

MAKE AHEAD

For Walnut parsley pesto

- 1 cup walnuts, toasted
- 4 garlic cloves
- 1 lemon zested and juiced to yield 2 Tablespoons of juice
- 1/8 teaspoon cayenne pepper
- 1 ½ packed cups of flat leaf Italian parsley
- 1 ½ packed cups basil leaves
- 1 cup Parmesan cheese, grated
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ¾ cup olive oil

1. In the bowl of a food processor, combine, walnuts, garlic, lemon zest, lemon juice, cayenne pepper, parsley, basil, cheese, salt & pepper – pulse until well blended.
2. Turn on processor to a steady speed and stream in olive oil until smooth, about 1 minute. If your pesto is too thick you can add more olive oil or water.
3. Store in an airtight container in the refrigerator.

For Citrus chicken marinade

- 2 pounds of organic chicken breast, about 4 boneless skinless breasts (For two meals)
- 2 lemons, juiced
- ¼ cup olive oil
- 4 garlic cloves, minced
- 2 teaspoons paprika
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

1. Slice the 4 chicken breasts in half lengthwise into 8 pieces. Place all the chicken into a Ziploc bag or a non reactive container with the lemon juice, olive oil, garlic, paprika, and salt & pepper. Seal the bag and marinate for 20 minutes or up to 24 hours.

For brown rice

- 1 cup long grain brown rice
- 2 cups water (or broth)
- 1/2 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.

MENU

MONDAY ①

GRILLED CITRUS CHICKEN
Walnut pesto and sundried tomato pasta

TUESDAY ②

SALMON IN LEMON BROTH
Basil pea puree

WEDNESDAY ③

CHICKEN & ASPARAGUS FARFALLE
Cantaloupe basil salad

THURSDAY ④

BALSAMIC GLAZED CHICKEN
DRUMSTICKS
Pesto rice

FRIDAY ⑤

CHOPPED ITALIAN SALAD
With radicchio and cannellini beans



Classic July 6th

Shopping List

This week: 1-Grilled Citrus Chicken 2-Lemon Salmon 3-Chicken/Asparagus Farfalle 4-Balsamic Chicken 5-Chopped Italian

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken breasts (organic)	2 lbs	boneless, skinless (about 4 breasts)	14
4	chicken drumsticks	8	(about 1-1/2 lbs)	8
2	salmon	4 fillets	(about 1-1/4 lbs)	16

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2	lemon	5		1.5
1	walnuts	1 cup + 6 T.		3
1	parsley	1 bunch	flat leaf	1.5
1,2,3	basil	1 bunch		1.5
1,2,4	peas	3-1/2 cups	fresh or frozen (organic)	3
5	cherry tomatoes	6 oz		3
1,3	red onion	1 medium		1
2	shallot	1 small		0.5
3,4	asparagus	1 pound		3
3,5	cantaloupe melon	1-1/2	use the rest for breakfast	4
5	radicchio	1 head		2
5	iceberg lettuce	1 head		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2,3,5	parmesan	2 cups	about 8 ounces	6

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	sun dried tomatoes	3/4 cup		4
4	brown sugar	1/4 cup		1
5	cannellini beans	1-15 oz can		1.5
2,5	whole wheat dinner rolls	8		4

Fresh 20 Grocery Est 80
 Cost Per Dinner 16
 Cost Per Serving 4

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2 cups + 3 T.	dried oregano	1 tsp
	grapeseed oil	2 Tablespoons	herbes de provence	1 Tablespoon
	balsamic vinegar	1/2 cup	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	1 cup	organic tomato paste	
	garlic	14 cloves	Dijon mustard or brown mustard	1 tsp
	kosher salt	3-3/4 tsp	soy sauce or Braggs liquid amino acid	1/4 cup
				8 oz shells and 12 oz. farfalle
	black pepper	3 1/4 tsp	whole grain pasta	
	cayenne pepper	1/8 tsp	long grain brown rice	1 cup
paprika	2 tsp	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



CITRUS CHICKEN

walnut pesto and sun dried tomato pasta

DIRECTIONS

MADE AHEAD

4 Marinated chicken breasts * *see prep sheet for recipe*

1. Heat outdoor grill
2. Remove chicken from the marinade and discard liquid.
3. Place the chicken breasts onto the grill and cook for about 3-4 minutes per side. Reserve 4 pieces for Meal #3. Store cooled chicken in a Ziploc bag or in an airtight container.

Cooking indoors? Heat a large nonstick sauté pan over medium/high heat; add in 1 Tablespoon of grapeseed oil, once hot add in the chicken and cook for 2-3 minutes per side. Chicken is done when it is cooked through and no longer pink.

For walnut parsley pesto

1. In the bowl of a food processor, combine, walnuts, garlic, lemon zest, lemon juice, cayenne pepper, parsley, basil, cheese, salt & pepper – pulse until well blended.
2. Turn on processor to a steady speed and stream in olive oil until smooth, about 1 minute. If your pesto is too thick you can add more olive oil or water.
3. Can be stored in an airtight container in the refrigerator. Reserve leftover pesto (about ¼ cup) for Meal # 4.

For walnut pesto and sundried tomato pasta

1. Fill a large pasta pot with water and two heavy pinches salt, bring to a boil; add in pasta, cook for 8 minutes or until al dente. Drain and pour into a large mixing bowl.
2. Allow pasta to cool slightly, and then add in peas, sundried tomatoes, walnuts, onion, and pesto – stir to combine.
3. Garnish with freshly grated parmesan cheese and torn basil.

INGREDIENTS

For citrus chicken

2 pounds of organic chicken breast, about 4 boneless skinless breasts (For two meals)
2 lemons, juiced
¼ cup olive oil
4 garlic cloves, minced
2 teaspoons paprika
1 teaspoon kosher salt
1 teaspoon black pepper
1 Tablespoon grapeseed oil (if cooking indoors)

For walnut parsley pesto

1 cup walnuts, toasted
4 garlic cloves
1 lemon zested and juiced to yield 2 Tablespoons of juice
1/8 teaspoon cayenne pepper
1 ½ packed cups of fresh flat leaf Italian parsley, thick stems removed
1 ½ packed cups fresh basil leaves
1 cup Parmesan cheese, grated
1 teaspoon kosher salt
½ teaspoon black pepper
¾ cup olive oil

For walnut pesto and sundried tomato pasta

8 oz whole wheat shell pasta
1 cup frozen or fresh petite green peas, if frozen thawed
¼ cup sun dried tomatoes; re hydrated (by soaking in warm water) and roughly chopped
2 Tablespoons walnuts, toasted and roughly chopped
1/8 medium red onion, cut into small dice
1 cup made ahead walnut parsley pesto



SALMON IN LEMON BROTH

parmesan pea puree

DIRECTIONS

For lemon broth

1. Heat a small sauce pot over low/medium heat and olive oil; once warm, add in the shallots and sweat for about 2 minutes, or until they become soft and translucent.
2. Add in the lemon zest, juice, broth, and salt & pepper, simmer for 10 minutes. Turn off the heat and keep warm.

For pea puree

1. In the bowl of a food processor, combine the peas, $\frac{1}{4}$ cup of basil leaves, parmesan cheese, garlic, lemon juice, and salt & pepper - pulse until combined.
2. Turn on processor to a steady speed and drizzle in olive oil until smooth, about 2-3 minutes.

For salmon

1. Lay salmon out onto a flat surface and season each side generously with salt & pepper.
2. Heat a large nonstick sauté pan over medium/high heat; add in grapeseed oil; and once hot (almost smoking) add in salmon, cook on the first side 3-4 minutes or until a nice golden brown crust forms, flip to other side, reduce heat to low/medium and continue to cook for 3-4 minutes longer.
3. Squeeze fresh lemon juice over the top.

Divide the lemon broth into 4 shallow bowls, sprinkle the broth with basil chiffonade, scoop a large spoonful of pea puree in each bowl and top with salmon fillet. Serve with whole wheat dinner rolls.

INGREDIENTS

For lemon broth

- 1 Tablespoon olive oil
- 1 small shallot, thinly sliced
- 1 lemon, zested and juiced
- 1 cup low sodium chicken broth
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

For pea puree

- 2 cups fresh or frozen peas, thawed and at room temperature
- $\frac{1}{4}$ cup fresh basil leaves
- $\frac{1}{2}$ cup Parmesan cheese, grated
- 1 garlic clove
- $\frac{1}{2}$ lemon, juiced
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ cup olive oil

For salmon

- 4 salmon fillets, about 1 $\frac{1}{4}$ pounds
- Kosher salt & black pepper
- 1 Tablespoon grapeseed oil
- $\frac{1}{2}$ lemon
- 4 whole wheat dinner rolls

For garnish

- 5 basil leaves, rolled together lengthwise and then cut into thin slices (chiffonade)



CHICKEN & ASPARAGUS FARFALLE

cantaloupe basil salad

DIRECTIONS

MADE AHEAD

Chicken breast * See Meal #1 for recipe

For the chicken & asparagus farfalle

1. Bring a large pot of water to a boil and add in 2 heavy pinches of salt. Add in farfalle and boil for 7 minutes, add in the asparagus and cook for 2 minutes longer. At this point the pasta should be al dente and the asparagus should be tender.
2. Reserve ½ cup of water to finish pasta - drain and set aside
3. Heat a large nonstick sauté pan over medium heat; add in olive oil, and once hot, add in onion and garlic - sauté for 5-6 minutes until golden and soft.
4. Add in the chicken, sun dried tomatoes, walnuts, farfalle, asparagus, salt & pepper, parmesan cheese, and pasta water – stir to combine.
5. Cook over medium heat for an additional 1-2 minutes or until the chicken has warmed through.

For cantaloupe

1. In a medium bowl stir to combine the melon and basil, chill.
2. Just before serving, drizzle the olive oil over the top and a sprinkle with a touch of kosher or sea salt.

INGREDIENTS

For chicken and farfalle

12 ounces of whole wheat farfalle

½ pound of trimmed asparagus, cut thinly on the diagonal into short 1 inch pieces

3 Tablespoons olive oil

1/2 medium red onion, thinly sliced

1 garlic clove, minced

1 pound made ahead chicken breast cut into small bite size pieces. * See Meal #1 for recipe

¼ cup sundried tomatoes, (rehydrated in warm water) roughly chopped

¼ cup walnuts, roughly chopped

½ teaspoon kosher salt

¼ teaspoon black pepper

¼ cup parmesan cheese, grated

For cantaloupe

½ cantaloupe melon, peeled-seeded-cut into bite size pieces or melon balls

5 basil leaves rolled together lengthwise and cut into thin slices (chiffonade)

Drizzle of olive oil

Pinch of kosher or sea salt



BALSAMIC GLAZED DRUMSTICKS

pesto rice

DIRECTIONS

MADE AHEAD

2 cups brown rice

¼ cup walnut pesto * See prep sheet for recipe

For balsamic glazed drumsticks

1. In a large Ziploc bag or a nonreactive container, combine vinegar, brown sugar, soy sauce, Herbes, garlic, and pepper – squeeze or stir the ingredients together to help the sugar combine, add in the drumsticks and seal the bag or cover with plastic wrap. Allow marinating for at least 20-30 minutes or overnight is always better. The longer you can marinate the better; the soy sauce needs time to salt the chicken properly.
2. Heat outdoor grill Remove the drumsticks from the marinade and pour marinade into a small saucepot. Bring to a boil.
3. Grill the drumsticks on a low flame, turning often so they do not burn for about 20-25 minutes or until no longer pink in the middle. Just before serving brush the drumsticks with boiled marinade. Do not brush drumsticks with marinade while cooking or they will burn because of the brown sugar in the marinade.

Cooking indoors? Preheat your oven to 425 degrees and adjust the oven rack to the middle. Line a baking sheet and lay out the drumsticks. Try to shake off as much marinade as possible – reserve marinade. Bake for 35-40 minutes, turning once or twice to avoid burning. Pour marinade into a small saucepot. Bring to a boil to use as baste.

For pesto rice

1. Heat a large nonstick sauté pan over medium heat; add in oil, and once hot, add the onion, and asparagus – stir to combine and sauté 2-3 minutes.
2. Add in the brown rice and peas and 2 Tablespoons of water, stir to combine and cook over medium heat until warmed through, 2-3 minutes.
3. Serve warm with a spoonful of room temperature pesto over the top.

For brown rice

1. Pour all ingredients into a medium stockpot. Bring to boil, cover and reduce heat to simmer for 25 minutes until liquid has absorbed.

INGREDIENTS

For balsamic glazed drumsticks

8 chicken drumsticks, about 1 ½ pounds

¼ cup balsamic vinegar

¼ cup organic brown sugar

¼ cup low sodium soy sauce

1 Tablespoon Herbes de Provence

3 garlic cloves, minced

¼ teaspoon black pepper

For pesto rice

2 Tablespoons olive oil

¼ medium red onion, cut into small dice

½ pound asparagus, root end trimmed and cut diagonally into thin 1 inch pieces

½ cup fresh or frozen green peas, thawed if frozen

2 cups made ahead brown rice

¼ cup walnut pesto * See prep sheet for recipe

For brown rice

1 cup long grain brown rice

2 cups water (or broth)

1/2 teaspoon kosher salt (only if using water)



CHOPPED ITALIAN SALAD

radicchio, walnuts, parmesan

DIRECTIONS

For chopped Italian salad

1. In a large bowl combine all the salad ingredients, toss with vinaigrette to taste.

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 until smooth.

Or

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

Serve salad with melon slices and whole wheat dinner rolls

INGREDIENTS

For chopped Italian salad

1 head of radicchio, cut thinly into shreds and chopped

1 small head of Iceberg lettuce, thinly sliced and chopped

6 ounces cherry tomatoes cut in half, about 1 cup

¼ cup sun dried tomatoes, (rehydrated in warm water) and roughly chopped

1/8 medium red onion, cut into small dice

1- 15 oz can cannellini beans, drained and rinsed

¼ cup parmesan cheese, grated

¼ cup chopped walnuts

For the vinaigrette

1/4 cup red wine vinegar or balsamic vinegar

2 garlic cloves, minced

1 teaspoon dried oregano

1 teaspoon Dijon mustard

½ teaspoon kosher salt

½ teaspoon black pepper

1/3 cup olive oil

For cantaloupe

1 small cantaloupe cut into slices or melon balls, chilled

4 whole wheat dinner rolls



Nutrition Information

Citrus Chicken		Serves: 4			
Serving Size: 4 oz meat/ea					
Calories	268	kcal	Fat	17	g
Protein	25	g	Saturated	2.6	g
Carbohydrate	7.8	g	Sugar	1.5	g
Sodium	627	mg	Calcium	4.9	%DV
Fiber	3.1	g	Iron	6.7	%DV
Cholesterol	73	mg			

Walnut Pesto and Sundried Tomato Pasta		Serves: 4			
Serving Size: 5.5 oz					
Calories	457	kcal	Fat	34.5	g
Protein	12	g	Saturated	5.6	g
Carbohydrate	30	g	Sugar	3.5	g
Sodium	360	mg	Calcium	18	%DV
Fiber	5.6	g	Iron	20	%DV
Cholesterol	9	mg			

Salmon in Lemon Broth		Serves: 4			
Serving Size: 1 fillet (5 oz), 1 whole wheat dinner roll					
Calories	443	kcal	Fat	27	g
Protein	33	g	Saturated	5.4	g
Carbohydrate	19	g	Sugar	3.5	g
Sodium	337	mg	Calcium	7.1	%DV
Fiber	4.1	g	Iron	8.6	%DV
Cholesterol	78	mg			

Parmesan Pea Puree		Serves: 4			
Serving Size: 1 tablespoon					
Calories	87	kcal	Fat	7.5	g
Protein	2.1	g	Saturated	1.4	g
Carbohydrate	3.4	g	Sugar	1	g
Sodium	115	mg	Calcium	3.6	%DV
Fiber	1.3	g	Iron	2.3	%DV
Cholesterol	2.2	mg			

Chicken & Asparagus Farfalle		Serves: 4-5			
Serving Size: 5 oz meat/ea 4.5 oz asparagus farfalle					
Calories	612	kcal	Fat	20.6	g
Protein	42	g	Saturated	3.6	g
Carbohydrate	71	g	Sugar	6.4	g
Sodium	534	mg	Calcium	12.5	%DV
Fiber	9.5	g	Iron	30	%DV
Cholesterol	77	mg			

Cantaloupe Basil Salad			Serves: 4		
Serving Size: 1/2 cup					
Calories	50	kcal	Fat	2	g
Protein	0.9	g	Saturated	0	g
Carbohydrate	8.3	g	Sugar	8	g
Sodium	16	mg	Calcium	1	%DV
Fiber	1	g	Iron	1.4	%DV
Cholesterol	0	mg			

Balsamic Glazed Drumsticks			Serves: 4		
Serving Size: 2 drumsticks/ea, 1 tbsp glaze					
Calories	233	kcal	Fat	12	g
Protein	27	g	Saturated	3.5	g
Carbohydrate	2.7	g	Sugar	1.3	g
Sodium	601	mg	Calcium	1	%DV
Fiber	0	g	Iron	9.3	%DV
Cholesterol	110	mg			

Pesto Rice			Serves: 4		
Serving Size: 3/4 cup (brown rice cooked with water)					
Calories	278	kcal	Fat	15	g
Protein	8.4	g	Saturated	2.5	g
Carbohydrate	31	g	Sugar	2.7	g
Sodium	408	mg	Calcium	4	%DV
Fiber	5.2	g	Iron	15.2	%DV
Cholesterol	4.4	mg			

Chopped Italian Salad with radicchio, walnuts, parmesan			Serves: 4		
Serving Size: 1 cup tossed with dressing, 1 whole wheat dinner roll					
Calories	452	kcal	Fat	22	g
Protein	14.2	g	Saturated	3.7	g
Carbohydrate	52.6	g	Sugar	18.3	g
Sodium	588	mg	Calcium	21.7	%DV
Fiber	11.1	g	Iron	21.2	%DV
Cholesterol	4.4	mg			