

PREP GUIDE

MEAL #1

- 2 cups breadcrumbs * see recipe below
- $\frac{1}{2}$ cup wild rice *see recipe below
- 2 cups cooked brown rice, made according to package directions
- Homemade mayonnaise *see recipe below

MEAL #2

- Remove kernels from 3 ears of corn
- Make pantry dressing (www.thefresh20.com/pantrydressings)

MEAL #3

- 2 ears of corn, cooked and kernels removed * see Meal #3
- Cut vegetables:
 - $\frac{1}{4}$ medium yellow onion, finely chopped
 - 2 medium yellow summer squash, cut into small dice
 - 2 medium green Italian zucchini, cut into small dice

MEAL #4 – none needed

MEAL #5

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
 - $\frac{1}{2}$ medium yellow onion, chopped
 - 4 zucchini, sliced into $\frac{1}{2}$ " rounds
 - $\frac{1}{2}$ red onion, thinly sliced

Wild Rice (Meals #1 & #4)

1. Rinse 1 cup wild rice under cool water.
2. Fill a medium sauce pot with water and add rice; bring to a boil. Boil uncovered for 20-25 minutes or until rice splits slightly and is tender. Drain and cool; makes 2 cups cooked rice.

Bread Crumbs (Meal #1)

Toast 3-4 whole wheat hamburger buns until crisp. Crumble in blender or food processor and process until sandy in texture. Can be made ahead and stored in an airtight container for up to a week. Makes 2 - 2 $\frac{1}{2}$ cups breadcrumbs.

Homemade Mayonnaise (Meal #1)

1 large organic egg yolk, room temperature
 1 teaspoon water
 1 teaspoon lemon juice
 1 cup grapeseed oil
 $\frac{1}{2}$ teaspoon salt

1. Whisk yolk, water and lemon until well blended and light in color (by hand – 3 minutes, in blender – 1 minute).
2. Slowly drizzle in oil a little at a time, almost drop by drop, whisking until mayo stiffens. This will take about 3 minutes to add the oil. Be patient. It will not emulsify if you rush it; add salt. Refrigerate for up to 2 days; makes 1 cup. *This week's recipe only requires 2 Tablespoons of mayonnaise. This homemade recipe is fantastic on sandwiches – your family will definitely notice the fresh difference!*

MENU

MONDAY ①

HERB CRUSTED CHICKEN BREASTS
 Wild Rice Pilaf & Apple Celery Slaw

TUESDAY ②

BROWN BUTTER SCALLOPS
 Tomato Salad & Sautéed Corn

WEDNESDAY ③

GRILLED CHICKEN SAUSAGE
 Summer Squash Succotash

THURSDAY ④

CRISPY CHICKEN
 Wild Rice Apple Salad with

FRIDAY ⑤

ZUCCHINI BAKE



CLASSIC July 18, 2014

Shopping List

(1) Herb Crusted Chicken Breast (2) Brown Butter Scallops (3) Grilled Chicken Sausages (4) Chicken & Wild Rice Apple Salad (5) Zucchini Bake

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken breast	2 pounds	4 whole breasts	10
3	chicken sausage links	1-1/2 pounds		7
2	bay scallops	1 pound		14

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	parsley	1/2 bunch		0.75
1	lemon	2		1
1,4	celery	4 stalks		1.5
1,2,4	Granny Smith apples	6 large		6
4	red leaf lettuce	1 head		1.5
3,5	onions	1-1/4	3/4 yellow, 1/2 red	1.25
3	summer squash	2		1
3,5	zucchini	6		6
2,3	fresh corn	5 ears		2.5
2,4,5	tomato	6		6
2,5	avocado	4		4

Recipe #	Dairy	Quantity	Notes	Est Cost
1	eggs	3		1.5
2	butter	2 Tablespoons		0.5
3,5	parmesan cheese	1-3/4 cups		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	whole wheat hamburger buns	3-4 buns	need about 2 cups bread crumbs	3
1,4	wild rice	1 cup		2
2	walnuts	1/2 cup		3

Fresh 20 Grocery Est	\$76.50
Cost Per Dinner	\$15.30
Cost Per Serving	\$3.83

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) HERB CRUSTED CHICKEN BREASTS

wild rice pilaf & apple celery slaw

MADE AHEAD

- 2 cups breadcrumbs * see prep guide
- ½ cup cooked wild rice * see prep guide
- Homemade mayonnaise * see prep guide
- 2 cups cooked brown rice, made according to package directions

DIRECTIONS

For herb crusted chicken breasts

1. Season both sides of chicken with 1 teaspoon of kosher salt – set aside.
2. On a large plate, stir to combine bread crumbs, parsley, lemon zest, and salt & pepper.
3. On another plate or shallow bowl, beat 2 eggs with 1 Tablespoon of water.
4. Dip both sides of each breast into the egg and then into the bread crumb mixture. Press down lightly so that the crumbs will stick - set aside.
5. Heat a large, nonstick sauté pan over medium heat; add 3 Tablespoons oil. Once oil is hot, add in 4 breasts at a time and cook until golden brown, about 5-6 minutes per side, and no longer pink in the center. Your oil should be hot enough that when you lay in the first piece of chicken you hear a nice sizzle. After the first batch, carefully wipe out crumbs and repeat with remaining oil and chicken.
6. Cool 4 breast pieces and store in the refrigerator in an airtight container for Meal #4. Serve remaining chicken with slaw and rice pilaf.

For apple celery slaw

1. In a medium salad bowl, whisk to combine vinegar, mayonnaise and salt & pepper.
2. Add in celery and apples and toss to combine.

For wild rice pilaf

1. On dinner night, combine the brown rice and wild rice in a small saucepot over low heat with 1 Tablespoon of water. Cook for 5-6 minutes or until warm. Fluff with a fork before serving.

INGREDIENTS

For herb crusted chicken breasts

2 pounds of chicken breast, about 4 whole breasts, sliced in half lengthwise for a total of 8 pieces (for two meals)
1 teaspoon kosher salt
2 cups whole wheat bread crumbs * see prep guide
½ cup fresh, flat leaf Italian parsley, thick stems removed, finely chopped (½ bunch)
1 Tablespoon lemon zest (2 lemons)
½ teaspoon kosher salt
½ teaspoon black pepper
2 large, organic eggs, beaten
1 Tablespoon water
6 Tablespoons grapeseed oil, divided

For apple celery slaw

2 ½ teaspoons white wine vinegar
2 Tablespoons mayonnaise * see prep guide
Pinch kosher salt
Pinch black pepper
3 celery stalks, cut into thin slices
1 large or 2 small Granny Smith green apples cored, and cut into thin matchstick slices

For wild rice pilaf

2 cups cooked brown rice
½ cup cooked wild rice * see prep guide



(2) BROWN BUTTER SCALLOPS

tomato salad & sautéed corn

MADE AHEAD

- Remove kernels from corn
- Make pantry dressing (www.thefresh20.com/pantrydressings)

DIRECTIONS

For tomato salad

1. Slice tomatoes and layer on serving plate. Slice avocado and lay on top.
2. Drizzle with $\frac{1}{4}$ cup pantry dressing and set aside.

For brown butter scallops and sautéed corn

1. Melt butter in a large skillet over medium heat until lightly browned, being careful not to burn. Skim off the white foam (the milk fat).
2. Increase heat to high and add the scallops.
3. Sauté until the first side is nicely browned. Turn and sauté the other side until brown.
4. Lift scallops from pan, leaving behind a little butter.
5. Add corn and oregano, cooking for 3 minutes.
6. Serve immediately with scallops and tomato salad.

For honey walnut apples

For a healthy summer dessert, slice each apple into wedges, drizzle with honey, and top with chopped walnuts.

INGREDIENTS

For tomato salad

2 tomatoes
1 avocado
 $\frac{1}{4}$ cup pantry dressing

For brown butter scallops and sautéed corn

2 Tablespoons butter
1 pound bay scallops (can sub 1 pound chicken tenders, cut into bite size pieces)
3 ears corn, kernels removed
 $\frac{1}{2}$ Tablespoon oregano

For honey walnut apples

4 green apples
2 Tablespoons honey
 $\frac{1}{2}$ cup walnuts, chopped



(3) GRILLED CHICKEN SAUSAGE

summer squash succotash

MADE AHEAD

- Cook corn and remove kernels
- Cut vegetables: onion, summer squash, zucchini

DIRECTIONS

For grilled chicken sausage

1. Heat outdoor grill.
2. Grill sausages on all sides until browned and cooked through - about 8-10 minutes. *If cooking indoors, heat a large nonstick sauté pan over medium-high heat. Add in 1 teaspoon of grapeseed oil and sauté sausages until browned on all sides and cooked through.*

For summer squash succotash

1. Heat a large nonstick sauté pan over medium high heat and add in oil. Once oil is hot, add in onion. Sauté the onion 2-3 minutes or until soft and translucent.
2. Add in summer squash, zucchini, corn, garlic, oregano, and salt & pepper, sauté for 3-4 minutes or until squash is tender and cooked through. Top with parmesan cheese and serve immediately.

** To boil corn*

Place shucked corn into 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 grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

INGREDIENTS

For grilled chicken sausage

1 ½ pound chicken sausage links; any variety, organic preferred (about 6 links)

For summer squash succotash

1 Tablespoon olive oil
¼ medium yellow onion, finely chopped
2 medium yellow summer squash, cut into small dice
2 medium green Italian zucchini, cut into small dice
2 ears of corn, cooked and kernels removed * See notes
2 garlic cloves, minced
1 teaspoon dried oregano
¼ teaspoon kosher salt
¼ teaspoon pepper
¾ cup parmesan cheese, grated



(4) CRISPY CHICKEN wild rice apple salad

MADE AHEAD

- 4 crispy chicken breast pieces * see Meal #1 for recipe
- 1 cup cooked wild rice * see prep guide

DIRECTIONS

For honey mustard vinaigrette

In a small bowl, combine vinegar, Dijon mustard, honey, and salt & pepper. Whisk in the olive oil in a thin stream until combined.

Or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

To re-heat crispy chicken

Heat a large, nonstick sauté pan over high heat and add oil. Once oil is hot, add chicken and warm for about 2 minutes per side. Remove from heat and cut each breast into slices, cover to keep warm and set aside.

For wild rice apple salad

1. In a large salad bowl, combine wild rice, lettuce, celery, and green apples; toss with honey mustard dressing.
2. Lay 1-2 slices of tomato on individual serving plates. Top each with a scoop of apple salad.
3. Top each salad serving with warmed crispy chicken.

INGREDIENTS

For honey mustard vinaigrette

2 Tablespoons white wine vinegar
2 teaspoons Dijon mustard
1 teaspoon honey
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup olive oil

For crispy chicken

1 Tablespoon grapeseed oil
4 cooked crispy chicken breasts
* see Meal #1 for recipe

For wild rice apple salad

1 cup cooked wild rice * see prep guide
1 bunch of red leaf lettuce, rinsed, dried, and chopped into bite size pieces
1 stalk of celery, cut into thin slices
1 Granny Smith green apple, cored and cut into thin slices
1 tomato, sliced



(5) ZUCCHINI BAKE

MADE AHEAD

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables: onion, zucchini

DIRECTIONS

For zucchini bake

1. Heat oven to 400° F (see note below).
2. Heat oil in a medium saucepan. Add onion and sauté for 2 to 3 minutes. Add the garlic and cook for another minute until fragrant.
3. Add tomatoes, oregano and salt. Cook over medium heat for about 5 minutes, stirring occasionally.
4. Meanwhile, line the bottom of a greased 9 X 9" pan with $\frac{1}{3}$ of the sliced zucchini.
5. Spread about $\frac{1}{3}$ of the tomato mixture over the zucchini, followed by $\frac{1}{3}$ cup of the cheese.
6. Repeat twice more (zucchini, tomatoes, cheese). Sprinkle with black pepper.
7. Bake for 15 minutes. Lower the temperature to 350 F, bake for about 10 more minutes, or until cheese is golden brown.

For salad

1. On a serving platter, layer avocado wedges with a few red onion slices and drizzle with dressing.
2. Cut the zucchini bake into 4 pieces and serve with salad.

Kitchen Note

If you prefer, zucchini bake can be made on the stove top in a large, deep sided skillet. Layer ingredients as instructed above and cook for 20-30 minutes, covered, at medium-low heat. If desired (and using an oven proof skillet), place pan under the broiler for a minute or two to melt cheese before serving.

INGREDIENTS

For zucchini bake

1½ Tablespoons olive oil
½ medium yellow onion, chopped
2 cloves minced garlic
3 tomatoes, cut into large pieces
1 Tablespoon dried oregano
1 teaspoon kosher salt
4 zucchini, sliced into $\frac{1}{2}$ " rounds
1 cup shredded Parmesan cheese
 $\frac{1}{4}$ teaspoon black pepper

For salad

$\frac{1}{2}$ red onion, thinly sliced
3 avocados cut into wedges
 $\frac{1}{4}$ cup pantry dressing



CLASSIC July 18th
Nutrition Information

(#1) Herb Crusted Chicken Breasts		Serves: 4	
Serving Size: 1 prepared chicken breast			
Calories	240 kcal	Fat	15.5 g
Protein	18 g	Saturated	3.1 g
Carbohydrate	7.5 g	Sugar	1.3 g
Sodium	311 mg	Calcium	2.9 %DV
Fiber	1.3 g	Iron	6.8 %DV
Cholesterol	80 mg		

(#1) Apple Celery Slaw		Serves: 4	
Serving Size: 1/2 cup with apple cider vinegar			
Calories	81 kcal	Fat	2.7 g
Protein	0.5 g	Saturated	0.4 g
Carbohydrate	15 g	Sugar	10.5 g
Sodium	77 mg	Calcium	1.8 %DV
Fiber	2.7 g	Iron	1 %DV
Cholesterol	1.9 mg		

(#1) Wild Rice Pilaf		Serves: 4	
Serving Size: 1/2 cup			
Calories	126 kcal	Fat	0.7 g
Protein	4.2 g	Saturated	0 g
Carbohydrate	26 g	Sugar	0.7 g
Sodium	188 mg	Calcium	2.2 %DV
Fiber	2.1 g	Iron	6.6 %DV
Cholesterol	0 mg		

(#2) Brown Butter Scallops		Serves: 4	
Serving Size: 1/4 of recipe			
Calories	308 kcal	Fat	14 g
Protein	29 g	Saturated	5 g
Carbohydrate	20 g	Sugar	4 g
Sodium	496 mg	Calcium	15 %DV
Fiber	5 g	Iron	26 %DV
Cholesterol	74 mg		

(#2) Honey walnut apples		Serves: 4	
Serving Size: 1 prepared apple			
Calories	244 kcal	Fat	9.9 g
Protein	2.8 g	Saturated	1 g
Carbohydrate	41.5 g	Sugar	32.2 g
Sodium	3 mg	Calcium	2.8 %DV
Fiber	6.4 g	Iron	4.1 %DV
Cholesterol	0 mg		

(#3) Grilled Chicken Sausage			Serves: 4	
Serving Size: 1 1/2 link				
Calories	240 kcal	Fat	10.5	g
Protein	21 g	Saturated	3	g
Carbohydrate	15 g	Sugar	13.5	g
Sodium	720 mg	Calcium	0	%DV
Fiber	0 g	Iron	9	%DV
Cholesterol	90 mg			

(#3) Summer squash succotash			Serves: 4	
Serving Size: 3/4 cup				
Calories	222 kcal	Fat	10.7	g
Protein	13 g	Saturated	4.5	g
Carbohydrate	23 g	Sugar	11.4	g
Sodium	161 mg	Calcium	20	%DV
Fiber	3.9 g	Iron	8.3	%DV
Cholesterol	15 mg			

(#4) Herb Crusted Chicken Breasts			Serves: 4	
Serving Size: 1 prepared chicken breast				
Calories	260 kcal	Fat	17.7	g
Protein	18 g	Saturated	3.4	g
Carbohydrate	7.5 g	Sugar	1.3	g
Sodium	311 mg	Calcium	2.9	%DV
Fiber	1.3 g	Iron	6.8	%DV
Cholesterol	80 mg			

(#4) Wild Rice Apple Salad with honey mustard vinaigrette			Serves: 4	
Serving Size: 1 cup salad + 2 tablespoon vinaigrette				
Calories	196 kcal	Fat	13.8	g
Protein	2.2 g	Saturated	1.9	g
Carbohydrate	16.2 g	Sugar	5.5	g
Sodium	328 mg	Calcium	2	%DV
Fiber	2.3 g	Iron	4.3	%DV
Cholesterol	0 mg			

(#5) Zucchini bake			Serves: 4	
Serving Size: 1 slice (out of 4)				
Calories	225 kcal	Fat	12.4	g
Protein	13.7 g	Saturated	4.8	g
Carbohydrate	18.5 g	Sugar	12.7	g
Sodium	538 mg	Calcium	34.8	%DV
Fiber	5.2 g	Iron	10.3	%DV
Cholesterol	16 mg			

(#5) Salad			Serves: 4	
Serving Size: 3/4 prepared avocado made with basic vinaigrette				

Calories	267 kcal	Fat	25.6 g
Protein	2.1 g	Saturated	3.5 g
Carbohydrate	10.7 g	Sugar	1.5 g
Sodium	148 mg	Calcium	1.8 %DV
Fiber	7.1 g	Iron	4.1 %DV
Cholesterol	0 mg		