GLUTEN FREE February 27, 2015

PREP GUIDE

MEAL #1

- 2 cups cooked rice prepared according to package directions*
- Cut vegetables:
  - 1 small white onion, finely diced (1 cup)
  - ½ medium carrot, grated (¼ cup)
  - ¼ small white onion, grated (¼ cup)

MEAL #2

- 1 orange zested to yield 2 Tablespoons zest. Place zest in a damp paper towel then wrap with plastic wrap. 4 oranges juiced to yield 1 cup juice.
- Cut vegetables:
  - 2 Belgian endive, cut lengthwise in half, cored, and cut crosswise into ½ inch thick pieces

MEAL #3

- 3 cups cooked quinoa prepared according to package directions *
- Cut vegetables:
  - 2 medium carrots, peeled & large dice (¾ cup)
  - 2 celery stalks, medium dice
  - 1 small white onion, large dice (1 cup)

MEAL #4

- Cut vegetables:
  - 2 medium carrots, peeled & small dice (¾ cup)
  - 2 celery stalks, small dice
  - 1½ small white onions, small dice (1¼ cups)

MEAL #5

- Cut vegetables:
  - 1 small white onion, thinly sliced (1 cup)

* To warm cooked grains on dinner night, add to a medium saucepot with ½ Tablespoon water per 1 cup of grains. Heat over low heat for 5 minutes, fluff with a fork before serving.

MENU

MONDAY ①
HARISSA TURKEY MEATBALLS
Brown Rice

TUESDAY ②
SEARED COD with
ORANGE ENDIVE SAUCE
Rosemary Polenta

WEDNESDAY ③
SLOW COOKER HARISSA
LAMB SHANKS
Mashed Potatoes

THURSDAY ④
QUINOA TURKEY BOLOGNESE

FRIDAY ⑤
CARAMELIZED ONION & APPLE HASH
Oven Poached Eggs
Endive Salad

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Shopping List

(1) Harissa Turkey Meatballs (2) Cod / Orange Sauce (3) Slow Cooked Harissa Lamb (4) Quinoa Turkey Bolognese (5) Carmalized Onion/Apple Hash

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	ground turkey	2 pounds		10
2	cod	1-1/2 pounds	4 filets	15
3	lamb shanks	4	about 3-1/4 pounds	15

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4,5	white onions	5 small		5
1,3,4	carrots	5		2
2,5	oranges	6		5
2,4,5	rosemary	8 sprigs		1.5
2,5	Belgian endive	4 medium		2
3,4,5	celery	5 stalks		2
3,5	Macintosh apples	3		2
3,5	Idaho potatoes	4-5 large	about 3 pounds	4

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	eggs	9		4
1,5	feta cheese	1 cup		3
2,3,5	butter, unsalted	5 Tablespoons		1
2,3	2% milk	3-1/2 cups		4
4	parmesan cheese, grated	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	cinnamon sticks	2	** optional **	1
1	diced tomatoes	1 (28 oz) can		2
1,3	harissa	3-5 Tablespoons	*check that the harissa is gluten free*	3
2	old fashioned grits	2/3 cup	not quick cooking	2
4	quinoa	1-1/4 cups		2

Fresh 20 Grocery Est	$87.50
Cost Per Dinner	$17.50
Cost Per Serving	$4.38

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3-1/2 Tablespoons	dried oregano	1 Tblsp + 1/2 tsp
	grapeseed oil	6 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	2- 1/2 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	5 Tablespoons
	gluten free chicken/veggie broth: low sodium	5-1/2 cups	gluten free organic tomato paste	7 Tablespoon
	garlic	9 cloves	gluten free Dijon mustard or brown mustard	
	kosher salt	6 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	1-1/2 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	1 cup
	paprika		gluten free flour/flour blend	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) HARISSA TURKEY MEATBALLS
brown rice

OVEN TEMPERATURE: 375°F

MADE AHEAD

- 2 cups cooked brown rice
- Cut vegetables: onions, carrot

DIRECTIONS

For tomato sauce

1. In a large, oven-proof sauté pan, heat the grapeseed oil over medium heat. Add onion and sauté for 5 minutes until softened. Add the garlic, cinnamon stick, carrot, and oregano and sauté until fragrant, about 1 minute.
2. Add the tomato paste and cook for about 1 minute more. Add the canned tomatoes and salt, bring to a boil, then reduce to a simmer. Cover and allow the sauce to cook for 15 minutes for the flavors to combine.
3. Prepare meatballs while tomato sauce simmers.

For harissa turkey meatballs

1. Preheat the oven to 375°F.
2. In a large bowl, *gently* combine ground turkey, onion, egg, chicken broth, harissa, cumin, oregano, salt, and pepper. Do not over mix or the meatballs can become tough. Shape the mixture into golf ball sized balls and set on a plate or cookie sheet.
3. In a heavy-bottomed sauté pan, heat the oil over medium-high heat. Once oil is shimmering carefully place the meatballs into the pan. Depending on the size of your pan you may need to cook in batches. Do not overcrowd the pan or they will not sear properly.
4. Sear the meatballs on all sides until brown. Once brown, remove and place on a plate until all the meatballs are seared.
5. Add all the meatballs to the pan with the tomato sauce. Sprinkle feta cheese over the top and place in oven for 15-20 minutes, or until the meatballs are cooked through.
6. Serve meatballs and sauce over brown rice.

INGREDIENTS

For tomato sauce

2 Tablespoons grapeseed oil
1 small white onion, finely diced (1 cup)
3 garlic cloves, minced
1 cinnamon stick
1 medium carrot, grated (¼ cup)
1 Tablespoon dried oregano
1 Tablespoon gluten free tomato paste
1 (28 oz) can diced tomatoes
½ teaspoon kosher salt

For harissa turkey meatballs

1 pound ground turkey
¼ small white onion, grated (¼ cup)
1 whole egg, lightly beaten
3 Tablespoons gluten free low sodium chicken broth
1-2 Tablespoons harissa (see note below)
½ teaspoon cumin
½ teaspoon dried oregano
½ teaspoon kosher salt
⅛ teaspoon black pepper
2 Tablespoons grapeseed oil
½ cup crumbled feta cheese

For brown rice

2 cups cooked brown rice, warmed

* Harissa can be VERY spicy, if your family does not enjoy spicy food start with ½ Tablespoon! Be sure to choose a gluten free harissa.

(2) SEARED COD with ORANGE ENDIVE SAUCE

rosemary polenta

MADE AHEAD

- 1 orange zested to yield 2 Tablespoons zest, 4 oranges juiced to yield 1 cup juice, strained
- Cut vegetables: endive

DIRECTIONS

For orange endive sauce

1. Melt butter with the honey in a large sauté pan over medium-high heat. Add the orange zest and rosemary and cook until the mixture is fragrant and almost caramelized.
2. Add the endive to the pan, season with salt and pepper, and cook for 1 minute. Carefully add the orange juice to the pan. If the juice is cold the mixture could seize, just keep cooking and stirring and it will smooth out.
3. Continue to cook for 10 minutes until the endive is tender and the sauce is reduced by half.

For rosemary polenta

1. In a medium saucepan, bring the milk, water, rosemary, salt, and grits to a boil, stirring occasionally over medium heat.
2. Lower the heat so the milk is barely at a simmer. Cook, stirring occasionally, until all the liquid is absorbed and the grits are tender and creamy, about 12 minutes.

For seared cod

1. Season the fish with the salt and pepper.
2. Heat the grapeseed oil in a large sauté pan over medium heat. Once the oil is shimmering, add the cod fillets into the pan. Sear on both sides, 3 to 4 minutes each side.
3. To serve, spoon polenta on to a plate and top with the cod. Top with orange endive sauce.

INGREDIENTS

For orange endive sauce

2 Tablespoons unsalted butter
2 Tablespoons honey
2 Tablespoons orange zest (1 orange)
1 sprig rosemary, whole
2 medium Belgian endive, cut lengthwise in half, cored, and cut crosswise into ½ inch thick pieces
¼ teaspoon kosher salt
⅛ teaspoon black pepper
1 cup orange juice (4 oranges), strained

For rosemary polenta

3 cups 2% milk
⅔ cup water
2 sprigs rosemary, whole
½ teaspoon kosher salt
⅔ cup old-fashioned grits (not quick cooking)

For seared cod

1½ pounds cod, cut into 4 filets
½ teaspoon kosher salt
⅛ teaspoon black pepper
1 Tablespoon grapeseed oil

(3) SLOW COOKER HARISSA LAMB SHANKS

mashed potatoes

MAKE AHEAD

- Cut vegetables: carrots, celery, onion

DIRECTIONS

For harissa lamb shanks

1. Set a large Dutch oven or heavy-bottomed pot over medium heat and heat until very hot, about 5 minutes. Season the lamb shanks with ¾ teaspoon of the salt and ¼ teaspoon black pepper. Add the oil to the pot and then add the lamb shanks, searing on all sides until they are very browned, about 7 minutes total. Transfer the shanks to the crockpot (see kitchen note if not using a crock pot).
2. To the same pot the lamb was seared in, add the carrots, celery, apples, onion, and ¼ teaspoon of salt. Cook, stirring occasionally, until the vegetables are turning golden brown, about 5 minutes.
3. Stir in the harissa and cumin, cook, stirring often for 1 minute. Add cinnamon stick, honey, and chicken broth. Stir to combine, and carefully pour everything into the crockpot with the lamb shanks.
4. Cook until the meat is about to fall off the bone, on high for 3-4 hours or on low 7-8 hours.
5. Remove the shanks and carrots from the crockpot. Place the remaining contents of the crock pot into a pot on the stovetop and bring the liquid to a boil over medium-high heat. Reduce the heat to medium and gently simmer until the sauce is reduced by half, about 10 minutes. Remove the cinnamon stick and discard. Carefully strain the contents of the braising liquid, discarding the solids and saving the liquid
6. Serve the lamb, carrots, and sauce over mashed potatoes.

For mashed potatoes

1. Bring a pot of water and the potatoes to a boil. Cook until tender but still slightly firm, about 15 minutes. Turn off heat, drain the potatoes, and then return them to the pot.
2. In a small saucepan heat the butter and milk over low heat until the butter is melted; pour over potatoes. Using a potato masher or electric beater, blend milk mixture, salt, and pepper with the potatoes until smooth.

Kitchen Notes: If not using a crock pot:
Preheat the oven to 325°F. After searing the lamb shanks place to the side on a plate. After steps 2 and 3 keep everything in the Dutch oven or heavy-bottomed pot and return the lamb shanks to the pot. Cover and bake until the meat is about to fall off the bone, about 2½ -3 hours. Remove the carrots and lamb from the pot and place the pot on the stovetop over medium high heat. Gently simmer until reduced by half, about 15 minutes. Carefully strain the contents of the braising liquid, discarding the solids and saving the liquid. Serve the lamb, carrots, and sauce over the mashed potatoes.

INGREDIENTS

For harissa lamb shanks

4 lamb shanks (about 3¼ pounds)
1 teaspoon kosher salt, divided
¼ teaspoon black pepper
1 Tablespoon grapeseed oil
2 medium carrots, peeled and cut Into large dice (¾ cup)
2 celery stalks, medium dice
2 Macintosh apples, cored and cut into 1-inch cubes
1 small white onion, large dice (1 cup)
2-3 Tablespoons harissa (see note)
2 teaspoons cumin
1 large cinnamon stick
3 Tablespoons honey
5 cups gluten free low sodium chicken broth (can also use 3 cups gf broth + 2 cups red wine)

For mashed potatoes

1½ pounds Idaho potatoes, peeled and quartered
2 Tablespoons unsalted butter
½ cup 2% milk
½ teaspoon kosher salt
⅛ teaspoon black pepper

* Harissa can be VERY spicy, if your family does not enjoy spicy food start with ½ to 1 Tablespoon! Be sure you purchase a gluten free harissa.

(4) QUINOA TURKEY BOLOGNESE

MAKE AHEAD

- 3 cups cooked quinoa
- Cut vegetables: onion, carrots, celery

DIRECTIONS

For quinoa turkey bolognese

1. In a large heavy bottomed sauté pan, heat the olive oil over medium heat. Once shimmering add the carrots, celery, and onions. Cook, stirring occasionally, about 5 minutes until slightly softened. Add the garlic and rosemary and cook until fragrant about 30 seconds.
2. Add the tomato paste to the pan and cook, stirring frequently, about 2 minutes. Add the turkey to the pan and season with the salt and pepper. Cook, breaking the meat apart into small pieces, until cooked through, about 5 minutes.
3. Pour in broth and cook until it is almost all evaporated, about 5 minutes (you can add additional broth if sauce is too thick).
4. Serve over cooked quinoa topped with parmesan.

INGREDIENTS

For quinoa turkey bolognese

1 Tablespoon olive oil
2 medium carrots, peeled and small dice (¾ cup)
2 celery stalks, small dice
1½ small white onions, small dice (1¼ cups)
4 garlic cloves, minced
3 Tablespoons rosemary, chopped
6 Tablespoons tomato paste
1 pound ground turkey
1 teaspoon kosher salt
¼ teaspoon black pepper
½ cup gluten free low sodium chicken broth

3 cups cooked quinoa
½ cup parmesan cheese, grated

(5) CARAMELIZED ONION AND APPLE HASH

oven poached eggs & endive salad

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Cut vegetables: onion

DIRECTIONS

For caramelized onion & apple hash

1. Heat a large sauté pan over medium heat. Add olive oil and butter; once butter has melted add the potatoes, onion, salt and pepper. Cook, stirring occasionally, 15-20 minutes until the potatoes are crispy on the outside and soft on the inside.
2. Add the garlic, rosemary, and apple. Cook until apples are softened and heated through, about 5 minutes more.
3. Divide between serving plates and top with oven poached eggs.

For oven poached eggs

1. Heat the oven to 400°F. In a medium pot, bring the water to a boil.
2. Pour about 2 Tablespoons boiling water into 8 wells of a muffin pan (1 cup total). Regular or large muffin tins work fine. Crack one egg into each of the 8 wells. Pour 2 more Tablespoons of boiling water on top of each egg.
3. Bake in the oven for about 8 minutes or until whites are set and yolks are cooked through.

For endive salad

1. Chop one head of endive, separate the other into leaves.
2. In a small bowl, combine chopped endive, oranges, celery, feta, and rosemary; stir to combine.
3. Drizzle with olive oil and season with salt and pepper.
4. Fill endive leaves with orange salad and let chill until dinner time.

INGREDIENTS

For caramelized onion & apple hash

1 Tablespoon olive oil
1 Tablespoon unsalted butter
2 large Idaho potatoes, diced
1 small white onion, thinly sliced (1 cup)
1 teaspoon kosher salt, divided
¼ teaspoon black pepper
2 garlic cloves, minced
1 Tablespoon rosemary, chopped
1 large Macintosh apple, diced

For oven poached eggs

2 cups boiling water
8 large eggs

For endive salad

2 heads endive
2 oranges, segmented and diced
1 celery stalk, thinly sliced
½ cup feta cheese
1 teaspoon finely chopped rosemary leaves
1½ Tablespoons olive oil
⅛ teaspoon each salt and pepper

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Nutrition Information

Harissa Turkey Meatballs					Serves: 4
Serving Size: 3 meatballs					
Calories	300	kcal	Fat	21	g
Protein	26	g	Saturated	6	g
Carbohydrate	2	g	Sugar	1	g
Sodium	550	mg	Calcium	15	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	145	mg			

Tomato Sauce					Serves: 4
Serving Size: 1/2 cup					
Calories	130	kcal	Fat	7	g
Protein	2	g	Saturated	0.5	g
Carbohydrate	15	g	Sugar	9	g
Sodium	280	mg	Calcium	6	%DV
Fiber	3	g	Iron	10	%DV
Cholesterol	0	mg			

Brown Rice					Serves: 4
Serving Size: 1/2 cup					
Calories	120	kcal	Fat	1	g
Protein	3	g	Saturated	0	g
Carbohydrate	23	g	Sugar	0	g
Sodium	35	mg	Calcium	0	%DV
Fiber	2	g	Iron	4	%DV
Cholesterol	0	mg			

Seared Cod					Serves: 4
Serving Size: 6 ounces					
Calories	170	kcal	Fat	4.5	g
Protein	30	g	Saturated	0.5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	330	mg	Calcium	2	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	75	mg			

Orange Endive Sauce					Serves: 4
Serving Size: about 2 Tablespoons					
Calories	110	kcal	Fat	6	g
Protein	1	g	Saturated	3.5	g
Carbohydrate	16	g	Sugar	13	g
Sodium	120	mg	Calcium	2	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	15	mg			

Rosemary Polenta					Serves: 4
Serving Size: 1 cup					
Calories	210	kcal	Fat	4.5	g
Protein	9	g	Saturated	2.5	g
Carbohydrate	34	g	Sugar	9	g
Sodium	330	mg	Calcium	20	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	15	mg			

Harissa Lamb Shank					Serves: 5
Serving Size: 1 shank					
Calories	320	kcal	Fat	9	g
Protein	33	g	Saturated	2.5	g
Carbohydrate	26	g	Sugar	19	g
Sodium	590	mg	Calcium	4	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	100	mg			

Mashed Potatoes					Serves: 4
Serving Size: 3/4 cup					
Calories	180	kcal	Fat	3.5	g
Protein	4	g	Saturated	2	g
Carbohydrate	33	g	Sugar	3	g
Sodium	260	mg	Calcium	4	%DV
Fiber	3	g	Iron	2	%DV
Cholesterol	15	mg			

Turkey Bolognese					Serves: 4
Serving Size: 1 cup					
Calories	320	kcal	Fat	16	g
Protein	27	g	Saturated	5	g
Carbohydrate	13	g	Sugar	6	g
Sodium	640	mg	Calcium	15	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	95	mg			

Quinoa					Serves: 4
Serving Size: 3/4 cup					
Calories	170	kcal	Fat	2.5	g
Protein	6	g	Saturated	0	g
Carbohydrate	30	g	Sugar	1	g
Sodium	10	mg	Calcium	2	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	0	mg			

Carmelized Onion and Apple Hash					Serves: 4
Serving Size: 1/2 cup					
Calories	170	kcal	Fat	6	g
Protein	2	g	Saturated	2.5	g
Carbohydrate	26	g	Sugar	7	g
Sodium	500	mg	Calcium	2	%DV
Fiber	4	g	Iron	4	%DV
Cholesterol	10	mg			

Oven Poached Eggs					Serves: 4
Serving Size:2 eggs					
Calories	140	kcal	Fat	10	g
Protein	13	g	Saturated	3	g
Carbohydrate	1	g	Sugar	0	g
Sodium	140	mg	Calcium	6	%DV
Fiber	0	g	Iron	10	%DV
Cholesterol	370	mg			

Endive Salad					Serves: 4
Serving Size: 2-3 filled leaves					
Calories	140	kcal	Fat	9	g
Protein	4	g	Saturated	3.5	g
Carbohydrate	12	g	Sugar	7	g
Sodium	280	mg	Calcium	15	%DV
Fiber	5	g	Iron	2	%DV
Cholesterol	0	mg			