

MAKE AHEAD IDEAS

Cook 1 russet potato (peel and steam)

Slice bell peppers

Cut watermelon (but don't eat it all before dinner)

De-stem thyme and store in a dry, cool place

MENU

MONDAY ①

STEAK & ZUCCHINI FAJITAS
Cowboy beans

TUESDAY ②

CRISPY CORNMEAL TROUT
Creamy thyme scented polenta
Watermelon slices

WEDNESDAY ③

GRILLED CHICKEN SAUSAGES
Summer squash succotash

THURSDAY ④

STEAK & SWEET PEPPER QUESADILLAS
Corn on the cob

FRIDAY ⑤

PARMESAN POTATO FRITTATA
Arugula and watermelon salad



Gluten Free Shopping June 22nd

Shopping List

This Week: 1-Steak/Zucchini Fajitas 2-Cornmeal Trout 3-Grilled Chicken Sausage 4- Steak/Pepper Quesadillas 5-Parm/Potato Frittata

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|-----------------|-------------|-----------------------|----------|
| 1, 4 | Skirt Steak | 2 pounds | | 18 |
| 2 | Trout | 1-1/4 pound | sub halibut or shrimp | 12 |
| 3 | Chicken Sausage | 1 pound | any variety, 4 links | 5 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|------------|----------------------|-----------|-------------------------|----------|
| 1 | bell peppers | 4 medium | 2 red, 2 yellow | 4 |
| 5 | russet potato | 1 large | | 1 |
| 1, 3, 4, 5 | yellow onion | 2 medium | | 1.5 |
| 1, 3, 5 | Italian zucchini | 3 medium | | 2 |
| 2 | yellow summer squash | 1 medium | | 1 |
| 1, 3 | fresh cilantro | 1 bunch | | 1.5 |
| 2 | fresh thyme | 1 bunch | | 1.5 |
| 2, 5 | lemon | 1-1/2 med | use the extra for water | 1 |
| 3, 4 | corn | 6 ears | | 3 |
| 2, 5 | mini watermelon | 1 | | 3 |
| 5 | arugula salad | 4 cups | about 1/2 pound | 2 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|----------------------|----------------|-------------------------------|----------|
| 1, 4 | white cheddar cheese | 2-1/2 cups | grated/shredded | 5 |
| 2, 5 | large organic eggs | 7 | boil the rest for quick snack | 3 |
| 2, 5 | half and half | 1-1/2 cups | | 3 |
| 2, 5 | parmesan cheese | 1/2 cup grated | | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|------------------------|------------|---------------------------|----------|
| 1, 4 | organic corn tortillas | 16 | 6" size | 3 |
| 2 | yellow corn meal | 1-1/2 cups | polenta (not fine ground) | 3 |
| 1 | pinto beans | 1-15oz can | low sodium | 1.5 |
| | | | | |
| | | | | |

Fresh 20 Grocery Est 77
 Cost Per Dinner 15.4
 Cost Per Serving 3.85

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|--------------------------------------|-----------------|---|-------------|
| | olive oil | 5 Tablespoons | dried oregano | 3 teaspoons |
| | grapeseed oil | 4 Tablespoons | herbes de provence | |
| | balsamic vinegar | 1 teaspoon | ground cumin | 2 teaspoons |
| | white wine vinegar | | raw honey or 100% maple syrup | |
| | chicken or veggie broth: gluten free | 2 cups | organic tomato paste | |
| | garlic | 3 cloves | gluten free Dijon mustard | |
| | kosher salt | 4 teaspoons | tamari or gluten free soy | |
| | black pepper | 2-1/2 teaspoons | gluten free pasta (rice or quinoa) | |
| | cayenne pepper | 1/4 teaspoon | long grain brown rice | |
| | paprika | 1/2 teaspoon | gluten free flour blend or brown rice flour | 1/4 cup |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



STEAK & ZUCCHINI FAJITAS

cowboy beans

DIRECTIONS

For steak fajitas

1. Cut steak into thin slices and set aside.
2. In a medium bowl combine salt, pepper, garlic, olive oil, cumin, and oregano. Add in steak and toss to coat.
3. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add the steak. Cook steak until lightly browned, about 2 minutes.
4. Add in the onion, peppers, and zucchini, season with salt & pepper. Stir to combine and cook for 3-5 minutes or until the vegetables have softened and the meat is cooked through.
5. Reserve half the steak and peppers for Meal #4. Store cooled meat and vegetables in a Ziploc bag or in an airtight container.
6. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 15-20 seconds.

For cowboy beans

1. Heat a small saucepot over medium/high heat; add in beans with their liquid, garlic, onion, cilantro, and salt & pepper. Stir to combine and simmer for 10 minutes.
2. Remove large onion piece and serve warm.

Serve 2 corn tortillas per person with fajitas and a side of warm beans. Garnish fajitas with chopped cilantro and a sprinkle of cheddar cheese.

KITCHEN NOTE:

Make it DAIRY FREE: omit white cheddar cheese

INGREDIENTS

For steak fajitas

- 2 pounds skirt steak (for two meals)
- 1 ½ teaspoons kosher salt
- 1 teaspoon black pepper
- 2 garlic cloves, minced
- 2 Tablespoons grapeseed oil
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 medium yellow onion, thinly sliced
- 2 red bell peppers, thinly sliced
- 2 yellow bell peppers, thinly sliced
- 1 medium green Italian zucchini, thinly sliced lengthwise into large matchsticks
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 8 – 6" organic corn tortillas, warmed
- ¼ bunch cilantro, roughly chopped
- ½ cup white cheddar cheese, grated

For cowboy beans

- 1 - 15oz can pinto beans, not drained
- 1 garlic clove, minced
- 1/4 medium yellow onion (one big piece)
- ¼ bunch cilantro, roughly chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- * *Optional ¼ teaspoon cayenne pepper*



CRISPY CORNMEAL TROUT

creamy thyme scented polenta & watermelon slices

DIRECTIONS

For crispy cornmeal trout

Lay fish out onto a flat dry surface and lightly dry with paper towels. Sprinkle the outside and inside of each fish lightly with kosher salt and pepper- set aside.

You will need three plates to bread fish; one plate with flour, one with egg and water (slightly beaten) and one plate with cornmeal combined with salt & pepper and paprika.

All breading is done with the same method, dry-wet-dry, whether you are breading chicken nuggets, fish, or chicken.

Lightly dip both sides of the fish into the flour, then into the egg mixture, and lastly press into the corn meal to coat completely. Repeat with second fish.

Place 2 thyme sprigs into the cavity of each fish, lengthwise. If using fillets, set thyme sprigs on top of fish in pan.

Heat a large nonstick sauté pan over medium/high heat; add in oil; once hot (but not smoking) add in fish and cook until golden brown and crispy on each side, about 3 minutes. Fish is done when the inside fillet flakes when pricked with a fork.

Cut fish in half, remove bones, and squeeze lemon juice over the top.

For thyme scented polenta

1. Heat a medium sauce pot over medium/high heat; add in half and half, water, broth, and thyme leaves – bring to a boil.
2. Reduce heat to medium low and sprinkle in cornmeal, whisk to avoid clumping; stir often with a wooden spoon for about 20 minutes or until texture is smooth and grains are not noticeable to the palate.
3. Stir in cheese, salt and pepper; serve warm.
4. If polenta becomes too thick, water can be added a little at a time to thin out or for reheating.

INGREDIENTS

For crispy cornmeal trout

2 whole trout, about 1 ¼ pound, gutted and head removed. *Any other white fish fillets can be substituted.*

½ teaspoon each Kosher salt and black pepper

¼ cup gluten free flour blend

1 egg (beaten) plus 2 Tablespoons water

½ cup yellow ground corn meal

½ teaspoon kosher salt

¼ teaspoon black pepper

½ teaspoon paprika

4 sprigs of thyme

½ lemon, juiced

2 Tablespoons grapeseed oil

For thyme scented polenta

1 cup half and half

¾ cup water

2 cups gluten free chicken or vegetable broth

2 teaspoons of thyme, leaves removed from the stem and roughly chopped

1 cup yellow cornmeal (do not use fine ground cornmeal; it is too thin and will produce a sticky finish)

¼ cup parmesan cheese, grated

¼ teaspoon kosher salt

¼ teaspoon black pepper

½ mini watermelon, cut into slices



GRILLED CHICKEN SAUSAGE summer squash succotash

DIRECTIONS

For grilled chicken sausage

1. Heat outdoor grill
2. Grill sausages on all sides until browned and cooked through about 8-10 minutes.

(Cooking indoors, heat a large nonstick sauté pan over medium/high heat; add in 1 teaspoon of grapeseed oil, and sauté sausages until browned on all sides and cooked through.)

For summer squash succotash

1. Heat a large nonstick sauté pan over medium high heat; add in oil, and once hot, add in onion. Sauté the onion 2-3 minutes or until soft and translucent.
2. Add in summer squash, zucchini, corn, garlic, oregano, and salt & pepper, sauté for 3-4 minutes or until squash is tender and cooked through. Finish with chopped cilantro.

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender.

**To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

INGREDIENTS

For grilled chicken sausage

1 pound chicken sausage links; any variety, organic preferred (about 4 links) *make sure they are fresh and gluten free*

For summer squash succotash

1 Tablespoon olive oil

¼ medium yellow onion, finely chopped

1 medium yellow summer squash, cut into small dice

2 medium green Italian zucchini, cut into small dice

2 ears of corn, cooked and kernels removed * *See notes*

2 garlic cloves

1 teaspoon dried oregano

½ teaspoon salt

¼ teaspoon pepper

¼ bunch cilantro, roughly chopped



STEAK & SWEET PEPPER QUESADILLAS

corn on the cob

DIRECTIONS

MADE AHEAD

Skirt steak and peppers

For steak quesadillas

1. Heat a medium sauté pan over medium heat and warm steak and peppers.
2. Heat a large sauté pan over medium/high heat and lightly brush with olive oil. Place the tortilla in the pan and spread $\frac{1}{2}$ cup of cheese over 1 side tortilla, then arrange steak and peppers over cheese. Place second tortilla over the fillings and toast both sides of the tortilla, turning once, until the cheese is melted through. Repeat with the remaining 3 tortillas.
3. Cut each into fourths and serve warm with corn and household fruit.

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender.

**To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

INGREDIENTS

For steak quesadillas

4 cups skirt steak & peppers (make ahead with another meal)

1-2 Tablespoons olive oil

8 organic corn tortillas (6")

2 cups white cheddar, grated

For corn on the cob

4 ears or corn * See recipe notes

Serve with any leftover, ripe fruit you have on hand



POTATO PARMESAN FRITTATA

arugula and watermelon salad

DIRECTIONS

For potato parmesan frittata

1. Preheat the oven to BROIL and adjust the oven rack to the top third. (Not the very top but 1-2 below.)
2. In a medium bowl whisk to combine lemon zest, eggs, half and half, and salt & pepper.
3. Heat a large nonstick oven proof sauté pan over medium heat; add in oil and once hot, yellow onion and zucchini. Sauté the vegetables, stirring often for 5-6 minutes or until the onions are very soft and lightly browned around the edges.
4. Add in cooked potatoes; stir to combine. With a spatula move the potatoes to distribute evenly.
5. Reduce heat to low and pour in egg mixture, carefully pull the cooked sides in towards the center to allow uncooked egg to flow to the outside edge. Continue to cook until very little moisture remains on the top, about 3 – 4 minutes.
6. Sprinkle with parmesan cheese and place under broiler for an additional 3-5 minutes until slightly browned and puffed.

For arugula and watermelon salad

1. In a medium bowl combine arugula and watermelon, toss lightly with olive oil, balsamic vinegar, and salt & pepper.
2. Garnish with a sprinkle of parmesan cheese.

**To microwave potato: wrap wet potato in plastic wrap and place in bowl. Microwave on high for 6 minutes or until fork tender. Cut into a medium ½ inch dice.*

INGREDIENTS

For potato parmesan frittata

- 1 lemon zested
- 6 large, organic eggs
- ½ cup half and half
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil
- ½ medium yellow onion, thinly sliced
- 1 medium zucchini, cut into small dice
- 1 large russet potato, peeled, cooked and cut into medium dice, (can be steamed or microwaved*)
- ¼ cup parmesan cheese, grated

For arugula & watermelon salad

- 4 cups of arugula
- 4 cups of seedless watermelon balls or bite size pieces
- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Sprinkle of kosher salt & black pepper
- Garnish with parmesan cheese



Nutrition Information

| Steak & Zucchini Fajitas w/ Cowboy Beans | | | Serves: 5 |
|---|------|-----------|------------------|
| Serving Size: 2 tacos w/ 2 oz meat, 1 TBS Cheese and unlimited veggies in each. 1/4 cup beans | | | |
| Calories | 547 | Fat | 24 |
| Protein | 40 | Saturated | 8 |
| Carbohydrate | 43 | | |
| Sodium | 936 | Calcium | 172 |
| Fiber | 10 | Iron | 5 |
| Cholesterol | 96.8 | | |

| Crispy Cornmeal w/ Creamy Polenta & Watermelon Slices | | | Serves: 4 |
|---|-----|-----------|------------------|
| Serving Size: 5 oz trout w/ 3/4 cup polenta & 2 watermelon slices | | | |
| Calories | 517 | Fat | 20 |
| Protein | 34 | Saturated | 6.5 |
| Carbohydrate | 47 | | |
| Sodium | 503 | Calcium | 172 |
| Fiber | 1.7 | Iron | 3.2 |
| Cholesterol | 75 | | |

| Grilled Chicken Sausage w/ Summer Succotash & Grilled Corn | | | Serves: 4 |
|---|-----|-----------|------------------|
| Serving Size: 1 sausage link w/ 1.5 cups succotash & 1 ear of corn | | | |
| Calories | 392 | Fat | 19 |
| Protein | 32 | Saturated | 14 |
| Carbohydrate | 22 | | |
| Sodium | 352 | Calcium | 56 |
| Fiber | 4 | Iron | 2.1 |
| Cholesterol | 99 | | |

| Steak & Sweet Pepper Quesadillas & Corn on the Cob & Watermelon | | | Serves: 5 |
|--|------|-----------|------------------|
| Serving Size: 2 corn tortillas w/ 1 cup steak/pepper mix and 1/3 cup cheese. 1 ear of corn | | | |
| Calories | 562 | Fat | 34.4 |
| Protein | 41.6 | Saturated | 20 |
| Carbohydrate | 20 | | |
| Sodium | 483 | Calcium | 392 |
| Fiber | 1.8 | Iron | 3.5 |
| Cholesterol | 138 | | |

| Potato & Parmesan Frittata w/ Arugula & watermelon Salad | | | Serves: 4 |
|---|-----|-----------|------------------|
| Serving Size: 1/4 of frittata w/ 2 cups of salad | | | |
| Calories | 351 | Fat | 17 |
| Protein | 18 | Saturated | 6.8 |
| Carbohydrate | 29 | | |
| Sodium | 661 | Calcium | 257 |
| Fiber | 3.4 | Iron | 2.9 |
| Cholesterol | 298 | | |