

PREP AHEAD OF TIME

Quinoa

½ teaspoon salt
4 cups water
2 cups quinoa, uncooked

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

Cut Pineapple

Video link to instructions
<http://www.howcast.com/videos/191691-How-To-Peel-and-Cut-a-Pineapple>

Peel and cut a whole pineapple to yield 4-8 thin rings for burgers and about 2 cups chunks for side dish.

Choose a good quality pineapple. Use your sense of smell - the pineapple must smell sweet and fresh. If the leaf at the top comes out with a slight tug, the pineapple is ripe.

Place the pineapple on its side.

Cut the crown and the stem off of the pineapple.

Stand the pineapple up on one end. Slice the skin off from top to bottom. Leave as much flesh as possible remaining on the pineapple.

Remove the eye spots. Eye spots are on a diagonal on the pineapple. Cut a V-shaped groove along the diagonal line and remove a set of eye spots each cut. The remaining flesh is ready for cutting now.

Cut the pineapple. The type of cut depends on how you want to use the pineapple. You can choose from these cuts:

- Cut pineapple circles. Simply cut the pineapple circle slices in a width suited for your needs. Core each circle slice after cutting.
- Cut the pineapple into halves, then quarters for cubes or wedges. For each quarter, cut off the core that will be on its edge.

Store in an airtight container.

MENU:

MEATLESS MONDAY ①

Herbed Grilled Cheese
Tomato Salad

TUESDAY ②

Maple Soy Salmon
Ginger Quinoa
Pineapple Rings

WEDNESDAY ③

Stuffed Peppers
Side Salad

THURSDAY ④

Carrot Ginger Soup
Pears
Breadsticks

FRIDAY ⑤

Hawaiian Burgers
Baked Fries
Cucumber Slices



Shopping List

Menu: Herb Grilled Cheese, Maple Soy Salmon, Stuffed Peppers, Carrot Ginger Soup, Hawaiian Burgers

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	fresh salmon	1 pound	SUB: chicken tenders	16
3, 5	lean ground beef or turkey	2 pounds		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3, 5	fresh thyme	1 large bunch	yield almost 4 Tablespoons	1.5
2, 4	fresh ginger	4" piece	to yield 5 Tablespoons	1.5
1, 5	cucumber	2 medium		2
1	tomato	3 medium		2
3	green bell peppers	4 medium		4
3, 5 opt	jalapeno peppers	1 small		0.5
3	mushrooms	6 oz	any variety	3
3, 5	romaine lettuce	1-1/2 heads		3
3, 4, 5	carrots	13 medium		4
5	lime	1 medium		0.5
5	russet potatoes	2 medium		2
4	pears	2 medium		2
2, 5	fresh pineapple	1 whole	1/2 in rings and 1/2 chunks	3

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3	organic white cheddar	12 oz	3 cups shredded	8

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 4, 5	whole wheat bakery bread	17 slices	should be 1 loaf	4
2, 3	quinoa	2 cups		2
2, 5	100% maple syrup	1/2 cup +1T		4

Fresh 20 Grocery Est 73
 Cost Per Dinner 14.6
 Cost Per Serving 3.65

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	10 Tablespoons	chicken stock (or vegetable)	4-1/2 cups
	garlic	7 cloves	organic butter	2 T. optional
	onions	1 large	eggs	
	dried oregano	4 teaspoons	pantry dressing	1/4 cup
	cumin		www.thefresh20.com/pantrydressings	
	sea salt	3 teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	2 teaspoons	soy sauce	1/4 cup
	cayenne pepper	1/2 teaspoon	pasta	
	100% maple syrup	list above	flour	

The old standby dinner gets a facelift when you add fresh herbs. You can always substitute any fresh herbs you have from the garden.

DIRECTIONS:

In a food processor or blender, puree the cheese with fresh thyme, oregano, salt and pepper, until thick and smooth like a spread.

For each sandwich:

Brush 2 slices of bread with olive oil on one side only. Spread the cheese blend over the dry side of the bread. Top with 2nd slice of bread, dry side in the middle.

Preheat a grill pan or a large skillet to medium heat. Place the sandwiches down and grill for 3-5 minutes on each side. You want the sandwiches to be golden on the outside.

Cut each sandwich into quarters. Serve with ½ cup tomato salad and a handful of cucumber sticks.

For tomato salad:

Core tomatoes and cut into thick wedges.

Combine garlic, vinegar and oil. Then add the tomatoes, tossing gently to coat with dressing. Season to taste with salt and pepper.



INGREDIENTS:

For cheese spread:

8 oz white cheddar cheese (organic)

2 teaspoons fresh thyme, leaves only

1 teaspoon dried oregano

¼ teaspoon salt

½ teaspoon black pepper

For sandwiches:

2 Tablespoons olive oil or melted organic butter

8 slices whole wheat bakery bread

For salad:

3 medium tomatoes, cut into wedges

1 clove garlic, minced or pressed

1 Tablespoon balsamic vinegar
(or any fancy vinegar you have in your pantry)

3 Tablespoons olive oil

Salt and black pepper to taste

1 cucumber, peeled and cut into sticks

MAPLE SOY SALMON

ginger quinoa and pineapple rings

DIRECTIONS:

Ahead If Time:

Prepare quinoa
Cut pineapple

Dinner Night:

Pre-heat broiler.

Whisk syrup, soy sauce, garlic, ginger and cayenne in a small saucepot. Bring to a simmer over medium heat for 5-7 minutes until the sauce is thick like syrup again. Set aside to cool.

Arrange salmon on an oiled aluminum foil sheet placed on top of broil pan. (This helps with cleanup!) Place 5 inches from flame and broil for 6 minutes. Note: cooking time depends on thickness of salmon.

Remove salmon from broiler and transfer to serving dish. Cover with liquid glaze.

For quinoa:

Combine ginger, stock and quinoa over low heat until heated through. Salt and pepper to taste.

Portion Notes:

Adult: 5 oz of salmon, $\frac{3}{4}$ cup quinoa and $\frac{1}{2}$ cup or 2 rings pineapple
Kids: 3 oz of salmon, $\frac{1}{2}$ cup quinoa and $\frac{1}{2}$ cup or 1-2 rings pineapple

Substitution:

Any medium to firm style fish fillet or chicken tenders

INGREDIENTS:

$\frac{1}{2}$ cup maple syrup

$\frac{1}{4}$ cup reduced sodium soy sauce

2 cloves garlic, pressed or minced

1 Tablespoon fresh grated ginger

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

oil for broiler

1 pound salmon fillet seasoned with a dash of salt and pepper

For quinoa

$\frac{1}{4}$ cup chicken or vegetable stock

3 cups prepared quinoa (see prep)

2 Tablespoons fresh grated ginger

salt and black pepper (to taste)

$\frac{1}{2}$ fresh pineapple, cut into chunks or rings

STUFFED PEPPERS

side salad

DIRECTIONS:

Preheat oven to 350 degrees.

Cut peppers in half lengthwise. Remove core and seeds.

Place flesh side up on oiled baking sheet.

Bake for 15 minutes.

In medium skillet, heat olive oil and sauté jalapeno and mushrooms for 3 minutes until softened. Add meat and cook until brown, about 5 minutes.

Stir in stock and quinoa. Add cayenne powder, salt and pepper.

Cook for 3-4 minutes until liquid is absorbed.

Remove roasted peppers from oven. Scoop 1/2 cup of stuffing mix into each half of pepper.

Cover with shredded white cheddar and minced thyme then place back in oven for 5 minutes to melt cheese.

Serve peppers with side salad.

INGREDIENTS:

4 green bell peppers

1 Tablespoon olive oil

½ jalapeno, finely chopped

6 oz mushrooms (any variety),
chopped

1 pound lean ground beef or turkey

¼ cup chicken or vegetable stock

1 cup quinoa, cooked (see prep)

¼ teaspoon cayenne powder

1/2 teaspoon each salt & black
pepper

1 cup organic white cheddar,
shredded (4oz)

1 Tablespoon fresh thyme, minced

For salad:

1 head romaine lettuce, chopped

1 medium carrot, shredded

¼ cup pantry dressing

(www.thefresh20.com/pantrydressings)

Recipe adapted from Heidi Swanson's 101 Cookbooks. Her soup is simple and filling and I say, if it ain't broke... I added ginger for a little added zing but feel free to omit if the flavor is not welcome in your kitchen.

INSTRUCTIONS:

Take the tops off the carrots (if they have tops) and give them a good scrub. Cut them into 1-inch segments and set aside. Heat the olive oil in a large, heavy soup pot over medium heat. Add the garlic and onions and sauté for a few minutes or until the onions start to get translucent.

Add the stock, ginger and carrots and bring to a gentle boil. Lower the heat and simmer for 20 minutes or until the carrots are tender. Remove from heat and cool for a few minutes.

Puree with a hand or counter blender (sometimes I leave the soup a bit chunky, other times I go completely smooth) - then stir in the vinegar.

Salt to taste. Keep adding a few pinches at a time until the carrot flavor really pops.

Finish with dash of black pepper.

Divide into individual bowls and serve with sliced pears and "breadsticks" for dipping.

INGREDIENTS:

1 1/4 pounds carrots
(about 10 medium)

1 Tablespoon extra-virgin olive oil

2 medium cloves garlic, minced

1 large onion, chopped

4 cups chicken or vegetable stock

1 – 2 inch piece of fresh ginger,
peeled and diced

1-1/2 teaspoons balsamic vinegar

Salt to taste & a dash of black pepper

2 medium pears, cut into slices

4 slices whole wheat bakery bread,
toasted and cut into strips

Hawaiian Burgers

baked fries

A bit of seasonal pineapple increases the fun factor of these open face burgers.

DIRECTIONS:

For baked fries:

Preheat oven to 400 degrees F. Lightly grease a medium baking sheet.

Arrange potato strips in a single layer on the prepared baking sheet, skin sides down. Brush with olive oil, and sprinkle with oregano, salt and pepper.

Bake 25 minutes in the preheated oven, or until golden brown.

For breadcrumbs:

Toast slice of bread until crispy. Crumble with fingertips until mealy in texture.

For Burgers:

Combine meat, breadcrumbs, lime juice, shredded carrots, thyme, oregano, salt and pepper in large bowl. Mix well. Divide mixture into 4 equal pieces. Form 4 thick, individual patties.

Grill burgers in skillet over medium-high heat until cooked through, about 4-5 minutes per side. Toast bread slices. Toss maple-lime dressing with lettuce and place a generous layer on top of each piece of toast. Arrange burgers on lettuce. Finish with pineapple slices.

Serve with baked fries and cucumber slices.

For dressing:

Mix ingredients together until creamy and well combined. If desired, add a little finely chopped jalapeno for heat.

INGREDIENTS:

for baked fries:

2 russet potatoes (scrubbed, skin on)
sliced into 1/4 inch strips
1 Tablespoon olive oil
1 teaspoon dried oregano
salt and pepper to taste

for burgers

1 slice whole wheat bakery bread for
breadcrumbs
1 pound lean ground beef or turkey
½ lime, juiced
2 medium carrots, shredded
1 Tablespoon fresh thyme, finely
chopped
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper

4-8 pineapple rings
4 slices whole wheat bakery bread
½ head romaine lettuce, shredded

For maple lime dressing:

½ lime, juiced
1 Tablespoon maple syrup
1 teaspoon white wine vinegar or
balsamic
2 Tablespoons olive oil
1/8 teaspoon salt
optional: ½ jalapeno

1 cucumber, sliced