

PREP AHEAD OF TIME

EXPRESS STOCK

1-1/2 pounds boneless, skinless chicken thighs
½ medium onion, cut into 4 pieces
6 cups cold water
1 teaspoon salt

Combine the chicken, onion and salt in a large stock pot. Add cold water and bring to a boil over high heat.

Reduce the heat to a simmer and cook for 15 minutes. Remove the chicken from the pot and set aside.

Discard onion by pouring through strainer. Reserve 2-1/2 cups of stock for filling. Store any extra express stock in an airtight container for use when needed.

BROWN RICE (Yield 6 cups)

1 Tablespoon Butter
1 Tablespoon Olive Oil
3 cups Brown Rice
6 cups Water (or optional gluten free chicken stock)
1 teaspoon salt

In stockpot (whichever one you have the lid for) melt butter and add oil and rice. Sauté rice for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid!

MENU:

MEMBER FAVORITE MONDAY ①

Vegetable Rice Soup
Vinaigrette Salad

TUESDAY ②

Steamed Fish
Greens
Tomato Rice

WEDNESDAY ③

Chicken Pot Rice
Side Salad

THURSDAY ④

Winter Primavera

FRIDAY ⑤

White Chicken Chili
Roasted Carrots



December 9th Classic

Shopping List

Menu: 1-Vegetable Barley Soup 2-Steam Fish & Greens 3-Chicken Pot Rice 4- Winter Primavera 5-Chicken Chili

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	Fresh white flesh fish	1-1/2 pounds	any variety SUB: Firm tofu block	15
3, 5	chicken thighs	2-1/2 pounds	boneless, skinless	18

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	white button mushrooms	12oz	5 cups	5
1, 4	zucchini (Italian squash)	4 medium		3
1, 3	green leaf lettuce	2 heads		4
1, 2, 4	Roma tomatoes	6 medium		4
2	Greens	2 pounds		3
3, 5	baby carrots	1-1/2 pounds		3
3	celery	3 ribs/stalks		1
3	cucumber	1 medium		1
5	Poblano chile	1 medium		1
1, 2	fresh thyme	1 bunch	to yield 1 T & 1 teaspoon	2
3, 4	fresh parsley	1 bunch	to yield 1 cup leaves	1

Recipe #	Dairy	Quantity	Notes	Est Cost
3	lowfat milk	1 cup	organic	1
4,5	Parmesan cheese	1 cup	grated, go for quality	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
5	canellini beans (white)	2- 15oz cans		3

Fresh 20 Grocery Est 68
 Cost Per Dinner 13.6
 Cost Per Serving 3.4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1/2 c + 10 Table	gluten free chicken stock (or vegetable)	9 cups
	garlic	5	organic butter unsalted	3 Tablespoons
	onions	4 medium	red pepper flakes (opt)	1 teaspoon
	dried oregano	1 Table + 1 tea	gluten free pantry dressing	1/4 cup
	cumin	1/2 teaspoon	www.thefresh20.com/pantrydressings	
	sea salt	6-1/4 teaspoon	balsamic vinegar	2 teaspoons
	black pepper	2-3/4 teaspoon	brown rice	3 cups dry
	cayenne pepper	1/2 teaspoon	gluten free pasta (spaghetti)	8 oz
	raw honey or 100% maple syrup	1 teaspoon	gluten free flour blend	1 cup + 2 T.

VEGETABLE RICE SOUP

green leaf salad

INSTRUCTIONS

For vegetable rice soup

Heat olive oil in stockpot over medium heat. Sauté onion for 3 minutes. Add mushrooms and sauté until softened. Add zucchini and thyme; sauté for one minute. Stir in brown rice, coating with vegetable mixture. Season with salt and oregano.

Pour in vegetable stock and water. Bring soup to a boil. Cover pot with lid. Reduce heat to low and simmer for 20 minutes, until rice is cooked through. Season with black pepper.

For side salad

Whisk olive oil, balsamic vinegar, honey, salt, and black pepper in a small bowl until well incorporated. Toss lettuce and tomatoes with dressing.

Serve 2 cups soup with salad.

INGREDIENTS

For vegetable rice soup

- 2 Tablespoons olive oil
- 1 medium yellow onion, chopped
- 6 ounces white mushrooms, sliced
- 2 Italian zucchini, sliced into half moons
- 1 teaspoon fresh thyme leaves, finely chopped
- 2/3 cup brown rice, rinsed
- 1 teaspoon salt
- ½ teaspoon dried oregano
- 4 cups gluten free chicken or vegetable stock
- 2 cups water
- ½ teaspoon black pepper

For salad

- 1 ½ Tablespoons olive oil
- 2 teaspoons balsamic vinegar
- ½ teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 head green leaf lettuce, chopped
- 2 medium Roma tomatoes, chopped

STEAMED FISH & GREENS

w/ tomato rice

DIRECTIONS:

Boil greens in 2 cups chicken stock for 10 minutes. Drain greens, reserving 1 cup liquid.

Sauté the onions and garlic in the olive oil on medium heat, for 5 minutes. Stir in the boiled greens, red pepper flakes, salt and pepper. Arrange tilapia pieces on top of greens. Pour reserved liquid over fish, cover and steam for 10 minutes, until fish is flaky.

Fluff prepared rice with a fork and stir in tomato and fresh thyme. Heat on stovetop until warm.

Serve 3-4 pieces of fish with 1 cup greens and $\frac{3}{4}$ cup tomato rice.

INGREDIENTS:

2 pounds collard, mustard or kale greens, washed, stems removed, and cut into small pieces

2 cups gluten free chicken or vegetable stock

1 Tablespoon olive oil

$\frac{1}{2}$ medium onion, chopped

2 cloves garlic, minced

1 teaspoon red pepper flakes (or $\frac{1}{4}$ teaspoon cayenne pepper)

$\frac{1}{2}$ teaspoon sea salt

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

1-1/2 pounds tilapia filets (cut into 2 inch strips)

3 cups brown rice, prepared

1 tomato, finely chopped

1 Tablespoon fresh thyme, chopped

CHICKEN POT RICE

Side Salad

I love a good chicken pot pie but working with pie dough on a busy weeknight leaves me a little stressed. Who says the filling can't be equally delicious served over rice?

DIRECTIONS:

MAKE AHEAD:

EXPRESS STOCK - Combine the chicken, onion and salt in a large stock pot. Add cold water and bring to a boil over high heat.

Reduce the heat to a simmer and cook for 15 minutes. Remove the chicken from the pot and set aside.

Discard onion by pouring through strainer. Reserve 2-1/2 cups of stock for filling. Store any extra express stock in an airtight container for use when needed.

DINNER NIGHT:

Chop or shred chicken.

In a large skillet, melt olive oil on medium heat. Add the onions, carrots, and celery, and cook until the onions are translucent, about 5 minutes. Stir in flour and cook for two minutes.

Stir in chicken stock. Pour in the milk and stir. Add the chicken meat, parsley, salt and pepper and stir well. Decrease the heat to low and simmer for 10 minutes, stirring often. Serve over brown rice with a side salad.

Portion size: 1-1/2 cups chicken filling, 3/4 cup rice, 2 cups salad

INGREDIENTS:

EXPRESS STOCK

1-1/2 pounds chicken thighs, boneless/skinless

1/2 medium onion, cut into 4 pieces

1 teaspoon salt

6 cups cold water

2 Tablespoons olive oil

1/2 onion, diced

1/2 pound baby carrots, peeled

3 ribs celery, ends trimmed, chopped

1/2 cup gluten free flour blend

2-1/2 cups express chicken stock from Make Ahead

1 cup milk, lowfat

1/4 cup fresh parsley, minced

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 cups cooked brown rice (see prep)

For salad:

1 head green leaf lettuce, washed and chopped

1/2 cucumber, peeled and sliced

1 cup white mushrooms, sliced (2oz)

This dish is so flexible you could add any vegetables you have in the fridge to the mix.

DIRECTIONS:

DINNER NIGHT

Preheat oven to 375 degrees.

Start to boil salty water for pasta.

Lay out zucchini, mushrooms, onion and broccoli on a large heavy baking sheet. Coat vegetables with olive oil, garlic, oregano, salt, and pepper. Bake for 15 minutes until vegetables begin to brown, flipping once or twice to prevent burning. Remove from heat and cool down.

Meanwhile, cook the pasta according to package or until tender but still firm to the bite. Drain but do not rinse.

Toss the pasta with the vegetables in a large bowl to combine.

Stir in stock to moisten. Fold in tomatoes and parsley.

Season the pasta with salt and pepper, to taste.

Sprinkle with the Parmesan and serve immediately.

PORTION NOTE:

Adults: 1 cup pasta with plenty of vegetables

Kids: 3/4 cup pasta with plenty of vegetables

KITCHEN NOTE:

For adults, add some red chili flakes!

If there is any leftover chicken, you can toss it in.

INGREDIENTS:

8 oz gluten free pasta (spaghetti)

2 zucchini squash, cut into half moons

1 cup white mushrooms, sliced

½ medium onion, sliced

¼ cup olive oil

1 Tablespoon dried oregano

3 cloves garlic, minced

1 teaspoon salt

½ teaspoon black pepper

1 cup gluten free vegetable (or chicken) stock

2 medium tomatoes, chopped

¼ cup fresh parsley leaves, chopped

1/2 cup Parmesan cheese, grated

Salt and pepper to taste



WHITE CHICKEN CHILI

roasted carrots

There is something special about dinner in a bowl. During late fall months, a warm, filling meal is the best antidote to the cold front outside.

DIRECTIONS:

DINNER NIGHT:

Preheat oven to 375 degrees (for carrots).

Heat olive oil in a large stockpot over medium high heat. Add onions and jalapeno cooking until soft. Coat onion mix with cumin. Stir to combine.

Add chicken pieces, salt, pepper and cayenne. Continue cooking until nicely browned. Remove chicken from pot and set aside.

In same stockpot, melt 2 Tablespoons butter over moderately low heat. Add flour, whisking constantly for 1-2 minutes until you can no longer smell the flour. Gradually add the chicken stock, whisking until well combined. Bring mixture to a boil, reduce heat and simmer, stirring occasionally, 3-5 minutes, or until slightly thickened. Stir in beans and cooked chicken, cooking over low heat, stirring occasionally for 15 minutes.

Divide into bowls. Garnish with tomatoes and a sprinkle of Parmesan cheese.

For carrots:

Toss carrots with olive oil and oregano. Arrange in one layer on a foil or parchment lined baking sheet. Sprinkle with a dash of salt and pepper. Roast in oven for 20 minutes until carrots start to brown slightly.

Portion size: 2 cups chili, ½ cup roasted carrots

INGREDIENTS:

1 Tablespoon olive oil
1 medium onion, chopped
1 green Poblano chile
½ teaspoon ground cumin

1 pound, boneless/skinless chicken thighs (organic), diced
½ teaspoon salt
½ teaspoon black pepper
¼ teaspoon cayenne pepper

2 Tablespoons unsalted butter
2 Tablespoons gluten free flour blend
3 cups gluten free chicken or vegetable stock
1 cup water

2 15oz cans cannellini beans, with liquid

2 medium Roma tomatoes, chopped
½ cup Parmesan cheese, grated

For carrots:

1 pound baby carrots, peeled
1 Tablespoon olive oil
½ teaspoon dried oregano
Dash of salt and pepper