

MAKE AHEAD

Cook 3 russet potatoes (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

SWEET PEPPER & ZUCCHINI FAJITAS
Cowboy beans

TUESDAY ②

MUSHROOM SAUTE
Creamy thyme polenta & watermelon
slices

WEDNESDAY ③

POTATO FRITTERS
Summer squash succotash

THURSDAY ④

SWEET PEPPER & ZUCCHINI BURRITOS
Corn on the cob

FRIDAY ⑤

PARMESAN POTATO FRITTATA
Arugula and watermelon salad



Vegetarian Shopping June 22nd

Shopping List

This Week: 1-Pepper/Zucchini Fajitas 2-Mushroom Polenta 3-Potato Fritters 4- Zucchini/Pepper Tacos 5-Parm/Potato Frittata

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	bell peppers	4 medium	2 red, 2 yellow	4
3, 5	russet potato	3 large		1
1, 3, 4, 5	yellow onion	2 medium		1.5
1, 3, 4, 5	Italian zucchini	6 medium		4
2	yellow summer squash	1 medium		1
2	crimini or button mushrooms	1 pound		4
1, 3	fresh cilantro	1 bunch		1.5
2	fresh thyme	1 bunch		1.5
5	lemon	1		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	6 ounces	grated/shredded	5
5	large organic eggs	6		3
2, 5	half and half	12 ounces		3
2, 5	parmesan cheese	3-4 ounces		4

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

Fresh 20 Grocery Est 54
 Cost Per Dinner 10.8
 Cost Per Serving 2.7

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



SWEET PEPPER & ZUCCHINI FAJITAS

cowboy beans

DIRECTIONS

For sweet pepper & zucchini fajitas

1. Cut all the vegetables and set aside.
2. In a medium bowl combine salt, pepper, garlic, oil, cumin, and oregano. Add in vegetables and toss to coat.
3. Heat a large nonstick sauté pan over medium/high heat; add in olive oil, and once hot, add the onions, peppers, and zucchini. Stir to combine and cook for 3-5 minutes or until the vegetables have softened and are warmed through.
4. Reserve half the zucchini and peppers for Meal #4. Store cooled vegetables in a Ziploc bag or in an airtight container.
5. 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. If desired, add cayenne for heat. Stir to combine and simmer for 10 minutes. 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 sweet pepper & zucchini fajitas

- 1 ½ teaspoons kosher salt
- ½ 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
- 3 medium green Italian zucchini, thinly sliced lengthwise into large matchsticks
- 8 – 6" organic corn tortillas, warmed
- ¼ bunch cilantro, 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 (leave in one piece)
- ¼ bunch cilantro, roughly chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- * *Optional ¼ teaspoon cayenne pepper*



MUSHROOM SAUTE

creamy thyme scented polenta

DIRECTIONS

For mushroom sauté

1. Heat a large nonstick sauté pan over medium/high heat; add in oil and once hot, add in sliced mushrooms, (do not over crowd mushrooms or they will steam and not turn golden brown) cook in 2 batches if you need to.
2. Sauté over high heat stirring every few minutes until the mushrooms have begun to turn golden brown on the edges and they have cooked down in volume, about 4 minutes.
3. Add in garlic, thyme, salt & pepper, and vinegar - stir to combine.

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 simmer.
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 & pepper, and serve warm.
4. If polenta becomes too thick, water can be added a little at a time to thin out or for reheating.

Serve warm polenta topped with mushroom sauté and cold watermelon slices.

INGREDIENTS

For mushroom sauté

- 2 Tablespoons grapeseed oil
- 16 oz crimini or button mushrooms, sliced
- 2 garlic cloves minced
- 2 teaspoons of fresh thyme, leaves removed from the stem and roughly chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon white wine vinegar

For thyme scented polenta

- 1 cup half and half
- ¾ cup water
- 2 cups low sodium vegetable broth
- 1 cup yellow cornmeal (do not use fine ground cornmeal; it is too thin and will produce a sticky finish)
- 2 teaspoons of fresh thyme, leaves removed from the stem and roughly chopped
- ¼ cup parmesan cheese, grated
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

For watermelon

- ½ mini watermelon, cut into slices



POTATO FRITTERS

corn and summer squash succotash

DIRECTIONS

For potato fritters

1. In the bowl of a food processor combine garbanzo beans, onion, cumin, cayenne pepper cilantro, and garlic – pulse until smooth, about one minute.
2. Add in potato and flour and pulse potatoes are smooth and blended into the garbanzo beans. Season with salt and pepper.
3. Lightly flour your hands and divide mixture into 8-10 patties about 1 inch thick – set aside onto a floured surface.
4. Heat a large nonstick sauté pan over medium heat and add in grapeseed oil; once hot, add fritters to the pan. Fry on each side 2-3 minutes or until golden brown and cooked through.
5. Serve warm with succotash.

For summer squash succotash

1. Heat a large nonstick sauté pan over medium 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.

*For potatoes

To microwave potato: wrap wet potato in plastic wrap and place in Bowl, microwave on high for 6 minutes or until fork tender. Cool and cut into large pieces.

To boil potatoes: Peel potatoes and boil in lightly salted water until fork tender, cool and cut into large pieces.

INGREDIENTS

For potato fritters

- ½ - 15oz can of garbanzo beans, drained (not rinsed)
- ¼ onion, cut into small dice
- ½ teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- ¼ bunch of cilantro
- 1 garlic clove minced
- 2 medium russet potatoes cooked & peeled * See recipe notes
- 1 ½ tablespoons whole wheat flour
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 Tablespoons grapeseed oil

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, minced
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- ¼ bunch cilantro, roughly chopped



SWEET PEPPER & ZUCCHINI TACOS

corn on the cob

DIRECTIONS

MADE AHEAD

Zucchini & peppers * See Meal #1 for recipe

1. Heat a medium sauté pan over medium heat and warm zucchini and peppers.
2. Heat a small saucepot over medium heat and warm beans. Once warmed through smash lightly with the back of a fork or with a potato masher.
3. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 15-20 seconds.
4. Assemble tacos by filling each tortilla with beans, zucchini & peppers, ¼ cup of cheese, gather together.

KITCHEN NOTE:

Make it DAIRY FREE: omit white cheddar cheese

* 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 sweet pepper & zucchini burritos

4 cups peppers & zucchini

**See Meal #1 for recipe*

1 – 15 oz can pinto beans, drained (not rinsed)

½ - 15 oz can garbanzo beans, drained (not rinsed)

8 - 6" corn tortillas

1 cup white cheddar cheese, grated

For corn on the cob

4 ears of corn on the cob **See recipe notes*



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 notch below.)
2. In a medium bowl whisk to combine lemon zest, eggs, half and half, and salt & pepper. Set aside.
3. Heat a large nonstick oven proof sauté pan (10-12") 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 4-5 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 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
- ¼ medium yellow onion, thinly sliced
- 1 medium zucchini, cut into small dice
- 1 large russet potato, peeled and cut into medium dice, cooked (* See recipe notes, can be steamed or microwaved)
- ¼ cup parmesan cheese, grated

For arugula & watermelon salad

- 4 cups of arugula
- ½ mini watermelon to yield 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 ¼ cup grated parmesan cheese



Nutrition Information

Sweet Pepper & Zucchini Fajitas w/Cowboy Beans			Serves: 4
Serving Size: 2 tortillas w/ 1/2 cup vegetable mix and 1/4 cup beans			
Calories	407	Fat	15
Protein	18	Saturated	4
Carbohydrate	54		
Sodium	746	Calcium	207
Fiber	14	Iron	3.6
Cholesterol	18		

Mushroom Saute w/ Creamy Thyme Scented Polenta			Serves: 4
Serving Size: 1 cup mushrooms over 3/4 cup polenta w/ 2 watermelon slices			
Calories	401	Fat	16
Protein	14	Saturated	6
Carbohydrate	51		
Sodium	544	Calcium	142
Fiber	3.8	Iron	2.5
Cholesterol	26		

Sweet Pepper & Zucchini Tacos w/ Corn			Serves: 4
Serving Size: 1 burrito w/ 3/4 cup beans, 1/2 c peppers and onions, 1/4 cup cheese. 1 ear corn			
Calories	598	Fat	22
Protein	31	Saturated	11
Carbohydrate	75		
Sodium	854	Calcium	528
Fiber	16	Iron	4.5
Cholesterol	59		

Potato Fritters w/ Summer Succotash			Serves: 4
Serving Size: 2.5 fritters w/ 1.5 cups Succotash			
Calories	402	Fat	16
Protein	11	Saturated	1.6
Carbohydrate	58		
Sodium	860	Calcium	59
Fiber	9.3	Iron	2.9
Cholesterol	0		

Potato and Parmesan Frittata w/ Arugula & Watermelon Salad			Serves: 4
Serving Size: 1/4 frittata w/ 2 cups salad			
Calories	341	Fat	17
Protein	18	Saturated	6.8
Carbohydrate	29		
Sodium	661	Calcium	257
Fiber	3.4	Iron	2.9
Cholesterol / mainly from eggs	298		