

PREP GUIDE

MEAL #1

- Cook pork *see Meal #1 for cooking times and methods
- Roast corn * see Meal #1 for instructions

MEAL #2

- Marinate salmon for 30 minutes * see Meal #2 for recipe
- Make brown rice *see recipe below
- Blanch asparagus *see Meal #2 for instructions
- 2-3" piece fresh ginger, grated to yield 1 Tablespoon

MEAL #3

- Marinate chicken, 4-24 hours *see recipe below
- Cut fruit and herbs:
 - 1 mango, diced and stored in an airtight container
 - ¼ cup each cilantro and basil, chopped, wrapped in a damp paper towel and covered in plastic wrap to maintain its freshness

MEAL #4 - No prep

MEAL #5

- ½ cup roasted cashews (optional) *see Meal #5

For Rice (for Meals #2 & #5)

3 cups brown rice
 6 cups water or broth
 1 teaspoon salt

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

Marinade for Chicken Thighs and Dressing for Salad (for Meal #3)

¼ cup rice vinegar
 3-4" piece fresh ginger, grated to yield 3 Tablespoons
 3 Tablespoons low sodium soy sauce
 3 Tablespoons honey
 2 Tablespoons chopped cilantro
 2 Tablespoons sesame oil
 1 Tablespoon grapeseed oil

1 ½ pounds chicken thighs

Combine marinade ingredients, reserving 1/3 of the marinade for salad dressing. Store in containers in the refrigerator. The morning of the dinner (or night before), add the chicken to 2/3 of the marinade. Seal container and place in the refrigerator for at least 4 hours and up to 24 hours.

MENU

MONDAY ①

CARNITAS TACOS
 Lime Roasted Corn

TUESDAY ②

SEARED SALMON with
 Asparagus Brown Rice

WEDNESDAY ③

GINGER SOY CHICKEN THIGHS
 Mango Avocado Bibb Salad

THURSDAY ④

BRAISED PORK and
 SWEET CORN FUSILLI

FRIDAY ⑤

ASPARAGUS AND
 MANGO FRIED RICE



CLASSIC July 4, 2014

Shopping List

(1) Carnitas Tacos (2) Seared Salmon (3) Ginger Soy Chicken Thighs (4) Braised Pork & Corn Fusilli (5) Asparagus & Mango Fried Rice

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	pork shoulder	2 pounds		12
2	salmon filets	1-1/4 pounds		16
3	chicken thighs	1-1/2 pounds		9

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,3,5	fresh ginger	8-10" piece		3
1,2,3,5	cilantro	1-1/2 bunches		2.25
1,2,5	oranges	5		2.5
1	limes	4		2
1,3	avocado	2		2
1,4	fresh corn	7 ears		4
2,5	asparagus	1 bunch		4
3	bibb lettuce	2 heads		4
3,5	mango	2		2
3,4,5	fresh basil	1 bunch		1.5
4,5	yellow onion	2 large		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	butter	2 Tablespoons		0.5
4	parmesan cheese	1/4 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,3	rice wine vinegar	1/2 cup		1
3,5	sesame oil	1/4 cup		2
1	corn tortillas	8		2
5	cashews	1/2 cup	* optional	3

Fresh 20 Grocery Est	\$75.75
Cost Per Dinner	\$15.15
Cost Per Serving	\$3.79

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 Tablespoon	dried oregano	
	grapeseed oil	6-7 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	chicken or veggie broth: low sodium	1/2 cup	organic tomato paste	2 Tablespoons
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	2-3/4 teaspoons	soy sauce or Braggs liquid amino acid	1/2 cup
	black pepper	1/4 teaspoon	whole grain pasta	8 oz fussili
	cayenne pepper	1/4 teaspoon	long grain brown rice	3 cups
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) CARNITAS TACOS

lime roasted corn

MAKE AHEAD

- Roast corn * *see below*
- Cook pork ahead if desired. For either cooking method (see cooking times below) cool cooked pork and shred with two forks. Divide in half and store in refrigerator until dinner night. The other half of the shredded pork will be used for Meal #4.
 - If using a crockpot, cooking time is 4-5 hours on high, 8-10 hours on low.
 - If using an oven, cooking time is 2-3 hours at 325 degrees.

DIRECTIONS

For the Carnitas (can be made ahead)

1. Season pork with salt and pepper. Heat a large skillet over medium-high heat and add oil.
2. When oil is hot and shimmering, add pork and sear on all sides until brown; place in slow cooker or roasting pan.
3. Combine the orange juice, lime juice, water, garlic, cumin and salt. Pour over the pork.
4. If using slow cooker, cook on low for 8-10 hours or on high 4-5 hours. If using oven, cook for 2-3 hours at 325 degrees until tender.
5. Shred pork with a fork. Save half for Meal #4.

On dinner night

1. Pre-heat oven to 325 degrees.
2. Place the tortillas on a cookie sheet in a row, slightly overlapping (this will prevent them from sticking to each other too much) and cover tightly with foil. Bake for 5-7 minutes until warmed through (can also be warmed in microwave).
3. Reheat cooked shredded pork in a large sauté pan with 2 Tablespoons of water until warm.
4. Put pork in the warmed tortillas and top with avocado, cilantro leaves and a squeeze of lime; serve with roasted corn.

For lime roasted corn

1. Heat a medium skillet over medium-high heat and add the butter.
2. Once butter is melted, add the corn, lime zest and juice, salt and pepper and cook until warmed through. Toss in cilantro just before serving.

To roast corn

Preheat oven to 375 degrees. Remove kernels from 4 ears of corn. Place corn kernels on a cookie sheet and roast for 10 minutes until slightly browned. Let cool and store until needed.

INGREDIENTS

For the Carnitas

2 pound pork shoulder, excess fat removed, cut into 2" pieces
1 teaspoon kosher salt
Black pepper to taste
2-3 Tablespoons grapeseed oil
½ cup orange juice (2 oranges)
¼ cup lime juice (2 limes) save zest for corn
½ cup water
4 garlic cloves, crushed
1 teaspoon ground cumin
1 teaspoon kosher salt

8 corn tortillas, warmed
1 avocado, cut into slices
¼ cup cilantro leaves (¼ bunch)
4 lime wedges (1 lime)

For lime roasted corn

1 Tablespoon unsalted butter
4 ears of corn, kernels cut from the cob and oven roasted **see below*
1 Tablespoon lime zest (2 small limes)
1 Tablespoon lime juice (½ lime)
½ teaspoon kosher salt
⅛ teaspoon black pepper
2 Tablespoon chopped cilantro (⅛ bunch)



(2) SEARED SALMON ATOP ASPARAGUS BROWN RICE with orange ginger sauce

MAKE AHEAD

- Marinate salmon for 30 minutes
- 2 cups cooked brown rice *see prep guide
- Blanch asparagus *see below
- 2-3" piece fresh ginger, grated to yield 1 Tablespoon

DIRECTIONS

For seared salmon with orange ginger sauce

1. Place salmon filets in a 9 x 13 glass baking dish. In a medium bowl, combine soy sauce, 1 Tablespoon grapeseed oil, orange juice and zest, rice wine vinegar, grated ginger, and cilantro. Pour over salmon fillets, cover, and marinate in the refrigerator for at least 30 minutes.
2. Remove salmon from marinade and reserve marinade.
3. In a large sauté pan, heat 1 Tablespoon of grapeseed oil over medium-high heat. When oil is hot and shimmering, add salmon and cook for 3 minutes. Turn fish and finish cooking another 2 minutes. Remove from heat.
4. Pour reserved marinade in hot skillet and simmer until thick (2-3 minutes). Pour over salmon and rice and top with more cilantro if desired.

For the asparagus brown rice

In a large sauté pan, heat grapeseed oil over medium heat. Once hot, add the rice and asparagus and cook until warmed through.

For blanched asparagus

Trim the woody ends from 1 bunch of asparagus and discard. Cut asparagus into 1" pieces. Bring a medium pot of water to a boil. Cook the asparagus for 1½ minutes until slightly cooked. Remove from boiling water and immediately place into a bowl of ice water to stop the cooking. Drain and reserve until needed, reserve half for Meal #5.

INGREDIENTS

For seared salmon with orange ginger sauce

1 ½ pounds salmon filets (can sub 1 ½ pounds chicken breast)
2 Tablespoons low sodium soy sauce
2 Tablespoons grapeseed oil, divided
¼ cup orange juice (1 orange)
1 teaspoon orange zest (¼ orange)
3 Tablespoons rice wine vinegar
1 Tablespoon fresh ginger
¼ cup chopped cilantro (¼ bunch)

For the asparagus brown rice

1 Tablespoon grapeseed oil
2 cups cooked brown rice *see prep guide
1½ cups blanched asparagus



(3) GINGER SOY MARINATED CHICKEN THIGHS

mango avocado bibb salad

MAKE AHEAD

- Marinate chicken for 4-24 hours* *see prep guide for recipe*
- Cut herbs: basil and cilantro
- Cut mango

DIRECTIONS

For ginger soy chicken thighs

1. Preheat an outdoor grill (see kitchen note).
2. Remove the chicken from the marinade and discard marinade. Season chicken with salt and pepper.
3. Cook chicken on grill for about 15 minutes, turning halfway through, until internal temperature is 165 degrees and the juices run clear.

For mango avocado bibb salad

1. Combine the lettuce, mango, avocado, cilantro, and basil in a large bowl.
2. Dress the salad with the desired amount of reserved marinade/dressing (*do not* use marinade left over from chicken).
3. To serve, place chicken on top of salad.

Kitchen note:

If cooking indoors, preheat the oven to 425°. Remove chicken from marinade and place in a baking dish. Bake for 25 minutes, turn and cook an additional 20-30 minutes until chicken is cooked through. The internal temperature should be at 165 degrees and the juices of the chicken will run clear. Let chicken rest 10 minutes before serving.

INGREDIENTS

For ginger soy chicken thighs

1 $\frac{1}{2}$ pounds marinated bone-in chicken thighs **see prep guide*
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{8}$ teaspoon black pepper

For mango avocado bibb salad

1-2 heads of Bibb lettuce (depending on size), torn into bite size pieces
1 mango, large dice
1 avocado, large dice
 $\frac{1}{4}$ cup cilantro, chopped ($\frac{1}{4}$ bunch)
 $\frac{1}{4}$ cup basil, chopped ($\frac{1}{4}$ bunch)
 $\frac{1}{3}$ of marinade/dressing **see prep guide*



(4) BRAISED PORK AND SWEET CORN FUSILLI

MAKE AHEAD

- Shredded pork *see Meal #1 for recipe

DIRECTIONS

For braised pork & sweet corn fusilli

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente according to package directions. Drain, reserving $\frac{1}{2}$ cup of pasta cooking liquid.
2. Heat a large sauté pan over medium-high heat and add the olive oil. Once it is hot, add the onion and cook until softened about 3 minutes. Add in the garlic and cook until fragrant about 30 seconds. Add the corn, salt, cayenne pepper, and tomato paste and cook an additional minute.
3. Add the pork and chicken broth and simmer until warmed through and sauce thickens slightly, about 5 minutes.
4. Add the butter and cooked pasta to the pan and stir continually until combined. If the sauce looks dry add reserved pasta cooking water a little at a time until desired consistency.
5. Toss in basil and parmesan cheese before serving.

INGREDIENTS

For braised pork & sweet corn fusilli

8 ounces whole wheat fusilli pasta
1 Tablespoon olive oil
1 large yellow onion, chopped
3 garlic cloves, thinly sliced
3 ears of corn, kernels removed
about $2\frac{1}{4}$ cups of kernels)
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon cayenne pepper
2 Tablespoon tomato paste, no salt added
1 pound shredded pork *see
Meal #1 for recipe
 $\frac{1}{2}$ cup low sodium chicken broth
1 Tablespoon unsalted butter
 $\frac{1}{2}$ cup basil, chopped ($\frac{1}{2}$ bunch)
 $\frac{1}{4}$ cup parmesan, shredded



(5) ASPARAGUS AND MANGO FRIED RICE

MAKE AHEAD

- Roast cashews (optional) *see below
- 1½ cups blanched asparagus *see Meal #2
- 2"-3" piece fresh ginger, grated to yield 1 Tablespoon

DIRECTIONS

For asparagus and mango fried rice

1. Heat 1 Tablespoon of the sesame oil in a deep pan or wok over medium-high heat. When oil is shimmering, sauté onions until slightly brown, about 5 minutes.
2. Add garlic and ginger and cook until fragrant - about 30 seconds. Add 1 Tablespoon of sesame oil, asparagus, cashews, rice, and soy sauce and sauté until combined and warmed through.
3. Stir in mango, cilantro, and basil and serve immediately with orange wedges.

To roast cashews

Place ½ cup cashews in a dry sauté pan over medium heat. Roast, shaking pan often, for 5-6 minutes until lightly browned. Let cool and store in airtight container until needed.

INGREDIENTS

For asparagus and mango fried rice

2 Tablespoons sesame oil, divided
1 large yellow onion, diced
3 garlic cloves, finely chopped
1 Tablespoon freshly grated ginger
1½ cups asparagus, cut into 1" pieces and blanched *see Meal #2
½ cup cashews, roasted (optional, omit for nut allergies)
4 cups brown rice *see prep guide
3 Tablespoons low sodium soy sauce
1 mango, diced
¼ cup cilantro, chopped (¼ bunch)
¼ cup basil, chopped (¼ bunch)

2 large oranges, cut into wedges



Classic July 4th

Nutrition Information

Carnitas		Serves: 4	
Serving Size: 2 prepared carnita tortillas			
Calories	443 kcal	Fat	21.7 g
Protein	33 g	Saturated	5 g
Carbohydrate	30 g	Sugar	2.4 g
Sodium	631 mg	Calcium	8 %DV
Fiber	6.3 g	Iron	16.1 %DV
Cholesterol	100 mg		

Lime roasted corn		Serves: 4	
Serving Size: 1 prepared cob (about 3/4 cup)			
Calories	113 kcal	Fat	4.2 g
Protein	3.2 g	Saturated	2.1 g
Carbohydrate	20.4 g	Sugar	6.2 g
Sodium	261 mg	Calcium	1.4 %DV
Fiber	2.8 g	Iron	3.8 %DV
Cholesterol	8 mg		

Seared salmon		Serves: 4	
Serving Size: 1 prepared fillet + 2 tablespoons marinade			
Calories	323 kcal	Fat	17 g
Protein	37.8 g	Saturated	2.8 g
Carbohydrate	3.3 g	Sugar	1.4 g
Sodium	425 mg	Calcium	6.7 %DV
Fiber	0 g	Iron	6.3 %DV
Cholesterol	77 mg		

Asparagus brown rice		Serves: 4	
Serving Size: 3/4 cup			
Calories	148 kcal	Fat	4.3 g
Protein	3.6 g	Saturated	0.5 g
Carbohydrate	24.3 g	Sugar	1.3 g
Sodium	6 mg	Calcium	2.2 %DV
Fiber	2.8 g	Iron	8.2 %DV
Cholesterol	0 mg		

Ginger soy marinated chicken thighs		Serves: 4	
Serving Size: About 7 ounces prepared thighs (skin trimmed)			
Calories	282 kcal	Fat	11.3 g
Protein	34.1 g	Saturated	2.4 g
Carbohydrate	10.3 g	Sugar	8.7 g
Sodium	650 mg	Calcium	1.5 %DV
Fiber	0 g	Iron	8.6 %DV
Cholesterol	160 mg		

Mango avocado bibb salad			Serves: 4	
Serving Size: 2 cups salad + about 1 1/4 tablespoon dressing				
Calories	174 kcal	Fat	11.6	g
Protein	3 g	Saturated	1.5	g
Carbohydrate	18.3 g	Sugar	12.6	g
Sodium	99 mg	Calcium	5.6	%DV
Fiber	5 g	Iron	10.3	%DV
Cholesterol	0 mg			

Braised pork and sweet corn fusilli			Serves: 4	
Serving Size: 2 cups prepared				
Calories	672 kcal	Fat	25.1	g
Protein	44.4 g	Saturated	7.8	g
Carbohydrate	72.7 g	Sugar	13.2	g
Sodium	971 mg	Calcium	13.9	%DV
Fiber	8.7 g	Iron	28.7	%DV
Cholesterol	111 mg			

Asparagus and mango fried rice			Serves: 4	
Serving Size: 1 1/2 cups				
Calories	445 kcal	Fat	16.9	g
Protein	11.1 g	Saturated	3	g
Carbohydrate	65.6 g	Sugar	11.4	g
Sodium	502 mg	Calcium	6.6	%DV
Fiber	6.8 g	Iron	18.8	%DV
Cholesterol	0 mg			

Oranges			Serves: 4	
Serving Size: 1/2 large orange				
Calories	43 kcal	Fat	0	g
Protein	1 g	Saturated	0	g
Carbohydrate	11 g	Sugar	8.5	g
Sodium	0 mg	Calcium	3.5	%DV
Fiber	2 g	Iron	0.5	%DV
Cholesterol	0 mg			