CLASSIC August 29, 2014

PREP GUIDE

MEAL #1

- Marinate chicken up to 24 hours ahead **see Meal #1*
- Prepare 3 cups cooked brown rice according to package directions (reserve 1 cup cooked rice for Meal #4)
- Grate 3-4" piece of ginger to yield 2 Tablespoons
- Cut vegetables:
  - 2 cucumbers, sliced thin
  - 2 red or green bell peppers, sliced thin
  - ½ red onion, sliced thin

MEAL #2

- Cut vegetables:
  - 1 green bell pepper, diced small
  - ¼ red onion, diced small
  - 2 ears corn, kernels removed
  - 3 tomatillos, diced small

MEAL #3

- Cook pasta * *see Meal #3*
- Cut vegetables:
  - ½ red onion, chopped
  - 1 green bell pepper, chopped

MEAL #4

- Grate 2"-3" piece of fresh ginger to yield 1 Tablespoon
- Cut vegetables:
  - 1 cucumber, thin sliced
  - 4 tomatillos, chopped

MEAL #5

- Make oregano vinaigrette **see Meal #5 for recipe*
- Cut vegetables:
  - 3 ears corn, kernels removed
  - 4 tomatillos, diced
  - 1 cucumber, diced
  - ¼ red onion, small dice

MENU

MONDAY ①
THAI CHICKEN THIGHS
Pickled Cucumbers & Brown Rice

TUESDAY ②
SCALLOP CEVICHE TOSTADAS

WEDNESDAY ③
SAUSAGE FETA PASTA

THURSDAY ④
ASIAN WRAPS

FRIDAY ⑤
GREEK PASTA SALAD
Herbed Tortilla Chips

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Shopping List

(1) Thai Chicken Thighs (2) Scallop Ceviche Tostadas (3) Sausage Feta Pasta (4) Asian Wraps (5) Greek Pasta Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken thighs, boneless, skinless	2 pounds		12
2	bay scallops	1 pound		14
3	Italian chicken sausage	12 ounces		4

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	fresh ginger	5" - 7" piece		2
1,2	limes	10-11		5
1,2,4	cilantro	1 bunch		1.5
1,3,5	basil	1 bunch		1.5
1,4,5	cucumbers	4		4
1,2,3	green bell peppers	4		4
1,2,3,5	red onion	2		2
2,5	fresh corn	5 ears		2.25
2,4,5	tomatillos	11		5.5
2	avocado	1		1
2,4	mango	4		4
3	spinach leaves	4 ounces		2

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

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	peanut butter	2 Tablespoons		1
2,4,5	whole wheat tortilla	12		4
5	black olives	1/4 cup		1
1	chopped peanuts	3/4 cup		4

Fresh 20 Grocery Est	$77.75
Cost Per Dinner	$15.55
Cost Per Serving	$3.89

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil		herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar	1/3 cup	raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	1-1/2 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper		whole grain pasta	16 ounces
	cayenne pepper	dash	long grain brown rice	1-1/2 cups (dry)
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) THAI CHICKEN THIGHS

pickled cucumbers and brown rice

MADE AHEAD

- Marinate chicken up to 24 hours ahead * *see recipe below*
- 2 cups cooked brown rice prepared according to package directions
- Grate 3-4" piece of ginger to yield 2 Tablespoons
- Cut vegetables: cucumbers, bell pepper, red onion

DIRECTIONS

For Thai chicken thighs

1. In a glass dish or re-sealable bag, combine soy sauce, garlic, peanut butter, ginger, lime juice, cilantro, basil and cayenne. Mix well and add chicken thighs. Marinate in the refrigerator for up to 24 hours.
2. Heat outdoor grill to medium (see Kitchen Note if cooking indoors).
3. Remove chicken from marinade and discard any remaining liquid. Put marinated chicken onto grill and cook about 6-8 minutes per side or until cooked through.
4. Save half the chicken for Meal #4.
5. Top remaining chicken with chopped peanuts before serving.

For pickled cucumbers

1. Combine cucumbers, peppers, and onions and sprinkle with salt. Let sit 10-20 minutes to allow vegetables to release some of their liquid. Drain off any liquid, rinse off salt under running water, and drain well.
2. Toss with syrup and vinegar and serve. *These can also be made the day before.*

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat over stovetop, stirring with a fork to fluff.

Kitchen Note:
Cooking indoors? Preheat oven to 400 degrees. Place marinated chicken on a lined sheet pan and cook for 10 minutes, turn, and cook an additional 10 minutes.

INGREDIENTS

For Thai chicken thighs

2 Tablespoons low sodium soy sauce
3 cloves garlic, minced
2 Tablespoons peanut butter
2 Tablespoons grated ginger
¼ cup lime juice (2 -3 limes)
¼ cup cilantro (¼ bunch)
¼ cup chopped basil (¼ bunch)
dash of cayenne pepper
2 pounds boneless skinless chicken thighs

¾ cup unsalted dry roasted peanuts, chopped

For pickled cucumbers

2 cucumbers, sliced thin
2 red or green bell peppers, sliced thin
½ red onion, sliced thin
1 teaspoon kosher salt
2 Tablespoons maple syrup
3 Tablespoons white wine vinegar

For brown rice

2 cups cooked brown rice

(2) SCALLOP CEVICHE TOSTADAS

Ceviche is a traditional coastal dish in Central and South America. The fresh seafood is 'cooked' in citrus juice and served chilled. Be sure to buy very fresh seafood from a quality source.

MADE AHEAD

- Cut vegetables: pepper, onion, corn, tomatillos

DIRECTIONS

For scallop ceviche tostadas

1. Combine scallops and lime juice and refrigerate for 30 minutes to 1 hour (*if using chicken tenders, sauté for 5-6 minutes before adding to lime juice. Let cooked chicken sit in lime juice for about 10 minutes in the refrigerator before continuing*). Drain most of lime juice, leaving about ¼ cup.
2. Toss gently with remaining ingredients and serve immediately on crisped tortillas.

Meanwhile

1. To crisp tortillas, heat oven to 375 degrees and place tortillas on a baking sheet. Tortillas can be flat or laid over small ovenproof bowls to form shells; if making shells be sure to cool tortillas completely before using to retain bowl shape.
2. Cook about 8-10 minutes, until crispy.

INGREDIENTS

For scallop ceviche tostadas

1 pound bay scallops, cut in half (*can sub 1 pound chicken tenders cut into small pieces*)
1 cup fresh lime juice (about 8 limes)
1 green bell pepper, diced small
¼ red onion, diced small
2 ears corn, kernels removed
3 tomatillos, diced small
1 avocado, diced
1½ mangos, diced
¼ teaspoon kosher salt
½ cup chopped cilantro (½ bunch)

4 whole wheat tortillas, crisped

(3) SAUSAGE FETA PASTA

MADE AHEAD

- Cooked pasta **see below*
- Cut vegetables: onion, bell pepper

DIRECTIONS

For sausage feta pasta

1. Heat a large skillet over medium heat and add sausage, onion, and garlic.
2. Crumble sausage while cooking; cook 5-6 minutes then add bell pepper.
3. Cook until sausage is done - about 5 more minutes.
4. Turn off heat and add spinach, feta, basil, and pasta.

For pasta

Heat a large pot of salted water to boil. Add 16 ounces of dry pasta * and cook until just done, about 8-10 minutes. Drain. Use half for tonight's dinner and refrigerate half for Meal #5.

* *16 ounces of dry pasta should yield about 8 cups of cooked pasta.*

INGREDIENTS

For sausage feta pasta

12 ounces Italian chicken sausage (bulk or links removed from casing)
½ red onion, chopped
2 cloves garlic, minced
1 green bell pepper, chopped
4 ounces spinach leaves (1½ cups)
3 ounces feta cheese, crumbled
¼ cup basil, chopped (¼ bunch)
4 cups cooked pasta

For pasta

16 ounces whole wheat short pasta (such as elbows or shells)
**see recipe*

(4) ASIAN WRAPS

MADE AHEAD

- Cooked Thai chicken **see Meal #1*
- 2-3" piece fresh ginger, grated to yield 1 Tablespoon
- 1 cup cooked brown rice **see prep guide, Meal #1*
- Cut vegetables: cucumber, tomatillos

DIRECTIONS

For Asian wraps

Combine ingredients and mix well. Spoon into tortillas and roll up.

INGREDIENTS

For Asian wraps

1 pound Thai cooked chicken **see Meal #1 for recipe*
1 Tablespoon grated ginger
1 cucumber, thin sliced
4 tomatillos, chopped
2 mangos, sliced thin
¼ bunch cilantro, chopped
1 cup cooked brown rice

4 whole wheat tortillas

(5) GREEK PASTA SALAD

herbed tortilla chips

MADE AHEAD

- 4 cups cooked whole wheat pasta **see Meal #3*
- Make oregano vinaigrette ** see recipe below*
- Cut vegetables: corn, tomatillos, cucumber, onion

DIRECTIONS

For Greek pasta salad

Toss all ingredients together with dressing.

For oregano vinaigrette

Whisk all ingredients together.

For herbed tortilla chips

1. Preheat oven to 375 degrees.
2. In a small bowl, combine oil, salt and oregano; lightly brush on tortillas.
3. Cut each tortilla into 6 even triangles and arrange on a baking sheet in one layer.
4. Bake for 7-8 minutes until crispy, watching carefully during last 2 minutes to avoid burning.

INGREDIENTS

For Greek pasta salad

3 ears corn, kernels removed
4 tomatillos, diced
1 cucumber, diced
¼ red onion, small dice
¼ cup black olives, sliced
½ cup chopped basil (½ bunch)
3 ounces feta cheese, crumbled
4 cups cooked whole wheat pasta

For oregano vinaigrette

1 teaspoon Dijon mustard
2 Tablespoons white wine vinegar
½ teaspoon dried oregano
1 clove garlic, minced
1 Tablespoon olive oil

For herbed tortilla chips

2 teaspoons olive oil
¼ teaspoon salt
½ teaspoon dried oregano
4 whole wheat tortillas

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Nutrition Information

Thai Chicken Thighs				Serves: 4	
Serving Size: 4 ounces chicken					
Calories	330	kcal	Fat	20	g
Protein	30	g	Saturated	3.5	g
Carbohydrate	9	g	Sugar	2	g
Sodium	260	mg	Calcium	4	%DV
Fiber	3	g	Iron	10	%DV
Cholesterol	110	mg			

Pickled Cucumbers				Serves: 4	
3/4 cup					
Calories	60	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	9	g	Sugar	10	g
Sodium	480	mg	Calcium	6	%DV
Fiber	2	g	Iron	4	%DV
Cholesterol	3	mg			

Brown Rice				Serves: 4	
Serving Size: 1/2 cup					
Calories	110	kcal	Fat	1	g
Protein	2	g	Saturated	0	g
Carbohydrate	23	g	Sugar	0	g
Sodium	0	mg	Calcium	0	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Ceviche Tostadas				Serves: 4	
Serving Size: 1 tortilla with approximately 3/4 cup filling					
Calories	450	kcal	Fat	12	g
Protein	27	g	Saturated	2	g
Carbohydrate	63	g	Sugar	18	g
Sodium	630	mg	Calcium	4	%DV
Fiber	10	g	Iron	6	%DV
Cholesterol	40	mg			

Sausage Feta Pasta				Serves: 4	
Serving Size: 1 1/2 cups prepared dish					
Calories	460	kcal	Fat	18	g
Protein	25	g	Saturated	7	g
Carbohydrate	51	g	Sugar	5	g
Sodium	950	mg	Calcium	15	%DV
Fiber	8	g	Iron	15	%DV
Cholesterol	90	mg			

Asian Wraps					Serves: 4
Serving Size: 1 prepared wrap					
Calories	450	kcal	Fat	10	g
Protein	30	g	Saturated	2.5	g
Carbohydrate	56	g	Sugar	19	g
Sodium	580	mg	Calcium	8	%DV
Fiber	6	g	Iron	15	%DV
Cholesterol	110	mg			

Greek Pasta Salad					Serves: 4
Serving Size: 1 1/2 cups prepared dish					
Calories	390	kcal	Fat	8	g
Protein	14	g	Saturated	3.5	g
Carbohydrate	70	g	Sugar	9	g
Sodium	310	mg	Calcium	15	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	20	mg			

Oregano Vinaigrette					Serves: 4
Serving Size: 1 1/2 Tablespoons					
Calories	35	kcal	Fat	3.5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	1	g	Sugar	0	g
Sodium	30	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Herbed Tortilla Chips					Serves: 4
Serving Size: 6 chips					
Calories	140	kcal	Fat	5	g
Protein	4	g	Saturated	1.5	g
Carbohydrate	20	g	Sugar	1	g
Sodium	440	mg	Calcium	0	%DV
Fiber	3	g	Iron	0	%DV
Cholesterol	0	mg			