

PREP AHEAD OF TIME

BREAD CRUMBS

½ whole wheat baguette

Cut bread into long pieces that will fit in a toaster oven. Toast until crisp and browned but not burnt. Grind in a blender or food processor until mealy. You'll need ½ cup for recipes. Store the rest in an airtight container for up to a month.

STEAM POTATOES:

3 medium white potatoes, scrubbed and cut into quarters

3 Tablespoons water

1/4 teaspoon salt

1/4 teaspoon pepper

Arrange potato quarters in a 1-quart microwave-safe dish. Add water, and cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap. I can't say this enough, but steam is the worst burn. Drain. Sprinkle with salt and pepper. Store in airtight container until ready to use.

MENU:

MONDAY ①

Flank Steak
Steamed Potatoes
Sautéed Mushrooms

TUESDAY ②

Halibut Cioppino
Toasted Baguette

WEDNESDAY ③

Low-Fat Macaroni & Cheese
Green Leaf Lettuce Salad

THURSDAY ④

Steak Tacos
Black Beans
Navel Oranges

FRIDAY ⑤

Ham & Cheese Crepes
Side Salad



December 16th Classic

Shopping List

This Week's Menu: Flank Steak, Cioppino, Mac & Cheese, Tacos, Ham Crepes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	flank steak	2 pounds	2-1/2# okay, used for 2 dinners	18
2	halibut or cod	1 to 1-1/2 pd	SUB: Shrimp or any firm fish	12
3 opt, 5	lean deli ham	1/2 pound	PLUS 1/2 pound optional for mac	7

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	fresh cilantro	1 bunch	yield: 1 cup leaves	1.5
1, 3	fresh parsley	1 bunch	yield: 1/4 cup + 1 Tablespoon	1
2	fresh basil	1 bunch	yield 2 Tablespoons chopped	1.5
1	white potatoes	3 medium	russet okay	2
3, 4, 5	green leaf lettuce	2 heads		3
5	bell pepper	1 medium	any color	1
3, 4	tomatoes	4 medium		3
1, 5	baby bella mushrooms	12 oz	white button okay	4
4	navel oranges	2 medium		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3, 5	lowfat milk	3 cups	24 ounces	2
5	Gruyere or Swiss cheese	2 cups	shredded	5
3,4	cheddar cheese	3 cups	12 ounces	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 3	whole wheat baguette	1 loaf	bakery fresh	2
2	tomato paste	12 oz	organic	2
2	white wine	1 cup	used in cioppino	2
4	organic corn tortillas	8 small	6" taco size	2
4	black beans	14oz can		1

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8 Tablespoons	chicken stock/broth (or vegetable)	5 cups
	garlic	7 cloves	organic butter unsalted	2 Tablespoons
	onions	3/4 medium	organic eggs	2 large
	dried oregano	2 teaspoons	tomato paste	incl in list
	cumin	1/2 teaspoon	Dijon mustard	1 T + 1/2 teas
	sea salt	3-3/4 teaspoon	rice vinegar	2 teaspoons
	black pepper	1-1/4 teaspoon	pantry dressing	1/4 cup
	cayenne pepper		whole wheat pasta macaroni/penne	12 oz
	100% maple syrup or honey	2 teaspoons	100% whole grain flour	1 cup + 1 Tbsp

INSTRUCTIONS:

Rub steak with oregano, salt and black pepper.

Heat olive oil in large skillet over medium-high.

Lay in steak and brown for 5 minutes each side.

Add pressed garlic and pour in stock.

Cover, reduce heat and simmer for 7 minutes for medium and closer to 10 minutes for well done.

Lift out steak and transfer to cutting board. Slice HALF on the bias (against the grain) and place on serving dish. Store other half with pan juice (reserving 2 Tb for mushrooms) in Ziploc for tacos later in week.

SIDES:

Potatoes

Melt butter in a microwave-proof dish. Toss potatoes with butter and heat for 2 minutes. Add parsley, salt and stock. Heat an additional 2 minutes.

Mushrooms

Sauté garlic in olive oil over medium heat. Add liquid from steak pan, mushrooms, black pepper and parsley and cook 3-4 minutes until mushrooms have softened. Serve warm.

SUBSTITUTIONS:

For steak – 2 pounds boneless, skinless chicken breast

INGREDIENTS

2 pounds flank steak (used for 2 dinners)

1 teaspoon dried oregano

1 teaspoon sea salt

½ teaspoon black pepper

1 Tablespoon olive oil

3 cloves garlic, pressed or minced

1-1/2 cups chicken stock, low sodium

For potatoes:

3 potatoes, peeled, cut and steamed (see prep)

1 Tablespoon unsalted butter

1 Tablespoon fresh parsley, chopped

¼ teaspoon sea salt

½ cup chicken stock, low sodium

For mushrooms:

1 Tablespoon olive oil

1 clove garlic, minced or pressed

2 Tablespoons liquid from steak pan

8 oz baby Portobello mushrooms (white button okay too), sliced

¼ teaspoon black pepper

1 Tablespoon parsley, chopped

HALIBUT “CIOPPINO”

toasted baguette

DIRECTIONS:

Over medium-low, heat olive oil in a large stockpot; add onions, garlic and cilantro. Cook slowly, stirring occasionally until onions are soft.

Add tomato paste to the pot, mixing well with onions.

Add chicken stock/broth, basil, oregano, salt and wine. Mix well. Cover and simmer 30 minutes.

Stir in the fish. Bring to boil. Lower heat, cover and simmer 5 to 7 minutes.

Remove from heat. Divide into four deep bowls. Serve immediately.

Toast baguette slices for dipping in cioppino. Enjoy!!

SUBSTITUTIONS:

1 pound shrimp or any fish that is firm.

INGREDIENTS:

2 Tablespoons olive oil

1/2 onion, chopped

2 cloves garlic, minced

1/2 cup fresh cilantro, chopped

12 oz organic tomato paste

3 cups (24 oz) chicken stock/broth

2 Tablespoons fresh basil, minced

1 teaspoon dried oregano

1 teaspoon salt

1 cup white wine

1 to 1-1/2 pounds halibut or cod fillets, cut into 2-3” pieces

½ whole wheat baguette

LOWFAT MACARONI AND CHEESE

green leaf lettuce salad

INSTRUCTIONS

IN PREP/MAKE AHEAD:

- Bread Crumbs

DINNER NIGHT

Preheat oven to 350°F.

Cook pasta in salty water according to package instructions.

Sauté garlic in olive oil over medium-low heat, being careful not to burn garlic. Stir in flour until creamy and cook until golden brown, about 2-3 minutes. Whisk in warm milk & Dijon then bring to low simmer.

Turn heat off and stir in shredded cheddar, returning pan to a low heat if the cheddar does not melt through.

Toss macaroni in cheese sauce. If desired, mix in ham.

Pour macaroni in a greased ovenproof dish.

Combine parsley and breadcrumbs and sprinkle over pasta.

Bake, uncovered, for 20-25 minutes, until the macaroni is set and the breadcrumbs start to brown.

QUICK VERSION: Use ¼ cup additional milk in recipe and cook cheesy macaroni on stovetop for 5 minutes.

For green leaf lettuce salad

Whisk olive oil, vinegar, maple syrup, salt, and black pepper in a small bowl. Toss green leaf lettuce with dressing. Top with tomato wedges.

Serve alongside pasta.

PORTION NOTE:

The trick with macaroni and cheese is to watch portions! If there are only two of you, try measuring out 1-1/2 of macaroni and packing up the rest for leftovers. Fill in dinner with a big salad.

Serving size is ¼ of baked macaroni and assuming low fat ingredients are used: 351 cal, 23 g protein, 36g carbs, 13 g fat (does not include ham)

INGREDIENTS

For macaroni and cheese

12 ounces whole wheat macaroni or penne

2 Tablespoons olive oil

1 clove garlic, minced or pressed

1 Tablespoon flour (whole wheat preferred)

1-1/2 cups warm milk (2%)

½ teaspoon Dijon mustard

2+ cups (8 ounces) shredded cheddar cheese (reduced fat)

Optional: ½ pound lean natural smoked ham, cut into cubes or strips

½ cup bread crumbs

¼ cup fresh parsley leaves, finely chopped

For green leaf lettuce salad

2 Tablespoons olive oil

2 teaspoons rice vinegar

2 teaspoons maple syrup or honey

½ teaspoon salt

¼ teaspoon black pepper

1 head green leaf lettuce, chopped

2 tomatoes, cut into eighths

STEAK TACOS

black beans and navel oranges

INSTRUCTIONS:

Re-heat steak for 2-3 minutes in skillet.

Cut cooked flank steak into strips or small cubes.

Place all taco topping ingredients in medium serving bowls.

Heat tortillas by placing in bottom of heated skillet until slightly browned. You can roll hot tortillas in towel to keep warm

Heat black beans over low heat in a small stockpot. Slightly mash beans then add cumin and salt. Remove from heat and set aside.

Let everyone create their own tacos using about 1/3 cup meat for each taco. Serve with black beans and orange slices.

SUBSTITUTIONS for beef:

3 cups diced chicken or 3 cups cooked shrimp

INGREDIENTS

1 pound prepared flank steak (about 3 cups)

1 cup cheddar cheese, shredded

1/2 head green leaf lettuce (chopped)

¼ red onion, minced

½ cup fresh cilantro, chopped

2 medium tomatoes, chopped

8 corn tortillas, 6" size (note: review ingredients to make sure the tortillas are freshly prepared with no processed additives)

For black beans:

1 – 14oz can black beans

½ teaspoon ground cumin

½ teaspoon salt

2 navel oranges, peeled and sliced

HAM & CHEESE CREPES

side salad

INSTRUCTIONS:

AHEAD OF TIME

Whisk together flour, milk and eggs until well blended and no lumps. Set in fridge for 30 minutes or up to 2 days tightly covered.

DINNER NIGHT

Stir batter if ingredients have separated. Add salt.

Heat 8- to 9-inch nonstick skillet over medium-high heat. Brush a scant amount of butter on the bottom of pan.

Pour 1/3 cup batter into pan, lifting pan off burner and tilting slightly to swirl batter and cover bottom in a thin layer of batter.

Once your crepe is formed, let it cook for 1 minute. To flip the crepe, loosen edge with a spatula and, with fingertips on top, slide it toward you until you can grab edge and flip.

Sprinkle 1/4 cup cheese and 1 slice of ham onto middle of crepe. Cook until there are some browned spots.

Fold one third of crepe over the middle. Repeat with other side to wrap ingredients inside. Place cooked crepe on plate and cover to keep warm. Repeat process with remaining batter. Yields 8 crepes.

Serve crepes warm with side salad and a bit of Dijon mustard.

Toss salad with bell pepper, mushrooms and dressing.

KITCHEN NOTE:

The first crepe is usually a disaster because the heat is uncertain. Don't sweat it; the rest will turn out fine! Use of a good nonstick pan might eliminate the need to butter the pan for the crepes, but it's easier to grease the pan first.

If you have extra crepe batter, make them to use for breakfast filled with scrambled eggs or in a pb&j roll up.

PORTION NOTE:

Kids(2-8): 1 crepe, 1 cup salad

Adults: 2 crepes, 2 cups salad

INGREDIENTS:

1 cup wheat flour

1-1/2 cups milk

2 eggs

1/4 teaspoon salt

1 Tablespoon organic butter

8 slices thick cut lean ham from deli counter (or roasted turkey)

2 cups Gruyere (Swiss) cheese, shredded

1 Tablespoon Dijon mustard

for side salad:

1 bell pepper, chopped

½ head green leaf lettuce, chopped

4 oz baby bella mushrooms (white button okay too), sliced

1/4 cup pantry dressing

www.thefresh20.com/pantrydressings