

**Steam/Boil potatoes (for two recipes)**

3 pounds (about 20) baby Dutch or new potatoes  
½ teaspoon kosher salt  
2 quarts water

Place water and salt in bottom of medium stockpot. Bring to boil. Drop in potatoes and cover. Reduce to a simmer and cook for 10-15 minutes until potatoes are fork tender but not mushy.

**MENU**

**MONDAY ①**

Mediterranean Meatballs  
Couscous  
Zucchini

**TUESDAY ②**

Balsamic Halibut  
Roasted Carrots & Potatoes

**WEDNESDAY ③**

Spanish Style Tortilla  
Side Salad

**THURSDAY ④**

Pita Wraps  
Yogurt Sauce  
Fresh Strawberries

**FRIDAY ⑤**

Couscous Market Salad



Classic April 27th

# Shopping List

Recipe #	Protein	Quantity	Notes	Est Cost
1, 4	ground lamb or turkey or beef	2 - 2.5 pounds		16
2	fresh Alaskan halibut	1.5 pounds	use any available filet	16
5 (opt)	lean deli ham	12 ounces	optional addition to salad	7

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4,5	yellow onions	2 medium		2
1,2,3	fresh parsley	1 large bunch	(approx 2 pounds)	1.5
1	zucchini	2 medium		2
2,3	dutch baby potatoes	20 small	about 3 pounds	4
4	red bell pepper	1 medium		1.25
4,5	cucumber	3 medium		3.75
4	lemon	1 medium		1
2,3,5	carrots	9 medium	about 2 pounds	3
3,5	Boston or Bibb lettuce	2 heads	may sub romaine hearts	4
4	strawberries	1 pound		4
5	garbanzo beans	15 oz can		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3	egg	8 large		3
3	2% milk	10 ounces	may sub water	2
4	plain Greek yogurt	1 cup	look for a single serving	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	dry whole wheat couscous	3 cups	check bulk bins	3
1, 4, 5	whole wheat pita rounds	6 medium		3

Fresh 20 Grocery Est      79  
 Cost Per Dinner            15.8  
 Cost Per Serving            3.95

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10.5 Tablespoons	dried oregano	2 teaspoons
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/3 cup + 1 Tablespoon	ground cumin	1 teaspoon
	white wine vinegar		raw honey            or 100% maple syrup	2 Tablespoons
	chicken or vegetable broth	2 cups	organic tomato paste	
	garlic	2 cloves	Dijon mustard	1 teaspoon
	kosher salt	3 teaspoons	soy sauce	2 Tablespoons
	black pepper	3/4 teaspoons		
	cayenne pepper	1/2+ teaspoon		
	paprika			



# MEDITERRANEAN MEATBALLS

*couscous and zucchini*

## DIRECTIONS

### *For meatballs*

1. Preheat oven to 375°F.
2. Place pita in small bowl. Pour broth over pita and set aside to soak until pita is soft and mushy.
3. In large bowl, combine onion, ground meat, egg, salt, black pepper, oregano, and parsley. Mix adding soggy pita until well combined.
4. With wet hands, form into small 1" round meatballs. Makes 20-24.
5. Arrange the meatballs on a foil lined baking sheet. Bake in the oven for 20 minutes. If they crisp on the outside a little it is okay, the best is a little hard on the outside and juicy on the inside.

### *For couscous*

1. Bring water to boil.
2. Add in oil. Pour in couscous and stir to prevent lumps. Remove from heat and let sit for five minutes.
3. Fluff with a fork, and season with cayenne, and salt.

### *For zucchini*

1. Heat in small pot over medium-high heat on stovetop or in microwave bowl for 3-4 minutes with 1/2 cup water. Drain, combine with seasonings and serve.

## INGREDIENTS

### *For meatballs*

- 1 whole wheat pita round, cut into small pieces
- 1 cup (8oz) low sodium chicken (or vegetable) broth
- ¼ medium, yellow onion, finely chopped
- 1 ¼ pounds ground lamb OR ground turkey OR ground beef
- 1 large egg
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon dried oregano
- 2 Tablespoons finely chopped fresh parsley

### *For couscous*

- 4 ½ cups water
- 1 Tablespoon olive oil
- 1 ½ cups dry whole wheat couscous
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- ¼ teaspoon kosher salt

### *For steamed carrots*

- 2 medium zucchini, cut into half moons
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 1/2 cup water



# BALSAMIC HALIBUT

*roasted carrots and potatoes*

## DIRECTIONS

### *For carrots*

1. Preheat oven to 375 degrees.
2. Toss carrots and potatoes in olive oil. Arrange on baking sheet. Sprinkle with salt.
3. Roast for 25 minutes turning once or twice to evenly brown.  
*The key to roasting in a short time is the size of the cut and steaming the potatoes in advance. Make sure your carrots and potatoes are uniform size and not bigger than ¼ inch thick*
4. Sprinkle with fresh parsley before serving.

### *For balsamic halibut*

1. In a medium bowl, whisk together vinegar, soy sauce, olive oil, honey, and garlic.
2. Rinse fish and pat dry. Place fish in oven-proof dish. Pour marinade over fish to thoroughly coat.
3. Heat broiler.
4. Remove halibut from baking dish, reserving marinade.
5. Place fillets down on well-oiled broiler pan. Place in oven at least three inches away from flame.
6. For 1" thick fillets: Broil for 5 minutes, then carefully lower 2 inches and broil for an additional 3-4 minutes.
7. Place marinade in small saucepan and bring to boil. Reduce liquid for 3-5 minutes, depending on preference for consistency of the marinade.
8. Transfer broiled fish to a serving dish and top with boiled and reduced marinade.

## INGREDIENTS

### *For carrots & potatoes*

8 Dutch baby new potatoes or 1 pound new potato, steamed and cut into 1" cubes (see prep)

6 medium carrots, peeled and cut into ¼" slices

1 Tablespoon olive oil

½ teaspoon salt

1 Tablespoon fresh chopped parsley

### *For balsamic halibut*

1/3 cup balsamic vinegar

2 Tablespoons reduced sodium soy sauce

2 Tablespoons olive oil

2 Tablespoons raw honey or 100% maple syrup

2 cloves garlic, minced or pressed

1 ½ pound halibut fillet

(or the freshest fillet you can find. Alaska has some excellent flash frozen options that can work in a pinch)

*Substitute: This dish could be made boneless, skinless chicken thighs in lieu of fish.*



# SPANISH TORTILLA

*side salad*

## INSTRUCTIONS

### *For Spanish tortilla*

1. In a medium bowl combine potatoes, onions, and salt.
2. Heat 2 Tablespoons of the oil in a large non-stick frying pan over medium heat. Add potatoes and onions, and reduce heat to low.
3. Sauté and cover with a lid for 5 minutes to let them soften.
4. Whisk eggs, 1/2 teaspoon salt and milk until frothy. Add the potato/onion mix to eggs and stir to coat all potatoes. Wipe the inside of the frying pan clean with a paper towel.
5. Heat the remaining 2 Tablespoons of oil on a high heat and pour in the mixture, tilting the pan back and forth for easy distribution. Cook until golden brown, stirring occasionally until it has set. Turn heat to low and cook until bottom begins to brown.
6. Place a large plate over the frying pan and flip the tortilla onto it. Return to the pan by sliding tortilla back into pan with the wet side now facing down. Cook until golden brown.
7. Allow to cool and set before cutting into wedges. Serve with salad.

### *For side salad*

Combine lettuce and carrots with pantry dressing and chill until ready to serve.

## INGREDIENTS

### *For Spanish tortilla*

- 12 Dutch baby or new potatoes, steamed and diced to 1" pieces (see prep)
- 1 medium yellow onion, coarsely chopped
- ½ teaspoon kosher salt
- ¼ cup 2% milk (or water)
- 4 Tablespoons olive oil, divided
- 7 eggs, slightly beaten
- 2 Tablespoon freshly chopped parsley

### *For side salad*

- 1 head Bibb or Boston lettuce, chopped
- 2 medium carrots, shredded
- ¼ cup pantry dressing
- [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# PITA WRAPS

*yogurt sauce and fresh strawberries*

## DIRECTIONS

### *For wraps*

1. In a medium skillet, sauté onions in olive oil for 2-3 minutes.
2. Season onions with salt, cumin and oregano.
3. Add ground meat, browning over medium heat until pink is gone. If necessary, drain a little fat from the pan or blot with a paper towel.

### *For yogurt sauce*

4. In a blender or food processor, puree cucumber, a half cup of yogurt, and parsley. Squeeze in the juice of one lemon. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside.

### *To assemble*

5. Cut each pita in half to make two half circles. Gently separate the pita to form an open sandwich shell that is sealed around the circle and open at the cut. Spoon 3 tablespoons of meat into pita, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper. Repeat until you have 8 sandwiches. Arrange on platter for serving.

## INGREDIENTS

### *For lamb wraps*

- ½ medium yellow onion, chopped
- 1 Tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- 1.25 pounds ground lamb or ground turkey or ground beef
- 1 red bell pepper, seeded and chopped
- 4 rounds whole wheat pita bread

### *For yogurt sauce*

- 1 cucumber, peeled
- 1 cup nonfat plain Greek yogurt
- ½ cup fresh parsley leaves
- ½ lemon, juiced
- ¼ teaspoon salt

- 1 pound fresh strawberries, rinsed and sliced



# COUSCOUS MARKET SALAD

## INSTRUCTIONS

### *For couscous*

1. Bring water and broth to boil.
2. Add in oil. Pour in couscous and stir to prevent lumps. Remove from heat and let sit for five minutes.
3. Fluff with a fork, and season with cayenne, cumin, and salt.

### *For dressing*

1. Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl.

### *For salad*

1. Toss cucumbers, carrots, garbanzo beans, red onion, and lettuce with dressing. Top with a scoop of couscous and garnish with toasted pita. If desired, top with strips of ham.

## INGREDIENTS

### *For couscous*

- 2 cups water
- 1 cup chicken (or vegetable) broth
- 1 Tablespoon olive oil
- 1 ½ cups dry couscous
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- ¼ teaspoon kosher salt

### *For dressing*

- 2 Tablespoons olive oil
- 1 ½ Tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper

### *For salad*

- 2 cucumbers, diced
- 2 carrots, diced
- 1 15-ounce can garbanzo beans, thoroughly rinsed and drained
- 1 yellow onion, thinly sliced
- 1 head Boston or Bibb lettuce, chopped
- OPTIONAL: 12 ounces lean deli ham, sliced into 3" strips

### *Garnish*

- 1 whole wheat pita, divided in half and sliced into quarters then toasted



APRIL 27th CLASSIC/GLUTEN FREE

# Nutrition Information

<b>Mediterranean Meatballs</b>		<b>Serves: 4</b>	
Serving Size: 5 meatballs, 3/4 cup couscous, 3/4 cup zucchini			
Calories	480	Fat	17g
Protein	38g	Saturated	4g
Carbohydrate	43g	Sugars	3g
Sodium	799mg	Calcium	73mg
Fiber	5g	Iron	4.1mg
Cholesterol	158mg		

<b>Balsamic Halibut, Carrots, Potatoes</b>		<b>Serves: 4</b>	
Serving Size: 5 oz fish, 3/4 cup vegetables			
Calories	435	Fat	14g
Protein	33g	Saturated	2g
Carbohydrate	45g	Sugar	17g
Sodium	707mg	Calcium	112mg
Fiber	5g	Iron	2.3mg
Cholesterol	45mg		

<b>Spanish Tortilla, Salad</b>		<b>Serves: 4</b>	
Serving Size: 1/4 tortilla, 1-1/2 cups salad			
Calories	367	Fat	14g
Protein	16g	Saturated	4g
Carbohydrate	47g	Sugar	11g
Sodium	271mg	Calcium	108mg
Fiber	5g	Iron	3.0mg
Cholesterol	271mg		

<b>Pita Wraps, yogurt sauce, strawberries</b>		<b>Serves: 5</b>	
Serving Size: 1-1/2 half pita sandwiches, 1/3 cup sauce, 1/3 cup sliced strawberries			
Calories	501	Fat	19g
Protein	40g	Saturated	4g
Carbohydrate	43g	Sugars	11g
Sodium	786mg	Calcium	172mg
Fiber	7g	Iron	5mg
Cholesterol	90g		

<b>CousCous Market Salad</b>		<b>Serves: 4</b>	
Serving Size: 1/4 salad			
Calories	365	Fat	9g
Protein	12g	Saturated	1g
Carbohydrate	60g	Sugar	4g
Sodium	796mg	Calcium	81.9mg
Fiber	8g	Iron	3.2mg
Cholesterol			