CLASSIC September 28th

MAKE AHEAD

Meal #2 & #4

- Brown rice pilaf – makes 4 cups (serve 2 cups with Meal #2, use 2 cups to make wild rice pilaf for Meal #4)

2 Tablespoons olive oil
½ medium yellow onion, cut into small dice
2 garlic cloves
2 cup brown rice
4 cups low sodium chicken broth

1. Heat a medium saucepot with a lid over medium heat; add in oil; once hot add in onion. Sweat onion until soft and translucent, about 3 minutes.
2. Stir in garlic and rice and then add in the broth.
3. Bring to boil, cover, and reduce heat to simmer for 25 - 30 minutes until liquid has been absorbed. Uncover and steam for an additional 5 minutes. Remove garlic cloves and store pilaf in the refrigerator until dinner night.

Meal # 2 & #3

- Bake spaghetti squash

Meal # 4

- Wild Rice Pilaf

Meal # 5

- Savory Pear & Apple Soup

MENU

MONDAY ①
ROSEMARY CHICKEN
Roasted potatoes & carrots

TUESDAY ②
SOLE GREMOLATA
Brown rice pilaf
Spaghetti squash

WEDNESDAY ③
SPICY SAUSAGE SPAGHETTTI SQUASH

THURSDAY ④
CHICKEN WITH WILD RICE PILAF
Balsamic roasted pears

FRIDAY ⑤
SAVORY PEAR & APPLE SOUP
Cheddar & apple quesadillas

September 28th

Shopping List

(1) Rosemary Chicken (2) Sole Gremolata (3) Sausage Spaghetti Squash (4) Chiken & Wild Rice Pilaf (5) Pear & Apple Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken breast	2 pounds		18
2	sole	1 pound		12
3	spicy or sweet turkey sausage	1 pound		6

Recipe #		Quantity	Notes	Est Cost
1,5	rosemary	1 bunch	4 Tablespoons	1.5
2,3,4,5	yellow onion	2		1.5
1	Dutch potatoes	1 pound	red or white	3
1	carrots	6		2
4,5	pears	12		8
2	flat leaf Italian parsley	1 bunch	3 Tablespoons	1.5
5	apples	4		2
1,2	lemon	3		1.5
2,3	spaghettti squash	2 pound		3
3	bell peppers	2	red	2

Recipe #	Dairy	Quantity	Notes	Est Cost
5	cheddar	2 cups	shredded	4

Recipe #		Quantity	Notes	Est Cost
4	wild rice	1/4 cup		2
5	whole wheat tortillas	4		2
3	organic diced tomatoes	1-15 oz can		1.5
3	whole wheat dinner rolls	4		3

Fresh 20 Grocery Est	74.5
Cost Per Dinner	14.9
Cost Per Serving	3.725

Pantry Staples

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	3/4 cup	dried oregano	1 Tblspn + 1 tsp
grapeseed oil		herbes de provence	
balsamic vinegar	2 Tablespoons	ground cumin	
white wine vinegar		raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	7 cups	organic tomato paste	
garlic	6 cloves	Dijon mustard or brown mustard	
kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	2-3/4 teaspoons	whole grain pasta	
cayenne pepper		long grain brown rice	2 cups
paprika	2 teaspoons	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) LEMON ROSEMARY CHICKEN

roasted carrots and potatoes

DIRECTIONS

For roasted carrots and potatoes

1. Preheat the oven to 425 degrees.
2. Line a baking sheet and lay out potatoes and carrots – set aside.
3. In a small bowl, combine olive oil, salt & pepper, and rosemary.
4. Toss potatoes and carrots with olive oil mixture and spread out into an even layer. Leave a space on the edge of the pan for the chicken (see directions below).
5. Place into the preheated oven and roast until golden and tender, 25-30 minutes.

Meanwhile

For lemon rosemary chicken breasts

1. Line a baking sheet and lay out chicken.
2. In a small bowl, combine salt & pepper, paprika, lemon zest, and rosemary.
3. Season chicken on both sides – place 4 pieces into a Ziploc bag for meal #4.
4. Heat a large, nonstick sauté pan over medium heat and add in oil. Once hot, sear the chicken until golden brown on each side, about 2 minutes per side. Place chicken on the baking sheet with the potatoes and carrots for the last 10 minutes of cooking. Chicken is done when juices run clear and center is no longer pink.

INGREDIENTS

For roasted carrots and potatoes

1 pound Dutch baby potatoes (white or red), washed and cut in half
6 medium carrots, peeled and cut into ½ inch pieces
2 Tablespoons olive oil
½ teaspoon kosher salt
½ teaspoon black pepper
1 Tablespoon fresh rosemary leaves, removed from the stems and finely chopped

For lemon rosemary chicken

2 pounds of chicken breast, about 4 whole breasts, sliced in half lengthwise for a total of 8 pieces (for two meals)
1 teaspoons kosher salt
½ teaspoon black pepper
1 teaspoon paprika
1 lemon, zested
2 Tablespoons fresh rosemary leaves removed from the stems and finely chopped
1 Tablespoon olive oil

(2) SOLE GREMOLATA

spaghetti squash & brown rice pilaf

MADE AHEAD

- Brown rice pilaf ** see prep guide*
- Spaghetti squash ** directions below*

DIRECTIONS

For sole gremolata

1. Preheat oven to 450 degrees and adjust rack to upper third of the oven.
2. In a small bowl, combine salt & pepper, paprika, zest, parsley, and garlic.
3. Line a baking sheet and lay out fish, press seasoning into the top of each fillet.
4. Place into the preheated oven and bake for 20 minutes or until fish is cooked through, opaque, and flakes with a fork – *cooking time will depend on the thickness of your fish, check after 10 minutes.*
5. Remove from the oven and squeeze fresh lemon juice over the top.

**For chicken - cook for an additional 10 minutes or until chicken is cooked through and no longer pink in the middle.*

For spaghetti squash

1. Preheat oven to 450 degrees.
2. Rinse spaghetti squash and cut in half lengthwise with a very sharp knife. Remove seeds and place onto baking sheet cut side up.
3. Bake for 25-30 minutes or until the squash is fork tender.
4. With a fork, scrape the squash to create long strands. Divide squash into two, cool, and store in a Ziploc bags.

On dinner night

1. Warm squash over low heat in a medium sauté pan, toss with olive oil, oregano, lemon juice, and salt & pepper. Serve warm with sole gremolata and brown rice pilaf.

INGREDIENT

For sole gremolata

½ teaspoon kosher salt

½ teaspoon black pepper

1 teaspoon paprika

1 lemon zested and juiced – reserve juice for after cooking

3 Tablespoons fresh, flat leaf Italian parsley, roughly chopped

2 garlic cloves, minced or pressed

1 pound of sole fillets (or any white fish of your choice), about 4 small fillets *(*1 pound of boneless, skinless chicken breast may be substituted, sliced lengthwise into 4 pieces)*

For spaghetti squash

2 pound spaghetti squash (for 2 meals)

1 Tablespoon olive oil

1 teaspoon oregano

½ lemon, juiced

½ teaspoon salt

¼ teaspoon black pepper

2 cups brown rice pilaf, made ahead **see prep guide*

(3) SPICY SAUSAGE SPAGHETTI SQUASH
whole wheat dinner rolls

MADE AHEAD

- Spaghetti squash ** see Meal #2 for directions*

DIRECTIONS

For spicy sausage spaghetti squash

1. Heat a large, nonstick sauté pan over medium heat and add oil, once hot add sausage. Saute sausage until brown and crumbled, breaking up with a wooden spoon while cooking.
2. Once the sausage has browned, add in sliced peppers and onions. Cook until peppers begin to soften slightly, about 2 minutes.
3. Add in garlic, spaghetti squash, tomatoes, oregano, pinch of salt, pepper, and vinegar. Toss with tongs to combine and cook until spaghetti squash is warmed through, about 4 – 5 minutes.
4. Serve warm with dinner rolls.

INGREDIENTS

For spicy sausage spaghetti squash

1 Tablespoon olive oil

1 pound spicy or sweet turkey sausage, casing removed

2 red bell peppers (or 1 red and any other color, green-orange-yellow), thinly sliced

1-½ medium yellow onions, thinly sliced

2 garlic cloves, minced or pressed

½ spaghetti squash, cooked and separated into strands ** see Meal #2 for directions*

1 – 15 can organic diced tomatoes, drained no salt added

1 Tablespoon dried oregano or Italian seasoning

Pinch of kosher salt

½ teaspoon black pepper

1 Tablespoon balsamic vinegar

Whole wheat dinner rolls

(4) CHICKEN with WILD RICE PILAF
Balsamic roasted pears

MAKE AHEAD

- Brown rice pilaf ** see prep guide for recipe*
- Seasoned chicken breast ** see Meal #1 for recipe*

DIRECTIONS

For wild rice pilaf

For wild rice

1. Rinse rice with cool water.
2. Fill a medium sauce pot with water and add rice, bring to a boil. Boil uncovered for 20-25 minutes or until rice splits slightly and is tender. Drain and cool. Makes ½ cup cooked rice.

To reheat brown rice pilaf, add two tablespoons of water to prepared pilaf and heat on stovetop, stirring with a fork to fluff. Add wild rice, stir to combine, and serve warm.

For balsamic roasted pears

1. Line a baking sheet and preheat oven to 425 degrees.
2. In a small bowl, toss cut pears with olive oil, balsamic vinegar and a pinch of salt.
3. Lay pears onto baking sheet, leave room on the edge for the chicken (see below) place into preheated oven for 20 minutes.

For chicken

1. Heat a large, nonstick sauté pan over medium heat and add in oil. Once hot, sear the chicken until golden brown on each side, about 2 minutes per side. Place chicken onto the baking sheet with the pears for the last ten minutes of cooking.

Serve ½ cup of pilaf, 1 slice of chicken breast, and 1 pear per person.

INGREDIENTS

For Wild Rice Pilaf

¼ cup wild rice
2 cups brown rice pilaf, made ahead
** see prep guide*

For balsamic roasted pears

4 ripe but firm pears, peeled and cored, cut into large wedges (about 8 slices per pear)
2 teaspoon olive oil
1 teaspoon balsamic vinegar
Pinch of salt

For chicken

1 Tablespoon olive oil
4 pieces seasoned chicken breast
**See Meal #1*

(5) SAVORY PEAR & APPLE SOUP

cheddar & apple quesadillas

MADE AHEAD

- Savory Pear & Apple Soup ** see directions below*

DIRECTIONS

For savory pear & apple soup

1. Preheat oven to 450 degrees and adjust rack to the upper third of the oven.
2. Place the pears, apples and onions onto a lined baking sheet, toss with olive oil and season with salt & pepper, and rosemary. Place into the oven and roast for approximately 15-20 minutes or until fork tender and slightly golden brown. Remove from the oven and cool slightly.
3. Place half of the roasted pears, apples and onions in a blender. Carefully puree in batches with chicken broth and pour into a large soup pot.
4. Simmer soup over low heat and season with additional salt & pepper as needed. If soup is too thick it can be adjusted with additional water. Serve warm.

For cheddar and apple quesadillas

1. Heat a skillet over medium heat, add 1 tortilla. Top with ½ cup of cheese and 4 apple slices over one half of the tortillas. Fold over and warm through on both sides. Repeat process with remaining 3 tortillas.
2. Cut and serve warm with Pear & Apple soup.

INGREDIENTS

For savory pear & apple soup

2 pounds ripe but firm pears, peeled, cored, and cut into large chunks

3 sweet/tart apples (Pink Lady, Jonagold, Pipin, or Granny Smith), peeled, cored, and cut into large chunks

1 small/medium yellow onion

3 Tablespoon olive oil

1 teaspoon kosher salt

½ teaspoon black pepper

1 Tablespoon fresh rosemary leaves removed from the stems and finely chopped

3 cups low sodium chicken broth

½ cup water (as needed)

Salt & pepper as needed

For cheddar and apple quesadillas

4 whole wheat tortillas

2 cups white cheddar cheese, grated

1 apple, cored and cut into thin slices

Classic Sept 28th

Nutrition Information

Lemon rosemary chicken				Serves: 4	
Serving Size: Approx 4 ounces					
Calories	149	kcal	Fat	4.7	g
Protein	24.3	g	Saturated	0.9	g
Carbohydrate	1.8	g	Sugar	0	g
Sodium	378	mg	Calcium	1.7	%DV
Fiber	0.8	g	Iron	3.5	%DV
Cholesterol	73	mg			

Roasted carrots and potatoes				Serves: 4	
Serving Size: 1.5 cup					
Calories	199	kcal	Fat	7.2	g
Protein	3.5	g	Saturated	1	g
Carbohydrate	31.1	g	Sugar	5.9	g
Sodium	568	mg	Calcium	4.3	%DV
Fiber	4.7	g	Iron	6.4	%DV
Cholesterol	0	mg			

Sole gremolata				Serves: 4	
Serving Size: 1 fillet; approx 5 ounces					
Calories	100	kcal	Fat	1.3	g
Protein	19.5	g	Saturated	0	g
Carbohydrate	4	g	Sugar	0.8	g
Sodium	338	mg	Calcium	3.9	%DV
Fiber	1.6	g	Iron	7.9	%DV
Cholesterol	52	mg			

Spaghetti squash				Serves: 4	
Serving Size: 1/2 cup					
Calories	46.5	kcal	Fat	2.4	g
Protein	0.8	g	Saturated	0.4	g
Carbohydrate	6.1	g	Sugar	4.3	g
Sodium	143	mg	Calcium	3.4	%DV
Fiber	0.4	g	Iron	2.7	%DV
Cholesterol	0	mg			

Brown rice pilaf			Serves: 4		
Serving Size: 1/2 cup					
Calories	211	kcal	Fat	4.7	g
Protein	4.8	g	Saturated	0.7	g
Carbohydrate	36.9	g	Sugar	0.8	g
Sodium	34	mg	Calcium	1.9	%DV
Fiber	1.8	g	Iron	4.6	%DV
Cholesterol	0	mg			

Spicy sausage spaghetti squash				Serves: 4	
Serving Size: 1 1/2 cup + 1 whole wheat dinner roll					
Calories	389	kcal	Fat	14.9	g
Protein	27	g	Saturated	3.1	g
Carbohydrate	38.1	g	Sugar	16.5	g
Sodium	855	mg	Calcium	13.3	%DV
Fiber	7.2	g	Iron	19.6	%DV
Cholesterol	85	mg			

Chicken and wild rice pilaf				Serves: 4	
Serving Size: Approx 4 ounces chicken breast + 1/2 cup wild rice pilaf					
Calories	360	kcal	Fat	9.4	g
Protein	29.1	g	Saturated	1.6	g
Carbohydrate	38.7	g	Sugar	0.8	g
Sodium	412	mg	Calcium	3.6	%DV
Fiber	2.6	g	Iron	8.1	%DV
Cholesterol	73	mg			

Balsamic roasted pears				Serves: 4	
Serving Size: 1 pear					
Calories	117	kcal	Fat	2.5	g
Protein	0.6	g	Saturated	0	g
Carbohydrate	25.9	g	Sugar	16.5	g
Sodium	2	mg	Calcium	1.5	%DV
Fiber	5.2	g	Iron	1.7	%DV
Cholesterol	0	mg			

Savory pear & apple soup				Serves: 4	
Serving Size: 1 3/4 cup					
Calories	309	kcal	Fat	10.7	g
Protein	3	g	Saturated	1.5	g
Carbohydrate	56.1	g	Sugar	37.3	g
Sodium	543	mg	Calcium	4.5	%DV
Fiber	10.8	g	Iron	4.7	%DV
Cholesterol	0	mg			

Cheddar and apple quesadillas				Serves: 4	
Serving Size: 1 tortilla					
Calories	361	kcal	Fat	19.8	g
Protein	18.2	g	Saturated	11.9	g
Carbohydrate	29	g	Sugar	5	g
Sodium	481	mg	Calcium	45	%DV
Fiber	4.1	g	Iron	8.4	%DV
Cholesterol	59	mg			