

Make ahead magic:

- **Chicken & Dumplings:** Prepare broth
- **Sausage, Quinoa & Bean Casserole:** Cook quinoa
- **Chicken Enchiladas:** Make enchilada sauce

MENU:

**MONDAY ①**

Chicken & Dumplings  
Tangerine “cuties”

**TUESDAY ②**

Honey Lime Shrimp  
Quinoa  
Cucumber & Tomato Salad

**WEDNESDAY ③**

Vegetable Tacos  
Guacamole

**THURSDAY ④**

Chicken Enchiladas  
Sautéed Zucchini

**FRIDAY ⑤**

Sausage, Quinoa & Bean Casserole  
Spinach Salad



Classic January 20th

# Shopping List

1-Chicken & Dumplings 2-Honey Lime Shrimp 3-Vegetable Tacos 4-Chicken Enchiladas 5-Sausage Casserole

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	Chicken (Bone-in w/ skin)	10 pieces	2 breasts; 4 thighs; 4 legs	16
2	Shrimp	1 lb.	Peeled	10
5	Turkey Italian Sausage	1 to 1-1/4 lbs.	Pre-cooked, organic preferred	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	Celery	2 stalks		1
1	Carrots	4		2
1	Parsley	1 bunch	To yield 2 Tablespoons	1.5
1	Thyme	1 bunch	To yield 1 Tablespoon	1.5
1	Tangerine "Cuties"	6 to 8		3
2, 3	Limes	2		1
2	Cucumber	1		1.5
2, 5	Grape Tomatoes	1 pint		4
3	Avocados	3		3
3, 4	Roma Tomatoes	6		4
3, 5	Cilantro	1 bunch	To yield 4 Tablespoons	1.5
3, 4	Zucchini Squash	4 medium		3.5
3, 5	Red Bell Pepper	2 medium		2
3, 5	Baby Spinach	8 cups		5

Recipe #	Dairy	Quantity	Notes	Est Cost
1	Milk	1/2 cup	can sub. Water	1
3, 4	Raw Milk Cheddar Cheese	3 cups	organic valley has raw	6

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	Baking Powder	1 teaspoon		0.5
3, 4	Corn Tortillas	20	6-inch	3
2, 5	Quinoa	2 cups dry	check bulk bin	2

Fresh 20 Grocery Est 78  
 Cost Per Dinner 15.6  
 Cost Per Serving 3.9

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	7 Tablespoons	organic chicken stock (or vegetable)	7 cups
	garlic	3 cloves	grapeseed oil	5 Tablespoons
	onions	2-1/2 yellow	eggs	2
	dried oregano	1 teaspoon	Pinto Beans	2 15-oz. cans
	cumin	3 teaspoons	Dijon mustard	
	sea salt	5-1/2 teaspoons	balsamic vinegar	
	black pepper	3-1/4 teaspoons	Pantry Dressing	1/2 cup
	cayenne pepper	3-1/4 teaspoons	raw honey	3 Tablespoons
			flour	1-1/2 cups

# CHICKEN AND DUMPLINGS

*tangerine "cuties"*

## DIRECTIONS:

### MAKE AHEAD—BROTH & CHICKEN

1. Heat olive oil in a large stock pot; add celery, carrots, and onion. Cook for 5 minutes. Add salt, pepper, and cumin. Stir.
2. Add chicken and stock; bring to a boil. If stock is not enough to cover chicken, add additional water.
3. Reduce heat, cover pot and let simmer for 30 minutes or until chicken is no longer pink inside.
4. Remove chicken and let stand until cool enough to handle.
5. Remove skin from chicken and tear meat away from bones; discard skin and bones.
6. Divide chicken into two equal portions and refrigerate for use in two dinners.

### DINNER NIGHT

1. Bring broth up to simmer.
2. In a large bowl, combine dumpling ingredients until doughy. Divide into 12 Tablespoon size pieces. Set aside.
3. Add one portion of prepared chicken to broth.
4. Return soup to a simmer. Drop the dumplings into simmering soup. Dumplings will rise to the top.
5. Cover and simmer for 15 minutes. Add fresh parsley.
6. Divide into bowls and serve immediately. Serve with a plate of fresh tangerine (cutie) wedges.

## INGREDIENTS:

### For Broth & Chicken:

- 2 Tablespoons olive oil
- 2 celery stalks (ribs), ends removed and loosely chopped
- 4 carrots, peeled and sliced
- 1 medium onion, diced
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 teaspoons ground cumin
- 2 chicken breasts, 4 thighs and 4 legs (bone-in with skin)
- 4 cups chicken stock
- 1 cup water (if needed)
- 2 Tablespoons fresh parsley, chopped

### For Dumplings:

- 1-1/2 cups flour
- 1 teaspoon baking powder
- 1 egg
- 1 teaspoon salt
- 1/2 cup milk (or water)
- 1 Tablespoon olive oil
- 1 Tablespoon fresh thyme, finely chopped
  
- 6-8 tangerines (cuties), peeled

## INSTRUCTIONS

### MAKE AHEAD—QUINOA

In a medium-large saucepan, bring water or stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool. Divide into 2 equal portions and refrigerate in airtight containers. Used for 2 recipes.

### DINNER NIGHT

#### *For shrimp*

1. Combine lime juice, honey, grapeseed oil, salt and pepper in a sealed glass container. Shake well until thoroughly combined. It should look cloudy and smooth.
2. Toss shrimp with marinade in a medium bowl.
3. Heat medium pan over high heat. Pour in shrimp with marinade. Stir shrimp around in pan to prevent burning. Lower heat and cook for 3-4 minutes, until shrimp are opaque.
4. Transfer shrimp to serving bowl and cover to retain heat.
5. Add quinoa to marinade in pan and stir to combine. Quinoa will soak up flavor of liquid. Heat until just warm.

#### *For salad*

1. Combine olive oil with black pepper, cayenne pepper, and salt.
2. Toss with cucumber and tomatoes.
3. Chill until ready to serve.

## INGREDIENTS

### *For quinoa (make ahead)*

- 4 cups water (or broth)
- 2 cups quinoa, uncooked

### *For shrimp*

- 1 lime, juiced
- 3 Tablespoons raw honey
- 3 Tablespoons grapeseed oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound shrimp (peeled), tails removed, rinsed and patted dry
- 2 cups prepared quinoa

### *For salad*

- 1 Tablespoon olive oil
- ¼ teaspoon black pepper
- a dash of cayenne pepper
- a dash of Kosher salt
- 1 cucumber, peeled and chopped
- 12 grape tomatoes, cut in half

## INSTRUCTIONS

### *For guacamole*

1. Mash avocados in a medium bowl until chunky.
2. With a fork, mix in onion, garlic, lime juice, salt, cayenne pepper, and black pepper.
3. Fold in tomatoes. Taste and adjust seasonings.
4. Top with fresh cilantro.

### *For beans*

1. Mash beans with a fork.
2. Toss with cumin.
3. Heat (on stove or microwave) until warm.

### *For veggie filling*

1. Heat olive oil over medium heat.
2. Sauté onion for 3-4 minutes.
3. Add bell pepper and cook for 2- minutes more.
4. Mix in seasonings.
5. Add zucchini and spinach, stir and remove from heat.

### *For tortillas and assembly*

1. Lightly brush tortillas with olive oil on both sides.
2. Heat dry pan over medium heat and warm tortillas one at a time for a few seconds on each side to soften.
3. Build tacos according to taste. Our suggestion is a layer of beans, followed by a sprinkle of cheese, a large scoop of vegetable mix and a dollop of guacamole.

## INGREDIENTS

### *For guacamole*

- 3 ripe avocados, peeled and pitted
- ¼ medium onion, finely chopped
- 1 clove garlic, minced or pressed
- 1 lime, juiced
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 Roma tomato, chopped
- 2 Tablespoons chopped fresh cilantro

### *For beans*

- 1 – 15oz can pinto beans, drained and rinsed
- ½ teaspoon cumin

### *For veggie filling*

- 1 Tablespoon olive oil
- ¼ medium yellow onion
- 1 red bell pepper, roughly chopped
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 2 medium zucchini squash, thinly sliced
- 2 cups baby spinach, chopped

### *For tortillas and assembly*

- 1 Tablespoon olive oil
- 8 corn tortillas (6")
- 1 cup raw cheddar cheese, shredded

## INSTRUCTIONS

### MAKE AHEAD—ENCHILADA SAUCE

1. Heat olive oil in a large sauté pan over medium heat.
2. Sauté onions and garlic for 2-3 minutes.
3. Season with cayenne, cumin, salt and pepper. Stir.
4. In a blender or food processor, puree tomatoes with broth until smooth. Add to pan and simmer for 8-10 minutes on low until sauce has darkened.
5. Refrigerate sauce in an airtight container, if making ahead, and reheat on dinner night. Otherwise, continue with recipe.

### DINNER NIGHT

Preheat oven to 350 degrees F.

#### *For enchiladas*

1. Mix  $\frac{1}{2}$  cup of sauce with cooked shredded chicken. Set aside.
2. Dip each tortilla in the sauce to soften. Place  $\frac{1}{3}$  cup chicken in the middle of each tortilla. Roll it up and arrange in baking dish with seam side down. Repeat until all enchiladas are side by side in dish.
3. Evenly cover enchiladas with remaining sauce.
4. Sprinkle with shredded cheese.
5. Bake in oven for 10 minutes or just until cheese is melted.

#### *For sautéed zucchini*

1. Toss zucchini with olive oil, black pepper and salt.
2. Heat pan on medium, then pour in dressed zucchini.
3. Sauté for 3-4 minutes until warm but not limp. Serve.

## INGREDIENTS

### *For enchilada sauce (make ahead)*

- 2 Tablespoons olive oil
- 1 medium onion, finely chopped
- 2 small cloves garlic, minced
- 2 teaspoons cayenne pepper
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 5 Roma tomatoes, cut in half
- 3 cups chicken or vegetable broth (reduced sodium)

### *For enchiladas*

- Enchilada sauce (made ahead)
- 3 cups of cooked chicken from previous dinner, shredded
- 12 corn tortillas
- 8oz raw milk cheddar cheese, shredded (about 2 cups)

### *For zucchini*

- 2 medium zucchini squash
- 1 Tablespoon olive oil
- $\frac{1}{4}$  teaspoon black pepper
- a dash of kosher salt

## INSTRUCTIONS

### For bake

1. Preheat oven to 350° F. Prepare a square baking pan with a small amount of oil around the edges.
2. Slice each sausage into small round pieces.
3. In a large bowl, mix together the sausage, quinoa, beans, tomatoes, oregano, salt, and pepper. Stir in egg and transfer mixture to baking dish.
4. Bake, uncovered, for 30 minutes.

### For salad

Toss spinach with dressing. Season with black pepper. Top with bell pepper slices and onion.

## INGREDIENTS

olive oil for baking dish

1 to 1-1/4 pound organic turkey Italian sausage (pre-cooked)

2 cups cooked quinoa (already prepared)

1- 15oz can pinto beans in liquid

12-16 grape tomatoes, chopped

1 teaspoon dried oregano

½ teaspoon salt

½ teaspoon black pepper

2 Tablespoons fresh cilantro, chopped

1 egg, slightly beaten

### For salad

6 cups baby spinach salad

¼ cup pantry dressing  
[www.thefresh20.com/pantrydressing](http://www.thefresh20.com/pantrydressing)

sprinkle of black pepper

1 medium red bell pepper, cut into long slices

1/4 yellow onion, sliced