

We hope you enjoy this holiday week of customer favorite recipes. We wish you a happy and healthy holiday from our family to yours.

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 medium yellow onion, cut into small dice
 - 4 medium carrots, cut into ¼ inch coins

MEAL #2

- Marinate ribs up to 24 hours ahead * *see Meal #2 for recipe*

MEAL #3

- Cut vegetables:
 - 1 medium red onion, coarsely chopped

MENU

MONDAY ①

SWEDISH MEATBALLS
Peppered Egg Noodles
with Peas & Carrots

TUESDAY ②

KOREAN SHORT RIBS
Broccoli & Polenta

WEDNESDAY ③

APPLE & LEEK SOUP
Ham Melts

Happy Thanksgiving!



CLASSIC November 22, 2013
Shopping List

(1) Swedish Meatballs (2) Korean Short Ribs (3) Apple & Leek Soup *** Happy Thanksgiving ***

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	lean ground beef	1 pound	can use ground turkey	5
2	beef short ribs	1-1/2 pounds		12
3	black forest ham - deli slices	8 slices		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	Yellow onion	2		2
1	carrots	4		2
1	frozen organic peas	1 cup		1.5
2,3	red onion	2		2
2	fresh broccoli florets	1 pound		3
3	leeks	2		2
3	Granny Smith apples	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	light sour cream/greek yogurt	1/4 cup		1
2	goat cheese crumbles	1/4 cup	optional	2
3	white cheddar cheese	2 cups	shredded	5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	red wine	1/4 cup	optional - can use stock	3
1	whole wheat egg noodles	6 ounces		1.5
2	brown sugar	2 Tablespoons		0.5
2	sesame oil	2 Tablespoons		1
2	rice vinegar	2 Tablespoons		0.5
2	cornmeal (coarsely ground)	1 cup		1
3	organic corn tortillas (6")	8		3

Fresh 20 Grocery Est 55
 Cost Per Dinner 18
 Cost Per Serving 4.5

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	8 Tablespoons	dried oregano	1 Tblspn + 2 tsp
	grapeseed oil	for pan	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	5-1/4 cups	organic tomato paste	
	garlic	7 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	3 teaspoons	soy sauce or Braggs liquid aminos	1/4 cup
	black pepper	3/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	2 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) SWEDISH MEATBALLS

peppered egg noodles with peas & carrots

MAKE AHEAD

- Cut vegetables: onions, carrots

DIRECTIONS

For Swedish meatballs

1. In a medium bowl, combine diced onion, salt, pepper, oregano, garlic, and Dijon. Add the ground meat and mix well. Form meat mixture into 12 medium size meatballs.
2. Heat a large, nonstick sauté pan over medium-high heat and add oil. Once oil is hot add the meatballs and brown on all sides, about 8 minutes. Remove meatballs from the pan and set aside.
3. Add in sliced onion, garlic, oregano, and 2 Tablespoons of whole wheat flour (sprinkled over the top) – stir to combine and cook for 2-3 minutes. Watch your heat so the flour doesn't burn.
4. Add wine (or ¼ cup broth). With a spatula or wooden spoon, gently scrape the pan to release any flour that stuck to the bottom. Cook about 2 minutes to slightly reduce the wine.
5. Add in broth and stir to combine. Reduce heat slightly and add the meatballs back into the pan. Simmer for 10 minutes - liquid will begin to reduce and thicken.
6. Turn off the heat and carefully stir in the sour cream.
7. Taste and adjust seasonings.

For peppered egg noodles with peas & carrots

1. Bring a large pot of water with a heavy pinch of salt to a boil.
2. Add in noodles and carrots and boil until al dente, about 8 - 9 minutes. Add in the peas about 1 minute before you drain the noodles. Drain and toss with olive oil and a generous amount of black pepper.

Serve warm noodles with meatballs and sauce over the top.

INGREDIENTS

For Swedish meatballs

- 1 medium yellow onion, cut into small dice
- 1½ teaspoons kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon dried oregano
- 2 garlic cloves, minced or pressed
- 1 teaspoon Dijon mustard
- 1 pound lean ground beef * *lean ground turkey can be substituted*
- 2 Tablespoons olive oil
- ½ medium yellow onion, thinly sliced
- 1 garlic clove, minced or pressed
- 2 teaspoons oregano
- 2 Tablespoons whole wheat flour
- ¼ cup red wine (**optional* if not using wine increase broth to 1¼ cups total*)
- 1 cup low sodium chicken or vegetable broth
- ¼ cup light sour cream or thick Greek yogurt

For peppered egg noodles with peas & carrots

- 6 ounces whole wheat egg noodles
- 4 medium carrots, cut into ¼ inch coins
- 1 cup frozen organic peas
- 1 Tablespoon olive oil
- Fresh black pepper



(2) KOREAN STYLE SHORT RIBS

sautéed broccoli & simple polenta

MADE AHEAD

- Marinate ribs up to 24 hours ahead * *see recipe below*

DIRECTIONS

For Korean style short ribs

1. Combine all marinade ingredients in a large, non-aluminum (reactive) container; a re-sealable bag or glass bowl works well.
2. Add ribs to the marinade and coat well. Seal container and marinate at least 2 hours and up to 24 hours in the refrigerator.
3. Drain and reserve marinade. Arrange ribs in large sauté pan (with lid) over medium-high heat and sear ribs for 4 minutes each side.
4. Pour remaining marinade and stock into sauté pan with ribs and cover with lid. Reduce heat to medium-low and cook for 15 minutes.
5. Remove lid and cook uncovered for 5 minutes. The liquid will reduce down. Remove ribs and place on platter or serving dish. Loosely cover with foil. Pour remaining sauce in a bowl to serve with dinner.

For broccoli

In a medium skillet, toss broccoli with olive oil and salt and sauté for 4-5 minutes until soft, but still a little crunchy.

For polenta

1. In a medium saucepan, bring the stock to a boil over high heat.
2. Slowly add the cornmeal while constantly whisking. Lower the heat to medium and cook, stirring frequently, until the polenta thickens to an oatmeal consistency, about 20 minutes. Sometimes it is necessary to add more liquid (water or stock).
3. Scrape the bottom and sides while cooking to prevent the polenta from sticking.
4. Stir in the olive oil and transfer polenta to a serving bowl. If desired, top with ¼ cup crumbled goat cheese.

SUBSTITUTIONS: Use dark meat chicken instead of ribs.

For marinade

- ¼ cup reduced sodium soy sauce
- 2 Tablespoons brown sugar
- 2 Tablespoon sesame oil
- ½ red onion, finely chopped
- 3 cloves garlic, minced or pressed
- 1 Tablespoon olive oil
- 2 Tablespoons rice vinegar

For Korean style short ribs

- 1 ½ pounds beef short ribs, cross cut into 1" thick slabs (Korean style)
- ¾ cup chicken or vegetable stock

For broccoli

- 1 pound fresh broccoli florets
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt

For polenta

- 1-1/2 cups chicken or vegetable stock
- 1 cup polenta (coarsely ground yellow cornmeal)
- 1 Tablespoon olive oil
- ¼ cup goat cheese crumbles *
optional

Kitchen Note:

Start the ribs and then while they are simmering, prepare broccoli. Next, start polenta since it requires more labor for stirring.



(3) APPLE AND LEEK SOUP ham melts

MADE AHEAD

- Cut vegetables: onion

DIRECTIONS

For apple and leek soup

1. Cut leeks in half lengthwise and wash thoroughly to remove any dirt. Drain and pat dry, then coarsely chop.
2. Heat the oil in a 4-quart Dutch oven or other heavy pot over medium-high heat. Once oil is hot add leeks, onion, apples, and garlic and cook, stirring occasionally, until the vegetables begin to soften- about 4 minutes. If desired, remove and reserve $\frac{1}{4}$ cup of the sautéed leeks, onions, and apples to use as garnish.
3. Add the broth, water, salt, and pepper. Bring to a gentle simmer and cook for 20 minutes or until softened.
4. Puree the soup in batches in a blender or food processor until smooth (use caution when blending warm liquids). Serve warm.

For ham melts

1. Heat a small sauté pan over medium high heat. Lightly brush the pan with 1 teaspoon grapeseed oil.
2. Add a tortilla to pan and warm on both sides. Spread $\frac{1}{4}$ cup of cheese over the tortilla top with 2 slices ham then add another layer of cheese over ham and cover with another tortilla. Flip.
3. Warm through until cheese is melted. Repeat with remaining tortillas.

INGREDIENTS

For apple and leek soup

- 2 leeks, root ends trimmed
- 2 Tablespoons olive oil
- 1 medium red onion, coarsely chopped
- 2 Granny Smith apples, peeled, cored and diced
- 1 garlic clove, minced or pressed
- 2 cups low-sodium chicken or vegetable broth
- 2 cups water
- 1 teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

For ham melts

- Grapeseed oil for pan
- 8 (6 inch) organic corn tortillas
- 2 cups (8 oz) white cheddar cheese, grated
- 8 slices lean, black forest ham



Nutrition Information

Swedish meatballs				Serves: 4	
Serving Size: 3 meatballs					
Calories	324	kcal	Fat	18	g
Protein	26	g	Saturated	5.6	g
Carbohydrate	10	g	Sugar	3.3	g
Sodium	868	mg	Calcium	5.3	%DV
Fiber	1.5	g	Iron	17	%DV
Cholesterol	74	mg			

Peppered egg noodles with peas & carrots				Serves: 4	
Serving Size: 3/4 cup					
Calories	239	kcal	Fat	4.3	g
Protein	9	g	Saturated	0.6	g
Carbohydrate	44.5	g	Sugar	6.9	g
Sodium	82	mg	Calcium	5	%DV
Fiber	7.6	g	Iron	13	%DV
Cholesterol	0	mg			

Korean style short ribs				Serves: 4	
Serving Size: About 6 ounces					
Calories	435	kcal	Fat	28	g
Protein	34	g	Saturated	8.8	g
Carbohydrate	10.7	g	Sugar	7.9	g
Sodium	725	mg	Calcium	3.2	%DV
Fiber	0.4	g	Iron	24	%DV
Cholesterol	100	mg			

Sautéed broccoli				Serves: 4	
Serving Size: 1/2 cup					
Calories	68	kcal	Fat	3.8	g
Protein	3.2	g	Saturated	0.5	g
Carbohydrate	7.5	g	Sugar	1.9	g
Sodium	284	mg	Calcium	5.3	%DV
Fiber	3	g	Iron	4.7	%DV
Cholesterol	0	mg			

Simple polenta				Serves: 4	
Serving Size: 1/2 cup (without cheese)					
Calories	144	kcal	Fat	4.5	g
Protein	3.2	g	Saturated	0.6	g
Carbohydrate	23.5	g	Sugar	0	g
Sodium	33	mg	Calcium	0.3	%DV
Fiber	2.2	g	Iron	6.3	%DV
Cholesterol	0	mg			

Apple and leek soup				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	155	kcal	Fat	7.1	g
Protein	2.4	g	Saturated	1	g
Carbohydrate	22.6	g	Sugar	13	g
Sodium	537	mg	Calcium	5	%DV
Fiber	3.6	g	Iron	7	%DV
Cholesterol	0	mg			

Ham melts				Serves: 4	
Serving Size: 2 melts					
Calories	403	kcal	Fat	23	g
Protein	26.2	g	Saturated	13	g
Carbohydrate	22.4	g	Sugar	0.7	g
Sodium	785	mg	Calcium	45	%DV
Fiber	3	g	Iron	8.7	%DV
Cholesterol	84	mg			