

PREP AHEAD OF TIME

Tapenade

1 cup pitted green olives
2 Tablespoons olive oil
1 teaspoon lemon juice
1 clove garlic, minced
½ teaspoon black pepper
Purée all ingredients until well incorporated, yet still chunky. Store in airtight container and refrigerate until use.

Quinoa

5 cups water (or stock)
2 ½ cups quinoa, uncooked
In a large saucepan, bring water or stock to a boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. Divide into two portions: 2/3 for butternut squash quinoa and 1/3 for the market salad. Store in airtight container and refrigerate for later use.

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 Wednesday's recipe.

MENU:

MONDAY ①

Spanish Pilaf
Romaine Hearts

TUESDAY ②

Butternut Squash Quinoa
Pomegranate & Orange Salad

WEDNESDAY ③

Braised Tarragon Parsnips
Steamed Spinach
Brown Rice

THURSDAY ④

Market Salad
Tapenade Toast Points

FRIDAY ⑤

Creamed Butternut Squash Pasta
Side Salad



Vegetarian November 25th

Shopping List

This Week: 1-Spanish Pilaf 2-Butternut Quinoa 3-Braised Tarragon Parsnips 4-Market Salad 5-Creamed Butternut Squash Pasta

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|------------------------|--------------|--------------|----------|
| 3 | parsnips | 5 to 6 | | 6 |
| 3, 5 | baby spinach | 8 cups | | 6 |
| 2, 4 | pomegranates | 3 | | 6 |
| 2 | oranges | 4 | | 3 |
| 1, 3 | lemon | 2 | | 1.5 |
| 3 | tarragon | 1 Tablespoon | a few sprigs | 1 |
| 1, 4 | romaine lettuce hearts | 5 | | 5 |
| 2, 5 | butternut squash | 2 | | 5 |
| 5 | red leaf lettuce | 1 head | | 2.5 |
| 2, 4 | Italian squash | 5 | | 6 |
| 1 | green bell pepper | 1 | | 1 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|-------------|----------|---------------------|----------|
| 5 | 2% milk | 1/2 cup | organic recommended | 1 |
| 4 | feta cheese | 1/2 cup | optional | 0.75 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|-----------------------|-----------------|----------------|----------|
| 1, 4 | green olives | 1 1/2 cups | | 3 |
| 2, 4 | whole wheat bread | 1 loaf | | 2 |
| 2, 4 | quinoa | 2 1/2 cups | check bulk bin | 3 |
| 1, 3 | whole peeled tomatoes | 2 28-ounce cans | | 6 |
| 4 | garbanzo beans | 1 14-ounce can | | 2 |

Fresh 20 Grocery Est 60.75
 Cost Per Dinner 12.15
 Cost Per Serving 3.0375

| Check your pantry for this week's staples | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|---|-------------------|--------------------|-------------------|-------------------|
| | olive oil | 20 1/2 Tablespoons | raw honey | 2 3/4 teaspoons |
| | grape seed oil | 1 Tablespoon | | |
| | balsamic vinegar | 2 teaspoons | garlic | 5-6 cloves |
| | | | onions | 3 yellow; 1/2 red |
| | sea salt | 5 3/4 teaspoons | vegetable stock | 4 5/6 cups |
| | black pepper | 3 3/8 teaspoons | dijon mustard | 1/2 teaspoon |
| | oregano | 1/4 teaspoon | | |
| | ground cumin | 1/8 teaspoon | whole wheat pasta | 1 16-oz. package |
| | | | brown rice | 3 cups |

INSTRUCTIONS

For Spanish pilaf

Heat olive oil in a large sauté pan (with lid) over medium heat. Sauté onions until softened, then add green bell pepper and sauté for 1-2 minutes. Add garlic; sauté until fragrant. Stir in rice. Sauté vegetables and rice for 1-2 minutes. Pour in tomatoes, stock, half of the olives, and black pepper. Bring the mixture to a boil.

Once at a boil, cover pan tightly with the lid. Reduce heat to low and simmer for 15-20 minutes, until liquids have evaporated.

Turn heat off and let the rice sit for 10-12 minutes. Chop remaining olives. Fluff rice with a fork and garnish with chopped olives.

For romaine hearts

Whisk olive oil, lemon juice, honey, salt, and black pepper in a small to medium bowl. Drizzle dressing on quartered lettuce hearts.

INGREDIENTS

For Spanish pilaf

2 Tablespoons olive oil

1 medium yellow onion, diced

1 green bell pepper, diced

1-2 cloves garlic, minced (amount depending on preference)

1 ½ cups brown rice, uncooked

1 28-ounce can whole peeled tomatoes, crushed by hand

1 cup vegetable stock

½ cup pitted green olives

½ teaspoon black pepper

For romaine hearts

3 Tablespoons olive oil

1 Tablespoon lemon juice

1 ¼ teaspoons honey

½ teaspoon salt

¼ teaspoon black pepper

2 romaine lettuce hearts, quartered

INSTRUCTIONS

Made Ahead:

- Quinoa (2/3 portion)

For butternut squash quinoa

Steam butternut squash almost fork tender. Heat olive oil in a large sauté pan over medium heat. Sauté onions for 1-2 minutes, until softened and light brown. Add garlic; sauté until fragrant.

Add Italian squash and sauté for 2-3 minutes. Season with oregano, salt, and black pepper. Add steamed butternut squash and vegetable stock to pan. Lower heat and simmer until liquids have reduced by more than half. Pour contents of the pan into a large bowl and stir in quinoa.

For pomegranate & orange salad

Whisk olive oil, salt, and black pepper in a bowl until well incorporated. Toss pomegranate seeds and oranges slices with dressing.

Optional: Toast whole wheat bread slices. Drizzle with olive oil and sprinkle with salt.

INGREDIENTS

For butternut squash quinoa

1 butternut squash, peeled and seeded then chopped into cubes

1 ½ Tablespoons olive oil

½ medium yellow onion, diced

1 clove garlic, minced

3 Italian squash, diced

¼ teaspoon dried oregano

¾ teaspoon salt

¼ teaspoon black pepper

1/3 cup vegetable stock

Quinoa, already made

For pomegranate & orange salad

2 teaspoons olive oil

¼ teaspoon salt

½ teaspoon black pepper

Seeds from 2 pomegranates

4 oranges, peeled and sectioned between inner membrane

Optional:

½ loaf whole wheat bread, sliced

1 ½ Tablespoons olive oil

½ teaspoon salt

INSTRUCTIONS

Made Ahead:

- Brown Rice

For braised tarragon parsnips

Heat 1 ½ tablespoons of olive oil in a large sauté pan with lid over medium heat. Brown parsnip sticks on both sides in 2-3 batches, adding another tablespoon of olive oil between batches. Remove cooked parsnips from pan and set aside.

Add the remaining tablespoon of olive oil to the pan and sauté onions for 1-2 minutes, until softened and light brown. Add garlic and sauté just until fragrant. Add fresh tarragon and canned tomatoes. Sauté until well incorporated. Pour in vegetable stock and stir in salt and black pepper.

Return parsnips to the pan and bring everything to a boil. Once boiling, cover pot with a lid, leaving a sliver opening. Braise for 25-30 minutes, stirring the parsnips once in a while checking the liquid level. If too much liquid has evaporated before the parsnips are braised through, add ½ cup of stock (or water).

Serve with brown rice and steamed spinach.

For steamed spinach

Bring water in a steamer to boil. Add a bowl with spinach to the steamer. Cover steamer and steam spinach until just wilted, about 1-2 minutes. Toss with olive oil and salt. If desired, accent with a few squeezes of a lemon wedge.

INGREDIENTS

For braised tarragon parsnips

- 1 ½ + 1 + 1 Tablespoons olive oil
- 5-6 parsnips, peeled and chopped into 1-1 ½ inch sticks
- ½ medium yellow onion, diced
- 2 cloves garlic, minced
- 1 Tablespoon chopped fresh tarragon
- 5 whole peeled canned tomatoes, deseeded
- 2 ½ cups vegetable stock
- 1 teaspoon salt
- ½ teaspoon black pepper

For steamed spinach

- Water
- 6 cups baby spinach leaves
- 2 teaspoons olive oil
- ½ teaspoon salt
- Optional: 1 lemon wedge, used to squeeze on fresh lemon juice on steamed spinach

Brown rice, already made

INSTRUCTIONS

Made Ahead:

- Quinoa (1/3 portion)
- Tapenade

Preheat oven to 350°F.

For market salad

Whisk olive oil, honey, lemon juice, salt, black pepper, and cumin in a bowl. Set aside.

Toss onions, squash, and romaine lettuce with dressing. Top with a layer of quinoa, followed by garbanzo beans and pomegranate seeds. Crumble feta cheese on top of pomegranate seeds, if using cheese.

For tapenade toast points

Spread bread slices on a baking sheet and toast bread slices for 5-7 minutes, or until bread is crispy on top but not completely toasted through. Serve toast points either by spooning tapenade on top of each one or arranging them on a platter with tapenade in a bowl.

INGREDIENTS

For market salad

- 2 Tablespoons olive oil
- 1 ½ teaspoons honey
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1/8 teaspoon ground cumin
- ½ red onion, thinly sliced
- 2 Italian squash, sliced thinly
- 3 romaine lettuce hearts, chopped
- Quinoa (1/3 portion), already made
- 1 can garbanzo beans, drained
- Seeds of 1 pomegranate
- Optional: ½ cup feta cheese

For tapenade toast points

- ½ loaf whole wheat bread, sliced crosswise into ¼ inch slices; if preferred, slice diagonally in half
- Tapenade, already made

CREAMED BUTTERNUT SQUASH PASTA

side salad

INSTRUCTIONS

For creamed butternut squash pasta

Cook pasta according to directions. Meanwhile, steam butternut squash until fork tender.

Purée butternut squash with milk, olive oil, and 1-2 tablespoons of vegetable stock, gradually incorporating rest of vegetable stock between pulses; stop adding stock once the purée reaches your desired sauce-like consistency. Season with salt and black pepper. While the purée is still hot, fold in pasta and baby spinach.

For side salad

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

INGREDIENTS

For creamed butternut squash pasta

Water

1 16-ounce package whole wheat fusili or penne, depending on preference

½ large butternut squash, peeled, seeded, and chopped into ½ inch cubes

½ cup organic 2% milk

1 ½ Tablespoons olive oil

1 cup vegetable stock

1 teaspoon salt

½ teaspoon black pepper

2 cups baby spinach

For side salad

2 Tablespoons olive oil

2 teaspoons balsamic vinegar

½ teaspoon Dijon mustard

¼ teaspoon salt

1/8 teaspoon black pepper

1 head red leaf lettuce, chopped