

PREP AHEAD OF TIME

Bread Crumbs

2 whole wheat English muffins

1. Preheat oven to 375°F.
2. Divide into halves and arrange on baking sheet. Toast until crispy.
3. Crumble in blender until mealy in texture. Divide into two portions— one ¼ cup and one ¾ cup – in two airtight containers.

Tomato Sauce

1 ½ Tablespoons olive oil

¼ yellow onion, finely chopped

1 clove garlic, minced

½ pound Roma tomatoes, chopped

6 fresh basil leaves, thinly sliced

Kosher salt to taste

½ teaspoon black pepper

1. Heat olive oil in a sauce pot over medium heat, then sauté onions until softened, about 2-3 minutes. Add garlic and sauté with onions until fragrant.
2. Stir in tomatoes and bring sauce to a boil. Once boiling, reduce heat to low and simmer for 15 minutes. Stir in basil leaves and continue to simmer for 10-15 minutes. [The time depends on the thickness of your pot. The thinner material your pot, the less time needed to reduce the sauce to a hearty consistency.]
3. Season sauce with salt and black pepper at the end.
4. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

Brown Rice

1 Tablespoon grapeseed oil

¼ medium yellow onion, finely chopped

¼ teaspoon kosher salt

1 ½ cups brown rice

3 cups water

1. Heat grapeseed oil over medium-low heat in a medium stockpot. Sauté onions for 2-3 minutes.
2. Season with salt. Add rice and brown, stirring frequently, for 3-4 minutes.
3. Add water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes.
4. 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.

MENU

MONDAY ①Braised Chicken with Apples
Polenta**TUESDAY ②**Blackened Salmon
Scalloped Potatoes
Steamed Asparagus**WEDNESDAY ③**Eggplant Parmesan
Steamed Green Beans**THURSDAY ④**Chicken Fricassee
Brown Rice
Green Beans**FRIDAY ⑤**Eggplant Pizza Bianco
Balsamic Apples



Classic March 16th

Shopping List

This Week: 1 - Braised Chicken w/ Apples; 2 - Blackened Salmon; 3 - Eggplant Parmesan; 4 - Chicken Fricassee; 5 - Eggplant Pizza Bianco

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|----------------|--------------|---------------------------------------|----------|
| 1, 4 | chicken thighs | 16 | can sub for 8 drumsticks for recipe 4 | 20 |
| 2 | salmon | 1 1/2 pounds | skinless | 18 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|------------------------|--------------|-------------|----------|
| 2, 3, 4 | onions | 1 | | 1 |
| 1 | leeks | 1 medium | | 1.5 |
| 1, 5 | apples | 5 | | 2 |
| 3, 4 | green beans | 3/4 pound | | 1.5 |
| 2 | potatoes | 3 medium | | 2 |
| 2 | asparagus | 12-16 spears | | 3 |
| 5 | white button mushrooms | 6 ounces | | 3 |
| 3, 5 | basil | 1 bunch | | 1.5 |
| 3 | roma tomatoes | 1/2 pound | about 3 | 1.5 |
| 3, 5 | eggplant | 2 large | or 6 medium | 6 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|---------------------------|---------------|-----------------------|----------|
| 1, 2, 4 | organic 2% milk | 1 1/4 cups | | 1 |
| 2 | organic butter | 3 Tablespoons | | 1 |
| 3, 5 | parmesan cheese, shredded | 1/2 cup | plus optional 3/4 cup | 2 |
| 5 | part skim ricotta cheese | 1/2 cup | | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|-----------------------------|----------|-------|----------|
| 3 | eggs | 2 | | 1 |
| 1 | cornmeal | 1/2 cup | | 1 |
| 4 | dry white wine | 1/4 cup | | 1 |
| 3, 5 | whole wheat English muffins | 6 | | 4 |

Fresh 20 Grocery Est 74
 Cost Per Dinner 14.8
 Cost Per Serving 3.7

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|----------------|----------------------------|-----------------|---------------------------------------|-----------------|
| | olive oil | 9 Tablespoons | dried oregano | 1/2 teaspoon |
| | grapeseed oil | 4 Tablespoons | herbes de provence | 1 1/2 teaspoons |
| | balsamic vinegar | 1 Tablespoon | ground cumin | 1 teaspoon |
| | white wine vinegar | | raw honey | 1 1/2 teaspoons |
| | chicken or vegetable broth | 5 1/2 cups | organic tomato paste | |
| | garlic | 2 cloves | Dijon mustard or brown mustard | |
| | kosher salt | 6 1/4 teaspoons | soy sauce or Braggs liquid amino acid | |
| | black pepper | 3 1/2 teaspoons | whole grain pasta | |
| | cayenne pepper | 3/4 Tablespoon | long grain brown rice | 1 1/2 cups |
| | paprika | 1 Tablespoon | whole wheat flour | 5 Tablespoons |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

BRAISED CHICKEN WITH APPLES

polenta

INSTRUCTIONS

For braised chicken thighs w/ apples

1. Heat olive oil over medium-high. Sauté leeks until softened, about 5 minutes. Remove leeks and set aside.
2. Arrange chicken in the pan, flesh side down, and brown about 5 minutes. Turn the chicken over.
3. Add apples, broth, Herbes de Provence, and reserved leeks. Do not stir. Cover and simmer for 15 minutes. Season with black pepper, kosher salt, and cayenne pepper.

For polenta

1. Combine milk and vegetable broth in a saucepan. Bring the liquids to boil, then stir in salt and cornmeal.
2. Stir until well incorporated and turn heat low to simmer the polenta. Continue to stir until the mixture has thickened, about 10-12 minutes.
3. Stir in a half-tablespoon of olive oil towards the end to round out the polenta.

INGREDIENTS

For braised chicken thighs w/ apples

- 1 Tablespoon olive oil
- 1 medium leek (stem and green parts removed), chopped
- 8 chicken thighs, skin removed
- 2 apples, peeled cored and sliced
- 1 ½ cups low sodium chicken or vegetable broth
- 1 ½ teaspoons Herbes de Provence
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper

For polenta

- ¼ cup 2% milk
- 2 ½ cups low sodium chicken or vegetable broth
- ¼ teaspoon kosher salt
- ½ cup cornmeal
- ½ Tablespoon olive oil

BLACKENED SALMON

scalloped potatoes & steamed asparagus

DIRECTIONS

For blackened salmon

1. In a small bowl, combine paprika, cayenne, salt, black pepper, and cumin for the rub.
2. Brush salmon fillets with a 1 Tablespoon grapeseed oil.
3. Rub salmon with spices on both sides.
4. Heat remaining oil and butter in a heavy skillet or sauté pan over high heat.
5. Arrange salmon in the pan and cook until one side is crunchy and blackened. Flip salmon and finish cooking until fish is firm and flaky but not overdone.

For scalloped potatoes

1. Pre-heat oven to 350 degrees.
2. Grease a deep ovenproof baking dish.
3. Melt butter with olive oil in a medium stock pot. Whisk in flour, followed by chicken broth and milk.
4. Season with salt and pepper.
5. Layer the sliced potatoes and onions.
6. Pour warmed liquid over potatoes.
7. Cover and bake for 90 minutes, or until potatoes are fork tender.

For steamed asparagus

1. Bring water in a shallow sauté pan to a simmer.
2. Arrange asparagus in pan, cover and let cook/steam for 3-4 minutes.

INGREDIENTS

For blackened salmon

- 1 Tablespoon paprika
- ½ Tablespoon cayenne pepper
- ¾ teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon ground cumin
- 2 Tablespoons grapeseed oil, divided
- 1 Tablespoon unsalted organic butter
- 1 ½ pounds salmon fillets, skinless

For scalloped potatoes

- 2 Tablespoons organic, unsalted butter
- 1 Tablespoon olive oil
- 1 Tablespoon white whole wheat flour
- ½ cup 2% milk
- 2 cups chicken or vegetable broth
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 medium Russet potatoes, peeled and thinly sliced
- ¼ medium yellow onion, chopped

For steamed asparagus

- 2 cups water
- 12-16 spears asparagus

EGGPLANT PARMESAN

steamed green beans

INSTRUCTIONS

Make Ahead

- Bread Crumbs
- Tomato Sauce

For eggplant parmesan

1. Preheat oven to 375°F.
2. Toss eggplant rounds with salt. Let the eggplant sit for 10-12 minutes. Pour out liquid as the salt draws out liquids in eggplant. Use a towel to dry the eggplant rounds.
3. Arrange three dishes, each filled separately with flour, whisked eggs, and bread crumbs. Dip each round fully in flour, then whisked eggs, and finally bread crumbs.
4. Brush a baking sheet (or two) with olive oil. Arrange the breaded eggplant rounds on the baking sheet(s) and bake in the oven for 12 minutes on one side; flip each over and bake for another 8-10 minutes.
5. In an ovenproof 8x8 dish, spread a layer of tomato sauce on the bottom and top with a layer of oven-baked eggplant rounds. Repeat with alternating layers of sauce and eggplant rounds, making sure to end with sauce as the top layer. *If you are using shredded parmesan cheese, add cheese between sauce and eggplant; and end with cheese as the top layer. Bake for 12-15 minutes.

For steamed green beans

1. Boil water in a steamer. Once at a boil, steam green beans until bright green, about 1-2 minutes.
2. Drain and season with salt.

INGREDIENTS

For eggplant parmesan

- 1 large eggplant or 4 medium eggplants, sliced into thin rounds
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ cup whole wheat flour
- 2 eggs, whisked
- Bread crumbs, see prep
- 1 Tablespoon olive oil
- Tomato sauce, see prep
- Optional: $\frac{3}{4}$ cup shredded parmesan cheese

For steamed green beans

- Water
- $\frac{1}{2}$ pound green beans
- $\frac{1}{4}$ teaspoon kosher salt

INSTRUCTIONS

Make Ahead

- Brown Rice

For chicken fricassee

1. Mix salt and a half-teaspoon of pepper in a small bowl. Season chicken thighs on both sides with salt-pepper mixture.
2. Heat grapeseed oil in a large sauté pan (with lid) over medium high heat.
3. Brown chicken thighs on one side for 3 minutes. Turn thighs over and brown on other side for 2 minutes. Remove thighs from the pan and set aside.
4. Pour out most of the oil and juices, leaving 2 tablespoons in the pan.
5. Turn heat back on to medium. Sauté onions until softened, about 1-2 minutes.
6. Add garlic and sauté until fragrant.
7. Pour in white wine and boil until liquid is reduced.
8. Stir in broth. Reduce heat to low. Season with other half teaspoon of pepper.
9. Return chicken thighs to pan, cover pan with a lid (leaving a sliver of space), and simmer for 10-12 minutes. Add green beans to the pan and continue to simmer for 10-12 minutes longer, until chicken is cooked through.
10. Remove chicken thighs and green beans from the pan onto a big platter, leaving sauce in pan.
11. Slowly and continuously stir milk into the sauce until well mixed. Heat for one minute. Pour sauce over chicken thighs and green beans.
12. Serve chicken and green beans with a side of brown rice.

INGREDIENTS

For chicken fricassee

- ½ teaspoon kosher salt
- ½ + ½ teaspoon black pepper
- 8 chicken thighs (or drumsticks)
- 1 Tablespoon grapeseed oil
- ¼ yellow onion, finely chopped
- 1 clove garlic, minced
- ¼ cup dry white wine
- 1 cup chicken or vegetable broth
- ¼ pound green beans, ends trimmed
- ½ cup 2% milk, warmed

Brown rice, see prep

EGGPLANT PIZZA BIANCO

balsamic apples

INSTRUCTIONS

For eggplant pizza bianco

1. Preheat oven to 375°F.
2. Toss eggplant and mushrooms in olive oil, oregano, and ½ teaspoon salt. Spread on a large baking sheet and roast for 10-12 minutes. Remove from oven and set aside.
3. Mix ricotta cheese with basil leaves and ½ teaspoon of salt well in a small bowl.
4. Top each muffin half with a tablespoon of ricotta mixture, followed by two slices of eggplant and mushroom slices. Sprinkle parmesan cheese top of vegetables.
5. Arrange mini pizzas on a large baking sheet. Bake for 10-12 minutes.

For balsamic apples

1. Whisk olive oil, balsamic vinegar, raw honey, and black pepper together until well incorporated
2. Toss apples with dressing.

INGREDIENTS

For eggplant pizza bianco

½ large eggplant, sliced into rounds
6 ounces white button mushrooms, sliced
2 ½ Tablespoons olive oil
½ teaspoon dried oregano
½ + ½ teaspoon kosher salt
½ cup part skim ricotta cheese
6-8 basil leaves, sliced crosswise
4 whole wheat English muffins
½ cup finely shredded parmesan cheese

For balsamic apples

1 teaspoon olive oil
1 Tablespoon balsamic vinegar
1 ¼ teaspoons raw honey
¼ teaspoon black pepper
3 apples, cored and sliced into wedges