

## PREP AHEAD OF TIME

### Brown Rice

1 Tablespoon grape seed oil  
 ¼ medium yellow onion, finely chopped  
 ½ teaspoon salt  
 1 ½ cups brown rice  
 3 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 water and bring 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. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

### Bread Crumbs

3 slices whole wheat bread, toasted and roughly chopped  
 ½ Tablespoon grape seed oil  
 1/8 teaspoon dried oregano  
 Toss toast pieces with grape seed oil and oregano. Break the pieces into crumbs with a blender or food processor. Store in an airtight container for use later in the week.

### Marinara Sauce

*Note: If the tomatoes at your grocery store don't appeal to you, substitute with a 28-ounce can of whole tomatoes. Be sure to use a can without any added seasoning. Crush the tomatoes before pouring into the pot.*

1 ½ Tablespoons olive oil  
 ½ medium yellow onion, diced  
 2 cloves garlic, minced  
 ½ pound roma tomatoes, cored and chopped  
 6 fresh basil leaves, thinly sliced  
 1 teaspoon salt  
 ½ teaspoon black pepper  
 Heat olive oil in a saucepot over medium heat, then sauté onions until softened, about 2-3 minutes. Sauté garlic with onions until fragrant. Stir in tomatoes and bring sauce to a boil. Once boiling, reduce heat to low and simmer for 25-30 minutes. [The time depends on the thickness of your pot. The thinner your pot is, the less time needed to reduce the sauce to a hearty consistency.] Stir in basil leaves halfway through. Season sauce with salt and black pepper at the end. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

## MENU:

### MONDAY ①

Collard White Bean Stew  
 Brown Rice  
 Fresh Grapes

### TUESDAY ②

Thai Basil Eggplant  
 Rice Noodles

### WEDNESDAY ③

Plum Goat Cheese Tartine  
 Mâche Mix Salad

### THURSDAY ④

Eggplant Parmesan  
 Whole Wheat Pasta  
 Grape Basil Salad

### FRIDAY ⑤

Stir-Fry Rice Noodles  
 Fresh Plums



Vegetarian October 21st

# Shopping List

This Week: 1-Collard White Bean Stew 2-Thai Basil Eggplant 3-Plum Goat Cheese Tartine 4-Eggplant Parmesan 5-Stir-Fry Rice Noodles

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	basil	2 bunches		4
2, 4	eggplant	2 large	or 4 medium	5
1, 5	collard greens	2 bunches		4
1, 4	red grapes	3 cups	about 2 pounds	7
1, 4	tomatoes	1/2 pound + 1	roma preferred	6
3, 5	plums	8		5
5	shitake mushrooms	1 cup	sub w/ crimini if shitake is unavail	3
5	carrot	1		0.5
5	bean sprouts	1 1/2 cups	can sub w/ sugar snap peas	2
2	red chili pepper	1	preferably Thai	0.25
5	green onions	1 stalk		0.6
1	lime	1		0.5
2, 5	cilantro	1 bunch		2
3	maiche greens	3 cups		4

Recipe #	Dairy	Quantity	Notes	Est Cost
3	mild goat cheese	6 ounces		5
4	parmesan cheese	3/4 cup	optional	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4	eggs	1/2 dozen	organic preferred	3
3, 4	whole wheat bread	9 slices	check with local bakery	3
2, 5	rice noodles	2 14-oz package	check Asian food aisle of grocer	6

Fresh 20 Grocery Est 63.85  
 Cost Per Dinner 12.77  
 Cost Per Serving 3.1925

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 Tablespoons	raw honey	3 Tablespoons
	grape seed oil	4 Tablespoons	flour	4 1/2 Tablespoons
	balsamic vinegar	13 Tablespoons	garlic	6-8 cloves
	white wine vinegar	1 1/2 Tablespoons	onions	2 1/4 yellow; 1 red
	sea salt	4 3/8 teaspoons	vegetable stock	3.5 cups
	black pepper	2 1/2 teaspoons	organic tomato paste	1 Tablespoon
	oregano	3/4 teaspoons	low-sodium soy sauce	3 1/2 teaspoons
			whole wheat pasta	16 ounces
	dried thyme	1/4 teaspoon	brown rice	1 1/2 cups
cayenne pepper (optional)	1/4 - 1/2 teaspoon	cannellini beans	2 15-ounce cans	

## COLLARD WHITE BEAN STEW

*brown rice and fresh grapes*

### INSTRUCTIONS

Made Ahead:

- Brown Rice

*For collard white bean stew*

Heat olive oil in a large pot over medium heat. Sauté onions until light brown, about 2-3 minutes. Add garlic and sauté until fragrant. Avoid burning the garlic. Sauté tomatoes with onions and garlic for a minute, then stir in tomato paste and oregano. Once tomato paste is incorporated in the mixture, sauté collard greens until the greens cook down.

Pour in cannellini beans and  $\frac{1}{4}$  cup liquid, along with vegetable stock and water. Stir in salt and black pepper. If you would like some spiciness in the stew, add cayenne pepper as well. Bring stew to a boil, stir well, and cover pot with lid. Reduce heat to low and simmer for 20-25 minutes.

*For fresh grapes*

In a small bowl, whisk honey and lime juice until well incorporated. Toss with grapes. Serve alongside stew and brown rice.

### INGREDIENTS

*For collard white bean stew*

- 1 Tablespoon olive oil
- 1 medium yellow onion, diced
- 1 clove garlic, minced
- 1 Roma tomato, chopped
- 1 Tablespoon tomato paste
- $\frac{1}{2}$  teaspoon dried oregano
- 1 bunch collard greens, chopped
- 2 15-ounce cans cannellini beans, drained but reserving  $\frac{1}{4}$  cup of liquid
- 2 cups vegetable stock
- 2 cups water
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- Optional:  $\frac{1}{4}$  -  $\frac{1}{2}$  teaspoon cayenne pepper

*For brown rice*

Already prepared

*For fresh grapes*

- 1  $\frac{1}{2}$  Tablespoons honey
- 1 teaspoon fresh lime juice
- 2 cups red grapes, cut in half

## INSTRUCTIONS

*For Thai basil eggplant*

Mix soy sauce, honey, and vegetable stock in a small bowl. In another bowl, stir flour and cold water until well incorporated to make a slurry. Set aside both bowls nearby.

Heat oil in a wok or large pan over medium-high heat. Sauté onions for 1-2 minutes. Add garlic and sauté, just until fragrant. Add eggplant, turn heat to high, and stir-fry for 3-4 minutes. Eggplant will soak up a lot of oil and dry quickly in the pan as a result. Pour in a few teaspoons of vegetable stock to prevent the vegetables from burning.

Add chili peppers and sauté for another 2-3 minutes. Stir in soy sauce mixture and sauté vegetables for 2 minutes. Make sure slurry is still well incorporated before stirring it in the wok/pan. Stir until the sauce thickens, turn off the heat, and fold in the basil. The residual heat will cook the basil through.

*For rice noodles*

Cook rice noodles according to package instructions. Drain completely and toss in cold water to avoid noodles becoming mushy. Once cool, drain noodles completely of water. Toss noodles with cilantro.

## INGREDIENTS

*For Thai basil eggplant*

2 teaspoons light soy sauce

½ teaspoon honey

½ cup + 2-3 teaspoons vegetable stock

½ Tablespoon flour

1 Tablespoon cold water

1 Tablespoon grape seed oil

½ medium yellow onion, diced

3-5 cloves garlic (depending on preference), minced

1 large eggplant or 2 medium eggplants, diced

1 red chili pepper (preferably Thai), deseeded if less spiciness is preferred and pepper thinly sliced crosswise

1 bunch fresh basil, stems removed

*For rice noodles*

1 14-ounce package rice noodles

Cold water

½ cup fresh cilantro leaves

## PLUM GOAT CHEESE TARTINE

*maître mix salad*

### INSTRUCTIONS

#### *For plum goat cheese tartine*

Preheat oven to 350°F. 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 cooktop 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 bread with olive oil on one side and spread the slices on a baking sheet, oiled side up. Toast bread for 1-2 minutes. Spoon about a tablespoon of goat cheese on top of each bread slice. Top with a few slices of plum. Return to the oven and toast through for 2-3 minutes.

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

#### *For maître mix salad*

Whisk olive oil, white wine vinegar, honey, thyme, salt, and black pepper in a bowl until well incorporated. Toss maître greens and red onions with dressing.

### INGREDIENTS

#### *For plum goat cheese tartine*

¼ cup balsamic vinegar

¼ teaspoon salt

½ teaspoon black pepper

6 slices whole wheat bread

½ Tablespoon olive oil

6 ounces mild goat cheese

4 plums, cored and thinly sliced

#### *For maître mix salad*

1 Tablespoon olive oil

1 ½ Tablespoons white wine vinegar

1 teaspoon honey

¼ teaspoon dried thyme

½ teaspoon salt

¼ teaspoon black pepper

3 cups maître greens

1 red onion, thinly sliced

## EGGPLANT PARMESAN

*whole wheat pasta and grape basil salad*

*Even though this dish calls for parmesan, feel free to remove cheese from the recipe. The marinara sauce adds plenty of flavor to the dish.*

### INSTRUCTIONS

Made Ahead:

- Bread Crumbs
- Marinara Sauce

*For eggplant parmesan*

Preheat oven to 375°F.

Toss eggplant rounds with salt. Let the eggplant sit for 10 minutes. Salt will draw liquid out of the eggplant. Discard liquids and use a towel to dry the eggplant rounds.

Arrange three dishes, each filled separately with flour, whisked eggs, and bread crumbs. Dip each round fully in flour, then whisked eggs, and finally bread crumbs.

Brush a baking sheet (or two) with olive oil. Arrange the breaded eggplant rounds on the baking sheet(s) and bake in the oven for 12-15 minutes on one side. Carefully flip them over and bake for 10-12 minutes.

In an ovenproof 8x10 dish, spread a layer of marinara sauce on the bottom. Top with a layer of parmesan, then a layer of oven-baked eggplant rounds. Repeat with alternating layers of sauce, cheese and eggplant rounds, making sure to end with cheese as the top layer. [NOTE: If omitting cheese, alternate layers of sauce and eggplant; end with sauce as the top layer.] Bake for 12-15 minutes.

Serve eggplant parmesan with pasta and grape basil salad.

*For whole wheat pasta*

Cook pasta according to instructions. Set aside.

*For grape basil salad*

Whisk balsamic vinegar, honey, salt, and black pepper in a small bowl until well incorporated. Toss grapes and basil in medium bowl with dressing.

### INGREDIENTS

*For eggplant parmesan*

1 large eggplant or 2 medium eggplants, sliced into thin rounds

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  cup flour

2 eggs, whisked

Bread crumbs, already prepared

1 Tablespoon olive oil

Marinara sauce, already prepared

Optional:  $\frac{3}{4}$  cup shredded parmesan cheese

*For whole wheat pasta*

1 16-ounce package whole wheat pasta, shape depending on personal preference

*For grape basil salad*

1 Tablespoon balsamic vinegar

1  $\frac{1}{2}$  teaspoons honey

$\frac{1}{8}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

1 cup fresh red grapes, cut in half

$\frac{1}{2}$  bunch fresh basil leaves, sliced crosswise

## INSTRUCTIONS

*For stir-fry rice noodles*

Cook rice noodles according to package instructions. Drain completely and toss in cold water to avoid noodles becoming mushy. Set aside until ready to use.

Mix soy sauce, salt, black pepper, and vegetable stock in a small bowl and set aside as well.

Heat grape seed oil over medium-high heat. Sauté green onions until fragrant, about 1-2 minutes. Add carrots and sauté for 2 minutes. Add mushrooms and sauté for one minute. Add bean sprouts (or thinly sliced sugar snap peas) and sauté for one minute. Finally, add collard greens and sauté until the greens are slightly wilted, about 1-2 minutes.

Create a well in the center of the vegetables and pour rice noodles into the well. Fold in the vegetables until rice noodles and vegetables are well mixed. Stir-fry vegetables and rice noodles for one minute, then pour in soy sauce mixture. Stir until sauce coats both vegetables and rice noodles. Turn heat to medium-low and reduce sauce until most of the liquid has evaporated.

Serve noodles with fresh cilantro leaves on top. Fresh plums are for dessert.

## INGREDIENTS

*For stir-fry rice noodles*

1 14-ounce package rice noodles

Cold water

1 ½ teaspoons soy sauce

½ teaspoon salt

½ teaspoon black pepper

¾ cup vegetable stock

1 ½ Tablespoons grape seed oil

1 stalk green onion, julienned or sliced into matchsticks

1 medium carrot, julienned or sliced into matchsticks

1 cup fresh shitake mushrooms, sliced

1 ½ cups bean sprouts (substitute with thinly sliced sugar snap peas if bean sprouts are unavailable)

½ bunch collard greens, thinly sliced

Optional: ½ cup fresh cilantro leaves

4 fresh plums, sliced