

## PREP GUIDE

### MEAL #1

- 3 roasted red peppers (with juices), cut into strips *\*see below*
- Cut vegetables:
  - 1 yellow onion, thinly sliced
  - 1 fennel bulb, cored and thinly sliced

### MEAL #2

- Cut vegetables:
  - 1 medium fennel bulb, halved lengthwise, cored, and thinly sliced
  - 4 medium tomatoes, cored and chopped
  - 4 large garlic cloves, peeled and thinly sliced

### MEAL #3

- Cut vegetables:
  - 1½ pounds parsnips, peeled & cut in half widthwise and then into quarters lengthwise
  - 2 yellow onions, peeled, root end intact and cut into eighths
  - 1 bunch swiss chard, center rib discarded, roughly chopped

### MEAL #4

- Cut vegetables:
  - 8 ounces button mushrooms, thinly sliced
  - 1½ pounds parsnips, peeled and chopped

### MEAL #5

- Cut vegetables:
  - 1 bunch Swiss chard, hard center stem removed, leaves chopped

#### For Roasted Red Peppers (for Meal #1)

3 red bell peppers

1 Tablespoon olive oil

¼ teaspoon kosher salt

½ teaspoon black pepper

1. Place the oven rack in the middle position and turn the oven on to high broil.
2. Cut the peppers in half from top to bottom, stem and all. Remove all the seed and white pith from the center of the peppers.
3. Put the peppers in a bowl and toss with oil, salt, and pepper until coated evenly. Lay the peppers (skin side up) on a cooling rack that is on top of a cookie sheet. Roast for 10 minutes until blistered and black. Turn the peppers over and roast an additional 10 minutes until charred.
4. Remove from oven and place in a bowl tightly covered with plastic wrap or foil. Let steam 20 minutes. Remove the skins and discard. Place the peppers and any of the juices that accumulated in the bowl in a container and refrigerate until needed.

## MENU

### MONDAY ①

CHICKEN CACCIATORE with ROASTED RED PEPPERS AND FENNEL

### TUESDAY ②

STEAMED MUSSELS with FENNEL AND TOMATOES

### WEDNESDAY ③

ROASTED CHICKEN SAUSAGE, PARSNIPS & SWISS CHARD

### THURSDAY ④

SAUTEED CHICKEN BREASTS Parsnip Puree

### FRIDAY ⑤

LINGUINI with TOMATO & SWISS CHARD



CLASSIC March 14, 2014

# Shopping List

(1) Chicken Cacciatore (2) Steamed Mussels (3) Roasted Chicken & Parsnips (4) Sautéed Chicken Breasts (5) Linguini with Tomato

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken thighs	1-1/2 pounds		8
2	mussels	2 pounds		7
3	mild Italian chicken sausage links	1 pound		8
4	chicken breast	1 pound		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	red bell peppers	3		3
1,3	yellow onion	3		2
1,2	fennel bulb	2		2
1,2,5	fresh basil	1 large bunch	1-1/4 cups chopped	1.5
2	tomatoes	4		4
2,4	lemon	1		0.5
3,4	parsnips	3 pounds		6
3,5	Swiss chard	2 bunches		3
3,4	fresh thyme	1/2 bunch	need 2 Tablespoons chopped	1.5
4	button mushrooms	8 ounces		2
4	frozen artichoke hearts	9 oz package		5
5	red onion	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3,4	butter	5 Tablespoons		1
5	parmesan cheese, grated	1/2 cup		2.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2,4,5	white wine	1-1/4 cups		4
1,5	diced tomatoes	2 cans	14.5 oz cans	4

Fresh 20 Grocery Est 75

Cost Per Dinner 15

Cost Per Serving 3.75

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	8 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	3 Tblsp + 1 tsp	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	3/4 cup	organic tomato paste	
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	4-1/4 teaspoons	soy sauce or Bragg liquid aminos	
	black pepper	1-1/4 teaspoons	whole grain linguini	12 ounces
	cayenne pepper	1/8 teaspoon	long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) CHICKEN CACCIATORE WITH ROASTED RED PEPPERS AND FENNEL

## MAKE AHEAD

- Roasted red peppers \* *see prep guide*
- Cut vegetables: onions, fennel, garlic

## DIRECTIONS

### *For the chicken*

1. Turn the broiler on high, place the oven rack in the middle of the oven.
2. Brush both sides of the chicken with olive oil and season with salt, pepper, and oregano.
3. Place an ovenproof wire cooling rack (like for cooling cookies) on top of a cookie sheet. Put the chicken thighs on top of the cooling rack. Place the cookie sheet with cooling rack in the oven and broil for 5 minutes. *If you don't have a cooling rack you can cook the chicken directly on the cookie sheet.*
4. Turn the broiler off, turn the oven to 375 degrees, and bake the chicken until cooked through, about 10 minutes. Remove from oven and set aside.

### *For the Cacciatore*

1. Heat the olive oil over medium heat in a large saucepan or soup pot. Add the onion, fennel, and salt. Cover the pan and let the mixture stew until the vegetables are slightly soft, about 3 minutes.
2. Add the garlic and stir well to combine. Cook uncovered until the flavors have combined, about 1 minute.
3. Add the wine and cook until evaporated, 30 seconds.
4. Add the peppers and tomatoes. Reduce the heat to medium low and cook, uncovered, until the tomatoes are broken down and the vegetables have softened, about 10 minutes. Add the cooked chicken thighs and continue to cook an additional 10 minutes.
5. Remove from heat and add the basil.

## INGREDIENTS

### *For the chicken*

- 1½ pounds chicken thighs, skinless
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon dried oregano

### *For the Cacciatore*

- 1 Tablespoon olive oil
- 1 yellow onion, thinly sliced
- 1 fennel bulb, cored and thinly sliced
- ¼ teaspoon kosher salt
- 3 garlic cloves, thinly sliced
- ¼ cup white wine (can sub chicken broth)
- 3 roasted red peppers with juices, cut into strips \**see prep guide*
- 1 (14.5 ounce) can diced tomatoes with juice
- ¼ cup basil, roughly chopped



## (2) STEAMED MUSSELS WITH BRAISED FENNEL AND TOMATOES

### MAKE AHEAD

- Cut vegetables: fennel, tomatoes, garlic

### DIRECTIONS

*For steamed mussels with fennel and tomatoes*

1. Pour the oil, wine, and water into a large skillet with a lid. Add fennel, tomatoes, garlic, and lemon zest and season with salt and pepper. Cover and bring to a boil over high heat. Reduce heat to medium and simmer until the tomatoes begin to fall apart and the fennel softens, 12 to 15 minutes.
2. Bring the mixture back to a boil and add the mussels. Cover and steam the mussels for 3 to 5 minutes, until they open fully- *discard any mussels that don't open*. Stir in basil.

### INGREDIENTS

*For steamed mussels with fennel and tomatoes*

- 4 Tablespoons olive oil
- ½ cup white wine (or chicken broth)
- ½ cup water
- 1 medium fennel bulb, halved lengthwise, cored, and thinly sliced
- 4 medium tomatoes, cored and chopped
- 4 large garlic cloves, peeled and thinly sliced
- ½ lemon, zested
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 pounds mussels (*can sub 1 pound chicken tenders, cut into one inch pieces*)
- ½ cup basil leaves, finely chopped



## (3) ROASTED CHICKEN SAUSAGE, PARSNIPS, AND SWISS CHARD

### MAKE AHEAD

- Cut vegetable: parsnips, onion, Swiss chard

### DIRECTIONS

*For roasted chicken sausage with parsnips and Swiss chard*

1. Heat the oven to 400 degrees.
2. Cut the parsnips in half width wise then in quarters lengthwise. Combine the onions and parsnips in a bowl and toss with oil, salt, and pepper. Put the parsnips and onions on a baking sheet and cover tightly with foil. Roast for 30 minutes or until the onions are tender. Remove from oven.
3. Increase the oven temperature to 450 degrees and remove the foil from the baking sheet. Add the sausages and Swiss chard to the pan, dot with butter, and sprinkle with thyme. Return to the oven, uncovered, and roast for 20 minutes more, until the sausages are cooked and everything is golden and starting to caramelize.

### INGREDIENTS

*For roasted chicken sausage with parsnips and Swiss chard*

- 1½ pounds parsnips, peeled
- 2 yellow onions, peeled, root end intact and cut into eighths
- 2 Tablespoons grapeseed oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound mild Italian chicken sausage links
- 1 bunch Swiss chard, center rib discarded, roughly chopped
- 2 Tablespoons butter, cut into pieces
- 1 Tablespoon fresh thyme leaves



## (4) SAUTEED CHICKEN BREASTS

atop parsnip puree

### MAKE AHEAD

- Cut vegetables: mushrooms, parsnips

### DIRECTIONS

#### *For the sautéed chicken breasts*

1. Season the chicken breasts with salt and pepper.
2. Heat 1 Tablespoon grapeseed oil in a wide, deep sauté pan over medium heat. Add chicken and cook for 4 minutes on one side until nicely browned. Remove from pan and set aside.
3. Add 1 teaspoon of grapeseed oil to the pan and increase heat to high. Add the mushrooms and let cook untouched for about 45 seconds then stir and continue to cook until softened and brown – about 2 minutes. Add the artichokes, salt and pepper to the pan and cook for an additional minute.
4. Add in the wine and let cook until slightly evaporated. Add chicken broth and chicken breasts, browned side up and sprinkle with thyme leaves. Reduce heat, bring the broth to a slow simmer, and cover the pan. Cook an additional 10 minutes.
5. Remove the chicken breasts, mushrooms, and artichokes from the pan and set aside to keep warm. Increase heat to high to bring back to a boil and reduce the broth by half. Return everything back to the pan and add lemon juice.

#### *For the parsnip puree*

1. Place parsnips in a pot, cover with water, and bring to a boil. Cook until softened, approximately 10-15 minutes.
2. Drain the parsnips, reserving  $\frac{3}{4}$  cup of the cooking water. Place the parsnips, butter,  $\frac{1}{2}$  cup cooking water, and salt into a food processor. Puree until smooth, adding more water if needed to reach desired consistency.

### INGREDIENTS

#### *For the sautéed chicken breasts*

1 pound skinless chicken breasts  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{8}$  teaspoon black pepper  
1 Tablespoon grapeseed oil

1 teaspoon grapeseed oil  
8 ounces button mushrooms, thinly sliced  
1 (9 ounce) package frozen artichoke hearts, defrosted  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{8}$  teaspoon black pepper  
 $\frac{1}{4}$  cup white wine (or broth)  
 $\frac{3}{4}$  cup chicken broth  
1 Tablespoon fresh thyme leaves  
 $\frac{1}{2}$  lemon, juiced to yield 1 Tablespoon juice

#### *For the parsnip puree*

$1\frac{1}{2}$  pounds parsnips, peeled and chopped  
3 Tablespoons butter  
 $\frac{3}{4}$  teaspoon kosher salt  
 $\frac{3}{4}$  cup parsnip cooking water



## (5) LINGUINI WITH TOMATO and SWISS CHARD

### MAKE AHEAD

- Cut vegetables: swiss chard

### DIRECTIONS

#### *For linguini with tomato and Swiss chard*

1. Heat oil in a large, heavy frying pan over medium heat. Add the onions and sauté until tender, about 8 minutes. Add the chard and sauté until it wilts, about 2 minutes. Add the garlic and sauté until fragrant, about 1 minute.
2. Stir in the tomatoes with their juices, wine, and cayenne pepper. Bring to a simmer. Cover and simmer until the tomatoes begin to break down and the chard is very tender, stirring occasionally, about 5 minutes. Season with salt and pepper.

#### *Meanwhile*

1. Bring a large pot of salted water to a boil. Add the linguini and cook until tender, but still firm to the bite, stirring frequently, about 10 to 11 minutes.
2. Drain the linguini and add to the chard mixture with the parmesan cheese; toss to combine. Stir in basil leaves before serving.

Transfer the pasta to serving bowls and sprinkle with more cheese if desired.

### INGREDIENTS

#### *For linguini with tomato and Swiss chard*

- 1 Tablespoon olive oil
- 2 red onions, thinly sliced
- 1 bunch Swiss chard, hard center stem removed, leaves chopped
- 3 garlic cloves, thinly sliced
- 1 (14.5 oz) can diced tomatoes with juice
- ¼ cup white wine (or broth)
- ⅛ teaspoon cayenne
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

- 12 oz whole wheat linguini
- ½ cup parmesan cheese, grated
- ½ cup basil, chopped



# Nutrition Information

Chicken cacciatore with roasted red peppers and fennel				Serves: 4	
Serving Size: About 6 ounces chicken thigh meat + 3/4 cup cacciatore (prepared with white wine)					
Calories	402	kcal	Fat	18	g
Protein	36.2	g	Saturated	3.2	g
Carbohydrate	21.8	g	Sugar	10	g
Sodium	723	mg	Calcium	9.3	%DV
Fiber	7	g	Iron	17	%DV
Cholesterol	162	mg			

Steamed mussels with braised fennel and tomatoes				Serves: 4	
Serving Size: 1 3/4 cups (prepared with white wine)					
Calories	387	kcal	Fat	19	g
Protein	29.3	g	Saturated	2.9	g
Carbohydrate	20.7	g	Sugar	3.9	g
Sodium	935	mg	Calcium	12	%DV
Fiber	4	g	Iron	56	%DV
Cholesterol	64	mg			

Roasted chicken sausage, parsnips, and swiss chard				Serves: 4	
Serving Size: 1 1/2 cups					
Calories	445	kcal	Fat	22	g
Protein	22.9	g	Saturated	7	g
Carbohydrate	41.5	g	Sugar	12	g
Sodium	987	mg	Calcium	11	%DV
Fiber	10.6	g	Iron	18	%DV
Cholesterol	104	mg			

Sautéed chicken breasts				Serves: 4	
Serving Size: 1 1/2 cups (prepared with white wine)					
Calories	233	kcal	Fat	7.9	g
Protein	28.3	g	Saturated	1.2	g
Carbohydrate	11.5	g	Sugar	2.2	g
Sodium	677	mg	Calcium	3.5	%DV
Fiber	6.8	g	Iron	7.6	%DV
Cholesterol	73	mg			

Parsnip puree				Serves: 4	
Serving Size: 3/4 cup					
Calories	204	kcal	Fat	9.2	g
Protein	2.1	g	Saturated	5.6	g
Carbohydrate	30.6	g	Sugar	8.2	g
Sodium	387	mg	Calcium	6.4	%DV
Fiber	8.3	g	Iron	5.6	%DV
Cholesterol	23	mg			

**Linguini with tomato and swiss chard****Serves: 4**

Serving Size: 2 1/2 cups (prepared with white wine)

Calories	440	kcal	Fat	7.6	g
Protein	18.9	g	Saturated	2.5	g
Carbohydrate	78.1	g	Sugar	9.7	g
Sodium	565	mg	Calcium	21	%DV
Fiber	10.5	g	Iron	26	%DV
Cholesterol	9	mg			