dressing.

### INGREDIENTS

#### *For portobello melt*

¾ + 1 Tablespoons olive oil

4 portobello mushrooms, stems removed and caps sliced

¼ teaspoon salt

¼ teaspoon dried thyme

8 slices whole wheat bread

2 tomatoes, thinly sliced

1 cup (8 ounces) shredded cheddar cheese

#### *For shaved cucumber salad*

1 Tablespoon grape seed oil

1 Tablespoon white wine vinegar

1 ½ teaspoons honey

½ teaspoon salt

¼ teaspoon black pepper

2 cucumbers, shaved lengthwise

2 Granny Smith apples, thinly sliced