

This week, we welcome back Meatless Monday dinner so there are two vegetarian dishes to try. Of course, as always, you can substitute salmon for any other fish filet or chicken tenders.

If you want to get a jump on the week:

- **PREPARE BROWN RICE**

- 2 Tablespoons olive oil
- ½ medium onion, chopped
- 1 teaspoon kosher salt
- 3 cups brown rice
- 6 cups water (or broth)

Heat oil and rice in a medium stockpot over medium heat. Sauté rice and onion 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:

MEATLESS MONDAY ①

Portobello Panini
Green Salad
Granny Smith Apples

TUESDAY ②

Baked Salmon
Steam Zucchini
Brown Rice

WEDNESDAY ③

Beef with Broccoli
Brown Rice

THURSDAY ④

Baked Ricotta Zucchini
Tomato Salad

FRIDAY ⑤

Beef Stroganoff
Vegetable Sticks



Classic January 6th

Shopping List

1- Portobello Panini 2-Baked Salmon 3-Beef with Broccoli 4- Baked Ricotta Zucchini, Beef Stroganoff

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
3, 5	Beef Sirloin Steak	2-1/2 pounds		22
2	Fresh Salmon Filet	1-1/2 pounds		18

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3, 4	zucchini	10 medium		4
1, 4	tomatoes	5 medium		4
1	portobello mushrooms	4 caps		4
2	lemon	1 small		0.5
2, 5	fresh parsley	1 bunch		1.5
3	broccoli	1 head	to yield 3 cups	1.5
5	button or white mushrooms	8 oz		2.5
5	cucumber	1		1
5	carrots	2 medium		1
1, 5	Granny Smith apples	6 medium		3
1	green leaf lettuce	1 head		2
1	radish	1 bunch	yield 2 cups	2

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 4	part skim ricotta cheese	1-3/4 cup	sub firm tofu (14 oz box per recipe)	3
5	Greek yogurt	1/2 cup	plain, nonfat	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 4	whole wheat sandwich rolls	7		4
5	whole wheat fettucine	12 oz		3

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	10 Tablespoons	chicken broth (or vegetable)	3 cups
	garlic	4 cloves	organic butter	2 Tablespoons
	onions	1 red, 2 yellow	eggs	
	dried oregano	1 teaspoon	brown rice	3 cups
	dried thyme	1/4 teaspoon	Dijon mustard	1 Tablespoon
	kosher salt	4-3/4 teaspoon	balsamic vinegar	2 teaspoons
	black pepper	2-1/2 teaspoon	soy sauce	1 Tablespoon
	cayenne	1/8 teaspoon	pasta	see above
	***grape seed oil	3 Tablespoons	flour	4 Tablespoons

INSTRUCTIONS

For portobello panini

1. Heat olive oil in a saucepan over medium heat.
2. Sauté chopped portobello mushrooms until softened, about 2-2 ½ minutes.
3. Season with dried thyme, salt, and black pepper.
4. Remove mushrooms from saucepan and transfer to mixing bowl.
5. Add ricotta cheese and Dijon mustard (use whipped tofu in place of ricotta cheese if preferred); mix well to combine.
6. Divide portobello-ricotta blend into four portions.
7. Spread mixture inside in each roll.
8. Brush a skillet or pan with olive oil and set over medium-low heat.
9. Place two sandwiches in it. Brush the bottom of another clean skillet or pan with olive oil and press it bottom-side down on top of the sandwich; leave for 2-3 minutes to heat through.
10. Repeat with other two sandwiches. Brush pans with oil again if needed.
11. Slice sandwiches in half, horizontally or diagonally.

For green salad

1. Dress lettuce and radishes with basic vinaigrette.

Serve salad and Granny Smith apples alongside panini.

INGREDIENTS

For portobello panini

- 1 Tablespoon olive oil, plus additional for brushing pans
- 4 portobello mushroom caps, roughly chopped
- ¼ teaspoon dried thyme
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup low fat ricotta cheese
- ½ Tablespoon Dijon mustard
- 4 whole wheat sandwich rolls, sliced in half
- Optional sandwich add-ins: 2 tomatoes, sliced, and/or ½ red onion, sliced
- Vegan option: swap ricotta cheese for 1 14-ounce box firm tofu; drain tofu and purée with ¼ teaspoon of salt and a few drops of olive oil just until it has whipped into a smoother consistency

For green salad

- 1 head green leaf lettuce, chopped
- 2 cups radishes, thinly sliced
- ¼ cup basic vinaigrette
<http://www.thefresh20.com/pantrydressings/>
- 4 Granny Smith apples, cored and sliced

Easy Baked Salmon

zucchini & rice

INSTRUCTIONS:

1. Preheat oven to 350 deg F.
2. Place salmon skin side down on a foil-lined cookie sheet. Arrange zucchini flesh side up on same sheet.
3. Whisk together olive oil, lemon zest and juice, fresh parsley, salt and pepper. Spread marinade over the salmon and zucchini.
4. Bake for 10 minutes at 350 deg F. Then, turn the broiler on and broil for 3-5 minutes under direct heat. Remove from oven.
5. Serve with $\frac{1}{2}$ - $\frac{3}{4}$ cup brown rice for each plate.

INGREDIENTS:

1-1/2 lbs fresh salmon fillets

2 medium zucchini, sliced down middle lengthwise

Marinade:

2 Tablespoons olive oil

1 teaspoon lemon zest

1 lemon, juiced

1 Tablespoon chopped fresh parsley

1/2 teaspoon salt

1/2 teaspoon pepper

3 cups brown rice, already prepared

DIRECTIONS

1. Boil salty water for pasta. Cook pasta according to package, draining while they are still slightly firm (al dente). Toss with a little olive oil to keep from sticking.
2. In a large skillet on high, heat olive oil. Sauté onion until translucent, about 4 minutes. Add steak and heat through. Stir in salt & cayenne pepper. Transfer onions and steak to bowl.
3. In same skillet, melt butter; add flour and cook for 1 minute until flour smell is gone.
4. Whisk in broth and bring to boil; thicken 1-2 minutes. Reduce heat.
5. Whisk in Dijon mustard and Greek yogurt, thickening 2 to 3 minutes. Combine with mushrooms. Remove from heat. Salt and pepper to taste.
6. Arrange noodles on a large platter. Top with meat/onion mix and then pour Stroganoff sauce over meat and noodles. Garnish with finely chopped parsley.
7. Serve with raw vegetables and individual servings of cucumber yogurt dip for a fun side.

Portion note! 2 cups is the MAX serving size with at least 1 cup of vegetables per person and as much dip as you want.

INGREDIENTS:

12 oz whole wheat fettuccine pasta
(salt and olive oil for cooking)

1 Tablespoon olive oil

1/2 medium onion, sliced

1 pound cooked sirloin, cut into thin
1" strips

Salt to taste (about ½ teaspoon)

1/8 teaspoon cayenne pepper

2 Tablespoons butter

2 Tablespoons flour

2-1/2 cups chicken or vegetable
broth

1 teaspoons Dijon mustard

½ cup plain Greek yogurt, nonfat

8 oz button mushrooms, stems
removed and sliced

Kosher salt and black pepper to taste

1 Tablespoon parsley, finely chopped

For veggie sticks

1 medium cucumber, peeled and cut
into rounds

2 medium carrots, peeled and cut
into sticks

2 Granny Smith apples, cut into
wedges

INSTRUCTIONS

For baked ricotta zucchini

1. Preheat oven to 350°F.
2. Heat one tablespoon of olive oil in a large saucepan or skillet over medium heat.
3. Sauté onions until softened, about 2-3 minutes.
4. Add garlic and sauté just until fragrant.
5. Add in zucchini and sauté until lightly browned, 2-3 minutes.
6. Season with salt, dried oregano, and black pepper.
7. Arrange zucchini in a square baking dish.
8. Top evenly with ricotta and drizzle with remaining one tablespoon of olive oil.
9. Bake for 15-20 minutes, until the ricotta has browned.

For tomato side salad

1. Whisk vinegar and mustard until well incorporated.
2. While whisking, drizzle in olive oil.
3. Season with salt and black pepper.
4. Dress red onions and tomatoes with vinaigrette. Serve with bread alongside baked ricotta zucchini.

INGREDIENTS

For baked ricotta zucchini

- 2 Tablespoons olive oil
 - 1 medium yellow onion, roughly chopped
 - 2 cloves garlic, minced
 - 8 zucchini, sliced into rounds
 - ¼ teaspoon salt
 - 1 teaspoon dried oregano
 - ½ teaspoon black pepper
 - 1 cup low fat ricotta cheese
- Vegan option: swap ricotta cheese for 1 14-ounce box firm tofu; drain tofu and purée with ¼ teaspoon of salt and a few drops of olive oil just until it has whipped into a smoother consistency

For tomato side salad

- 2 teaspoons balsamic vinegar
 - ½ teaspoon Dijon mustard
 - 2 Tablespoons olive oil
 - ¼ teaspoon salt
 - ¼ teaspoon black pepper
 - ½ red onion, thinly sliced
 - 3 medium tomatoes, thinly sliced
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- 3 whole wheat sandwich rolls, each piece diagonally sliced and toasted

DIRECTIONS:

1. In medium sized bowl, combine flour, kosher salt and black pepper. Dust steak strips with flour/seasoning mix.
2. Heat 2 Tablespoons grape seed oil in a wok or non-stick skillet over medium-high heat. Once oil shimmers, add steak slices and stir fry for 2-3 minutes. Brown the steak, but don't cook through. Remove steak from pan and set aside. Reserve ½ of steak for Friday dinner, storing in an airtight container.
3. Add the remaining Tablespoon of oil and scrape the pan to release any flavorful bits. Add garlic, making sure to stir around so as to avoid burning. After a 30 seconds – when the aroma of garlic is apparent, add broccoli and stir fry for 3-4 minutes.
4. Add the steak back to the pan and stir fry for a minute.
5. Add broth/soy sauce liquid. Stir fry for 1-2 minutes so as to coat the broccoli and beef with sauce.
6. Serve on platter over brown rice. Spoon any extra liquid over meal once served.

INGREDIENTS:

- 2 Tablespoons whole wheat flour, sifted
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2-1/2 pounds beef sirloin steak, **used for two recipes** (remove fat, slice against the grain to thin slices no longer than 1 inch)
- 3 Tablespoons grape seed oil (divided)
- 2 cloves of garlic, minced or pressed
- 1 large head broccoli (cut to 3 cups bite-size florets and stems)
- 1 Tablespoon soy sauce (reduced sodium) and 1/2 cup of chicken broth combined in one bowl and set aside
- 3 cups prepared brown rice, reheated