

MAKE AHEAD

QUINOA (5 prepared cups for 2 dinners)

2 cups dry quinoa
4 cups water or broth (32 oz)
½ teaspoon kosher salt

1. Add quinoa, water and salt to a medium stockpot and bring to a boil.
2. Cover and reduce heat to simmer.
3. Cook for 15-20 minutes.
4. Remove quinoa from heat let it sit for five minutes before removing lid.
5. Store in an airtight container until dinner.
6. Fluff quinoa gently with a fork before serving.

ARTICHOKES (steamed)

4 large artichokes, cleaned*
½ lemon, juiced
Water
½ teaspoon fresh lemon zest

Clean according to recommendation, using lemon juice to keep artichokes from turning brown. Add enough water to reach 1 ½ to 2 inches of a steamer. Add lemon zest to water and bring to a boil. Place artichokes into steamer rack heart side down. Steam artichokes for minimum of 25 minutes, depending on the size of the artichokes.

*Check out basic preparation tips by the California Artichoke Advisory Board (<http://artichokes.org/>), under the "Basic Preparation" tab. Watch (<http://www.oceanmist.com/video/prepping-artichokes.aspx>) for a video demonstration. For this recipe, you'll be using one artichoke per person.

MENU

MONDAY ①

Philly Cheese Stir 'Fries'
Avocado

TUESDAY ②

Steamed Artichoke
Zucchini/Tomato Ragout
Quinoa

WEDNESDAY ③

Roasted Broccoli
Lemon Ricotta
Parsley Tomato Penne

THURSDAY ④

Cuban Beans and Quinoa
Grilled Mango
Sautéed Onions

FRIDAY ⑤

Veggie Nachos
Fresh Salsa



May 4th

Shopping List

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 5	bell peppers	4	1 green 3 red	4
1, 2, 4, 5	onion	3 medium	1 red, 2 yellow	2
1	russet potatoes	2 large		2
2, 5	zucchini, italian squash	4 medium		3
2, 3, 5	cherry tomatoes	2-1/2 pounds	sub grape or chopped roma	5
2, 3	lemon	2 medium		1.5
5	lime	1 medium	for juice	0.5
3, 5	fresh parsley	1 bunch	to yield 1/2 cup chopped	2
1	avocado	2 medium		3
1, 3	broccoli florets	2 pounds	5 cups	4
2	artichokes	4 large		5
2	blueberry	2 cups	2 pints	6
4	mango	4	ripe but firm	5

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 5	white cheddar	3 cups	shredded, about 12 oz	5
3	ricotta	1-1/3 cup	part skim	4
5	Greek yogurt	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	quinoa	2 cups dry		3
2	walnuts	1/2 cup	optional for dessert snacking	3
4, 5	black bean	3 - 14 oz cans		4.5
5	corn tortillas	8 small	6"	3

Fresh 20 Grocery Est 66.5
 Cost Per Dinner 13.3
 Cost Per Serving 3.325

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10+ Tablespoons	dried oregano	2-1/2 teaspoon
	grapeseed oil	2 Tablespoons	herbes de provence	1 teaspoon
	balsamic vinegar	1 teaspoon	ground cumin	2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or vegetable broth		organic tomato paste	
	garlic	9 cloves	gluten free Dijon mustard	
	kosher salt	5 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3 teaspoons	whole wheat penne	12 ounces
	cayenne pepper	1/2 teaspoon	long grain brown rice	
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



PHILLY CHEESE STIR 'FRIES'

avocado

DIRECTIONS

For fries

1. Preheat oven to 425 degrees and line a baking sheet with foil; adjust the oven rack to the upper third.
2. Wash and scrub potatoes clean, dry them, and cut in half lengthwise, then cut each half into four pieces lengthwise. And then in half again. Each potato should yield 16 wedges.
3. In a medium mixing bowl mix together olive oil, salt & pepper, and paprika. Toss the cut potatoes in the olive oil mixture until well combined and evenly distributed.
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. In the last 10 minutes, sprinkle cheddar cheese over fries and heat until melted.

For stirfry

1. Mix bell peppers, onion and broccoli in a large mixing bowl.
2. Season with cumin, oregano, salt & pepper, and garlic.
3. Heat a large nonstick sauté pan over medium/high heat; add in grapeseed oil.
4. Once oil is hot, toss in vegetables. Stir to combine (kitchen tongs work well) and cook for 4-6 minutes or until the vegetables have softened.
5. Taste and adjust salt & pepper.
6. Serve a generous helping on top of fries with side of fresh avocado.

INGREDIENTS

For fries

- 2 Large Russet potatoes –skin on and washed
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 1 cup white cheddar, grated (omit for vegan)

For stirfry

- 1 green bell pepper, thinly sliced
- 2 red bell pepper, thinly sliced
- 1 medium yellow onion, thinly sliced
- 2 cups broccoli florets
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 garlic cloves – minced or pressed
- 2 Tablespoons grapeseed oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

On side

- 2 medium avocado, cut in half



LEMON STEAMED ARTICHOKEs

zucchini and tomato ragout, quinoa

DIRECTIONS

MAKE AHEAD: Artichokes

Clean according to recommendation, using lemon juice to keep artichokes from turning brown. Add enough water to reach 1 ½ to 2 inches of a steamer. Add lemon zest to water and bring to a boil. Place artichokes into steamer rack heart side down. Steam artichokes for minimum of 25 minutes, depending on the size of the artichokes.

*Check out basic preparation tips by the California Artichoke Advisory Board (<http://artichokes.org/>), under the "Basic Preparation" tab. Watch (<http://www.oceanmist.com/video/prepping-artichokes.aspx>) for a video demonstration. For this recipe, you'll be using one artichoke per person.

DINNER NIGHT

For zucchini and tomato ragout

1. Preheat oven to 375 degrees.
2. In a medium bowl toss zucchini, tomatoes, and onion with olive oil, lemon juice, garlic, oregano, and salt & pepper.
3. In a large oven proof sauté pan or a shallow baking dish, arrange the vegetables in an even layer.
4. Place into the oven on the **middle rack** and roast for 15 minutes until tender.
5. Serve vegetables over quinoa with artichokes.

For quinoa

1. Add quinoa, water and salt to a medium stockpot and bring to a boil.
2. Cover and reduce heat to simmer.
3. Cook for 15 minutes.
4. Remove quinoa from heat let it sit for five minutes before removing lid.
5. Fluff quinoa gently with a fork and serve.

Artichokes may be served cold at dinner with a pantry dressing as dipping sauce.

At the end of dinner, set out a bowl of blueberries and walnuts and enjoy lingering at the table for a moment.

INGREDIENTS

For steamed artichokes

- 4 large artichokes, cleaned*
- ½ lemon, juiced
- Water
- ½ teaspoon fresh lemon zest

For the zucchini and tomato ragout

- 3 medium Italian green zucchini, cut into ¼ inch slices.
- 1 pound of cherry tomatoes, about 2 cups
- ½ 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 kosher salt
- ¼ teaspoon black pepper

For quinoa (for 3 cups)

- 1-1/2 cups dry quinoa
- 3 cups water or broth (18oz)
- ¼ teaspoon kosher salt

For dessert

- 2 cups fresh blueberries, washed
- ½ cup walnuts, whole or halves

Optional: Make mini parfaits by adding a half cup of yogurt with the blueberries, topped with walnuts.



ROASTED BROCCOLI w/ LEMON RICOTTA

parsley/tomato penne

DIRECTIONS

For broccoli

1. Preheat oven to 425 degrees.
2. Arrange florets on a baking sheet and toss with olive oil, salt, pepper and garlic.
3. Roast for 20 minutes until starting to brown and edges of florets are crispy. Remove and transfer to large mixing bowl.
4. Toss with lemon juice.

For lemon ricotta

1. Combine ricotta, lemon juice/zest, and Herbes de Provence in a small bowl.
2. Chill until ready to serve.

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 & 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. Arrange on dinner plates and serve with roasted broccoli and a generous dollop of lemon ricotta.

INGREDIENTS

For roasted broccoli

- 1 pound broccoli florets (about 3 cups)
- 2 Tablespoons olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 cloves garlic
- $\frac{1}{2}$ lemon, juiced (2 teaspoons)

For lemon ricotta (omit if vegan)

- 1- $\frac{1}{3}$ cups fresh ricotta cheese
- $\frac{1}{2}$ lemon, juiced
- 1 teaspoon lemon zest
- 1 teaspoon Herbes de Provence

For pasta

- Water
- 2 teaspoons kosher salt
- 12 ounces whole wheat pasta, penne or any short pasta
- 1 Tablespoon olive oil
- $\frac{1}{4}$ teaspoon black pepper
- 2 cups (about 1 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 BEANS & QUINOA

grilled mango , sautéed onions

DIRECTIONS

For mango

For a great video on peeling mango, visit <http://youtu.be/hFRRJfcClig>

1. Brush a grill pan with grapeseed or olive oil. Preheat pan until hot.
2. Arrange mango slices in pan and sear on all sides, turning often to avoid burning. When most pieces have been seared, turn off heat and cover with foil until ready to serve.

For onions

1. Heat small skillet over medium heat; add oil and onions. Season onions with salt & pepper, add vinegar and then reduce heat to medium/low.
2. Continue to cook for an additional 5-10 minutes, stirring often. Onions will begin to soften and turn golden brown.
3. Serve warm over black beans and quinoa.

For Cuban black beans and quinoa

1. In a medium saucepot combine quinoa and beans over medium heat; season with garlic, salt, cumin, black pepper, and cayenne.
2. Simmer for 10 – 15 minutes.
3. Top with onions and serve with a side of grilled mango.

INGREDIENTS

For mango

4 firm, ripe mangos, peeled and cut into long slices (allow ten minutes)

Scant amount of oil for grill pan

For 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 quinoa

2-3 cups prepared quinoa (make ahead)

2 - 14oz cans black bean with liquid

2 garlic clove- minced or pressed

½ teaspoon salt

1 teaspoon cumin

¼ teaspoon black pepper

½ teaspoon 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 bell 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, fresh parsley, 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
- ½ teaspoon cayenne pepper



Nutrition Information

Philly Cheese Stir 'Fries' with avocado Serves 4

Serving Size: 8 wedges, 1 cup stir 'fries' mix, 1/2 avocado			
Calories	408	Fat	20g
Protein	13g	Saturated	3g
Carbohydrate	48g	Sugar	7g
Sodium	788mg	Calcium	185mg
Fiber	11g	Iron	2.4mg
Cholesterol	6mg		

Lemon Artichokes, Zucchini/Tomato Ragout, Quinoa Serves 4

Serving Size: 1 artichoke, 1 cup quinoa, 1 cup ragout, 1/2 cup berries			
Calories	489	Fat	20g
Protein	15g	Saturated	2g
Carbohydrate	71g	Sugar	15g
Sodium	678mg	Calcium	130mg
Fiber	22g	Iron	5.2mg
Cholesterol	0mg		

Broccoli, Lemon Ricotta, Parsley/Tomato Penne Serves 4

Serving Size: 1-1/2 cup broccoli, 1/3 cup ricotta 1-1/2 cups pasta			
Calories	438	Fat	18g
Protein	24g	Saturated	6g
Carbohydrate	54g	Sugar	9g
Sodium	648mg	Calcium	405mg
Fiber	14g	Iron	4.7mg
Cholesterol	25mg		

Grilled Mango , Cuban quinoa and beans Serves 4

Serving Size: 1 mango, 1-1/2 cup quinoa/bean mix, 1/4 cup onions			
Calories	460	Fat	6g
Protein	16g	Saturated	1g
Carbohydrate	92g** (31%)	Sugar	32g
Sodium	594	Calcium	80.8mg
Fiber	17g	Iron	3.9mg
Cholesterol	0		

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		