GLUTEN FREE August 2nd, 2013

PREP GUIDE

MEAL #1

- Cut vegetables:
  - 1 pound of radishes, stems removed and scrubbed
  - 4 medium carrots, peeled

MEAL #2

- 2 cups cooked brown rice ** see below*

MEAL #3

- 3 cups cooked brown rice ** see below*
- Cut vegetables:
  - 3 cups broccoli florets, cut into small thin slices or roughly chopped
  - ½ medium yellow onion, cut into thin slices
  - 1 red bell pepper, cut into thin slices

MEAL #4

- Cut vegetables:
  - 1 medium yellow onion, thinly sliced
  - 1 red bell pepper, thinly sliced

MEAL #5

- Cut vegetables:
  - 1 large yellow onion, chopped
  - 2 medium zucchini, chopped
  - 2 medium carrots, shredded

For brown rice (for meals #2 & #3)
2-1/2 cups brown rice
5 cups water or gluten-free broth
1 teaspoon kosher salt (only if using water)

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; makes 5 cups.

MENU

MONDAY ①
HONEY SPICE PORKCHOPS
Shaved Radish Salad

TUESDAY ②
GREEK FISH
Tuscan Green Beans & Rice

WEDNESDAY ③
PORK STIR FRY
Brown Rice

THURSDAY ④
GRILLED TURKEY MELTS
Bananas and Cream

FRIDAY ⑤
THYME SCENTED POLENTA
Vegetable Ragu

Gluten Free August 2, 2013

Shopping List

(1) Honey Spice Pork Chops (2) Greek Fish (3) Pork Stir Fry (4) Grilled Turkey Melts (5) Polenta w/Veg Ragu

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	center cut pork chops, 4 oz	8		20
2	fish fillets, your choice	4	1-1/2" thick	14
4	deli turkey meat	1 pound		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	radishes	1 pound		3
1	avocado	1 medium	ripe	1.5
1,5	carrots	6		2
2	lemon	1		0.5
2,3,4,5	yellow onion	3		3
2	fresh green beans	1 pound		3
2,5	tomato	4		4
3	broccoli florets	3 cups		1.5
3,4	red bell pepper	2		2
5	fresh thyme	4 sprigs		1.5
5	zucchini	2 medium		2
5	fresh basil	1/4 cup		1.5
4	bananas	2 ripe		1

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	parmesan cheese, shredded	3/4 cup		4
4,5	non fat half & half	1-1/4 cups		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4	gluten-free bakery rolls	4		4
5	cornmeal	1 cup		1.5

Fresh 20 Grocery Est	82
Cost Per Dinner	16.4
Cost Per Serving	4.1

PANTRY STAPLES

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	5 Tablespoons	dried oregano	1-1/2 teaspoons
grapeseed oil	4 Tablespoons	herbes de provence	2 teaspoons
balsamic vinegar	2 Tablespoons	ground cumin	
white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1/4 cup + 2 Tblspn
gluten-free chicken or veggie broth: low sodium	4 cups	organic tomato paste	
garlic	5 cloves	gluten-free soy sauce or Braggs liquid amino acid	splash
kosher salt	3 teaspoons		
black pepper	1-3/4 teaspoons		
cayenne pepper	1/2 teaspoon	long grain brown rice	2-1/2 cups
paprika	1 Tablespoon		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) HONEY SPICE PORK CHOPS

shaved radish salad with avocado

MADE AHEAD

- Cut vegetables: radishes, carrots

DIRECTIONS

For honey spice pork chops

1. In a small bowl, combine the paprika, cayenne, Herbes, and salt & pepper.
2. Whisk together honey and water then blend with seasonings.
3. Brush both sides of the pork chops with seasoned glaze and set aside (can marinate overnight).
4. Heat a large, non-stick sauté pan over medium heat and add 1 Tablespoon of grapeseed oil. Once oil is hot add in pork chops and cook for 3-4 minutes on each side until done. Cooking time will depend on the thickness of your pork chops. *Don't overcook your pork, it has little fat and will dry out quickly. Pork is done when the center is no longer bright pink.*
5. Reserve 4 pork chops for Meal #3; cool and store in the refrigerator.

Cooking outdoors? Grill pork chops for 4-5 minutes per side over indirect heat, until done and just barely pink in the middle. Remove from grill and let rest. The sugar from the honey in the marinade will caramelize and burn quickly, so keep an eye on the chops. *For chicken, cook 3-4 minutes per side, chicken is done when it is no longer pink in the middle*.

For shaved radish salad

1. Shave radish and carrots into paper thin slices. A food processor attachment gets this done quickly. You can also grate the radish and the carrots if you do not have a tool for paper thin slicing.
2. Combine olive oil, honey, Herbes, salt & pepper until well mixed.
3. Toss with radish and carrot. Chill until ready to serve.
4. Serve with avocado slices.

INGREDIENTS

For honey spice pork chops

1 Tablespoon paprika
½ teaspoon cayenne pepper
1 teaspoon of Herbes de Provence or Italian seasoning
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup honey (or maple syrup)
3 Tablespoons water
8 – 4 ounce center cut boneless pork chops (*2 pounds of boneless skinless chicken breast can be substituted, sliced in half lengthwise)*
1 Tablespoon grapeseed oil

For shaved radish salad

1 bunch (or 1 pound) of radishes, stems removed and scrubbed
4 medium carrots, peeled
1 Tablespoons olive oil
1 Tablespoon honey
1 teaspoon Herbes de Provence
¼ teaspoon kosher salt
¼ teaspoon black pepper

1 medium avocado, sliced

(2) GREEK FISH

Tuscan green beans and rice

MAKE AHEAD

- 2 cups cooked brown rice ** see prep guide*

DIRECTIONS

For Greek fish

1. Preheat grill to medium high (400 degrees).
2. Lightly oil a large baking sheet.
3. Season fish with salt, pepper and oregano.
4. Line the baking sheet with a layer of lemon slices.
5. Arrange fish, flesh side down, over the lemons.
6. Place baking sheet on heated grill and close lid.
7. Cook fillets for 6-8 minutes or until fish is opaque and flaky.
8. Carefully remove with spatula and flip on to dinner plate.

INDOOR COOKING NOTE:

1. Heat oil in sauté pan over medium heat.
2. Place a layer of lemon slices in bottom of pan.
3. Season fish with salt, pepper and oregano.
4. Arrange fillets flesh down in pan over lemon slices.
5. Cook for 6-8 minutes.
6. Carefully remove with spatula and flip on to dinner plate.

For Tuscan green beans

1. Heat oil in a medium sauté pan or skillet.
2. Add onions and garlic and cook for 3-4 minutes until translucent.
3. Toss in green beans and tomatoes. Cook for 3-4 minutes.
4. Season with salt; serve warm.

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff.

INGREDIENTS

For Greek fish

1 Tablespoon olive oil
4 fresh fish fillets, 1-1/2 inches thick (about 5-6 ounces each; 1-1/2 pounds total)
½ teaspoon kosher salt
¼ teaspoon black pepper
1 teaspoon dried oregano
1 lemon, sliced into 8 pieces

For Tuscan green beans

1 Tablespoon olive oil
¼ medium yellow onion, chopped
1 garlic clove, minced or pressed
1 pound green beans, ends trimmed
1 medium tomato, chopped
¼ teaspoon kosher salt

2 cups cooked brown rice ** see prep guide*

(3) PORK STIR FRY

brown rice

MAKE AHEAD

- 2-3 cups cubed pork ** from Meal #1*
- 3 cups cooked brown rice ** see prep guide*
- Cut vegetables: broccoli, onion, red pepper

DIRECTIONS

For pork stir fry

1. Heat a large sauté pan or large skillet over medium-high heat and add in grapeseed oil. When the oil is hot (almost smoking) add in the broccoli, onion, peppers and stir to combine (tongs work best). Season with salt & pepper and vinegar and sauté on high for 3-4 minutes or until the vegetables are tender, but still firm.
2. Toss in cubed pork and heat through.
3. Serve stir fry over ¾ cup of brown rice per person and garnish with a splash of gluten-free soy sauce or Bragg Liquid Aminos.

To reheat brown rice on dinner night

Warm the rice over low heat in a medium saucepot with 2 Tablespoons of water. Cook for about 3-5 minutes or until steamed through and warm.

INGREDIENTS

For pork stir fry

2 Tablespoons grapeseed oil
3 cups broccoli florets, cut into small thin slices or roughly chopped
½ medium yellow onion, cut into thin slices
1 red bell pepper, cut into thin slices
½ teaspoon kosher salt
Pinch black pepper
2 teaspoons rice wine vinegar or white wine vinegar
2-3 cups cubed pork from 4 cooked pork chops ** from Meal #1*

3 cups cooked brown rice ** see prep guide*

For garnish
Splash of gluten-free soy sauce or Bragg Liquid Aminos

(4) GRILLED TURKEY MELTS

Bananas & cream

MADE AHEAD

- Cut vegetables: onion and bell pepper

DIRECTIONS

For grilled turkey melts

1. Preheat oven to broil and line a baking sheet with foil.
2. Cut bakery rolls in half and lay out on baking sheet.
3. Heat a small sauté pan and add grapeseed oil. Once hot add onion and bell pepper and cook until slightly softened and onion is translucent. Season with salt & pepper, oregano, and a splash of vinegar.
4. Top half of each bakery roll with turkey and cooked vegetables and top with shredded parmesan.
5. Place baking sheet in oven and broil until cheese is melted and sandwich is heated through.

For bananas & cream

Place sliced bananas in a bowl and toss with half & half, honey and an optional sprinkle of cinnamon. Serve as is, or place bananas on a foil lined baking sheet and broil until the top is lightly browned.

INGREDIENTS

For grilled turkey melts

4 gluten-free bakery rolls, or 8 slices gluten-free loaf
1 Tablespoon grapeseed oil
1 medium yellow onion, thinly sliced
1 red bell pepper, thinly sliced
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon oregano
1 Tablespoon white wine or balsamic vinegar
1 pound sliced roasted turkey meat (may sub any quality deli meat)
½ cup shredded Parmesan

For bananas & cream

2 ripe bananas, sliced
¼ cup nonfat half & half
1 Tablespoon honey
Optional: sprinkle of cinnamon

(5) THYME SCENTED POLENTA

vegetable ragu

MADE AHEAD

- Cut vegetables: onion, zucchini, carrots

DIRECTIONS:

For thyme scented polenta

1. Heat a medium sauce pot over medium-high heat; add in half and half, water, broth, and thyme leaves – bring to a boil.
2. Reduce heat to medium-low, sprinkle in cornmeal, and whisk to avoid clumping. Stir often with a wooden spoon for about 20 minutes or until texture is smooth and grains are not noticeable to the palate.
3. Stir in cheese and pepper; serve warm.
4. If polenta becomes too thick, water can be added a little at a time to thin out or for reheating.

For vegetable ragu

1. Heat olive oil over medium-high heat. When it's hot (a drop of water will sizzle), sauté the garlic, onions and carrots for 4-5 minutes until onions are translucent.
2. Mix in the zucchini and cook for 4 minutes.
3. Add the basil and stir to combine.
4. Stir in the tomatoes, vegetable broth, balsamic vinegar, salt and pepper. Stir well, bring to a simmer and cook for 5 minutes.
5. Serve warm vegetable ragu over polenta.

INGREDIENTS:

For thyme scented polenta

1 cup nonfat half and half
1 cup water
2 cups low sodium chicken broth, gluten free
4 thyme sprigs, leaves removed and roughly chopped
1 cup yellow cornmeal, fine ground
¼ cup grated parmesan cheese
¼ teaspoon black pepper

For vegetable ragu

2 Tablespoons olive oil
4 cloves garlic, minced or pressed
1 large yellow onion, chopped
2 medium carrots, shredded
2 medium zucchini, chopped
¼ cup fresh basil, chopped
3 medium tomatoes, chopped
2 cups vegetable broth, gluten free
2 Tablespoons balsamic vinegar
½ teaspoon salt
½ teaspoon black pepper

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Nutrition Information

Honey spice pork chops					Serves: 4
Serving Size: 1 pork chop					
Calories	266	kcal	Fat	11	g
Protein	24.8	g	Saturated	2.9	g
Carbohydrate	17.3	g	Sugar	17	g
Sodium	299	mg	Calcium	0.7	%DV
Fiber	0	g	Iron	5.3	%DV
Cholesterol	62	mg			

Shaved radish salad with avocado					Serves: 4
Serving Size: 1/2 cup					
Calories	174	kcal	Fat	11	g
Protein	2.5	g	Saturated	1.5	g
Carbohydrate	19.4	g	Sugar	10	g
Sodium	220	mg	Calcium	5.8	%DV
Fiber	7.3	g	Iron	5.1	%DV
Cholesterol	0	mg			

Greek fish					Serves: 4
Serving Size: 1 fillet (wild caught salmon)					
Calories	271	kcal	Fat	14	g
Protein	33.7	g	Saturated	2.1	g
Carbohydrate	0	g	Sugar	0	g
Sodium	321	mg	Calcium	2	%DV
Fiber	0	g	Iron	7.7	%DV
Cholesterol	94	mg			

Tuscan green beans					Serves: 4
Serving Size: 1/2 cup					
Calories	76	kcal	Fat	3.7	g
Protein	2.5	g	Saturated	0.5	g
Carbohydrate	10.3	g	Sugar	4.9	g
Sodium	132	mg	Calcium	4.9	%DV
Fiber	3.6	g	Iron	7.2	%DV
Cholesterol	0	mg			

Brown rice					Serves: 4
Serving Size: 1/2 cup (with low sodium broth)					
Calories	191	kcal	Fat	3	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.4	g
Sodium	33	mg	Calcium	3.1	%DV
Fiber	1.6	g	Iron	8.7	%DV
Cholesterol	0	mg			

Pork stir fry with brown rice				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	635	kcal	Fat	20	g
Protein	34.3	g	Saturated	4	g
Carbohydrate	79.8	g	Sugar	22	g
Sodium	619	mg	Calcium	7	%DV
Fiber	5.5	g	Iron	16	%DV
Cholesterol	62	mg			

Grilled turkey melts				Serves: 4	
Serving Size: 1 melt					
Calories	392	kcal	Fat	11	g
Protein	40.1	g	Saturated	3.3	g
Carbohydrate	31	g	Sugar	4.5	g
Sodium	772	mg	Calcium	15	%DV
Fiber	2	g	Iron	21	%DV
Cholesterol	95	mg			

Bananas & cream				Serves: 4	
Serving Size: 1/4 cup					
Calories	79	kcal	Fat	0	g
Protein	0.9	g	Saturated	0	g
Carbohydrate	19.3	g	Sugar	13	g
Sodium	16	mg	Calcium	2.3	%DV
Fiber	1.5	g	Iron	1	%DV
Cholesterol	0	mg			

Thyme scented polenta				Serves: 4	
Serving Size: 3/4 cup					
Calories	176	kcal	Fat	2.5	g
Protein	6.4	g	Saturated	1	g
Carbohydrate	29.6	g	Sugar	4.2	g
Sodium	187	mg	Calcium	15	%DV
Fiber	2.2	g	Iron	6.6	%DV
Cholesterol	4	mg			

Vegetable ragu				Serves: 4	
Serving Size: 1/2 cup					
Calories	151	kcal	Fat	7.6	g
Protein	4.8	g	Saturated	1.1	g
Carbohydrate	18.2	g	Sugar	11	g
Sodium	323	mg	Calcium	7.1	%DV
Fiber	4.5	g	Iron	7.3	%DV
Cholesterol	0	mg			