



## CLASSIC MENU AND PREP GUIDE

### PREP AHEAD OF TIME:

#### COOK CHICKEN:

3 chicken breast halves, each cut in two  
6 cups water

1. Heat water and in large stock pot until boiling. Reduce heat to simmer.
2. Drop chicken into water and poach for 12 minutes or until no longer pink inside. You could also roast the chicken in the oven @ 350 degrees for 25 minutes. If roasting, season with salt and pepper and cover.
3. Once cooked, let cool and shred using two forks.
4. Store in airtight container until dinner night for up to 3 days.

#### MEATBALL MIX:

1 wheat roll, cut into quarters  
1 cup chicken stock  
¼ onion, finely chopped  
1.5 pounds ground turkey  
1 egg yolk  
1 Portabella mushroom cap, minced  
½ teaspoon pepper  
1 teaspoon salt  
1 Tablespoon fresh parsley, finely chopped

1. Place bread in small bowl. Pour 1/2 cup stock over bread and set aside to soak.
2. In large bowl, combine onion, ground turkey, egg yolk, mushrooms, salt, pepper and parsley. Use your hand to really mix it up! Add soggy bread and mix. With wet hands, form into 1" round meatballs. Makes 20-24. Store flat in Ziploc bag.

### MENU:

#### MEAL ONE

**Turkey Meatballs  
Sautéed Zucchini  
Simple Salad**

#### MEAL TWO

**Chicken Tortilla Soup**

#### MEAL THREE

**Vegetable Tostadas**

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MINI WEEK

# Shopping List

This Week's Menu: Turkey Meatballs (Turkey Meatballs), Chicken Tortilla Soup, Vegetable Tostada

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	ground turkey	1-1/2 pounds		6
	chicken breast	3 halves	organic, boneles, skinless	10

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	portabella mushroom	2		4
	fresh parsley	1 bunch	to yield 2 Tablespoons	2
	zucchini or Italian squash	4 medium		3
	green leaf lettuce	1 head		2
	tomatoes	6 medium		4
	lime	2		1
	avocado	3		1

Got it!	Dairy	Quantity	Notes	Est Cost
	milk	1 cup	lowfat	1
	Monterey Jack cheese	2 cups	8 oz shredded	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	whole wheat dinner roll	1	purchase individual at bakery	2
	corn tortillas	8	6" is great size	3

Fresh 20 Grocery Est      41  
 Cost Per Dinner            13.67  
 Cost Per Serving            3.42

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3 Tablespoons	chicken stock (or vegetable)	6-1/4 cup
	garlic	3 clove	organic butter	1 Tablespoon
	onions	1 medium	eggs	1 yolk
	dried oregano	1/2 teaspoon	pantry dressing (see website)	1/4 cup
	cumin	1/2 teaspoon	black beans (low sodium)	14 oz can
	sea salt	1-3/4 teaspoon	balsamic vinegar	
	black pepper	1/2 teaspoon	soy sauce	
	red chili powder	1/4 teaspoon	pasta	
	brown sugar		flour	1 Tablespoon



# TURKEY MEATBALLS

sautéed zucchini, side salad

## DIRECTIONS:

### AHEAD OF TIME

- 1 Place bread in small bowl. Pour 1/2 cup broth over bread and set aside to soak.
- 2 In large bowl, combine onion, ground turkey, egg yolk, mushrooms, salt, pepper and parsley. Use your hand to really mix it up!
- 3 Add soggy bread and mix. With wet hands, form into 1" round meatballs. Makes 20-24. Store flat in Ziploc bag.

**KID NOTE:** The mushy meatball mixing is a kid favorite!

### DINNER NIGHT

1. Heat 1/2 cup broth in a large sauté pan on medium heat.
2. Add meatballs and cook for 10 minutes rotating sides frequently.
3. Transfer meatballs to plate lined with paper towels.
4. On high heat, add butter to the bits and pieces of browned meatball still left in the pan.
5. Whisk in flour and cook until mix becomes slightly brown and flour smell has disappeared. About 2 minutes.
6. Whisk in broth. Reduce heat to medium-low.
7. Stir in milk. Continue to heat and allow to thicken.
8. Add cooked meatballs back into pan and simmer for 5 minutes, stirring frequently.

For zucchini:

1. Simmer broth and garlic in small pot.
2. Add zucchini. Cook for 5 minutes, stirring occasionally.
3. Salt and pepper to taste.

Serve with lettuce/tomato salad and pantry dressing.

## INGREDIENTS:

- 1 whole wheat roll, cut into quarters
- 1 cup chicken broth, low sodium
- ¼ onion, finely chopped
- 1.5 pounds lean ground turkey
- 1 egg yolk
- 1 Portabella mushroom cap, minced
- ½ teaspoon black pepper
- 1 teaspoon kosher salt
- 1 Tablespoon fresh parsley, finely chopped

*For gravy:*

- 1 Tablespoon whole wheat flour
- 1 Tablespoon unsalted butter
- 1 cup chicken broth, low sodium
- 1 cup organic, low-fat milk

*For side:*

- 2 zucchini, sliced into 1" discs
- ¼ cup chicken broth
- 1 clove garlic, minced
- Salt and pepper to taste

*For salad:*

- ½ head green leaf lettuce, chopped
- 2 tomatoes, chopped
- ¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))



# CHICKEN TORTILLA SOUP

*This soup is an extremely satisfying winter meal. It's flavorful, without being too spicy. And everything you need is in one bowl.*

## **DIRECTIONS:**

1. Place fresh tortillas on a baking sheet and put them in the oven at 200°F for 15 minutes to dry them out. Cut into 1" x 1/2" strips.
2. In a medium stockpot, heat 1 Tablespoon olive oil over medium heat and sauté onion and garlic until soft, about 4 minutes.
3. Stir in salt, chili powder, oregano, and tomatoes. Break up tomatoes and simmer for 5 minutes.
4. Add broth, lime juice, fresh parsley, and chicken. Simmer for 10 minutes.
5. Drop half of the tortillas into the soup to thicken. Stir well.

*For tortilla crisps:*

6. In medium pan, heat 1 Tablespoon olive oil over medium-high heat.
7. Fry remaining tortilla strips in oil until light brown and crisp. Remove from pan; drain on paper towels.

To serve:

Ladle soup into 4 individual serving bowls. Top with remaining tortilla strips, avocado slices, and cheese.

## **INGREDIENTS:**

- 4 corn tortillas
- 1 +1 Tablespoons olive oil
- 1/2 medium onion, finely chopped
- 2 garlic cloves, minced
- 3/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red chili powder
- 3 medium tomatoes, cored and loosely chopped
- 4 cups chicken broth, low sodium
- 1 lime, juiced
- 1/4 cup fresh parsley, chopped
- 3 cups shredded chicken, see prep
- 1 avocado, Pit removed and sliced
- 4 oz Monterey Jack cheese, shredded

**DIRECTIONS:**

1. Preheat oven to 400°F. Coat tortillas with olive oil on both sides. Arrange the tortillas on a large baking sheet. Bake, turning once, for 6 minutes until slightly browned.
2. Combine cumin and black beans. In a microwave bowl, heat beans on high for 2-3 minutes. Mash slightly with a fork. Set aside.
3. Toss lettuce, 1 teaspoon lime juice, salt, and parsley. Set aside.
4. Peel and mash avocados. Mix with onion, ½ teaspoon lime juice and chopped tomato. Salt and pepper to taste.
5. Combine mushroom and zucchini in a medium microwave safe bowl. Heat on high for 2 minutes.

For this recipe, each person gets one tostada.

Pile on the toppings to make a filling meal!

Start with a layer of black beans, and then add a scoop of the avocado mix. Next, add a layer of vegetable mix. Followed by the salad mix and then topped with cheese! Yum. Just yum.

**INGREDIENTS:**

- 1 Tablespoon olive oil
- 4 corn tortillas (6")
- 14 oz black beans, drained and rinsed to remove excess sodium
- ½ teaspoon ground cumin
- 1/2 head green lettuce, shredded
- ½ lime, juiced (1 teaspoon)
- ¼ teaspoon Kosher salt
- 1 Tablespoon parsley, finely chopped
- ¼ medium onion, finely chopped
- 2 Avocados
- ½ lime juiced (1/2 teaspoon)
- 1 tomato, finely chopped
- 2 zucchini, cut into small cubes
- 1 Portabella mushroom caps, black gills and stem removed, chopped
- 1 cup Monterey Jack Cheese, shredded