

MAKE AHEAD

- **BROWN RICE** to yield 2 cups
 - 1 cup long grain brown rice
 - 2 cups water (or broth)
 - 1/4 teaspoon kosher salt (only if using water)
 1. Pour all ingredients into a medium stockpot. Bring to boil, cover and reduce heat to simmer for 25 minutes until liquid has absorbed.
 2. To re-heat on dinner night. Add 2-3 Tablespoons water to prepared rice and heat on stovetop, stirring to fluff.

MENU

MONDAY ①
HOLIDAY! BBQ with FRIENDS

TUESDAY ②
Veggie Taco Bar
Basil Beans

WEDNESDAY ③
Mushroom Alfredo Pasta
Strawberry Basil Salad

THURSDAY ④
Braised Collard Greens
Vegetable Fried Rice

FRIDAY ⑤
Green bean summer salad
Lemon vinaigrette



Vegetarian May 25th

Shopping List

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
4	lemons	2 medium	for juice	2
2, 4	fresh thyme	1 bunch	to yield 4 teaspoons	1.5
1, 2	fresh basil	1 bunch	to yield 1/4 cup	1.5
3, 4	green beans	3/4 pound		3
1, 2	button mushrooms	1 pound		4
4	baby red or gold potatoes	1/2 pound		2.5
4	romaine lettuce	2 heads		4
3, 4	cherry tomatoes	1 pound		5
1, 3, 4	bell peppers	6 medium	any variety color (red, yellow)	6
1	avocado	1 medium		1
3	carrots	2 carrots		1.5
1, 3	yellow onion	1 medium		1
3	collard greens	2 bunches		4
2	strawberries	1 pound	to yield 2 cups	4

Recipe #	Dairy	Quantity	Notes	Est Cost
2	organic half and half	4 ounces	use the rest for coffee or tea?	2
1, 3	Parmesan Reggiano cheese	8 ounces	grated to yield 2 cups	8
1	plain lowfat Greek yogurt	1/2 cup		1
4	eggs	large	optional ingredient for salad	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	garbanzo beans	2 - 15oz cans		3
1	corn tortillas	8 - 6"		3

Fresh 20 Grocery Est 60
 Cost Per Dinner 12
 Cost Per Serving 3

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	4 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	4 Tablespoons	herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	3/4 teaspoon
	white wine vinegar		honey or maple syrup	2 Tablespoons
	vegetable broth	3-1/2 cups	organic tomato paste	2 Tablespoons
	garlic	5 cloves	Dijon mustard	1 teaspoon
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	2 teaspoons
	black pepper	2 teaspoons	whole wheat pasta (linguine)	12 ounces
	cayenne pepper	3/4 teaspoon	long grain brown rice	1 cup dry
	paprika		whole wheat flour	2 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

VEGGIE TACO BAR

basil garbanzo beans

There are many ways to build a great taco. This member favorite is flexible and fun!

DIRECTIONS

For garbanzo beans

1. Pour cans of garbanzo beans with its liquid into a large microwave safe bowl. Add basil to beans. Season with paprika. Heat in microwave on high for 2-3 minutes.

For veggie taco bar

1. In a skillet over high heat, sear bell pepper slices for 2 minutes.
2. Add black pepper, oregano, and cayenne pepper.
3. Cover with water and simmer for 5 minutes.
4. Add onion, garlic, and mushrooms; simmer an additional 5 minutes.
5. Place all ingredients in small bowls or on one large platter.
6. Layer beans, cooked veggies, lettuce, cheese, avocado and yogurt in tortilla. Serve 2 tacos with $\frac{1}{2}$ cup beans.

INGREDIENTS

For garbanzo beans

- 2 15-ounce cans garbanzo beans (sub any beans you have in pantry)
- $\frac{1}{4}$ cup fresh basil, chopped
- $\frac{1}{2}$ teaspoon paprika

For veggie taco bar

- 3 bell peppers (any color), sliced
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ yellow onion, chopped
- 1 clove garlic
- 8 ounces white button mushrooms, chopped
- 1 avocado, pit removed & sliced
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 4 ounces grated Parmesan cheese
- 2 cups romaine lettuce, chopped
- 8 organic corn tortillas, warmed

MUSHROOM ALFREDO PASTA

w/ strawberry basil salad

INSTRUCTIONS

Boil salty water for pasta. Cook pasta according to package. Drain; do not rinse. If desired, toss with a Tablespoon of olive oil to prevent sticking.

For mushroom alfredo sauce

Heat olive oil in a medium-sized pan. Add garlic and heat through for a few seconds before adding mushrooms in pan. Sauté garlic and mushrooms for 2-3 minutes. Sprinkle salt over mushrooms and sauté for another minute. Add flour and stir to coat through. Allow the flour to cook for 2 minutes. Add half and half, stirring to mix through. Pour in broth and add fresh thyme to sauce.

For each serving, ladle sauce over noodles. Finish with sprinkle of black pepper.

For strawberry basil salad

Whisk together balsamic vinegar, olive oil, honey, and salt. Toss strawberries and basil with dressing. Serve salad alongside pasta.

- Dairy Free version:
Increase flour by 1 Tablespoon
Replace half and half with equal amount broth

INGREDIENTS

12oz whole wheat linguine

For mushroom alfredo sauce

2 Tablespoons olive oil

1 clove garlic, minced

3 cups button mushrooms, sliced

½ teaspoon salt

2 Tablespoons whole wheat flour

½ cup half and half (nonfat)

1 cup vegetable broth, low sodium

2 teaspoons fresh thyme leaves,
chopped

1 teaspoon black pepper

For strawberry basil salad

1 Tablespoons of balsamic vinegar

1 Tablespoon of olive oil

1 Tablespoon of honey or maple
syrup

1/8 teaspoon of salt

2 cups of fresh strawberries, sliced

¼ cup of basil leaves, shredded



BRIASED COLLARD GREENS

vegetable fried rice

DIRECTIONS:

For braised collards

1. In a large skillet, heat olive oil over medium. Add onions & bell peppers and sweat until translucent, about 4 minutes.
2. Once the vegetables soften, mix in salt, cumin, cayenne, and tomato paste. Allow flavors to combine for a minute.
3. Stir in fresh tomatoes.
4. Add broth and bring to boil. Add collards, stir to coat greens. Cover with lid, lower heat to medium-low, and braise for 20 minutes.
5. Opt: Sprinkle with Parmesan before serving.
6. Serve with 1-1/2 cups veggie rice.

For vegetable fried rice

1. Heat a large nonstick skillet over medium/high heat; add in oil and once the oil is hot, add in and garlic, stir to prevent burning. Once fragrant, about 15 seconds, add carrots, green beans, and red peppers, sauté for 3-4 minutes.
2. Add brown rice. Stir to combine the rice and cook for 5-6 minutes or until heated through.
3. Finish with soy sauce.

INGREDIENTS

For braised collards

- 1 Tablespoon of olive oil
- ½ yellow onion, chopped
- 1 bell pepper, chopped
- ½ teaspoon of salt
- ¼ teaspoon of cumin
- ¼ teaspoon of cayenne
- 2 Tablespoons of tomato paste
- 2 cups cherry or grape tomatoes, chopped
- 2 ½ cups of vegetable broth
- 2 bunches collard greens, chopped to yield 5 cups
- 2 oz grated Parmesan (1/2 cup)

NOTE: You can substitute mustard greens or kale with equal success

Vegetable fried rice

- 2 cups made ahead brown rice
- 2 Tablespoons grapeseed oil
- 2 garlic cloves, minced
- 2 carrots, chopped into small dice
- 4 ounces green beans, chopped
- 1 bell pepper, chopped into small dice
- 2 teaspoons soy sauce (low sodium)

DIRECTIONS:

For vinaigrette

In a small bowl combine lemon juice, garlic, honey, Dijon, Herbes, salt & pepper - whisk to combine. Whisk in olive oil in a thin stream and set aside.

Or

Combine all ingredients in a jar with a lid (Mason jar) and shake.

For green beans

Bring a large pot of water to a boil with 1 teaspoon of salt.

Add in green beans and cook for 2 minutes, remove (keep water) with a slotted spoon and drain – set aside.

For potatoes

Add potatoes to boiling water and cook until tender, about 15 minutes. Remove with a slotted spoon (keep water) and drain – set aside.

For hard boiled eggs

Fill a small saucepot with eggs and cover with cold water.

Place over medium heat and bring to a boil, set a time for 6 minutes once the water begins to boil.

Drain and allow eggs to cool before peeling.

For salad

In a large bowl combine green beans, potatoes, romaine, tomatoes, and red pepper- dress with vinaigrette to taste.

Serve salad with 1 hard boiled egg and parmesan garnish.

INGREDIENTS:

For lemon vinaigrette

2 Tablespoons grapeseed oil
2 lemons, juiced to yield ¼ cup
1 garlic clove, minced
2 teaspoons honey
1 teaspoon Dijon mustard
2 teaspoons fresh thyme, finely chopped
½ teaspoon kosher salt
½ teaspoon black pepper

For Salad

Salt for water
½ pound green beans, ends trimmed
½ pound baby red or gold potatoes, boiled until fork tender and cut in half
1-1/2 heads of romaine lettuce, rinsed-dried-chopped
4 oz cherry tomatoes, about 1 cup
1 red bell pepper, thinly sliced

4 eggs, hard boiled-peeled-chopped
2 oz parmesan cheese, grated, about ¼ cup



Nutrition Information

Mushroom Alfredo, Strawberry Salad			Serves 4
Serving Size: 1-1/2 cups pasta, 1/2 cup strawberries			
Calories	493	Fat	13g
Protein	20.6g	Saturated	4g
Carbohydrate	80g	Sugars	16g
Sodium	777mg	Calcium	28%dv
Fiber	13g	Iron	19.4%dv
Cholesterol	12.7mg		

Braised Collard Greens, Veggie Fried Rice			Serves 4
Serving Size: 1-1/2 cup greens, 1-1/2 cups rice			
Calories	364	Fat	16g
Protein	12.3g	Saturated	4g
Carbohydrate	45g	Sugars	8g
Sodium	807mg	Calcium	31%dv
Fiber	7.5g	Iron	13%dv
Cholesterol	11mg		

Veggie Taco Bar w/ Garbanzo Beans			Serves: 4
Serving Size: 2 tacos, w/ 1 TBS feta & greek yogurt, 2 avo slices, unlimited veggies in each, 1/3 cup Garbanzos			
Calories	420	Fat	21g
Protein	17g	Saturated	7g
Carbohydrate	46g	Sugar	0
Sodium	741mg	Calcium	226mg
Fiber	12g	Iron	2.2mg
Cholesterol	27g		

Green Bean Salad			Serves 4
Serving Size: 4 cups salad			
Calories	346	Fat	13.6g
Protein	19.2g	Saturated	4.7g
Carbohydrate	44g	Sugar	5.6g
Sodium	684mg	Calcium	33.5%dv
Fiber	9.9g	Iron	26%dv
Cholesterol high due to egg	196mg		