

## PREP AHEAD OF TIME

**Carnitas**

- 2.5 pounds pork shoulder, fat trimmed, cut into 2-inch cubes  
2 garlic cloves, peeled  
2 ½ cups chicken or vegetable broth  
2 cups water  
1 teaspoon kosher salt  
½ teaspoon black pepper  
¾ medium yellow onion, cut into large pieces
1. Place pork in large pot.
  2. Cut garlic cloves in half and add to pot.
  3. Add chicken broth, 2 cups water, salt & pepper. Bring to a boil.
  4. Add onions to pot. Cover and bring to a boil.
  5. Reduce to a simmer and cook, covered, for 35 to 40 minutes until pork is tender. Drain well. Divide pork into 2 equal portions (each 1 ¼ pounds) and store in airtight containers for 2 recipes.

**Brown Rice**

- ¾ Tablespoon grapeseed oil  
¾ medium yellow onion, finely chopped  
¼ teaspoon kosher salt  
1 cup brown rice  
2 cups water
1. Heat grapeseed oil over medium-low heat in a medium stockpot.
  2. Sauté onions for 2-3 minutes. Season with salt.
  3. Brown the rice, stirring frequently, for 3-4 minutes.
  4. Add liquids and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes.
  5. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

**Bread Crumbs**

- 3 slices 100% whole grain bakery bread, sliced into large cubes (yields 1 cup bread crumbs)
1. Preheat oven to 375°F.
  2. In a food processor, break bread cubes into crumbs. Spread on a baking sheet and toast until light brown.
  3. Allow to cool. Store in airtight container and refrigerate for later use.

**Boiled Corn**

- 2 ears boiled corn (May use 2 cups organic frozen corn, if desired)
1. Boil water in a pot. Once at a boil, add 2 ears corn to the pot and cook until fork tender about 8 minutes. Drain and wait until cool to store.

## MENU:

**MONDAY ①**

Carnitas  
Fresh Salsa  
Simmered Beans

**TUESDAY ②**

Roasted Tomato Halibut  
Sautéed Swiss Chard

**WEDNESDAY ③**

Baked Chicken Nuggets  
Apple Sauce  
Celery Sticks

**THURSDAY ④**

BBQ Pork Nachos

**FRIDAY ⑤**

Grilled Cheese  
Tomato Soup



Classic March 2nd

# Shopping List

This Week: 1-Carnitas; 2-Roasted Tomato Halibut; 3-Baked Chicken Nuggets; 4-BBQ Pork Nachos; 5-Grilled Cheese/Tomato Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	pork shoulder	2 1/2 pounds		16
2	halibut	1 1/4 pounds		12
3	chicken breast	1 1/2 pounds	2-3 large breast halves	9

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2	oranges	2 medium		1.5
1, 2, 5	onions	2 1/2		2
1, 2, 4	avocados	4		3
1	cilantro	1 bunch	to yield 1/2 cup	1.5
1, 3	limes	3		1.5
2	corn	2 ears	sub: 2 cups organic frozen	1.5
1, 5	roma tomatoes	12	sub: 7 beefsteak tomatoes	5
3	apples	4	any tart variety	2
4	romaine lettuce	1 head		1.5
2	Swiss chard	2 bunches		3
3, 5	celery	7 stalks		2

Recipe #	Dairy	Quantity	Notes	Est Cost
4, 5	raw milk cheddar cheese	2 cups		4.5
4	Greek yogurt	1/2 cup	organic recommended	1
3	Parmesan cheese	1/2 cup	grated	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	pinto beans	2 15-oz cans		2.5
1, 4	corn tortillas	7		3
3, 5	100% whole grain bakery bread	7 slices		3
3	egg	1	organic recommended	0.5

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

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	3/4 Tablespoon	herbes de provence	
	balsamic vinegar	1/4 cup	ground cumin	1 teaspoon
	white wine vinegar	1 Tablespoon	raw honey	1/2 cup + 1 tsp.
	chicken or vegetable broth	5 2/3 cups	organic tomato paste	1 Tablespoon
	garlic	8 cloves	Dijon mustard or brown mustard	1/4 cup
	kosher salt	5 teaspoons	soy sauce or Bragg's liquid amino acid	
	black pepper	3 teaspoons	whole grain pasta	
	cayenne pepper	3/8 teaspoon	long grain brown rice	1 cup
paprika		whole wheat flour		

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

## DIRECTIONS

### Made Ahead

- Carnitas (1 portion)
- Brown Rice

### *For carnitas*

1. In a large nonstick skillet, heat oil over medium-high heat.
2. Add prepared pork and orange juice. Cook, stirring occasionally, until liquid has evaporated and pork is browned, 8 to 12 minutes. Set aside.
3. Reheat 2 cups rice in  $\frac{1}{4}$  cup chicken broth.

### For salsa:

1. Puree ingredients until smooth. Pour into serving bowl. Chill until ready to serve.

### For beans:

1. Bring beans and liquid to a simmer over medium heat.
2. Stir in cumin and heat through. Serve  $\frac{1}{4}$  cup per person for dinner. Store the rest in an airtight container for use later in the week.

To serve: Serve carnitas in tortillas with cilantro, fresh salsa, avocado, and lime wedges; brown rice and simmered beans are on the side.

## INGREDIENTS

### *For carnitas*

- 2 teaspoons olive oil
- One portion carnitas, prepared
- 1 medium orange, juiced ( $\frac{1}{4}$  cup)
- 2 cups brown rice, prepared
- $\frac{1}{3}$  cup chicken or vegetable broth
- 8 corn tortillas, warmed
- $\frac{1}{2}$  cup fresh cilantro, chopped
- 1 avocado, peeled, pitted and sliced
- 1 lime, cut into wedges

### *For fresh salsa*

- 2 roma tomatoes
- 1 clove garlic
- $\frac{1}{4}$  yellow onion
- $\frac{1}{2}$  lime, juiced
- $\frac{1}{4}$  teaspoon kosher salt

### *For simmered beans*

- 2 15-ounce cans pinto beans
- $\frac{1}{2}$  teaspoon ground cumin

## DIRECTIONS

### Made Ahead

- Boiled Corn

### *For roasted tomato halibut*

1. Preheat the oven to 375° F.
2. Lightly grease a large baking sheet with two tablespoons of olive oil.
3. Arrange the tomatoes, skin side down, on one half of baking sheet lined with parchment or foil. On other side, place onion, celery and unpeeled garlic.
4. Lightly coat the tomatoes and onions with olive oil. Sprinkle entire sheet with ½ teaspoon of salt and roast in oven for 30 minutes. Check once or twice to make sure onions are not burning; turn them if necessary.
5. Set aside 10 roasted tomatoes, onions, celery stalks, and garlic cloves. Store these for later use in the week.
6. Combine salt, black pepper, and cayenne pepper in a small bowl. Sprinkle seasoning mix on both sides of each fillet.
7. Heat a tablespoon of olive oil in a pan over medium heat. Sear fillet on one side for 2 minutes; flip fillets over to the other side and sear for a minute.
8. Add 2 roasted tomatoes and broth. Cover and cook and additional 2 minutes before turning off heat.

### *For Swiss chard*

1. Bring broth to simmer in a medium sauté pan over medium-high heat.
2. Add onions and cook for 2 minutes.
3. Add in chopped chard. Cover and cook for 5 minutes, stirring occasionally.
4. If desired, mix in olive oil just before serving.
5. Salt and pepper to taste.

### *For corn and avocado salad*

1. Whisk white wine vinegar, orange juice, and raw honey until well incorporated.
2. Drizzle in olive oil, whisking as you drizzle.
3. Season with cumin, salt, and your choice of pepper.
4. Toss corn kernels and cubed avocados with dressing.

## INGREDIENTS

### *For roasted tomato halibut*

- 10 Roma tomatoes (or 6 beefsteak), cut in half
- 1 large onion, quartered
- 3 Tablespoons olive oil
- 2 celery stalks, roughly chopped
- 5 cloves garlic, unpeeled
- ½ + ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 ¼ pounds halibut fillets
- 1 Tablespoon olive oil
- ¼ cup chicken or vegetable broth

### *For Swiss chard*

- ½ cup chicken or vegetable broth
- ¼ yellow onion, chopped
- 2 bunches Swiss chard, stem removed and chopped
- Optional: 1 Tablespoon olive oil
- kosher salt and black pepper, to taste

### *For corn and avocado salad*

- 1 Tablespoon white wine vinegar
- 1 Tablespoon fresh orange juice
- 1 teaspoon raw honey
- 1 teaspoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne (or black) pepper
- Boiled corn, kernels sliced from cob (use 2 cups organic frozen corn if desired)
- 2 avocados, cored and sliced into cubes

## BAKED CHICKEN NUGGETS

*apple sauce and celery sticks*

### DIRECTIONS

Made Ahead

- Bread Crumbs

*For baked chicken nuggets*

1. Preheat oven to 375°F. Lightly coat a baking dish or cookie sheet with olive oil.
2. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking.
3. Sprinkle chicken with salt and pepper.
4. In a small bowl, whisk together water and egg.
5. In medium dish, combine bread crumbs, Parmesan, oregano, and cayenne pepper.
6. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
7. Repeat with other pieces, making sure that the baking sheet is not overcrowded.
8. Place in oven for 15 minutes, or until chicken is no longer pink on inside.

*For apple sauce*

1. In a heavy pot, combine all the ingredients.
2. Cover and cook over medium-low heat for 30 minutes or until apples are tender, stirring occasionally.
3. Remove from the heat; mash apples until sauce reaches desired consistency. Serve warm or cold.

Portion: Serve chicken nuggets with 1/3 cup applesauce and a handful of celery sticks.

### INGREDIENTS

*For baked chicken nuggets*

- 1 Tablespoon olive oil (for pan)
- 2-3 large chicken breast halves (about 1 ½ pounds)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup water
- 1 egg
- Bread crumbs, already made
- ½ cup grated Parmesan
- 1 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper

*For apple sauce*

- 4 tart apples, peeled & cored
- ¼ cup honey
- ½ lime, juiced
- 1/8 teaspoon kosher salt
- ½ cup water

5 stalks celery, trimmed at the ends and cut into sticks

## DIRECTIONS

## Made Ahead

- Carnitas (1 portion)

*For chips*

1. Preheat oven to 375° F.
2. Lightly brush tortillas with oil.
3. Sprinkle lightly with salt and pepper.
4. Stack tortillas and cut into eight wedges like a pizza.
5. Arrange tortillas in a single layer on baking sheet. Bake for 5 minutes.
6. If not crispy enough, flip over and bake for another 2-3 minutes.

*For BBQ pulled pork*

1. Whisk together Dijon, balsamic vinegar, honey, olive oil, tomato paste, and black pepper in a small pan over medium heat until smooth.
2. Shred pork and combine with sauce.
3. Heat through until warm.

*For nachos*

4. Arrange meat over chips in one even layer. Sprinkle with cheese. Place in oven to melt cheese, about 5-7 minutes.
5. Remove from oven and top with layers of lettuce, salsa, and avocado. Top with a big dollop of Greek yogurt.

Serve with leftover pinto beans from carnitas night.

## INGREDIENTS

*For chips*

- 4 corn tortillas
- Olive oil (for brushing tortillas)
- ¼ teaspoon kosher salt
- 1/8 teaspoon black pepper

*For BBQ pulled pork*

- ¼ cup Dijon mustard
- ¼ cup balsamic vinegar
- ¼ cup raw honey
- 2 Tablespoons olive oil (or butter)
- 1 Tablespoon tomato paste
- 1 teaspoon black pepper
- 1 portion carnitas, already made

*For nachos*

- 1 cup raw milk cheddar cheese, shredded
- 1 head romaine lettuce, chopped
- ½ cup homemade salsa (leftover from carnitas night)
- 1 avocado, peeled and sliced
- ½ cup plain Greek yogurt

Pinto beans, reheated

## ROASTED TOMATO SOUP

*grilled cheese toast*

### DIRECTIONS

Made Ahead

- Roasted Vegetables

*For roasted tomato soup*

1. Transfer all roasted ingredients to a food processor or blender. Add one cup of broth. Puree on medium until fairly smooth. Add as much or as little of the additional broth until you reach a desired consistency. You might have to work in batches, depending on the size of your equipment.
2. Pour soup into medium stockpot and heat over medium for 10 minutes. Salt and pepper to taste.

*For grilled cheese toast*

1. Preheat broiler.
2. Brush each slice of bread on one side with olive oil. Arrange on small baking sheet. Top each slice with ½ cup cheese. Sprinkle with black pepper. Broil for 3-4 minutes or until cheese melts and starts to brown.

### INGREDIENTS

*For roasted tomato soup*

Roasted vegetables, already made

2 cups chicken or vegetable broth, warmed

kosher salt and pepper to taste

*For grilled cheese toast*

4 slices 100% whole grain bakery bread

1 Tablespoon olive oil

8 oz raw milk cheddar cheese, shredded

Black pepper to sprinkle