

PREP GUIDE

MEAL #1

- Sear meat, onions, ginger **see Meal #1 for recipe*
- 2" piece fresh ginger, grated to yield 1 Tablespoon
- 2 cups cooked brown rice **see recipe below*
- Cut vegetables:
 - 2 medium onions, thinly sliced
 - 2 sweet potatoes (about ¾ pound) cut into 1" cubes
 - 2 carrots, peeled and diced

MEAL #2

- Make tomatillo salsa **see Meal #2 for recipe*
- 2 cups cooked brown rice ** see recipe below*
- Cut herbs and vegetable:
 - ¼ cup white onion, minced or grated
 - 2 Tablespoons cilantro, finely chopped (wrap in a damp paper towel to maintain freshness)

MEAL #3

- 2-3" piece fresh ginger, grated to yield 1½ Tablespoons
- Cut fruit/vegetables:
 - 1 pound carrots, peeled and chopped
 - ½ white onion, chopped
 - 1 orange, squeezed to yield ½ cup fresh juice

MEAL #4

- 4-6" piece fresh ginger, grated to yield 3 Tablespoons
- 2 cups cooked brown rice **see recipe below*
- Cut herbs/vegetables:
 - 1 jalapeno, seeded and finely minced
 - 2 Tablespoons cilantro, finely chopped (wrap in a damp paper towel to maintain freshness)
 - 1 medium onion, thinly sliced
 - Wash and chop kale, hard stems removed

MEAL #5

- Cut vegetables/herbs:
 - 1 ½ pounds sweet potatoes, peeled and cut into large pieces
 - 1 medium onion, thinly sliced
 - 3 cups chopped kale, tightly packed, finely chopped
 - 2 Tablespoons cilantro, finely chopped (wrap in damp paper towel to maintain freshness)

Brown Rice (for Meals #1, #2 & #4)

3 cups brown rice

6 cups water or broth

½ teaspoon salt

Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmering for 30-35 minutes until liquid has absorbed. Remove from heat and steam for an additional 5 minutes; makes 6 cups.

MENU

MONDAY ①

LAMB AND SWEET POTATO TAGINE
Brown Rice

TUESDAY ②

CHIPOTLE MAPLE TURKEY PATTIES
Tomatillo Salsa
Brown Rice

WEDNESDAY ③

CARROT GINGER SOUP
Roasted Coconut Shrimp

THURSDAY ④

TURKEY MEATBALL COCONUT CURRY
Brown Rice

FRIDAY ⑤

SWEET POTATO & KALE QUESADILLAS



Shopping List

(1) Lamb Tangine (2) Turkey Burgers (3) Carrot Soup & Shrimp (4) Meatball Curry (5) Sweet Potato Quesadillas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	lamb stew meat	1-1/2 pounds		18
2,4	ground turkey	2 pounds		10
3	medium shrimp	1 pound		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4,5	white onion	5-1/4		5
1,3,4	fresh ginger	8-10" piece		3
1,5	sweet potatoes	2-1/4 pounds		3
2,4,5	cilantro	1 bunch		1.5
4,5	kale	5 cups		3
1,3	carrots	1 pound + 2		2
3	orange	1		0.5
1,4	tomatoes	4		4
2	tomatillos	3/4 pound		3
2,4	jalepenos	2-3		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	cheddar cheese	6 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	coriander	3-1/2 teaspoons		0.5
1	cinnamon stick	1 teaspoon		0.5
2,5	chipolte peppers in adobo	1 can	2 peppers	2
3,4	light coconut milk	1-1/2 c + 2 Tb		2
3	shredded coconut	1/4 cup		1.5
3, 5	whole wheat tortillas	8		3

Fresh 20 Grocery Est 76.5
 Cost Per Dinner 15.3
 Cost Per Serving 3.825

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil		dried oregano	3/4 teaspoon
	grapeseed oil	8 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	4-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	1 Tblsp + 1 tsp
	chicken or veggie broth: low sodium	1 cup	organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	
	kosher salt	4-1/4 teaspoons	soy sauce or Braggs liquid aminos	
	black pepper	1/4 teaspoon	whole grain spaghetti	
	cayenne pepper	1/4 teaspoon	long grain brown rice	3 cups
paprika	1 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LAMB AND SWEET POTATO TAGINE

brown rice

The word 'tagine' refers to a conical clay pot used to prepare stewed meats and vegetables in Northern Africa. While we have created our recipe to be cooked in a traditional sauté pan, the flavors of lamb, onion, sweet potato and ginger make for an exotic week night treat.

MADE AHEAD

- Seared meat, onions, and ginger **see directions below*
- Grate ginger
- Cut vegetable: onions, carrots, sweet potatoes
- 2 cups cooked brown rice **see prep guide*

DIRECTIONS

To sear meat, onions, and ginger

1. Heat oil in a heavy bottom sauté pan over medium-high heat until oil is shimmering.
2. Season lamb cubes with pepper and salt. Add the meat to the hot pan in batches and sear on all sides until a brown crust forms. Remove and set aside.
3. Add onions to the pan and cook until softened and lightly browned, about 5 minutes. Add ginger and sauté until fragrant, 30 seconds. Remove onions/ginger from pan and combine with browned lamb cubes. Cover and refrigerate until dinner night if making ahead.

To finish tagine

1. Warm the seared meat, onions, and ginger in a Dutch oven or heavy pan with fitted lid, over medium heat (if made ahead). Add in carrots and sauté for 3 minutes.
2. To the meat mixture, add in the cumin, coriander, paprika, and cinnamon stick and cook for one minute. Add the tomatoes and cook until slightly softened, about 5 minutes. Add the water and bring to a boil. Cover, reduce heat to low, and simmer for 40 minutes.
3. After 40 minutes add the sweet potatoes, cover and continue to cook for an additional 20 minutes. Season the tagine with salt. Remove the cinnamon stick before serving.
4. Serve over brown rice and garnish with cilantro if desired.

To re-heat brown rice

Add cooked rice and 1-2 Tablespoons water to a covered sauce pan. Warm over medium-low heat for 5-7 minutes and fluff with a fork before serving.

INGREDIENTS

To sear meat, onions, and ginger

2 Tablespoons grapeseed oil
1 ½ pounds lamb stew meat, cut into 1" cubes
¼ teaspoon black pepper
½ teaspoon salt
2 medium white onions, thinly sliced
2" piece fresh ginger, grated to yield 1 Tablespoon

To finish tagine

2 carrots, peeled and diced
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon paprika
1 small cinnamon stick
2 medium tomatoes, chopped
2 cups water
2 sweet potatoes (¾ pound) cut into 1" cubes
½ teaspoon salt

2 cups cooked brown rice **see prep guide*

Garnish

Cilantro sprigs (optional)



(2) CHIPOTLE MAPLE TURKEY PATTIES

tomatillo salsa and brown rice

MAKE AHEAD

- Cut vegetables: onion, cilantro
- Make tomatillo salsa * *see recipe below*
- 2 cups cooked brown rice * *see prep guide*

DIRECTIONS

For chipotle maple turkey patties

1. Combine turkey, cumin, oregano, chipotle pepper, maple syrup, onion, cilantro, and salt and mix until just combined.
2. Divide turkey mixture into 4 equal portions and form thin patties. Sear the patties over medium heat on a lightly oiled sauté or griddle pan, about 4 minutes per side.
3. Melt the cheddar cheese on the patties during the last minute of cooking.

For tomatillo salsa

1. Preheat broiler to high. Line a heavy duty baking sheet with aluminum foil.
2. Remove the husks from the tomatillos, rinse them and pat dry. Arrange the tomatillos, jalapeno peppers, onion, and garlic (with skin on) on the pan. Broil until charred, about 3-5 minutes. Use tongs to turn them and broil other side until lightly charred, another 3-5 minutes. Let cool slightly. Remove seeds from jalapenos for milder salsa, if desired. Remove skin from garlic clove.
3. Place the charred vegetables, water, and salt into a bowl of a food processor or a blender and pulse until desired consistency. Add cilantro and pulse again.

To serve

Place each patty on top of ½ cup of brown rice and top with tomatillo salsa.

To re-heat brown rice

Add cooked rice and 1-2 Tablespoons water to a covered sauce pan. Warm over medium-low heat for 5-7 minutes and fluff with a fork before serving.

INGREDIENTS

For chipotle maple turkey patties

1 pound ground turkey
½ teaspoon ground cumin
½ teaspoon dried oregano
1 chipotle pepper in adobo sauce, finely minced
1 Tablespoon maple syrup
¼ white onion, minced or grated
2 Tablespoons cilantro, finely chopped
½ teaspoon salt
2 ounces shredded cheddar cheese

For tomatillo salsa

¾ pound tomatillos
1-2 jalapenos, depending on level of spiciness desired
½ small white onion, halved and root end removed
1 garlic clove, skin intact
¼ cup water
½ teaspoon salt
¼ cup cilantro

2 cups cooked brown rice * *see prep guide*



(3) CARROT GINGER SOUP with roasted coconut shrimp

MAKE AHEAD

- Cut vegetables: carrots, onion
- Grate ginger
- Squeeze orange for juice

DIRECTIONS

For the carrot ginger soup

1. Heat the oil in a saucepan over medium-low heat. Add the carrots and onions and cook, stirring occasionally, for about 8 minutes until they begin to soften without coloring. Add ginger and cook until fragrant, about 1 minute.
2. Add the orange juice, chicken broth and water. Increase heat to medium and bring to a boil. Reduce the heat to low and simmer gently for about 25 minutes or until the carrots are very soft. Remove the pan from the heat and set aside to cool slightly.
3. Transfer the soup to a blender and puree until smooth. Return the soup to the pan and stir in the salt and coconut milk.

For the shrimp

1. Preheat the oven to 425 degrees. Toss shrimp with oil, salt, and shredded coconut.
2. Spread the shrimp on a parchment-lined baking sheet and roast until pink, about 8 minutes.
3. Ladle soup into bowls and serve with coconut shrimp and warmed tortillas.

INGREDIENTS

For the carrot ginger soup

- 2 Tablespoons grapeseed oil
- 1 pound carrots, peeled and chopped
- ½ white onion, chopped
- 2-3" piece fresh ginger, grated to yield 1½ Tablespoons
- 1 orange squeezed to yield ½ cup orange juice
- 1 cup chicken low-sodium broth
- 2 cups water
- ¾ teaspoon kosher salt
- 2 Tablespoons light coconut milk

For the shrimp

- 1 pound medium shrimp, peeled and deveined (substitute 1 pound chicken tenders, cut into bite sized pieces)
- 1 Tablespoon grapeseed oil
- ¼ teaspoon salt
- ¼ cup shredded coconut

- 4 whole wheat tortillas



(4) TURKEY MEATBALL COCONUT CURRY with brown rice

MADE AHEAD

- Cut vegetables/herbs: jalapeno, cilantro, onion, kale
- Grate ginger
- 2 cups cooked brown rice * *see prep guide*

DIRECTIONS

For the turkey meatballs

1. In a large bowl, mix the ground turkey, ginger, jalapeno, cilantro and salt together (using your hands) until just combined.
2. Put some ice water in a small bowl. Moisten your hands with the water before forming each meatball; this will help prevent the meat from sticking to your hands. Form the meat into meatballs about the size of golf balls, you should get approximately 15.

For the coconut curry

1. In a large skillet over medium-high heat, heat the oil. Once the oil is hot add the onions and cook for about 3 minutes until softened. Add the garlic and ginger and cook until fragrant about 1 minute. Add ground coriander, cumin and cayenne pepper. Stir and cook for 30 seconds.
2. Add the tomatoes and cook until they are softened, about five minutes. Add the coconut milk, water, and salt and bring to boil. Turn down to a simmer and add the meatballs. Cover and simmer until the meatballs are cooked through, about 15 to 20 minutes. During the last 5 minutes add the chopped kale.
3. Serve over brown rice and garnish with more cilantro if desired.

To re-heat brown rice

Add cooked rice and 1-2 Tablespoons water to a covered sauce pan. Warm over medium-low heat for 5-7 minutes and fluff with a fork before serving.

INGREDIENTS

For the turkey meatballs

1 pound ground turkey
2-3" piece fresh ginger, grated to yield
1½ Tablespoons
1 jalapeno, seeded and finely minced
2 Tablespoons cilantro, finely
chopped
½ teaspoon kosher salt

For the coconut curry

2 Tablespoons grapeseed oil
1 medium white onion, thinly sliced
5 garlic cloves, minced
2-3" piece fresh ginger, grated to yield
1½ Tablespoons
2½ teaspoons ground coriander
1½ teaspoons ground cumin
¼ teaspoon cayenne pepper
2 medium tomatoes, finely diced
1½ cups light coconut milk
¼ cup water
½ teaspoon kosher salt
2 cups kale, finely chopped

2 cups prepared brown rice **see prep
guide*



(5) SWEET POTATO & KALE QUESADILLAS

MAKE AHEAD

- Cut vegetables/herbs: sweet potatoes, onion, kale, cilantro

DIRECTIONS

For the sweet potato & kale quesadilla

1. Add the potatoes to a large saucepan and add enough water to cover the potatoes. With the heat on high, bring the water to a boil. Once it reaches a boil, reduce the heat to medium and simmer for about 10-15 minutes until the potatoes are tender.
2. Drain the potatoes and transfer to a large bowl. Use a potato masher to mash the potatoes. Add the salt, cumin, oregano and chipotle pepper. Mix until well combined and set aside.
3. In a medium skillet, heat the oil over medium low heat. When warm, add the onions. Cook for 10 to 15 minutes until the onions are very soft and not too browned. Add the maple syrup and cook for an additional minute. Add kale and cook until wilted and tender about 5 minutes. Add the mixture to the bowl with the mashed sweet potatoes along with the cilantro and mix until well combined.
4. Place the tortillas on a work surface. Spread $\frac{1}{8}$ to $\frac{1}{2}$ cup of the filling on half of each tortilla. Top each with 1 ounce of cheddar cheese and fold to close. Repeat with remaining tortillas.
5. Wipe out the skillet used for the kale and set over medium-high heat; spray lightly with nonstick cooking spray. Place a quesadilla in the pan and cook, flipping once halfway through, until both sides are browned and the cheese is melted. Cut into triangles and serve warm

INGREDIENTS

For the sweet potato & kale quesadilla

- 1½ pounds sweet potatoes, peeled and cut into large pieces
- $\frac{3}{4}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon dried oregano
- 1 chipotle pepper in adobo sauce, finely minced
- 1 Tablespoon grapeseed oil
- 1 medium white onion, thinly sliced
- 1 teaspoon maple syrup
- 3 cups kale, tightly packed, finely chopped
- 2 Tablespoons cilantro, finely chopped
- 4 whole wheat tortillas
- 4 ounce cheddar cheese, divided



Nutrition Information

Lamb and sweet potato tagine				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	412	kcal	Fat	16	g
Protein	37.3	g	Saturated	3.9	g
Carbohydrate	28.8	g	Sugar	9.5	g
Sodium	683	mg	Calcium	7.7	%DV
Fiber	5.4	g	Iron	22	%DV
Cholesterol	111	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			

Chipotle maple turkey patties				Serves: 4	
Serving Size: 1 patty					
Calories	248	kcal	Fat	15	g
Protein	25	g	Saturated	5.5	g
Carbohydrate	4.7	g	Sugar	3.5	g
Sodium	431	mg	Calcium	14	%DV
Fiber	0.4	g	Iron	9.2	%DV
Cholesterol	99	mg			

Tomatillo salsa				Serves: 4	
Serving Size: 1/3 cup					
Calories	40	kcal	Fat	0.9	g
Protein	1.2	g	Saturated	0	g
Carbohydrate	7.8	g	Sugar	4.7	g
Sodium	250	mg	Calcium	1.5	%DV
Fiber	2.3	g	Iron	3.5	%DV
Cholesterol	0	mg			

Carrot ginger soup				Serves: 4	
Serving Size: 1 cup					
Calories	134	kcal	Fat	7.6	g
Protein	2.1	g	Saturated	1.1	g
Carbohydrate	15.7	g	Sugar	8.3	g
Sodium	469	mg	Calcium	5.1	%DV
Fiber	3.6	g	Iron	2.9	%DV
Cholesterol	0	mg			

Roasted coconut shrimp				Serves: 4	
Serving Size: 1/2 cup + 1 tortilla					
Calories	428	kcal	Fat	11	g
Protein	27.6	g	Saturated	3.4	g
Carbohydrate	55.8	g	Sugar	2.3	g
Sodium	1,293	mg	Calcium	16	%DV
Fiber	8.5	g	Iron	22	%DV
Cholesterol	143	mg			

Turkey meatball coconut curry				Serves: 4	
Serving Size: 1 cup (About 3 1/2 meatballs)					
Calories	340	kcal	Fat	22	g
Protein	24.8	g	Saturated	7.7	g
Carbohydrate	13.8	g	Sugar	5.3	g
Sodium	608	mg	Calcium	9.3	%DV
Fiber	2.3	g	Iron	15	%DV
Cholesterol	84	mg			

Sweet potato & kale quesadilla				Serves: 4	
Serving Size: 1 quesadilla					
Calories	457	kcal	Fat	15	g
Protein	16.7	g	Saturated	6.4	g
Carbohydrate	67.7	g	Sugar	15	g
Sodium	778	mg	Calcium	39	%DV
Fiber	10.5	g	Iron	20	%DV
Cholesterol	30	mg			