

PREP AHEAD OF TIME

Quinoa

6 cups water
3 cups quinoa, uncooked

In a medium-large saucepan, bring water to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. Store in airtight container and refrigerate for later use. Used for 2 recipes.

MENU:

MEATLESS MONDAY ①

Caldo Verde (Stew)
w/ optional chicken sausage
Fresh Red Grapes

TUESDAY ②

Mediterranean Tuna Platter
Tabbouleh-Style Quinoa and GF Toast
Points

WEDNESDAY ③

Pan Roasted Chicken
Dijon Sauce
Crispy Kale

THURSDAY ④

Lemon Caper Wild Albacore Tuna Pasta
Side Salad

FRIDAY ⑤

Chicken Quinoa Salad



Shopping List

This Week: 1-Caldo Verde 2-Mediterranean Tuna Platter 3-Pan Roasted Chicken 4-Lemon Caper Tuna Pasta 5-Chicken Quinoa Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	tuna steaks	1-1/2 pounds	wild albacore is recommended for its sustainability	20
1	chicken breasts & thighs	2-1/2 pounds	14-16 ounce skinless & boneless breasts needed; the rest will be a mix; organic whenever possible	14
3, 5	OPTIONAL ADDITION TO MEATLESS MONDAY: chicken Italian sausage	1 pound		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3, 5	kale	3 bunches		6
2, 3	fresh parsley	1 bunch		1
1, 4	arugula or baby spinach	3-4 bunches	8 cups needed	6
1, 5	red grapes	2 pounds	6 1/2 cups needed	6
2, 4	lemons	3		1.5
2	tomatoes	4	medium	2
5	russet potatoes	2		1.5
4	artichokes	2		3
2	cucumbers	1		1
5	crimini mushrooms	12 ounces	2 cups sliced	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	gluten free bread	4 slices		2
2	feta cheese	6 oz		3
4	capers	2 Tablespoons		0.5
1, 2	quinoa	3 cups	check bulk bin	3

Fresh 20 Grocery Est 78.5
 Cost Per Dinner 15.7
 Cost Per Serving 3.925

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoons	gluten free chicken stock	8 cups
	garlic cloves	3	honey	1 Tablespoons
	onions	3	unsalted butter	2-1/4 Tablespoon
	balsamic vinegar	2 1/3 Tablespoons	gluten free Dijon mustard	1/4 cup + 1/2 tea
	sea salt	7 teaspoons		
	black pepper	3 5/8 teaspoons		
	dried oregano	2 teaspoons		
	ground cumin	1/2 teaspoon	gluten free macaroni pasta	4 cups

Caldo Verde is a beloved Portuguese stew, typically made with linguica sausage. In this version, onions and crimini mushrooms sautéed in butter are used to create a savory base.

INSTRUCTIONS

For caldo verde

Heat half of the butter in a 5-6 quart soup pot over medium heat, just until melted. Sauté onions until softened about 3-4 minutes. Create a well in the center of the pot by pushing the onions to the side. Add the other half of the butter. When it melts, add mushrooms and sauté until browned. Stir in cumin and oregano, coating vegetables with seasoning.

Add olive oil, then add potatoes and garlic. Sauté for 2-3 minutes.

Pour in chicken stock, water, and salt. Increase heat and bring to boil. Once boiling, stir soup a few times to make sure nothing is sticking to the bottom or sides. Cover with lid and reduce heat to low. Simmer for 15-18 minutes.

Remove lid and turn heat up to medium. Add kale strips. Cook for 2-3 minutes, just until the kale has wilted enough. Black pepper to taste

After a hearty soup for dinner, enjoy fresh red grapes for dessert.

Meat option:

Add sliced chicken sausage to soup with kale strips.

INGREDIENTS

1 ¼ Tablespoons butter

1 medium onion, diced

8oz sliced crimini mushroom caps (2 cups)

½ teaspoon cumin

1 teaspoon oregano

1 Tablespoon olive oil

2 russet potatoes, peeled + diced

3 garlic cloves, minced

4 cups gluten free chicken stock

2 cups water

1 ½ teaspoon salt

1 bunch kale, cut crosswise into thin strips

black pepper to taste

4 cups fresh red grapes

Optional meat addition:

1 pound gluten free chicken Italian sausage

INSTRUCTIONS

For steamed tuna

Combine lemon zest and enough water to fill 1 – 1 ½ inches of a steamer. Add tuna and steam for 6-8 minutes. Season with salt and black pepper. Squeeze lemon juice over tuna steaks.

For tabbouleh

Combine quinoa, parsley and tomatoes.

In a small bowl, whisk olive oil, salt, and lemon juice. Toss quinoa with dressing.

To assemble Mediterranean tuna platter

For each platter, serve 4-6 oz tuna with ¾ cup “tabbouleh” and 1/8 cup feta cubes alongside toast points and cucumber slices.

Note on lemon zest:

Zest is the very top layer of yellow skin that covers the white pith of a lemon. You can peel it off with a vegetable peeler and then finely chop it if you do not have a zester.

SUBSTITUTIONS:

Instead of fish: Sliced gluten free chicken sausage

INGREDIENTS

For steamed tuna

1 teaspoon fresh lemon zest

Water

1-1/2 pounds fresh tuna steaks

½ teaspoon salt

½ teaspoon black pepper

1 lemon, sliced in half

For tabbouleh

3 cups prepared quinoa (see prep)

1 cup fresh flat-leaf parsley leaves, finely chopped

2 medium tomatoes, cored and diced

2 Tablespoons olive oil

1 teaspoon salt

2 Tablespoons lemon juice

1 cucumber, peeled and sliced

4-6oz feta cheese (in block, not crumbled)

4 slices gluten free bread, toasted and cut into quarters

INSTRUCTIONS

Preheat oven to 425°F.

For pan roasted chicken

Sprinkle chicken breasts and thighs on both sides with salt and black pepper.

Heat olive oil and butter in a large ovenproof pan (sizeable in width and depth as the oil will otherwise splatter out) over medium-high heat for about 20-30 seconds, or until butter is melted. Using tongs, carefully lay chicken pieces down in the pan, arranging them with a little room between the pieces.

Reduce heat to medium and sear chicken for 3-4 minutes. Carefully flip the chicken over to the other side and sear for 2-3 minutes. Cover pan with foil and transfer to oven. Roast for 15 minutes. Remove foil and continue roasting for 10 minutes. Save the foil.

Remove pan from oven and create a tent with foil by covering the pan loosely. After 5-8 minutes of rest, set aside 1 pound of chicken for another recipe.

For crispy kale

Reduce oven temperature to 375°F. While chicken is resting, toss kale with olive oil. Spread kale on a baking sheet and roast for 10-12 minutes, or until the leaves are crispy. Remove from oven and sprinkle with salt. You may need to do this in two batches so as to not overlap the kale too much on one baking sheet.

For Dijon sauce

Whisk all the ingredients together in a small bowl until well incorporated. Serve in small bowl alongside pan roasted chicken.

INGREDIENTS

For pan roasted chicken

2-1/2 pounds chicken, a mix of breast and thigh (skinless/boneless)

1 teaspoon salt

¼ teaspoon black pepper

1 Tablespoon olive oil

1 Tablespoon unsalted butter

For crispy kale

2 bunches kale, rinsed and thorough dried; chopped into 1-inch strips

1 Tablespoon olive oil

¼ teaspoon of salt

For Dijon sauce

¼ cup gluten free Dijon mustard

2 ½ Tablespoons gluten free chicken stock

2 teaspoons honey

½ teaspoon black pepper

On side:

2 medium tomatoes, sliced

INSTRUCTIONS

For lemon caper wild albacore tuna pasta

Cook gluten free pasta according to package instructions, but cook about a minute shy of indicated done-ness. Reserve $\frac{3}{4}$ cup of pasta water and drain pot well of the rest.

Using $\frac{1}{2}$ teaspoon each of salt and black pepper, season tuna steaks on both sides. Heat 2 tablespoons of olive oil in a large pan over medium-high heat for 30 seconds. Sear tuna steaks on one side for 2 to 2 $\frac{1}{2}$ minutes (depending on the thickness of your pan), until a brown crust develops. Carefully flip over the steaks and sear for another minute. Set steaks aside for now. [NOTE: The steaks will be raw in the middle but will cook through once tuna is returned to the pan.] Once cool, flake the steaks with a fork, breaking them into smaller pieces.

Meanwhile, in the same pan, pour in remaining olive oil. Sauté onions for 1-2 minutes over medium-high heat, scraping up any browned bits on the pan. Add the artichokes and sauté for another 1-2 minutes. Juice one lemon over the vegetables. Add capers and dried oregano; stir to mix. Pour in a half-cup of reserved pasta water and add in chicken stock. Add pasta to the pan. Stir continuously to coat as liquids reduce. Season with remaining salt and pepper. [NOTE: At this point, if there doesn't appear to be enough sauce to coat the pasta, add in the remaining $\frac{1}{4}$ cup chicken stock.] Cook through for 1 $\frac{1}{2}$ - 2 minutes, depending on the amount of liquid reduced. The aim is for the pasta to have absorbed most of the flavored liquid with enough sauce left to coat the tuna. Add tuna back to the pan and cook for 25-30 seconds, just until tuna is reheated and combined with the pasta. The residual heat will finish cook the tuna through. Garnish with fresh parsley leaves on top if desired.

For side salad

Whisk olive oil, vinegar, mustard, salt, and black pepper together until well blended. Dress arugula with vinaigrette.

*Check out basic preparation tips by the California Artichoke Advisory Board (<http://artichokes.org/>). For this recipe, you'll be using the hearts, stems, and first 2-3 layers of yellow leaves.

INGREDIENTS

For pasta

4 cups gluten free macaroni

Water for pasta

$\frac{1}{2}$ + 1 teaspoons salt

$\frac{1}{2}$ + $\frac{1}{4}$ teaspoon black pepper

12-16 ounces thick wild Albacore tuna steaks, depending on preference

2 + $\frac{3}{4}$ Tablespoons olive oil

1 medium yellow onion, diced

2 artichokes*, sliced crosswise

1 lemon, sliced in half crosswise

2 Tablespoons capers

$\frac{1}{2}$ teaspoon dried oregano

1 cup gluten free chicken stock (+ optional $\frac{1}{4}$ cup)

Optional: Fresh parsley leaves as garnish

For side salad

2 Tablespoons olive oil

2 teaspoons balsamic vinegar

$\frac{1}{2}$ teaspoon gluten free Dijon mustard

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

4 cups arugula or baby spinach

INSTRUCTIONS

Made Ahead:

- Quinoa
- Chicken

For dressing

Combine onions and vinegar in a small bowl. Let the onions sit in the vinegar for 5 minutes. Stir in honey. Drizzle in the olive oil, whisking the vinegar mixture as you're doing so. Season with salt and black pepper.

To assemble chicken quinoa salad

In a large bowl, toss poached chicken and quinoa with dressing. Fold in red grapes. Serve on a bed of arugula.

Note on arugula:

Arugula is a delicious but strong lettuce that has a slight bitter taste. Use baby spinach if you prefer.

INGREDIENTS

For poached chicken

- 1 pound boneless and skinless chicken cooked and shredded
- 2 cups [gluten free](#) chicken stock
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ½ yellow onion, thinly sliced
- ½ teaspoon black pepper

Water

For dressing

- ¼ onion, finely minced
- 1 ½ Tablespoons balsamic vinegar
- 1 teaspoon honey
- 3 ½ Tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon black pepper

Quinoa, already made

- 2 ½ cups red grapes, sliced in half
- 4 cups arugula, washed and dried or baby spinach