

PREP GUIDE

MEAL #1

- Marinate lamb
- Cut pineapple
- If using wooden skewers, soak in warm water before grilling

MEAL #4

- Cut vegetables:
 - ½ medium onion, thinly sliced
 - 1 Italian zucchini, cut into thin slices

MENU

MONDAY ①

LAMB KEBABS
Grilled Tomatoes & Couscous

TUESDAY ②

LOBSTER LETTUCE CUPS
Grilled Pineapple

WEDNESDAY ③

TURKEY CUTLETS
Tomato Onion Chutney and
Corn Cakes

THURSDAY ④

ZUCCHINI & GOAT CHEESE FRITATTA
Asparagus Salad

FRIDAY ⑤

TURKEY PASTA SALAD
Grilled Pineapple



Classic July 26, 2013

Shopping List

(1) Lamb Kebabs (2) Lobster Lettuce Cups (3) Turkey Cutlets (4) Zucchini Goat Cheese Frittata (5) Pasta Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	lamb roast	1-1/2 pounds		16
2	lobster tails	3		27
3,5	turkey cutlets	8	about 2 pounds	12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4,5	lemon	4		2
1,2	fresh thyme leaves	sm bunch	need about 3-1/2 Tablespoons	1.5
1,2,3,4	onion, medium	1-1/2		1
1,3	grape or cherry tomatos	2 pints		5
1,4	asparagus	2-3 bunches		8
2,5	pineapple	1		3
1,2,5	parsley	1/2 bunch	need 7 Tablespoons chopped	1.5
2,4	Bibb or butter lettuce	2 lg heads		4
2,5	sugar snap peas	3/4 pound		4
4	zucchini	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3	unsalted butter	6 Tablespoons		2
3,4	egg, large	7		3
4,5	goat cheese, crumbled	3 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2	couscous	2 cups dry		2
1	metal or woodens skewers	12-16		3.5
3	corn meal, finely ground	1 cup		1
5	black olives	1/3 cup		2

Fresh 20 Grocery Est 102.5
 Cost Per Dinner 20.5
 Cost Per Serving 5.125

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LAMB KEBABS

grilled tomatoes and couscous

MAKE AHEAD

- Marinate lamb * *for 30 minutes or up to 2 days*
- Cut pineapple
- If using wooden skewers, soak in warm water before grilling

DIRECTIONS

For the kebabs

1. Toss lamb cubes in olive oil, lemon juice, paprika, thyme, salt and pepper using a gallon sized Ziploc. Marinate in the refrigerator for 30 minutes or up to two days.
2. Heat grill to high heat (500 degrees) on one side.
3. Remove lamb from marinade and discard liquid. Assemble kebabs by skewering 4 pieces of lamb with 4 tomatoes and 4 pieces of onion. Continue assembling skewers with remaining lamb.
4. Place remaining tomatoes and onion slices on separate skewers.
5. Arrange lamb kebabs over the high heat and place the tomato/onion kebabs over the indirect heat.
6. Once the lamb has browned on all sides move to indirect heat, close lid, and cook for 5 minutes. Lamb is done when still slightly pink on the inside. Remove and tent with foil for a few minutes.
7. Place asparagus on grill for 5 minutes until hot but still firm.
8. Remove from heat. Save half the asparagus and the tomato/onion skewers for another dinner.
9. Once everything comes off the grill, lay pineapple slices on grill and cook for 5 minutes each side. Remove from heat, cool, and store in the refrigerator.

For couscous

1. Boil water with olive oil, garlic clove and salt.
2. Stir in couscous then cover and remove from heat. Let stand for 5 minutes.
3. Fluff with fork. Save 2 cups for meal #2.
4. Toss 2 cups couscous with fresh parsley.

Serve kebabs with ½ cup couscous and 4-6 pieces of asparagus.

INGREDIENTS

For the kebabs

- 1-1/2 pound lamb roast, cut into 1-1/2 inch cubes (sub 2 pounds boneless chicken)
- 2 Tablespoons olive oil
- 1 lemon, juiced (2 Tablespoons)
- ½ teaspoon paprika
- 3 Tablespoons fresh thyme leaves
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 medium onion, sliced
- 2 pints cherry or grape tomatoes (about 30 total)
- 12-16 wooden or metal skewers
- 2 bunches asparagus, ends trimmed (about 40 spears)

- 1 pineapple, peeled and sliced into eight 1-inch rounds

For couscous

- 4 cups water
- 1 teaspoon olive oil
- 1 garlic clove, whole, scored
- ¼ teaspoon kosher salt
- 2 cups dry couscous (for 2 meals)
- 1 Tablespoon finely chopped parsley



(2) LOBSTER LETTUCE CUPS

grilled pineapple

MAKE AHEAD

- Couscous * see Meal #1
- Grilled onion *see Meal #1
- Grilled pineapple * see Meal #1

DIRECTIONS

For lobster cups

1. Preheat grill to medium-high (400 degrees).
2. With a sharp knife, butterfly the lobster by slicing the back shell and cutting the meat halfway through.
3. Brush with butter and place flesh side down on grill for 6-8 minutes depending on size of tails. Lobster will turn white and opaque when finished.
4. Remove from heat and tent with foil for about 5 minutes.
5. Chop lobster meat into pieces. Toss with parsley, lemon, salt and pepper.
6. Combine couscous and grilled onions.
7. Scoop ¼ cup couscous onto the middle of a lettuce leaf. Add ½ cup lobster meat. Repeat until all lobster is gone. Should make 6-8 lettuce cups. Serve with peas and pineapple slices.

INDOOR COOKING NOTE:

Lobster can be prepared the same way and simply broiled for 5 minutes about 4 inches from flame.

For peas

1. Remove strings from peas by snapping off the tiny stem and pulling down until the string along the edge comes off.
2. Toss peas in olive oil, thyme and salt.
3. Heat skillet or pan over medium heat, add peas, and cook for 4 minutes.
4. Peas will be bright green unless overcooked when they start to dull.

INGREDIENTS

For lobster cups

3 lobster tails (can sub leftover lamb or 2 cups cooked chicken)
1 Tablespoon unsalted butter
2 Tablespoons finely chopped fresh parsley
1 lemon, juiced
½ teaspoon kosher salt
¼ teaspoon black pepper
2 cups cooked couscous * from Meal #1
½ cup grilled onions * from Meal #1
1 large head Bibb or butter lettuce

For peas

½ pound sugar snap peas
1 teaspoon olive oil
1 teaspoon thyme, finely chopped
½ teaspoon kosher salt

4 thick slices grilled pineapple * from Meal #1



(3) TURKEY CUTLETS

tomato onion chutney & corn cakes

MAKE AHEAD

- Grilled tomatoes * *from Meal #1*
- Grilled onion * *from Meal #1*

DIRECTIONS

For turkey cutlets

1. Combine flour and seasonings in a small bowl.
2. Dust cutlets with seasoned flour.
3. Melt butter and oil in a large skillet or sauté pan.
4. In batches, so the pan does not crowd, arrange cutlets in pan and sear on both sides until cooked through. Most cutlets are thin so cooking time should be about 6-8 minutes total.
5. Save 4 cutlets for another meal.

For corn cakes

1. Add corn meal and flour to food processor and puree until smooth.
2. In a medium bowl, combine corn meal, flour, butter, egg, water and salt.
3. In a large, cast iron skillet or heavy bottom sauté pan, heat olive oil over medium-high heat.
4. Drop $\frac{1}{3}$ cup batter into skillet and flatten with back of spoon to make a cake.
5. Cook for 6 minutes, flipping halfway through.

For tomato-onion chutney

1. Combine ingredients in a food processor and pulse until well mixed and slightly chunky.
2. Pour mixture into a 2-quart saucepan and bring to a boil. Remove from heat, allow to cool, and serve with corn cakes.

INGREDIENTS

For turkey cutlets

$\frac{1}{3}$ cup whole white wheat flour
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon black pepper
2 teaspoons Herbes de Provence (or Italian seasoning)
 $\frac{1}{4}$ teaspoon cayenne pepper
8 turkey cutlets, about 2 pounds (used for two meals)
2 Tablespoons unsalted butter
2 Tablespoons olive oil

For corn cakes

1 cup corn meal, finely ground (if large grain, puree in food processor until smooth)
 $\frac{1}{4}$ cup whole white wheat flour
3 Tablespoons unsalted butter, melted and cooled
1 large egg, slightly beaten
 $\frac{1}{3}$ cup water
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{3}$ cup olive oil

For tomato-onion chutney

$1\frac{1}{2}$ cups grilled cherry or grape tomatoes * *from Meal #1*
 $\frac{1}{2}$ cup grilled onions * *from Meal #1*
1 garlic clove, minced or pressed
 $\frac{1}{2}$ teaspoon ground cumin
1 Tablespoon honey
1 teaspoon Dijon mustard
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon kosher salt



(4) ZUCCHINI & GOAT CHEESE FRITTATA

asparagus salad

MADE AHEAD

- Grilled asparagus * *from Meal #1*
- Cut vegetables: onion & zucchini

DIRECTIONS

For zucchini & goat cheese 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, water, goat cheese, and salt & pepper; set aside.
3. Heat a large, nonstick, **oven-proof** sauté pan over medium heat; add in oil and once hot add onion and zucchini. Sauté the onion & zucchini, stirring often, for 4-5 minutes or until the onions are very soft and lightly browned around the edges.
4. With a spatula, move the onions and zucchini to distribute evenly in the pan.
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 5 – 6 minutes.
6. Place under the broiler for an additional 3-5 minutes until slightly browned and puffed.

For asparagus salad

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

INGREDIENTS

For zucchini & goat cheese frittata

1 lemon, zested
6 large, organic eggs
⅓ cup water
¼ cup (1 oz) goat cheese, crumbled
½ teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons olive oil
½ medium onion, thinly sliced
1 Italian zucchini, cut into thin slices

For asparagus salad

2 cups butter lettuce, torn into pieces (*butter lettuce tends to bruise when chopped so it's better to tear*)
8 grilled asparagus spears, cut in half into long strips * *from Meal #1*
1 Tablespoon olive oil
Splash of balsamic vinegar
Pinch of kosher salt & black pepper



(5) TURKEY PASTA SALAD

grilled pineapple

PREP AHEAD

- Grilled pineapple * *from Meal #1*
- Cooked turkey cutlets * *see Meal #3*

DIRECTIONS

For turkey pasta salad

1. Boil salty water for pasta. Cook according to package directions (al dente).
2. Drain, do not rinse.
3. Whisk together lemon zest & juice, olive oil, salt, pepper.
4. Toss pasta with dressing in a large serving bowl.
5. Mix with peas, parsley, and black olives.
6. Fold in turkey and goat cheese (plus optional tomatoes).
7. Chill until ready to serve with a side of pineapple.

INGREDIENTS

For turkey pasta salad

8 ounces whole wheat fusilli or penne pasta
1 lemon, zested and juiced
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
2 cups (¼ pound) sugar snap peas, string removed, cut in half
¼ cup finely chopped fresh parsley
½ cup black olives, chopped
4 cooked turkey cutlets, cut into strips * *from Meal #3*
½ cup (1-2 ounces) goat cheese
optional: any leftover cherry tomatoes

4 thick slices grilled pineapple * *from Meal #1*



Nutrition Information

Lamb kebabs				Serves: 4	
Serving Size: 1 skewer (about 3.5 ounces lamb) + 5 asparagus spears					
Calories	317	kcal	Fat	14	g
Protein	38.1	g	Saturated	4.6	g
Carbohydrate	11.1	g	Sugar	5.1	g
Sodium	389	mg	Calcium	6.9	%DV
Fiber	4.5	g	Iron	31	%DV
Cholesterol	107	mg			

Couscous				Serves: 4	
Serving Size: 1/2 cup prepared					
Calories	179	kcal	Fat	0.9	g
Protein	5.9	g	Saturated	0	g
Carbohydrate	35.8	g	Sugar	0	g
Sodium	70	mg	Calcium	1.7	%DV
Fiber	2.3	g	Iron	3.2	%DV
Cholesterol	0	mg			

Lobster lettuce cups				Serves: 4	
Serving Size: 2 lettuce cups					
Calories	352	kcal	Fat	5.7	g
Protein	30.6	g	Saturated	2.3	g
Carbohydrate	44.6	g	Sugar	2.1	g
Sodium	522	mg	Calcium	12	%DV
Fiber	4.6	g	Iron	16	%DV
Cholesterol	87	mg			

Peas				Serves: 4	
Serving Size: 1/4 cup					
Calories	34	kcal	Fat	1.2	g
Protein	1.6	g	Saturated	0	g
Carbohydrate	4.3	g	Sugar	2.3	g
Sodium	64	mg	Calcium	2.4	%DV
Fiber	1.5	g	Iron	6.6	%DV
Cholesterol	0	mg			

Grilled pineapple				Serves: 4	
Serving Size: 1 thick slice					
Calories	83	kcal	Fat	0	g
Protein	0.9	g	Saturated	0	g
Carbohydrate	21.8	g	Sugar	16	g
Sodium	2	mg	Calcium	2.2	%DV
Fiber	2.3	g	Iron	2.7	%DV
Cholesterol	0	mg			

Turkey cutlet			Serves: 4	
Serving Size: 1 cutlet (about 4 ounces)				
Calories	264	kcal	Fat	14 g
Protein	27.4	g	Saturated	5.1 g
Carbohydrate	7.1	g	Sugar	0 g
Sodium	322	mg	Calcium	0.5 %DV
Fiber	1.1	g	Iron	6.2 %DV
Cholesterol	65	mg		

Corn cakes with tomato-onion chutney			Serves: 4	
Serving Size: 1 corn cake + 2 tablespoons chutney				
Calories	386	kcal	Fat	25 g
Protein	5.9	g	Saturated	8 g
Carbohydrate	37.6	g	Sugar	7.1 g
Sodium	434	mg	Calcium	2.6 %DV
Fiber	4.1	g	Iron	10 %DV
Cholesterol	69	mg		

Goat cheese & zucchini frittata			Serves: 4	
Serving Size: 1 medium size wedge				
Calories	270	kcal	Fat	20 g
Protein	16.2	g	Saturated	7.5 g
Carbohydrate	8.1	g	Sugar	4.1 g
Sodium	466	mg	Calcium	12 %DV
Fiber	2.4	g	Iron	13 %DV
Cholesterol	292	mg		

Asparagus salad			Serves: 4	
Serving Size: 1/2 cup				
Calories	41.4	kcal	Fat	3.5 g
Protein	1.3	g	Saturated	0.5 g
Carbohydrate	2.2	g	Sugar	1 g
Sodium	2	mg	Calcium	1.9 %DV
Fiber	1.1	g	Iron	6.8 %DV
Cholesterol	0	mg		

Turkey pasta salad			Serves: 4	
Serving Size: 1 1/4 cup				
Calories	604	kcal	Fat	27 g
Protein	41	g	Saturated	9.4 g
Carbohydrate	55.6	g	Sugar	4.3 g
Sodium	690	mg	Calcium	9.7 %DV
Fiber	8.2	g	Iron	27 %DV
Cholesterol	75	mg		

Grilled pineapple			Serves: 4		
Serving Size: 1 thick slice					
Calories	83	kcal	Fat	0	g
Protein	0.9	g	Saturated	0	g
Carbohydrate	21.8	g	Sugar	16	g
Sodium	2	mg	Calcium	2.2	%DV
Fiber	2.3	g	Iron	2.7	%DV
Cholesterol	0	mg			