

**MAKE AHEAD**

## Meal #1

- Cut vegetables

## Meal #2

- Cut vegetables and trim green beans

## Meal #3 &amp; #5

- Roast pumpkin and prepare pumpkin seeds

1 - Sugar pumpkin, about 2 pounds

*For pumpkin (Meal #3)*

1. Pumpkin can be a little tough, so be prepared with a sharp knife. You can also purchase organic no salt added pumpkin puree.
2. Preheat oven to 450 degrees.
3. Cut pumpkin into fourths and remove seeds into a strainer (save for toasted pumpkin seeds, recipe below).
4. Lay pumpkin out onto a baking sheet and roast for 30 minutes or until very tender.
5. Cool slightly and then peel the pumpkin flesh away from the skin – discard skin.
6. Place into a blender or food processor with ¼ cup of water and puree until smooth. 1 sugar pumpkin should yield 2 cups of pumpkin puree. Cool puree and store in refrigerator for Meal #3. If you choose to use a canned, organic pumpkin make sure it is plain pumpkin not pumpkin pie.

*For toasted pumpkin seeds (Meal #5)*

1. Rinse 1 cup of pumpkin seeds and lay out onto a flat surface to dry out for at least a day.
2. Toss seeds with 1 Tablespoon of olive oil and sprinkle with seasoned salt or kosher salt and paprika.
3. Roast in 425 degree oven for 20 minutes or until golden brown and toasted.
4. Cool seeds and store in an airtight container for Meal #5.

**MENU****MONDAY ①**

PARSNIP & POTATO STEW

**TUESDAY ②**

ONION & POTATO FRITTATA  
Green bean salad with lemon  
vinaigrette

**WEDNESDAY ③**

PUMPKIN GOULASH  
Wide egg noodles

**THURSDAY ④**

POTATO & CARROT GRATIN  
With parmesan and fresh thyme

**FRIDAY ⑤**

PUMPKIN & PARSNIP SOUP  
Pear & goat cheese salad  
with toasted pumpkin seeds



# Shopping List

(1) Potato & Parsnip Stew (2) Onion & Potato Frittata (3) Pumpkin Goulash (4) Potato & Carrot Gratin (5) Pumpkin/Parsnip Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	carrots	8 medium		3
1,2,4,5	onion	3		3
1	celery	4 stalks		2
1,2,4	russett potato	6		6
1,5	parsnips	6		6
1,4	thyme	5 sprigs		1.5
3,5	sugar pumpkins	2	can substitute organic pumpkin puree	6
3	frozen organic peas	1 cup		1.5
4,5	red leaf lettuce	2 heads		4
5	pears	3		2.5
2	lemon	2		2
4	cucumber	1		1.5
2,4	cherry tomatoes	2 cups		3
2	green beans	1 pound		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4	parmesan	1-1/4 cups		4
5	goat cheese	2 ounces		2
2	eggs	6	large, organic	3
2,4	ricotta cheese	1-1/2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	black eyed peas	2 cans	14.5 ounces each	3
1	red wine	1 cup		2

Fresh 20 Grocery Est      62  
 Cost Per Dinner      12.4  
 Cost Per Serving      3.1

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	dried oregano	
	grapeseed oil	2 Tablespoons	herbes de provence	1 teaspoon
	balsamic vinegar	4 teaspoons	ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	2 Tablespoons
	vegetable broth (low sodium)	6 cups	organic tomato paste	1/4 cup
	garlic	3 cloves	Dijon mustard or brown mustard	4 teaspoons
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/8 teaspoons	whole grain pasta (wide egg noodles)	6 ounces
	cayenne pepper		long grain brown rice	
paprika		whole wheat flour	2 Tablespoons	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

## MADE AHEAD

- Cut vegetables

## DIRECTIONS

*For parsnip & potato stew*

1. Heat a large Dutch oven or a heavy bottom soup pot over medium heat; once hot, add in oil and then the cut vegetables, peas, tomato paste, Dijon and garlic. Sprinkle the whole wheat flour over the vegetables, stir to combine, and cook for 2-3 minutes.
2. Add in wine, broth, water, and thyme sprigs.
3. Bring to a boil, cover with a lid, and reduce the heat slightly. Keep the liquid a low boil and cook for 25 minutes. Discard any thyme stems floating at the top.

Remove 4 full cups of vegetables without liquid, then remove 1 ½ full cups of just the liquid. Cool and store vegetables and broth together in an airtight container for meal #3.

## INGREDIENTS

*For parsnip & potato stew*

- 2 Tablespoons grape seed oil
- 1 medium yellow onion, cut into small dice
- 4 medium carrots, peeled and cut into large dice
- 4 ribs of celery, cut into 1 inch slices
- 4 parsnips, peeled and cut into large dice
- 2 – 8 ounce russet potatoes, peeled and cut into large dice
- 1 - 14.5 ounce can black eyed peas, drained and rinsed
- ¼ cup tomato paste
- 1 Tablespoon Dijon mustard
- 2 garlic cloves, minced or pressed
- 2 Tablespoons whole wheat flour
- 1 cup of red wine
- 3 cups low sodium vegetable broth
- 1 cup water
- 4 sprigs of fresh thyme



## (2) ONION & POTATO FRITATTA

### Green bean salad with lemon vinaigrette

#### MADE AHEAD

- Cut vegetables and green beans

#### DIRECTIONS

##### *For onion & potato frittata*

1. Preheat the oven to BROIL and adjust the oven rack to the top third (not the very top, but 1-2 below).
2. In a medium bowl, whisk to combine lemon zest, eggs, ricotta, water, and salt & pepper.
3. Heat a large, nonstick, oven-proof sauté pan over medium heat; add in oil and once hot add the onions. Sauté the onions, stirring often, for 5-6 minutes or until they 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 3 – 4 minutes.
6. Sprinkle with parmesan cheese and place under broiler for an additional 3-5 minutes until slightly browned and puffed.

##### *For green bean salad with lemon vinaigrette*

1. Bring a small pot of water to a boil with a pinch of salt. Once boiling, add in the green beans and cook for 1 minute. Drain and run under cold water.
2. Once the beans are slightly cooled, toss with tomatoes, olive oil, garlic, lemon juice, Dijon, and salt & pepper. Serve warm or cooled with frittata.

#### INGREDIENTS

##### *For onion & potato frittata*

- 1 lemon, zested
- 6 large, organic eggs
- ½ cup ricotta cheese
- ¼ cup of water
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil
- ½ medium yellow onion, thinly sliced
- 1 large russet potato, peeled, cooked and cut into medium dice (\*can be steamed or microwaved)
- ¼ cup parmesan cheese, grated

##### *For green bean salad with lemon vinaigrette*

- 1 pound of fresh green beans, trimmed and cut in half
- 1 cup cherry tomatoes
- 1 Tablespoon olive oil
- 1 garlic clove, minced or pressed
- ½ lemon, juiced to yield 2 teaspoons of juice
- ½ teaspoon Dijon mustard
- Kosher salt & pepper to taste



## (3) PUMPKIN GOULASH

wide egg noodles

### MADE AHEAD

- 4 cups vegetables *\*see Meal # 1*
- 1 ½ cups of broth *\*see Meal # 1*
- 2 cups pumpkin puree *\*see prep guide*

### DIRECTIONS

*For pumpkin goulash with wide egg noodles*

1. Heat a large pot of water with a heavy pinch of salt. Bring to a boil and cook noodles until al dente – about 9 minutes. Drain and set aside.

Meanwhile

2. Heat a large, nonstick sauté pan over medium heat. Add in vegetables, broth, pumpkin puree, peas, vinegar, and salt & pepper – stir to combine and simmer until warmed through.
3. Serve over warm noodles.

### INGREDIENTS

*For pumpkin goulash with wide egg noodles*

6 ounces whole wheat, wide egg noodles

4 cups of vegetables *\* see Meal #1*

1 ½ cups of broth *\* see Meal #1*

2 cups pumpkin puree *\*see prep guide*

1 cup frozen organic peas

1 Tablespoon white wine vinegar

Pinch of kosher salt & pepper



## (4) POTATO & CARROT GRATIN with parmesan and fresh thyme

### DIRECTIONS

*For potato & carrot gratin with parmesan and fresh thyme*

1. Preheat oven to 425 degrees and lightly oil an 8"x8" brownie pan or a small casserole dish. Adjust oven racks to the upper and lower third.
2. In a large bowl, combine grated potatoes, carrots and onion, peas,  $\frac{3}{4}$  cup of Parmesan cheese, ricotta, salt & pepper, thyme and olive oil. Mix to combine and spread evenly into prepared baking dish.
3. Top with remaining  $\frac{1}{4}$  cup of cheese and cover with foil. Bake on the upper rack for 20 minutes, remove foil and bake for an additional 10 minutes to melt the cheese.

*For green salad*

1. Toss salad together in a medium bowl with your choice of pantry dressing.

### INGREDIENTS

*For potato & carrot gratin with parmesan and fresh thyme*

- 3 – 8 ounce Russet potatoes, peeled and grated
- 4 medium carrots, peeled and grated
- $\frac{1}{4}$  medium yellow onion, grated
- 1 – 14.5 ounce can black eyed peas or cannellini beans, drained and rinsed
- 1 cup parmesan cheese, grated (2 ounces) – divided
- 1 cup low fat, part skim ricotta cheese
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- 1 Tablespoon of fresh thyme leaves, roughly chopped
- 2 Tablespoons olive oil

*For green salad*

- 1 small bunch red or green leaf lettuce, washed and cut into bite size pieces
- 1 cup cherry tomatoes
- $\frac{1}{2}$  cucumber, peeled and cut into thin slices
- Pantry dressing of your choice



## (5) PUMPKIN & PARSNIP SOUP

pear and goat cheese salad

### MADE AHEAD

- Toasted pumpkin seeds \* *see prep guide*

### DIRECTIONS

#### *For pumpkin & parsnip soup*

1. Preheat oven to 450 degrees and adjust rack to the middle of the oven.
2. Line a baking sheet with parchment or lightly rub with grapeseed oil.
3. Lightly brush cut vegetables with olive oil and sprinkle with kosher salt.
4. Roast for 30 minutes or until very soft and tender.
5. Remove from oven and cool slightly.
6. Peel the skin from the pumpkin.
7. In batches, puree the vegetables with broth until completely smooth.
8. Place pureed vegetables into a soup pot with water, syrup, vinegar, Herbes, and salt & pepper. Simmer for 10 minutes over low heat.

Serve 2 cups per adult and 1 cup per child. Recipe makes a total of 6 -1 cup servings.

#### *For pear salad*

In a medium salad bowl, toss together lettuce, pears, goat cheese, and pumpkin seeds with dressing.

#### *For basic balsamic vinaigrette*

Whisk all ingredients together until well blended.

#### *Kitchen notes:*

*Goat cheese can be left out for a vegan meal.*

### INGREDIENTS

#### *For pumpkin & parsnip soup*

1 – 2 pound sugar pumpkin, cut into fourths, seeds removed- leave the skin on (you can substitute 2 cups of pumpkin puree)

2 large parsnips, peeled and cut into large chunks

½ medium yellow onion, cut into large chunks

1 Tablespoon of olive oil

Pinch of kosher salt

3 cups low sodium vegetable broth

1 cup of water

2 Tablespoons pure maple syrup

1 teaspoon balsamic or white wine vinegar

1 teaspoon Herbes de Provence

¾ teaspoon kosher salt

¼ teaspoon black pepper

#### *For pear salad*

1 head red leaf lettuce, rinsed and cut into bite size pieces

3 pears, ripe but firm, cored and sliced into fourths

2 ounces goat cheese, crumbled or sliced

¼ cup toasted pumpkin seeds \**see prep guide*

#### *For basic balsamic vinaigrette*

1 Tablespoon balsamic vinegar

1/2 teaspoon Dijon mustard

1/4 teaspoon sea salt

1/8 teaspoon ground black pepper

3 Tablespoons extra-virgin olive



# Nutrition Information

Potato & parsnip stew				Serves: 4	
Serving Size: 1 cup					
Calories	236	kcal	Fat	4	g
Protein	5.1	g	Saturated	0.5	g
Carbohydrate	40.5	g	Sugar	7.7	g
Sodium	430	mg	Calcium	12	%DV
Fiber	7	g	Iron	9.6	%DV
Cholesterol	0	mg			

Onion and potato frittata				Serves: 4	
Serving Size: 1 cup					
Calories	295	kcal	Fat	18	g
Protein	16.8	g	Saturated	5.7	g
Carbohydrate	18.6	g	Sugar	2.6	g
Sodium	598	mg	Calcium	21	%DV
Fiber	2.8	g	Iron	13	%DV
Cholesterol	293	mg			

Green bean salad with lemon vinaigrette				Serves: 4	
Serving Size: 3/4 cup					
Calories	89	kcal	Fat	3.9	g
Protein	3.3	g	Saturated	0.6	g
Carbohydrate	14.7	g	Sugar	6.8	g
Sodium	28	mg	Calcium	6.9	%DV
Fiber	5.5	g	Iron	9.1	%DV
Cholesterol	0	mg			

Pumpkin goulash				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	447	kcal	Fat	5.7	g
Protein	13.8	g	Saturated	1.3	g
Carbohydrate	80.4	g	Sugar	12	g
Sodium	620	mg	Calcium	14	%DV
Fiber	10.3	g	Iron	24	%DV
Cholesterol	42	mg			

Potato carrot gratin with parmesan thyme				Serves: 4	
Serving Size: 1 3/4 cup					
Calories	502	kcal	Fat	16	g
Protein	20	g	Saturated	6.6	g
Carbohydrate	70.4	g	Sugar	11	g
Sodium	726	mg	Calcium	50	%DV
Fiber	10.2	g	Iron	14	%DV
Cholesterol	32	mg			

<b>Green salad</b>				<b>Serves: 4</b>	
Serving Size: 1/2 cup (no added dressing)					
Calories	20.7	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	4.3	g	Sugar	2.8	g
Sodium	6.5	mg	Calcium	1.5	%DV
Fiber	1.3	g	Iron	2.1	%DV
Cholesterol	0	mg			

<b>Pumpkin parsnip soup</b>				<b>Serves: 6</b>	
Serving Size: 1 cup					
Calories	163	kcal	Fat	2.6	g
Protein	2.5	g	Saturated	0	g
Carbohydrate	34.5	g	Sugar	20	g
Sodium	288	mg	Calcium	7.2	%DV
Fiber	3.8	g	Iron	5.6	%DV
Cholesterol	0	mg			

<b>Pear goat cheese salad</b>				<b>Serves: 4</b>	
Serving Size: 1 cup + 2 teaspoons basic vinaigrette					
Calories	296	kcal	Fat	21	g
Protein	7.6	g	Saturated	4.8	g
Carbohydrate	22.6	g	Sugar	13	g
Sodium	200	mg	Calcium	4.7	%DV
Fiber	5	g	Iron	11	%DV
Cholesterol	7	mg			