

Steam/Boil potatoes (for two recipes)

4 pounds (about 30) 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.

Store whole in airtight container until ready to use.

MENU

MONDAY ①

Mediterranean Cakes
Couscous
Zucchini

TUESDAY ②

Balsamic Mushrooms
Roasted Carrots & Potatoes

WEDNESDAY ③

Spanish Style Tortilla
Side Salad

THURSDAY ④

Pita Wraps
Yogurt Sauce
Fresh Strawberries

FRIDAY ⑤

Couscous Market Salad



Vegetarian April 27th

Shopping List

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, 2, 4	zucchini	3 medium		2
4	button mushrooms	1-1/2 pounds	(approx 24 oz)	6
2,3	dutch baby potatoes	30 small	about 4 pounds	6
4	red bell pepper	1 medium		1.25
4,5	cucumber	3 medium		3.75
4	lemon	1 medium		1
2,3,5	carrots	11 medium	about 2 pounds	3
3,5	Boston or Bibb lettuce	2 heads	may sub romaine hearts	4
4	strawberries	1 pound		4
1, 5	garbanzo beans	3- 15 oz can		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 3	egg	9 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 48
 Cost Per Dinner 9.6
 Cost Per Serving 2.4

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	13 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
	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 CAKES

couscous and zucchini

DIRECTIONS

For cakes

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. Mash beans until they are paste like in texture.
4. In large bowl, combine onion, beans, egg, salt, black pepper, oregano, and parsley. Mix; adding soggy pita until well combined.
5. With wet hands, form into small 2" round discs. Makes 16 cakes.
6. Arrange 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 cakes:

- 1 whole wheat pita round, cut into small pieces
- 1 cup (8oz) low sodium, vegetable broth
- 1/2 medium, yellow onion, finely chopped
- 2 – 15oz cans garbanzo beans, rinsed and drained
- 2 large eggs, slightly beaten
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon dried oregano
- 2 Tablespoons finely chopped fresh parsley

For couscous

- 3 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 zucchini

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



BALSAMIC MUSHROOMS

roasted carrots and potatoes

DIRECTIONS

For carrots and potatoes

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. 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 mushrooms

1. In a medium bowl, whisk together vinegar, soy sauce, olive oil, honey, and garlic.
2. Heat broiler.
3. Arrange mushrooms on well-oiled broiler pan. Place in oven at least three inches away from flame.
4. Broil for 2-3 minutes, then carefully lower 2 inches and broil for an additional 2 minutes.
5. Place marinade in small saucepan and bring to boil. Reduce liquid for 3-5 minutes, depending on preference for consistency of the marinade.
6. Transfer mushrooms to a serving dish and top with reduced marinade.

INGREDIENTS

For carrots & potatoes

16 Dutch baby new potatoes or 2 pound new potato, skin on, steamed (see prep) and cut into ¼" slices

8 medium carrots, peeled and cut into ¼" slices

2 Tablespoons olive oil

½ teaspoon salt

1 Tablespoon fresh chopped parsley

For balsamic mushrooms

1/3 cup balsamic vinegar

2 Tablespoons soy sauce

2 Tablespoons olive oil

2 Tablespoons raw honey or 100% maple syrup

2 cloves garlic, minced or pressed

1 pound button mushrooms, whole



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 (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



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 zucchini and mushrooms, cooking over medium heat until soft.

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 zucchini/mushroom mix 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 wraps

- ½ medium yellow onion, chopped
- 1 Tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 medium zucchini, chopped
- 8 ounces button mushrooms, sliced
- 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.

INGREDIENTS

For couscous

- 2 cups water
- 1 cup vegetable broth, low sodium
- 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

Garnish

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



APRIL 27th VEGETARIAN

Nutrition Information

Mediterranean Meatballs		Serves: 4	
Serving Size: 5 meatballs, 3/4 cup couscous, 3/4 cup zucchini			
Calories	488	Fat	6g
Protein	20g	Saturated	1g
Carbohydrate	90g	Sugars	3g
Sodium	816mg	Calcium	114mg
Fiber	14g	Iron	4.9mg
Cholesterol	53mg		

Balsamic Mushrooms Carrots, Potatoes		Serves: 4	
Serving Size: 4oz mushrooms, 3/4 cup vegetables			
Calories	415	Fat	11g
Protein	9g	Saturated	2g
Carbohydrate	74g	Sugar	21g
Sodium	662mg	Calcium	65mg
Fiber	9g	Iron	2.1mg
Cholesterol	0mg		

Spanish Tortilla, Salad		Serves: 4	
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		

Pita Wraps, yogurt sauce, strawberries		Serves: 5	
Serving Size: 2 half pita sandwiches, 1/4 cup sauce, 1/4 cup sliced strawberries			
Calories	372	Fat	10g
Protein	14g	Saturated	2g
Carbohydrate	62g	Sugars	17g
Sodium	836mg	Calcium	190mg
Fiber	12g	Iron	4.4mg
Cholesterol	4mg		

CousCous Market Salad		Serves: 4	
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			