

## MAKE AHEAD

### Cucumbers

#### Meal #1

- 1 English cucumber, cut into small dice

#### Meal #2

- 1 English cucumber, unpeeled, seeded, and sliced 1/4-inch thick *\*To seed the cucumber, cut the cucumber in half lengthwise. With a small spoon scrape out the seeds in one smooth motion, starting from the top and scooping downwards. Lay the cucumber halves down on their flat side and slice.*

#### Meal #3

- 2 English cucumbers cut into slices

### Roasted red peppers \* see recipe notes

#### Meal #5

- 2 roasted red peppers, seeded and cut into small dice

#### How to roast peppers

1. *Rinse peppers and dry.*
2. *Place over an open flame (directly on the stove top flame, barbeque, broiler, or in a sauté pan over high heat)*
3. *Char on all sides (don't worry if it turns black and burns). Place into a Ziploc bag and steam for 10 minutes.*
4. *Remove from bag and peel off the skin over the sink. Remove stem and seeds.*

### Parsley

Rinse and dry parsley. Remove leaves from stem and store, wrapped in paper towel, in a Ziploc bag in fridge.

## MENU

### MONDAY ①

LEMON & DILL GRILLED TOFU  
Chick pea couscous spinach salad with  
cucumber and olives

### TUESDAY ②

ITALIAN EGGPLANT  
Panzanella bread salad

### WEDNESDAY ③

STUFFED GREEK PITA POCKETS  
Creamy dill yogurt & cucumber red  
pepper salad

### THURSDAY ④

ROASTED RED PEPPER MOZZARELLA  
MELTS  
Stove top tomato sauté

### FRIDAY ⑤

EGGPLANT CAPONATA  
Penne pasta & ... kitchen sink salad



Vegetarian: June 8th

# Vegetarian Shopping List

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	lemon	4		2
1,3	dill	1 bunch		2
1,4,5	baby spinach leaves	1/2 pound	about 6 cups/handfuls	3
1,2,3,5	english cucumber/hot house	4		4
1,2,3,4,5	red onion	2 medium		1.5
5	yellow onion	1 small		1
1,2,5	flat leaf Italian parsley	1 large bunch		1.5
1,2,3,4,5	cherry tomatoes	2 1/4 pounds	3- 12 oz containers	6
5	tomatoes	2 medium		2
2,3,4,5	red bell peppers	8		8
2,5	Italian eggplant	3 medium	about 2 pounds	4.5
3,5	Romaine lettuce	1 head		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2,3	feta cheese, crumbled	5oz	1 1/4 cups	4
4	mozzarella cheese	1 cup grated	or 4 slices from the deli	3
3	thick Greek yogurt	1 cup		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	extra firm tofu	14 oz		3
1,2,3	canned chick peas	3- 15 oz can	organic	4.5
1,2,5	kalamata olives-pitted	1 jar	or ask deli for 8 ounces	4
2,4	whole wheat baguette	1		2
3	whole wheat pitas	4		2
1,3	dried cous cous	1 cup		2

Fresh 20 Grocery Est      63  
 Cost Per Dinner            12.6  
 Cost Per Serving            3.15

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 oz	dried oregano	4 teaspoons
	grapeseed oil	5 oz	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey            or 100% maple syrup	
	vegetable broth	3 cups	organic tomato paste	
	garlic	11 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	4 1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta	12 oz penne
	cayenne pepper	1/8 teaspoon	long grain brown rice	
paprika	1/8 teaspoon	whole wheat flour		

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## LEMON & DILL GRILLED TOFU

chick pea, couscous, spinach salad with cucumber and olives

### DIRECTIONS

#### *For lemon & dill grilled tofu*

1. Preheat outdoor grill.
2. In a small bowl whisk lemon juice, oil, garlic, dill, paprika, and salt & pepper. Reserve 2 tablespoons of this mixture for basting.
3. Drain and rinse tofu; pat dry. Cut the block crosswise into eight 1/2-inch-thick slices and place in a shallow glass dish, and cover with remaining marinade. Cover with plastic wrap and refrigerate for 20-30 minutes.

Meanwhile make salad

4. Lightly oil the grill rack. Drain the tofu. Grill the tofu over medium-high heat, basting occasionally with reserved lemon juice mixture, until lightly browned, 3 to 4 minutes per side

#### *For chick pea couscous*

1. In a large bowl combine the chick peas, spinach, cucumber, onion, parsley, dill, tomato, olives, lemon juice, lemon zest, salt & pepper, and olive oil, stir to combine – set aside.
2. In a small sauce pot with a lid, bring the broth to a boil with the clove of garlic and olive oil.
3. Once boiling, turn off the heat, stir in the couscous, and cover with the lid. Allow the couscous to absorb the liquid, about 10 minutes.
4. Remove the garlic clove and lightly fluff the couscous with a fork, cool slightly.
5. Once the cous is cooled add it to the large bowl of vegetables and stir to combine. Toss in optional feta cheese.

Serve warm grilled tofu over couscous. Grilled lemons can be squeezed over the tofu for added flavor.

### INGREDIENTS

#### *For lemon & dill grilled tofu*

1 lemon juiced to yield ¼ cup lemon juice  
1 Tablespoon olive oil  
2 garlic cloves, minced  
1 Tablespoon dill, chopped finely  
1/8 teaspoon paprika  
1/2 teaspoon kosher salt  
¼ teaspoon black pepper  
14 ounces extra-firm tofu

#### *For chickpea couscous salad*

½ of a 15oz can of chick peas, drained (reserve the other half for Panzanella bread salad)  
2 cups baby spinach, about 2 handfuls  
1 English cucumber, cut into small dice  
¼ red onion, cut into small dice  
¼ of a bunch flat Italian parsley, roughly chopped  
1 Tablespoon dill, chopped finely  
6 oz cherry tomatoes, halved, about 1 full cup  
½ cup kalamata olives, pitted and roughly chopped  
1 lemon, juiced and zested  
½ teaspoon kosher salt  
¼ black teaspoon black pepper  
2 Tablespoons olive oil  
1 ½ cups of low sodium vegetable broth  
1 garlic clove, whole  
1 Tablespoon of olive oil  
1 cup dried couscous

#### Optional:

½ cup feta cheese, about 2 oz, crumbled

### DIRECTIONS

#### *For the vinaigrette*

In a small bowl mix together vinegar, garlic, oregano, Dijon, salt & pepper. Slowly whisk in the olive oil in a thin stream.

#### *Or*

Mix all the ingredients in a jar with a lid (Mason jar) and shake well.

#### *For the panzanella salad*

1. Heat a large nonstick sauté pan over medium/high heat; add in 2 Tablespoons of olive oil, once hot add in the bread, sprinkle lightly with kosher salt.
2. Stir the bread for 8-10 minutes, until lightly browned and toasted on all sides.
3. In a large salad bowl combine the cucumber, red pepper, tomatoes, red onion, olives and chick peas.
4. Pour the vinaigrette over the vegetables, stir to combine. Add the feta, parsley, and bread cubes to the vegetables and stir lightly to combine.
5. Set aside for 20 minutes for the flavors to blend. Toss through before serving.

#### *For eggplant*

1. Lay eggplant out on a flat surface, brush with olive oil and season both sides with salt & pepper.
2. Heat a large nonstick sauté pan over medium/high heat; add oil, once hot, add in eggplant. Sauté each side of the eggplant until lightly browned, 2-3 minutes.
3. Serve 1/4 of warm eggplant per person topped with panzanella salad.

### INGREDIENTS

#### *For the vinaigrette*

1/4 cup balsamic vinegar  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon Dijon mustard  
1 teaspoon kosher salt  
½ teaspoon black pepper  
1/2 cup olive oil

#### *For the panzanella salad*

2 Tablespoons olive oil  
½ whole wheat baguette cut into 1 inch cubes, about 4-6 cups  
1 English cucumber, unpeeled and sliced 1/4-inch thick  
2 red bell peppers, seeded and cut into large dice  
6 oz cherry tomatoes, about 1 cup  
1/2 medium red onion, thinly sliced  
1/2 cup Kalamata olives, pitted and roughly chopped, some left whole.  
½ of a 15 oz can of chick peas, drained  
½ cup feta cheese, about 2 oz , crumbled \* Optional, can be left out for a vegan meal  
¼ bunch Italian flat parsley, roughly chopped

#### *For eggplant*

2 medium Italian eggplant, about 1 pound, cut into fourths lengthwise.  
2 Tablespoons olive oil  
½ teaspoon salt  
¼ teaspoon pepper



# STUFFED GREEK PITA POCKETS

## creamy dill yogurt & cucumber red pepper salad

### DIRECTIONS

#### *For pita pockets*

1. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add onions, chick peas, and garlic – stir to combine.
2. Season with cayenne pepper and a pinch of salt & pepper. Sauté over medium/high heat for 3-4 minutes or until chick peas are warmed through and slightly softened.
3. Remove pan from the heat and allow to cool slightly. With the back of a fork or with a potato masher, lightly smash the chickpeas.
4. Fill each pita with 1 cup of warm chick peas and top with chopped lettuce and tomato. Serve with a large dollop of creamy dilled yogurt.

#### *For creamy dill yogurt*

1. In a small bowl combine yogurt, lemon juice, dill, and feta cheese – stir to combine.

#### *For cucumber red pepper salad*

1. In a medium bowl combine cucumber, red bell peppers, lemon juice, olive oil and a sprinkle of salt & pepper – toss to coat.

### INGREDIENTS

#### *For Greek stuffed pita pocket*

- 2 Tablespoons olive oil
- ½ medium red onion, cut into small dice
- 2 – 15 oz cans of organic chick peas, drained and lightly dried
- 1 garlic clove, minced
- 1/8 teaspoon cayenne pepper
- Pinch of kosher salt & black pepper
- 4 whole wheat pita rounds
- ½ head Romaine lettuce, chopped
- 6 oz cherry tomatoes, halved, about 1 full cup

*For creamy dill yogurt* \*Optional, can be removed for a vegan meal.

- 1 cup thick Greek yogurt
- ½ lemon, juiced
- 2 Tablespoons fresh dill, chopped
- ½ cup feta cheese, about 1 oz crumbled

#### *For cucumber salad*

- 2 English cucumbers cut into ¼ inch slices
- 2 red bell peppers, seeded and cut into large dice
- ½ lemon, juiced
- 2 Tablespoons olive oil
- 1 teaspoon dried oregano
- Salt & pepper



# ROASTED RED PEPPER MOZZARELLA MELTS

## stove top sauté

### DIRECTIONS

#### *For roasted red pepper mozzarella melts*

1. Preheat oven to 425 degrees.
2. Line a baking sheet and lay out bread and top with cheese, red peppers, onions, oregano, and a sprinkle of kosher salt and pepper.
3. Place into preheated oven and bake for 8-10 minutes or until cheese is melted and bubbly.

#### *For stove top tomato sauté*

1. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add in tomatoes.
2. Stir to coat with olive oil and then add in the lemon zest, lemon juice, garlic, and salt & pepper. Sauté for 4-5 minutes until tomatoes are heated through and begin to become soft and the skins split.
3. Finish the tomatoes by stirring in the fresh parsley and spinach leaves. Sauté for 1-2 more minutes until the spinach is wilted.

#### *How to roast peppers*

1. *Rinse peppers and dry.*
2. *Place over an open flame (directly on the stove top grill, barbeque, or in a sauté pan over high heat)*
3. *Char on all sides (don't worry if it turns black and burns). Place into a Ziploc bag and seal for 10 minutes.*
4. *Remove from bag and peel off the skin over the sink. Remove stem and seeds.*

### INGREDIENTS

½ whole wheat baguette sliced in half then sliced down the middle to make 4 slices for open faced sandwiches.

1 cup shredded mozzarella or 4 slices from the deli

2 red bell peppers, roasted-seeded, and thinly sliced

¼ red onion, cut into thin slices

1 teaspoon dried oregano

#### *For stove top tomato sauté*

12 oz cherry tomatoes, about 2 cups

1 ½ Tablespoons olive oil

1 lemon, zested

½ lemon, juiced to yield 1 Tablespoon

1 garlic clove, minced

½ teaspoon kosher salt

¼ teaspoon black pepper

1 Tablespoon parsley, roughly chopped

4 cups baby spinach leaves



# EGGPLANT CAPONATA

## penne pasta & ... kitchen sink salad

### DIRECTIONS

*If you have picky eaters, be sure to cut your vegetables into smaller pieces, so that the vegetables will cook down quickly and become more sauce like. I like to leave my vegetable pieces a little larger for a chunky texture.*

#### *For caponata*

1. Heat a large nonstick sauté pan over medium/high heat; add in olive oil and once hot, the onions and eggplant. Sweat the onions and eggplant stirring often for 3-4 minutes or until they become soft.
2. Add in garlic, tomatoes, broth, peppers, balsamic vinegar, oregano, parsley, and salt & pepper. Stir to combine, reduce heat to low/medium and simmer for 15-20 minutes.
3. Heat a large sauce pot with 4 quarts of water and 2 teaspoons of salt.
4. Boil pasta for 8-10 minutes or until al dente, drain. Do not rinse
5. Serve warm pasta topped with warm caponata.

#### *For ... the Kitchen sink salad*

In a large bowl toss together lettuce, spinach, tomato, and any other leftover salad ingredients. Serve with your choice of pantry dressing.

### INGREDIENTS

#### *For eggplant caponata*

- 3 Tablespoons olive oil
- 1 small yellow onion, cut into small dice
- 1 Italian eggplant about 1 pound, cut into ½" pieces (The smaller the pieces the quicker the skin will become soft while cooking)
- 3 garlic cloves, minced
- 1 pint cherry tomatoes, chopped
- 1 ½ cups vegetable broth
- 1 red bell peppers, seeded and cut into small dice
- 2 Tablespoons balsamic vinegar
- 2 teaspoons dried oregano
- ¼ bunch Italian flat leaf parsley, roughly chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

#### *For pasta*

- 4 quarts water
- 12oz penne whole grain pasta

#### *...the Kitchen sink salad*

- ½ head romaine lettuce, chopped
- Any leftover spinach
- 6oz cherry tomatoes, about 1 cup
- Olives
- Feta
- Red onion
- ¼ cup your choice pantry dressing
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# Nutrition Information

<b>Lemon/Dill Grilled Tofu, CousCous/Spinach Salad</b>			<b>Serves: 4</b>
Serving Size: 1/4 toofu block, 1-1/2 cups salad			
Calories	517	Fat	26.2g
Protein	23.6g	Saturated	5.4g
Carbohydrate	50.3g	Sugars	2.0g
Sodium (mostly olives)	983mg	Calcium	30%dv
Fiber	8.6g	Iron	25.9%dv
Cholesterol	16.7mg		

<b>Italian Eggplant and Panzanella Salad</b>			<b>Serves: 4</b>
Serving Size: 1/2 eggplant, 2 cups salad			
Calories	333	Fat	26g
Protein	15g	Saturated	3g
Carbohydrate	25.8g	Sugars	5g
Sodium	731mg	Calcium	10%dv
Fiber	4.2g	Iron	12.8%dv
Cholesterol	-		

<b>Stuffed Greek Pita, dill yogurt, cucumber/red pepper salad</b>			<b>Serves: 4</b>
Serving Size: 1 pita, 1/4 eggplant, 1/4 cup dressing, 1 cup salad			
Calories	510	Fat	2.5g
Protein	20.6g	Saturated	5g
Carbohydrate	69.1g	Sugars	2.8g
Sodium	835mg	Calcium	29%dv
Fiber	14g	Iron	26%dv
Cholesterol	16.7mg		

<b>Roasted Red Pepper Melts, tomato/spinach saute</b>			<b>Serves: 4</b>
Serving Size: 1 slice melt, 3/4 cup saute			
Calories	344	Fat	14.8g
Protein	18.4g	Saturated	6g
Carbohydrate	52.8g	Sugars	5.4g
Sodium	763.9mg	Calcium	6.5%dv
Fiber	5.5g	Iron	11.3%dv
Cholesterol	0		

<b>Eggplant Caponata Pasta</b>			<b>Serves: 4</b>
Serving Size: 2 full cups pasta with sauce			
Calories	449	Fat	12g
Protein	13g	Saturated	1.5g
Carbohydrate	60g	Sugars	5.3g
Sodium	457mg	Calcium	4.2%dv
Fiber	15g	Iron	22.9%dv
Cholesterol	0		