

MAKE AHEAD

Meal #1

- 1 cup cooked wild rice

Meal #2

- 2 cups cooked brown rice

Meal # 2 & #3

- Bake spaghetti squash

Meal # 5

- Savory Pear & Apple Soup

MENU

MONDAY ①

WILD RICE & APPLE SALAD
Honey mustard vinaigrette
Whole wheat dinner rolls

TUESDAY ②

STUFFED RED PEPPERS
Spaghetti squash

WEDNESDAY ③

TOMATO & PEPPER SPAGHETTI
SQUASH
Whole wheat dinner rolls

THURSDAY ④

POTATO FRITTATA
Pear salad

FRIDAY ⑤

SAVORY PEAR & APPLE SOUP
Cheddar & apple quesadillas



September 28th

Vegetarian Shopping List

(1) Wild Rice/Apple Salad (2) Stuffed Red Peppers (3) Tomato & Pepper Spaghetti Squash (4) Potato Frittata (5) Apple & Pear Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	red leaf lettuce	2 bunches		4
1	carrots	2		1
1,5	apples	6	sweet/tart variety	4
2,3,4,5	onion	4		3
2,3,4	red bell pepper	10		10
2,3	spaghetti squash	2 pound		3
2,4	lemon	2		1
4	potato	1 large	russet	1
4,5	pears	10		6
5	rosemary	1 bunch	1 Tablespoon	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	eggs	10		4
2,4,5	cheddar cheese	3-1/4 cups		5
4	milk	1/2 cup		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	wild rice	1/2 cup		1
1	walnuts	1/4 cup		2
1,3	whole wheat dinner rolls	8		4
3	organic diced tomatoes	1-14.5 oz can	no salt added	2
5	whole wheat tortillas	4		3
2,3	organic cannellini beans	2-14.5 oz cans		3
1	organic canned black eyed peas	1-14.5 oz can	no salt added	11.5

Fresh 20 Grocery Est 71.5

Cost Per Dinner 14.3

Cost Per Serving 3.575

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoons	dried oregano	3 Tablespoons
	grapeseed oil		herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1 teaspoon
	vegetable broth	3 cups	organic tomato paste	
	garlic	2 cloves	Dijon mustard or brown mustard	2 teaspoons
	kosher salt	4-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	1 cup
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) WILD RICE & APPLE SALAD

honey mustard vinaigrette

MADE AHEAD

- 1 cup cooked wild rice * see directions below

DIRECTIONS

For wild rice

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

For honey mustard vinaigrette

In a small bowl, combine vinegar, Dijon mustard, honey, and salt & pepper. Whisk in the olive oil in a thin stream until combined.

Or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

For hard boiled eggs

1. Fill a small saucepot with eggs and cover with cold water.
2. Place over medium heat, bring to a boil, and boil for 6 minutes.
3. Drain and allow eggs to cool before peeling.

For wild rice apple salad

1. In a large salad bowl, combine the cooked wild rice, black eyed peas, lettuce, carrots, apples, and walnuts. Toss with desired amount of dressing. Top each salad serving with sliced egg and serve with dinner rolls.

Honey mustard vinaigrette makes enough for a serving of 2 Tablespoons per person.

Kitchen Note: Eggs can be left out for a vegan meal.

INGREDIENTS

For wild rice

½ cup wild rice (dry)

For honey mustard vinaigrette

2 Tablespoons white wine vinegar
2 teaspoons Dijon mustard
1 teaspoon honey
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup olive oil

For hard boiled eggs

4 large, organic eggs

For wild rice apple salad

1 – 14.5 ounce can organic, no salt added black-eyed peas, drained and rinsed
1 bunch of red leaf lettuce, rinsed, dried, and chopped into bite size pieces
2 medium carrots, peeled and cut into thin slices
2 sweet/tart apples (Pink Lady, Jonagold, Pipin, or Granny Smith), peeled, cored, and cut into thin slices or wedges
¼ cup toasted walnuts, roughly chopped

Whole wheat dinner rolls



(2) STUFFED RED PEPPERS

spaghetti squash

MADE AHEAD

- Brown rice * *directions below*
- Spaghetti squash * *directions below*

DIRECTIONS

For stuffed red peppers

1. Preheat oven to 350 degrees and arrange oven rack in the middle.
2. Bring a large pot of water to a boil.
3. Cut the tops off of 4 peppers and discard seeds. Trim the bottom of each pepper so that it will stand.
4. Boil the peppers for 3 minutes, drain and set aside.
5. Heat a large, nonstick sauté pan over medium heat and add in oil. Once hot add the 2 diced peppers and onions. Sweat until the onions and peppers are soft and the onions are translucent, 2-3 minutes.
6. Add in cooked rice, beans, oregano, and salt & pepper – stir to combine, cook for 2-3 minutes.
7. Stuff each pepper with filling and place into a baking dish with a ¼ cup of water at the bottom and bake in the middle of the oven for 20 minutes. Top with cheese and bake for another 5 - 10 minutes or until the cheese is melted and bubbly.

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 stuffed peppers.

For brown rice

1. Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes.

Kitchen Note: Cheese can be left out for a vegan meal

INGREDIENT

For stuffed red peppers

6 medium red bell peppers (4 left whole for stuffing and 2 with seeds removed and diced for the filling)
2 Tablespoons olive oil
½ medium yellow onion, cut into small dice
2 cups cooked brown rice * *see directions below*
1 - 14.5 ounce can organic, no salt added cannellini beans, drained and rinsed
1 Tablespoon dried oregano
½ teaspoon kosher salt
¼ teaspoon black pepper
1 cup white cheddar cheese

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

For brown rice

1 cup brown rice
2 cups water or broth
½ teaspoon kosher salt (only if using water)



(3) TOMATO and PEPPER SPAGHETTI SQUASH whole wheat dinner rolls

MADE AHEAD

- Spaghetti squash * see Meal #2

DIRECTIONS

For tomato and pepper spaghetti squash

1. Heat a large, nonstick sauté pan over medium heat and add oil. Once hot add peppers and onions. Cook until peppers begin to soften slightly, about 2 minutes.
2. Add in garlic, spaghetti squash, tomatoes, beans, oregano, salt & pepper, and vinegar. Toss with tongs to combine and cook until spaghetti squash is warmed through, about 4 – 5 minutes.
3. Serve warm with dinner rolls.

INGREDIENTS

For tomato and pepper spaghetti squash

- 1 Tablespoon olive oil
 - 3 red bell peppers (or 2 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
 - 1 – 14.5 ounce can organic, no salt added, diced tomatoes with juice
 - 1 - 14.5 ounce can organic no salt added cannellini beans, rinsed and drained
 - 1 Tablespoon dried oregano or Italian seasoning
 - 1 teaspoon kosher salt
 - ½ teaspoon black pepper
 - 1 Tablespoon balsamic vinegar
- Whole wheat dinner rolls

DIRECTIONS

For potato parmesan frittata

1. Preheat 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, milk and salt & pepper - set aside.
3. Heat a large, nonstick, oven-proof sauté pan (10-12") over medium heat and add in oil. Once hot add onion and peppers. 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 cheddar cheese and place under broiler for an additional 3-5 minutes until slightly browned and puffed.

For pear salad

1. In a medium bowl, combine lettuce and pears, toss lightly with olive oil, balsamic vinegar, and salt & pepper.

Recipe Note: To microwave; wrap wet potato in plastic wrap and place in a bowl. Microwave on high for 6 minutes or until fork tender. Cool and cut into ½" dice.

INGREDIENTS

For potato frittata

- 1 lemon, zested
- 6 large, organic eggs
- ½ cup milk
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil
- ¼ medium yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 large russet potato, peeled, cooked, and cut into medium dice (* See recipe notes, can be steamed or microwaved)
- ¼ cup white cheddar cheese, grated

For pear salad

- 1 bunch of red leaf lettuce, rinsed, dried, and torn into bite sized pieces
- 2 pears, peeled, cored, and sliced
- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Sprinkle of kosher salt & black pepper



(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 vegetable 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 vegetable 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



Nutrition Information

Wild rice apple salad				Serves: 4	
Serving Size: 1 1/2 cup + 2 tablespoon dressing + 1 whole wheat dinner roll					
Calories	571	kcal	Fat	25.7	g
Protein	17.8	g	Saturated	4.2	g
Carbohydrate	70	g	Sugar	19.7	g
Sodium	522	mg	Calcium	22.4	%DV
Fiber	12.5	g	Iron	21.1	%DV
Cholesterol	187	mg			

Stuffed red peppers				Serves: 4	
Serving Size: 1 stuffed pepper					
Calories	512	kcal	Fat	18.5	g
Protein	19.6	g	Saturated	7.3	g
Carbohydrate	65.6	g	Sugar	10.1	g
Sodium	701	mg	Calcium	32.4	%DV
Fiber	11.6	g	Iron	19.8	%DV
Cholesterol	30	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			

Tomato and pepper spaghetti squash				Serves: 4	
Serving Size: 1 cup + 1 whole wheat dinner roll					
Calories	334	kcal	Fat	7.9	g
Protein	11.7	g	Saturated	1.1	g
Carbohydrate	57.3	g	Sugar	17.5	g
Sodium	913	mg	Calcium	17.4	%DV
Fiber	14.6	g	Iron	18.8	%DV
Cholesterol	0	mg			

Potato frittata				Serves: 4	
Serving Size: 1 cup					
Calories	273	kcal	Fat	16.8	g
Protein	14	g	Saturated	5	g
Carbohydrate	18.4	g	Sugar	5.5	g
Sodium	538	mg	Calcium	15.6	%DV
Fiber	3	g	Iron	10.9	%DV
Cholesterol	288	mg			

Pear salad			Serves: 4		
Serving Size: 1 cup					
Calories	84	kcal	Fat	3.5	g
Protein	0.7	g	Saturated	0.5	g
Carbohydrate	13.7	g	Sugar	8.5	g
Sodium	8.2	mg	Calcium	1.7	%DV
Fiber	2.8	g	Iron	2.8	%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			