

PREP AHEAD OF TIME

Salsa Verde

Tomatillos are green tomato-like vegetables with paper-thin husks, available at Latin American markets and some supermarkets. You can also use young green tomatoes.

- 1 ¼ pounds tomatillos
- ½ cup chopped white onion
- 1 teaspoon raw honey
- 1/8 + ½ teaspoon kosher salt
- ½ cup cilantro
- 1 jalapeno pepper, stemmed, deseeded, and roughly chopped (½ if concerned about spiciness)
- 1 clove garlic
- 2 teaspoons lime juice

1. Shuck tomatillos by removing papery husk. Rinse tomatillos to get rid of the sticky residue.
2. Fill 4-5 quart pot three-quarters full with water, add one-eighth teaspoon salt, and boil over medium-high heat.
3. When water comes to a boil, add tomatillos and boil for five minutes. Remove from water.
4. Add tomatillos, onions, sugar, remaining salt, cilantro, jalapeno, garlic and lime juice in blender or food processor and blend until smooth. Set aside 12 ounces to be used in chilaquiles.

Brown Rice

- 1 ½ cups water
- ¼ teaspoon kosher salt
- ¾ cup brown rice

1. Pour water, salt, and rice in a saucepan.
2. Bring to a boil. Once at a boil, reduce heat to a low simmer. Cover and cook for 25 minutes.
3. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use.

Sauteed Onion Mix

- 1 Tablespoon olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, finely chopped
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons tomato paste

1. Heat olive oil in sauté pan over medium heat.
2. Sauté onions for 2 minutes.
3. Add garlic and parsley; sauté until fragrant.
4. Reduce heat to low. Stir in tomato paste and cook for one minute. Transfer to airtight container and refrigerate for later use.

MENU

MONDAY ①

Stuffed Cabbage
Tangerine Salad

TUESDAY ②

Herbed Cod
New Potatoes

WEDNESDAY ③

Pozole
Tortilla

THURSDAY ④

Chicken Sausage Farfalle

FRIDAY ⑤

Vegetarian Chilaquiles
Corn Tortilla Chips



Gluten Free March 23rd

Shopping List

This Week: 1 - Stuffed Cabbage; 2 - Herbed Cod; 3 - Pozole; 4 - Chicken Sausage Farfalle; 5 - Vegetarian Chilaquiles

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 3	ground pork	1 1/2 pounds		9
2	cod fillets	1 1/4 pound		12
4	Italian chicken sausage	4 links	check gluten, raw, deli made & mild	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
5	tomatillos	1 1/4 pounds		3
1	Roma tomatoes	4		2.5
1, 3, 4, 5	onions	5	1 white; 4 yellow	3
3, 5	jalepeno peppers	2		0.5
2, 3, 5	cilantro	1 bunch		1.5
3, 5	limes	2		1
2, 5	kale	2 bunches		4
1, 2, 4	parsley	1 bunch		1.5
1	tangerines	4		1.5
2	Yukon gold potatoes	6		3
1	green cabbage	1 head		3
3, 5	corn	5 ears		4
4	red bell peppers	2		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 4	Parmesan cheese, grated	1/4 cup (3 oz)	plus 2 tablespoons optional	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
5	firm tofu	2 packages		6
3, 5	gluten free corn tortillas	7 to 9	6 to 8 inches	3
1	eggs	1		0.5

Fresh 20 Grocery Est 70
 Cost Per Dinner 14
 Cost Per Serving 3.5

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8 Tablespoons	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar	2 Tablespoons	raw honey	2 Tablespoons
	gluten free chicken or vegetable broth	3 1/4 cups	organic tomato paste	3 Tablespoons
	garlic	9 cloves	gluten free Dijon mustard	
	kosher salt	3 1/4 teaspoons	Braggs liquid amino acid	
	black pepper	3 teaspoons	gluten free FARFALLE or PENNE	12 ounces
	cayenne pepper	3/8 teaspoon	long grain brown rice	3/4 cup
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



STUFFED CABBAGE ROLLS

tangerine salad

DIRECTIONS

Made Ahead

- Sautéed Onions
- Brown Rice

For stuffed cabbage rolls

1. Preheat oven to 375°F.
2. Heat olive oil in saucepan over medium heat.
3. Sauté onions for 1-2 minutes. Add garlic and sauté until fragrant.
4. Add tomatoes and sauté for 2 minutes.
5. Stir in tomato paste, chicken broth, honey, vinegar, kosher salt and pepper. Bring to boil.
6. Once at a boil, cover saucepan with lid and reduce heat to low. Simmer until liquids reduce and sauce is at a syrup-like consistency. Remove tomato sauce from heat and set aside.
7. Bring water in a pot to boil. Once at a boil, reduce heat to medium. Blanch cabbage leaves in hot water for 1-2 minutes, just until they are pliable. Remove from water and set aside.
8. Combine sautéed onion mix with ground pork, brown rice, and egg until well incorporated.
9. Spread 3 of the smaller blanched leaves across an 8x8 casserole dish. Set aside for now.
10. Take a blanched cabbage leaf and scoop a little of the ground pork and rice mixture into the center. Fold two opposite sides in and roll up from unfolded side to create a stuffed roll.
11. Line cabbage rolls – total of 9 – in the dish. Pour tomato sauce across the rolls. Cover with foil.
12. Bake for 35 minutes. Remove foil and bake for another 10 minutes. Pierce one cabbage roll with a knife to see if pork has cooked through.

For orange salad

1. Whisk oil, vinegar, honey, and black pepper in a small bowl.
2. Toss tangerine wedges and parsley leaves with dressing.

INGREDIENTS

For stuffed cabbage rolls

- 1 Tablespoon olive oil
- ½ medium yellow onion, chopped
- 2 cloves garlic
- 4 Roma tomatoes, roughly chopped
- 1 Tablespoons tomato paste
- ¼ cup gluten-free chicken or vegetable broth
- 1 ½ Tablespoons raw honey
- 1 Tablespoon white wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Water

- 12 cabbage leaves, carefully removed from head so that they are intact
- Sautéed onions, see prep
- ¾ pound ground pork
- 1 ¼ cups brown rice, see prep
- 1 egg
- 1 Tablespoon olive oil (optional)

For tangerine salad

- 1 Tablespoon olive oil
- 1 Tablespoon white wine vinegar
- 1 teaspoon raw honey
- ¼ teaspoon black pepper
- 4 tangerines, sliced into wedges
- 2 Tablespoons fresh parsley, chopped

DIRECTIONS

For herbed butter cod

1. Mix one-half teaspoon salt and one teaspoon pepper in a small bowl.
2. Season cod fillets with salt and pepper on both sides.
3. Heat 1 ½ tablespoons of olive oil over medium-high heat in a skillet.
4. Sear each cod fillet through on one side for 3-4 minutes. Flip them over and cook through for another 3-4 minutes.
5. Remove cod fillets from skillet. Add remaining olive oil.
6. Add parsley and cilantro. Turn heat off. Season herbs with remaining ¼ teaspoon salt. The herbs should be fragrant from the heat. Pour herbed oil over cod fillets.

For new potatoes

1. Fill stockpot with water and bring to boil. Add potatoes and cook until fork tender (when a fork can easily pierce through a potato).
2. Drain potatoes of water and allow to cool, slightly. Slice into rounds. Toss potato rounds with oil and season with salt, paprika, and pepper. Sprinkle with parmesan, if using.

For braised kale

1. Simmer water in a shallow pan.
2. Add kale and vinegar. Stir to coat. Cook for 5-10 minutes or until kale is soft to the bite.
3. Sprinkle with black pepper.

INGREDIENTS

For herbed cod

- ½ + ¼ teaspoon kosher salt
- 1 teaspoon black pepper
- 1 ¼ pound cod fillets
- 1 ½ + ½ Tablespoons olive oil
- ½ cup fresh parsley, chopped
- ½ cup fresh cilantro, chopped

Optional: If on hand, squeeze with a lemon wedge

For new potatoes

Water

- 6 Yukon gold potatoes
- 1 ½ Tablespoons olive oil
- ¼ teaspoon kosher salt
- ½ teaspoon paprika
- ½ teaspoon black pepper
- Optional: 2 Tablespoons grated Parmesan cheese, to top potatoes (if using Parmesan cheese, reduce salt to ¼ teaspoon)

For braised kale

- 1 cup water (add as needed)
- 1 bunch kale, stems removed and chopped
- 1 teaspoon white wine vinegar
- ½ teaspoon black pepper

DIRECTIONS

For pozole

1. Heat olive oil in a medium saucepan over medium heat. Sauté onions for 2-3 minutes.
2. Add garlic and sauté until fragrant. Add jalapeno and sauté for 1-2 minutes. Add ground pork and sauté until pork is light pink.
3. Add corn kernels and sauté for one minute. Season with cumin, oregano, cayenne pepper, salt, and black pepper.
4. Pour in chicken broth and water. Turn heat up to high and bring to a boil. Stir and reduce heat to low. Simmer for 5 minutes.
5. Serve with cilantro leaves and lime wedges as garnish.

For warmed tortilla

1. Preheat oven to 375°F.
2. Brush arrange tortillas on a baking sheet. Warm in the oven for 1-2 minutes.

INGREDIENTS

For pozole

- 1 ½ Tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1 jalapeno pepper, deseeded and finely chopped (use half if afraid of spiciness)
- ¾ pound ground pork
- 3 ears fresh corn, kernels removed
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 cups gluten-free chicken (or vegetable) broth
- 1 cup water
- ½ cup fresh cilantro leaves
- 1 lime, sliced into wedges as garnish

For warmed tortilla

- 4 -6 corn tortillas



CHICKEN SAUSAGE FARFALLE

- **20 MINUTES OR LESS**
- **ONE BOWL MEAL**

DIRECTIONS

For chicken sausage farfalle

1. Bring salty water to a boil. Cook farfalle according to package; slightly al dente.
2. In a large pot, bring broth to a simmer over medium heat. Add onions and bell peppers. Cover and cook until soft, about 5-7 minutes. Season with salt, pepper and cayenne pepper.
3. Meanwhile, in a small skillet, brown sausage over medium-high heat until cooked all the way through.
4. Add cooked sausage to pepper/onion mix and continue to simmer, uncovered for about 5 minutes. Fold in parsley.
5. Combine pasta and sausage/pepper mix in a large serving bowl. Sprinkle with grated Parmesan.

Healthy tip!

For low carb option, reduce pasta to 8 ounces (half pound) total and increase sausage by one or two links.

INGREDIENTS

For chicken sausage farfalle

12 ounces gluten free farfalle pasta
(can also use penne)

1 cup low sodium, gluten free,
chicken or vegetable broth

1 onion, thinly sliced

2 red bell peppers, cored and sliced

¼ teaspoon kosher salt

½ teaspoon black pepper

1/8 teaspoon cayenne pepper

4 Italian gluten free, chicken sausage
links (mild), sliced into quarters (*pre-
cooked okay, please check the label
for preservatives*)

¼ cup chopped fresh parsley

¼ cup grated Parmesan Reggiano
cheese

DIRECTIONS

Made Ahead

- Salsa Verde

For corn tortilla chips

1. Preheat oven to 325° Fahrenheit.
2. Brush each tortilla on both sides with olive oil.
3. Line tortillas on a baking sheet. Bake for 5-7 minutes or until crisp.
4. Remove from oven. Once cooled, roughly chop and set aside in a bowl to be served as garnish for chilaquiles.

For chilaquiles

1. Heat 1 Tablespoon olive oil in pan over medium heat.
2. Sauté onions and minced garlic until onions are soft, about 2-3 minutes.
3. Add 2 cups of kale and sauté for 1-2 minutes.
4. Add diced tofu and salsa verde to pan; sauté for 4 minutes. Stir gently so as to not break tofu pieces. Season with salt if desired. [Pour in broth if the the mixture is too dry.]
5. Add corn and cook through for 3 minutes before serving.
6. Serve in bowls with garnish of corn tortilla crisps.

INGREDIENTS

For corn tortilla chips

- 1 Tablespoon olive oil
- 3 corn tortillas (6 to 8 inches)

For vegetarian chilaquiles

- 1 Tablespoon olive oil
- ½ white onion, diced
- 2 cloves garlic, minced
- 2 cups kale, hard stems removed and leaves chopped
- 2 packages firm tofu, drained well and diced into bite-size pieces
- 12 ounces salsa verde, see prep
- Optional: ¼ teaspoon kosher salt
- Optional: ¼ cup gluten-free vegetable broth
- 2 ears corn, kernels sliced