

MAKE AHEAD

For Brown Rice

2 cups long grain brown rice
2 Tablespoon olive oil
¼ medium onion, finely chopped
4 cups water or chicken broth

1. On high heat, sauté onion and rice in olive oil until rice begins to brown about 2 minutes.
2. Add broth, bring to boil.
3. Reduce to simmer, cover and cook for 25 minutes until tender.

MENU

MONDAY ①

Philly Cheese Steak
Garlic Fries
Homemade Ketchup

TUESDAY ②

Oven Roasted Cod
Zucchini/Tomato Ragout
Brown Rice

WEDNESDAY ③

Turkey Cutlet Piccata
Parsley Tomato Penne

THURSDAY ④

Cuban Steak
Caramelized Onions
Black Beans & Rice

FRIDAY ⑤

Veggie Nachos
Fresh Salsa



May 4th

Shopping List

1-Philly Cheese Steak 2-Oven Roasted Cod 3-Turkey Cutlet Picata 4-Cuban Steak 5-Veggie Nachos

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	skirt steak	2 pounds	(aka flap meat)	20
2	cod	1-1/2 pounds	4 - 6 oz fillets	16
3	turkey cutlets	1 pound	4- 4 oz cutlets	8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 5	bell peppers	2	1 green 2 red	3
1, 2, 4, 5	onion	3 medium	1 red, 2 yellow	2
1	russet potatoes	2 large		1.5
2, 5	zucchini, italian squash	3		3
2, 3, 5	cherry tomatoes	1 1/2 pounds	sub grape or chopped roma	5
2, 3	lemon	3		1.5
5	lime	1	for juice	0.5
2, 3, 5	fresh parsley	1 bunch	to yield 3/4 cup chopped	2

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 5	white cheddar	3 cups	shredded, about 12 oz	5
3	butter	2 Tablespoons		1
5	Greek yogurt	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4, 5	black bean	2 - 14 oz cans		3
5	corn tortillas	8 small	6"	3
3	white wine	1/3 cup	dry, inexpensive bottle	2

Fresh 20 Grocery Est 77.5
 Cost Per Dinner 15.5
 Cost Per Serving 3.875

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	12+ Tablespoons	dried oregano	2-1/2 teaspoon
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar	1 teaspoon	ground cumin	1 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	2 teaspoons
	chicken or vegetable broth	2/3 cup	organic tomato paste	1/4 cup (4oz)
	garlic	10 cloves	Dijon mustard or brown mustard	1/2 teaspoon
	kosher salt	7-1/2 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	3 teaspoons	whole grain pasta	8oz
	cayenne pepper	pinch	long grain brown rice	2 cups dry
paprika	1/2 teaspoon	whole wheat flour	1/2 cup	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



PHILLY CHEESE STEAK

crispy oven-baked garlic fries and homemade ketchup

DIRECTIONS

For crispy oven-baked garlic fries

1. Preheat oven to 425 degrees and line a baking sheet, adjust the oven rack to the upper third.
2. Wash and scrub potatoes clean, dry them, and cut in half lengthwise, then each half into fourths lengthwise. And then in half again. Each potato should yield 16 wedges.
3. In a medium bowl mix together olive oil, salt & pepper, paprika and garlic. Toss the cut potatoes in the olive oil mixture until well combined and covered.
4. Spread evenly onto prepared baking sheet and place into the preheated oven for 30-35 minutes, turning after 20. Potatoes are done when golden brown on the outside and soft on the inside.
5. Set aside to top with Philly Steak.

For Philly cheese steak

1. Lower oven to 400 degrees.
2. Season the steak with cumin, oregano, salt & pepper, and garlic.
3. Reserve half of the uncooked seasoned meat for later in the week, store in an airtight container.
4. Cut the remaining steak into thin slices.
5. Heat a large nonstick sauté pan over medium/high heat; add in olive oil and then steak. Cook steak strips until lightly browned about 2 minutes. Add in the onion and peppers, season with salt & black pepper. Stir to combine and cook for 3-5 minutes or until the vegetables have softened and the meat is cooked through.
6. Taste and adjust salt & pepper.
7. Evenly divide the steak and vegetables over baked fries and top with shredded cheese. Place into the preheated oven to melt the cheese, about 3 minutes.
8. Serve warm with ketchup.

For homemade ketchup

In a small bowl combine tomato paste, grated onion with juice, garlic, honey, salt & pepper, and cayenne pepper, whisk to combine.

INGREDIENTS

For crispy oven-baked garlic fries

- 2 Large Russet potatoes –skin on and washed
- 2 Tablespoons olive oil
- 1/2 teaspoons kosher salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 2 large garlic cloves, minced or pressed

For Philly cheese steak

- 2 pounds skirt steak (used for two dinners)
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 garlic cloves – minced or pressed
- 1 Tablespoon grapeseed oil
- ¾ medium yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup white cheddar, grated

For homemade ketchup

- ¼ cup tomato paste (about 4oz)
- ¼ yellow onion grated, with juice
- 1 small garlic clove – minced
- 1 Tablespoon white wine vinegar
- 2 teaspoons raw honey
- ¼ teaspoon salt
- Pinch of black pepper
- Pinch of cayenne pepper



OVEN ROASTED COD

zucchini and tomato ragout, brown rice

DIRECTIONS

For oven roasted cod

1. Preheat oven to 450 degrees and place oven racks in the top third and center of the oven.
2. Brush the cod with olive oil and season with salt & black pepper and set aside.

For zucchini and tomato ragout

1. In a medium bowl toss zucchini, tomatoes, and onion with olive oil, lemon juice, garlic, oregano, and salt & pepper. In a large oven proof sauté pan or a shallow baking dish, arrange the vegetables in an even layer. Place into the oven on the **middle rack** and roast for 10 minutes.
2. Remove from the oven and place fish on top of the vegetables. Return to the **top rack** of the oven and roast the cod for 7 -10 minutes (depending on the thickness of your fish). Cod is done when it can be easily flaked through the center with a fork.
3. Finish the fish with a squeeze of fresh lemon juice and chopped fresh parsley, serve warm with brown rice.

For Brown rice

1. On high heat, sauté onion and rice in olive oil until rice begins to brown about 2 minutes.
2. Add water or broth, bring to boil.
3. Reduce to simmer, cover and cook for 25 minutes until tender.

INGREDIENTS

For oven roasted cod

- 1 Tablespoon olive oil
- 4 – 6 oz cod fillets (1-1/2 pounds)
- ½ teaspoon salt
- ¼ teaspoon black pepper

For the zucchini and tomato ragout

- 2 medium Italian green zucchini, cut into ¼ inch slices.
- ½ pound of cherry tomatoes, about 2 cups
- ¼ medium red onion, thinly sliced
- 2 Tablespoons olive oil
- ½ lemon squeezed for 2 teaspoons juice
- 2 clove of garlic, minced
- 2 teaspoons dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ lemon for squeezing
- ¼ cup fresh, flat leaf, Italian parsley, chopped

For Brown Rice

- 1-1/2 cups long grain brown rice
- 1 Tablespoon olive oil
- ¼ medium onion, finely chopped
- 3 cups water or chicken broth



TURKEY CUTLET PICCATA

parsley/tomato penne

DIRECTIONS

For Turkey Cutlet Piccata

1. Season turkey cutlets with salt and pepper on both sides. Lay turkey cutlets out in between two pieces of plastic wrap and pound out to $\frac{1}{4}$ of an inch thick.
2. Place whole wheat flour onto a shallow plate and then lightly dredge the cutlets in the flour, shake off any excess flour. *Discard flour*
3. Heat a large nonstick sauté pan over medium/high heat; add in olive oil, once hot (almost smoking) add in cutlets and cook until golden brown on each side, about 2 minutes on each side. Set aside and cover with foil to keep warm.
4. Add lemon juice, white wine, broth, mustard, and garlic to sauté pan and bring to a simmer. Season with salt & pepper and reduce the liquid to thicken by half, about 3 minutes. Reduce the heat to low and whisk in the cold butter.
5. Add the turkey cutlets back into the sauté pan and spoon sauce over the top. Cook for an additional 1-2 minutes.
6. Serve warm with pasta.

For pasta

1. In a medium stock pot, bring water to a boil with 2 teaspoons of salt.
2. Add in pasta and cook for 8-10 minutes or until al dente, drain reserving $\frac{1}{4}$ cup pasta water.
3. Return the pasta to hot pot and immediately toss hot pasta with olive oil, salt & black pepper, tomatoes, garlic, and parsley. If desired, add reserved pasta water a Tablespoon at a time for a creamier sauce.
4. Taste to adjust salt & pepper.
5. Serve warm with turkey piccata.

INGREDIENTS

For Turkey Cutlet Piccata

- 1-1/4 pounds of turkey cutlets (about 4 cutlets) (if unavailable, ask deli to cut you an inch thick slice of roasted turkey and slice your own cutlets)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ cup whole wheat flour
- 2 Tablespoons olive oil
- 2 lemons squeezed to yield $\frac{1}{3}$ cup lemon juice
- $\frac{1}{3}$ cup dry white wine (any variety)
- $\frac{2}{3}$ cup low-sodium chicken broth
- $\frac{1}{2}$ teaspoon Dijon mustard
- 1 garlic clove, minced or pressed
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 Tablespoons unsalted organic butter, cold

For pasta

- Water
- 2 teaspoon kosher salt
- $\frac{1}{2}$ pound (8oz) whole wheat pasta, penne or any short pasta
- 1 Tablespoon olive oil
- $\frac{1}{4}$ teaspoon black pepper
- 1 cup (about $\frac{1}{2}$ pound) cherry tomatoes (if tomatoes are large, cut in half)
- 1 small garlic clove minced
- $\frac{1}{4}$ cup flat leaf Italian parsley, chopped



CUBAN STEAK

Cuban black beans and rice , caramelized onions

DIRECTIONS

For Cuban Steak

1. Heat a large nonstick sauté pan over medium/high heat; add in oil, once hot, (almost smoking) carefully add in skirt steak and cook for approximately 2 – 3 minutes per side. Remove from pan and allow to rest for 5 minutes before cutting into individual servings.

Meat can be served rare to well done.

2. Reserve skillet for grilled onions.

3. Serve warm with Cuban black beans and rice.

For caramelized onions

Return skillet to stove and heat over medium heat; add oil and onions. Season onions with salt & pepper, and vinegar and then reduce heat to medium/low. Continue to cook for an additional 5-10 minutes, stirring often.

Onions will begin to soften and turn golden brown.

Taste and adjust salt & pepper.

Serve warm over steak.

For Cuban black beans and rice

In a medium saucepot combine rice and beans over medium heat; season with garlic, salt, cumin, black pepper, and cayenne.

Simmer for 10 – 15 minutes.

Taste and adjust salt & pepper.

Serve warm with steak and onions.

INGREDIENTS

For Cuban Steak

1 pound seasoned skirt steak
(reserved from earlier in week)

1 Tablespoon grapeseed oil

For caramelized onions

1 Tablespoon olive oil

1 medium yellow onion, thinly sliced

½ teaspoon salt

¼ teaspoon black pepper

1 teaspoon balsamic vinegar

For Cuban black beans and rice

1 cup prepared brown rice (make ahead)

1 - 14oz can black bean with liquid

1 garlic clove- minced or pressed

¼ teaspoon salt

½ teaspoon cumin

Pinch black pepper

Pinch cayenne pepper



VEGGIE NACHOS

fresh salsa

DIRECTIONS

For veggie nachos

1. Preheat oven to 350 degrees.
2. Lay out tortillas and brush both sides with olive oil and sprinkle with salt.
3. Stack tortillas and cut each into 6 wedges, yielding 48 pieces.
4. Spread out onto lightly greased baking sheet. Bake for 15-20 minutes, turn after 10 minutes. Check frequently, careful not to burn.
5. Remove from oven and taste to adjust salt.
6. Toss into a pile on same baking sheet. Sprinkle heavily with cheese. Top with peppers, zucchini, onion, and beans. Place back into oven for 5 minutes or until cheese is melted.
7. Remove from oven serve warm with salsa and a side of spicy Greek yogurt (our version of sour cream).

For salsa

In a small bowl combine, tomatoes, red onion, cilantro, salt & pepper, olive oil, and lime juice.

For spicy Greek yogurt

In a small bowl mix together Greek yogurt, salt & pepper, juice of ½ lime, and cayenne pepper, serve with nachos.

INGREDIENTS

For Veggie Nachos

- 8 corn tortillas, 6" (for chips)
- 2 Tablespoons olive oil
- ½ teaspoon salt
- 2 cups white cheddar cheese, shredded
- 1 red bell pepper, chopped
- 1 green Italian zucchini, chopped
- ¼ red onion, chopped
- 1 – 14 oz can black beans, drained and rinsed

For Salsa

- ½ pound cherry tomatoes (about 1-1/2 cups), chopped
- ¼ medium red onion, finely chopped
- ¼ cup chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon olive oil
- ½ lime, juiced

For spicy Greek yogurt

- 1 cup plain thick Greek yogurt
- Pinch of salt & pepper
- ½ lime, juiced
- Pinch of cayenne pepper



APRIL 6th Classic/Gluten Free

Nutrition Information

Philly Cheese Steak with garlic fries Serves 4

Serving Size: 8 wedges, 1 cup cheesesteak mix, 2 Tablespoons ketchup			
Calories	520	Fat	22g
Protein	35g	Saturated	6g
Carbohydrate	46g	Sugar	11g
Sodium	844mg	Calcium	194mg
Fiber	5g	Iron	3.8mg
Cholesterol	52mg		

Oven Roasted Cod, Zucchini/Tomato Ragout, Rice Serves 4

Serving Size: 6 oz cod filet, 3/4 cup brown rice, 1 cup ragout			
Calories	411	Fat	10g
Protein	36g	Saturated	1g
Carbohydrate	46g	Sugar	6g
Sodium	691	Calcium	96mg
Fiber	7g	Iron	2.8mg
Cholesterol	72mg		

Turkey Piccata, Parsley/Tomato Penne Serves 4

Serving Size: 5 oz turkey, 1-1/2 cups pasta			
Calories	488	Fat	21g
Protein	47g	Saturated	7g
Carbohydrate	26g	Sugar	3g
Sodium	914mg	Calcium	66.9mg
Fiber	5g	Iron	3.7mg
Cholesterol	112mg		

Cuban Steak with onions, rice and beans Serves 4

Serving Size: 4 oz steak, 1 cup rice/bean mix, 1/4 cup onions			
Calories	519	Fat	24g
Protein	37g	Saturated	8g
Carbohydrate	38g	Sugar	2g
Sodium	547	Calcium	54mg
Fiber	10g	Iron	5.5mg
Cholesterol	65mg		

Veggie Nachos with fresh salsa and cream Serves 4

Serving Size: 1/4 nachos, 1/3 cup salsa, 1/4 yogurt cream			
Calories	465	Fat	14g
Protein	29g	Saturated	4g
Carbohydrate	60g	Sugar	10g
Sodium	995mg	Calcium	523mg
Fiber	10g	Iron	4.3mg
Cholesterol	13mg		