GLUTEN FREE July 12, 2013

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 1 medium yellow onion, chopped
  - 2 medium carrots, peeled and shredded, about 1 cup

MEAL #2

- Prepare vegetables:
  - 1 medium carrot, shredded
  -

No prep needed for Meal #3 & #4.

MEAL #5

- Cut vegetables:
  - 2 medium summer squash, cut in half lengthwise
  - 2 carrots, peeled and cut in half lengthwise

MENU

MONDAY ①
TEX-MEX SLOPPY JOES
Watermelon feta salad

TUESDAY ②
GRILLED SALMON
Honey lime corn &
Mango salad

WEDNESDAY ③
BEAT THE HEAT TACO SALAD
Guacamole

THURSDAY ④
RICOTTA SQUASH SANDWICHES
Black bean stuffed avocado

FRIDAY ⑤
PASTA PRIMAVERA
Watermelon slices

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Shopping List

(1) Tex Mex Sloppy Joes (2) Grilled Salmon & Corn (3) Taco Salad/Guacamole(4) Ricotta Squash Sandwiches (5) Pasta Primavera

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	lean ground beef or turkey	2 pounds		12
2	salmon fillets	1-1/4 pounds	can sub chicken tenders	15

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	medium yellow onion	1		1
1,2,5	carrots	5		2
1,2,3	fresh cilantro or parsley	1 bunch		1.5
1,5	watermelon	1	3-4 pounds	4
1,4,5	fresh basil leaves	1 sm bunch		1.5
2,3,4,5	lime	4		2
2,3,5	fresh corn	8 ears		4
2,3	green leaf lettuce	1-1/2 heads		3
2,4	mango	2		2
3,4	avocados	4	Haas	4
4,5	summer squash	5		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2	feta cheese	2/3 cup		3
4,5	skim milk ricotta	2 cups		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	gluten free hamburger buns	4		5
3,4	black beans	2 cans	14.5 oz ea, no salt added	4

** check pasta & tomato paste in pantry*

Fresh 20 Grocery Est	71
Cost Per Dinner	14.2
Cost Per Serving	3.55

PANTRY STAPLES

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	6 Tablespoons	dried oregano	1 Tablespoon
grapeseed oil	3 Tablespoons	herbes de provence	
balsamic vinegar		ground cumin	2 teaspoons
white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
chicken or veggie broth: gluten free		organic tomato paste	1 cup
garlic	7 cloves		
kosher salt	3 teaspoons		
black pepper	2-3/4 teaspoons	gluten free linguini	8 ounces
cayenne pepper		long grain brown rice	
paprika			

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings/

(1) TEX-MEX SLOPPY JOES

Watermelon feta salad

MADE AHEAD

- Cut vegetables: onion, carrots

DIRECTIONS

For Tex-Mex sloppy joes

1. Heat an extra large, non-stick sauté pan over medium-high heat; add in oil and once hot add onion and shredded carrots. Stir vegetables and sweat until soft and translucent, 2-3 minutes.
2. Add in ground turkey (or beef), garlic, oregano, cumin, and salt & pepper. Sauté over medium heat until meat is browned and cooked through, 7-10 minutes.
3. In a small bowl, whisk together tomato paste and water
4. Reduce heat to low-medium, add tomato paste/water to pan, and stir to combine. Simmer for an additional 5 minutes.

    - Reserve ½ of this sloppy joe mixture for Meal #3. Store cooled meat in a Ziploc or airtight container.

5. Stir cilantro (or parsley) and maple syrup into the remaining meat and toast buns in the toaster. Fill each sandwich bun with ¾ cup prepared meat and a handful of shredded lettuce.

For watermelon feta salad

1. Toss watermelon cubes with feta and basil.
2. Sprinkle with black pepper. Serve cold.

Low Carb Version

Skip hamburger buns and serve sloppy joe mix over sliced grilled zucchini or squash.

INGREDIENTS

For Tex-Mex sloppy joes

2 Tablespoons grapeseed oil
1 medium yellow onion, chopped
2 medium carrots, peeled and shredded, about 1 cup
2 pounds lean ground turkey or beef (for two meals)
4 garlic cloves, minced or pressed
1 Tablespoon dried oregano
2 teaspoons ground cumin
¾ teaspoons kosher salt
1 teaspoon black pepper
1 cup organic tomato paste
3/4 cup water
¼ bunch cilantro (or parsley), roughly chopped
1 Tablespoon pure maple syrup or honey
4 gluten free hamburger buns
½ head green leaf lettuce, shredded

For watermelon feta salad

½ of a 3-4 pound watermelon cut into 2" cubes
⅓ cup feta cheese, crumbled
6-8 leaves fresh basil, shredded
dash of black pepper

(2) GRILLED SALMON

honey lime corn & mango salad

MADE AHEAD

- Cut vegetables: carrot

DIRECTIONS

For grilled salmon

1. Preheat outdoor grill over medium-high heat.
2. Season salmon with salt and pepper.
3. Oil grill and place salmon on grill (flesh side down) for 4 minutes.
4. Use flat spatula to carefully flip fillets over; cook through about 4-6 minutes.
5. Combine lime zest and feta until smooth then spread a thin layer on the hot salmon.

If using indoor grill pan or skillet, follow same instructions and cook over medium-high heat.

For honey lime corn

1. In a small bowl, combine olive oil, honey, lime juice, and salt & pepper.
2. Brush warm cooked corn with olive oil mixture, serve warm.
3. Save 2 pieces corn for Meal #5.

* *To boil corn*
Place shucked corn in a pot of boiling water and cook for 3-6 minutes or until kernels are tender.

**To grill corn*
Shuck corn and lightly brush with grapeseed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

For mango salad

1. Combine lettuce, carrot and cilantro (parsley) in a medium bowl.
2. Toss with salad dressing.
3. Top with mango cubes and serve chilled.

INGREDIENTS

For grilled salmon

1-1/4 pounds salmon fillets (*substitute 1 pounds chicken tenders*)
½ teaspoon kosher salt
½ teaspoon black pepper
1 lime, zested & juiced (save juice for corn)
¼ cup feta cheese

For honey lime corn

6 ears of corn **see recipe notes*
2 Tablespoons olive oil
1 Tablespoon honey
Juice of 1 lime
Pinch of kosher salt & black pepper

For mango salad

½ head green leaf lettuce, shredded
1 medium carrot, shredded
1 Tablespoon fresh cilantro (or parsley), shredded
2 Tablespoons pantry dressing *(www.thefresh20.com/pantrydressings/)*
1 medium mango, cubed

(3) BEAT THE HEAT TACO SALAD

guacamole

MADE AHEAD

- 1 pound cooked, seasoned turkey meat (or beef) ** from Meal #1*

DIRECTIONS

For taco meat

Reheat prepared meat on stove top with 1-2 Tablespoons water until heated through.

For guacamole

1. Mash avocado and combine with remaining ingredients.
2. Cover with plastic wrap on surface of guacamole (to prevent discoloring) and chill until ready to serve.

For salad

1. In a large bowl, toss together lettuce, black beans, corn, cilantro (or parsley).
2. Serve with warmed taco meat and guacamole.

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender. Cool, then with a knife, cut downwards from top to bottom to remove kernels for salad.

**To grill corn*

Shuck corn and lightly brush with grapeseed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning. Cool, then with a knife, cut downwards from top to bottom to remove kernels for salad.

INGREDIENTS

1 pound cooked turkey meat (or beef) **from Meal #1*

For guacamole

2 Haas avocados, peeled and pit removed
1 lime, juiced
½ bunch of cilantro, roughly chopped
1 garlic clove, minced
1 Tablespoon olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For salad

1 head green leaf lettuce, chopped
1 – 14.5 oz can of black beans, drained and rinsed
2 ears of corn, cooked and kernels removed ** see recipe notes*
¼ bunch of cilantro (or parsley) roughly chopped

(4) RICOTTA SQUASH SANDWICHES

black bean stuffed avocado

DIRECTIONS

For squash sandwiches

1. Slice squash into ½-inch thick rounds; each squash should yield 8 pieces.
2. Heat a skillet or grill pan (or outdoor grill) to medium-high. Add squash rounds and cook until warm, but not too soft, about 4 minutes total. Cool to room temperature.
3. In a large bowl, combine ricotta, olive oil, lime juice and zest, salt, and pepper. Cover and refrigerate until ready to use.
4. Spread a squash round with 1 Tablespoon ricotta filling, top with a little basil, and cover with second squash round to form a mini sandwich. Continue making sandwiches with remaining squash and filling.
5. If desired, drizzle with a scant amount of balsamic vinegar.
6. Serve at room temperature.

For black bean stuffed avocado

1. Mix beans, mango and pantry dressing.
2. Spoon into avocado half, season with dash of salt and pepper and serve.

INGREDIENTS

For squash sandwiches

3 yellow summer squash
1 cup skim milk ricotta cheese
1 Tablespoon olive oil
1 lime, zested (1 teaspoon) and juiced (2 Tablespoons)
½ teaspoon kosher salt
½ teaspoon ground black pepper
⅓ cup fresh basil, torn into pieces

For black bean stuffed avocado

1 – 14.5 ounce can black beans
1 ripe mango, cut into small dice
2 Tablespoons pantry dressing
www.thefresh20.com/pantrydressings/
2 medium avocados, pitted and halved
Kosher salt and black pepper

(5) PASTA PRIMAVERA

watermelon slices

MADE AHEAD

- Cut vegetables: squash, carrots
- 2 ears grilled corn * *from Meal #2*

DIRECTIONS

For pasta primavera

1. Preheat outdoor grill on medium flame.
2. Inside, bring a large pot of water to a boil with a heavy pinch of salt.

Meanwhile

3. Brush squash and carrots with a scant amount of oil and lay flat (cut side down) on grill. Cook for 6-8 minutes turning once or twice until softened and starting to brown. Remove from heat and let cool.
4. Add pasta to boiling water and cook until al dente (according to package).
5. Drain pasta (reserving ½ cup pasta water), return to pot, and gently toss with olive oil and garlic; tongs work best.
6. Fold in ricotta cheese and season with salt and pepper.
7. Chop roasted squash and carrots and remove kernels from corn. Toss with pasta.
8. Add in lime juice. If desired, add in pasta water a little at a time until desired consistency.
9. Garnish with fresh basil and serve warm.

For a vegan option

Instead of ricotta, substitute: ¼ cup olive oil and ½ cup vegetable broth

INGREDIENTS

For pasta primavera

2 medium summer squash, cut in half lengthwise
2 carrots, peeled and cut in half lengthwise
1 Tablespoon grapeseed oil
8 ounces gluten free linguine noodles
2 Tablespoons olive oil
2 garlic cloves, minced or pressed
1 cup skim milk ricotta
½ teaspoon kosher salt
¼ teaspoon black pepper
2 ears grilled corn **from Meal #2*
1 lime, juiced to yield 1 Tablespoon
½ cup reserved pasta water (*optional)*
2 Tablespoons fresh chopped basil

½ of a 3-4 pound watermelon, cut into slices and served on side

Nutrition Information

Tex-Mex sloppy joes with watermelon feta salad				Serves: 4	
Serving Size: 1 burger (with lean ground beef) + 1/2 cup salad					
Calories	597	kcal	Fat	16	g
Protein	33.7	g	Saturated	5	g
Carbohydrate	83.3	g	Sugar (from watermelon)	44	g
Sodium	715	mg	Calcium	14	%DV
Fiber	8.7	g	Iron	35	%DV
Cholesterol	64	mg			

Grilled salmon with grilled honey lime corn & mango salad				Serves: 4	
Serving Size: 1 fillet + 1 ear of corn + 3/4 cup salad (without dressing)					
Calories	401	kcal	Fat	17	g
Protein	33.9	g	Saturated	3.5	g
Carbohydrate	31.5	g	Sugar	16	g
Sodium	440	mg	Calcium	7.1	%DV
Fiber	4.1	g	Iron	13	%DV
Cholesterol	84	mg			

Beat the heat taco salad with guacamole				Serves: 4	
Serving Size: 1 3/4 cup prepared salad (made with lean ground beef)					
Calories	569	kcal	Fat	28	g
Protein	36.2	g	Saturated	5.4	g
Carbohydrate	46.6	g	Sugar	11	g
Sodium	765	mg	Calcium	9.2	%DV
Fiber	13.9	g	Iron	35	%DV
Cholesterol	70	mg			

Ricotta squash sandwiches with black bean stuffed avocado				Serves: 4	
Serving Size: 6 squash mini sandwiches + 1 prepared avocado (without dressing)					
Calories	393	kcal	Fat	20	g
Protein	16.6	g	Saturated	5.2	g
Carbohydrate	39.7	g	Sugar	15	g
Sodium	543	mg	Calcium	26	%DV
Fiber	13.1	g	Iron	18	%DV
Cholesterol	19	mg			

Pasta primavera with watermelon slices				Serves: 4	
Serving Size: 1-1/2 cups pasta + 1/2 cup watermelon					
Calories	550	kcal	Fat	20	g
Protein	22.6	g	Saturated	5.1	g
Carbohydrate	48	g	Sugar (from watermelon)	38	g
Sodium	381	mg	Calcium	27	%DV
Fiber	10.6	g	Iron	25	%DV
Cholesterol	19	mg			