GLUTEN FREE April 10, 2015

PREP GUIDE

MEAL #1

- Ginger scallion chicken rub **see recipe below*
- 1-2" piece fresh ginger grated to yield 2 teaspoons

MEAL #2

- Make shrimp marinade **see recipe below*
- Marinate shrimp for one hour
- 2 limes, zested and juiced (3 Tablespoons juice, ¾ Tablespoon zest)
- Cut vegetables:
  - 4 cups cabbage, finely shredded (⅓ medium head)

MEAL #3

- ½ lime juiced (1 Tablespoon)
- Cut vegetables:
  - 1 large red onion, thinly sliced (1¼ cups)
  - 4 garlic cloves, thinly sliced
  - 3½-4 cups Napa cabbage, thinly sliced (⅓ head)
  - ¼ small red onion, thinly sliced (¼ cup)

MEAL #4 – no prep needed

MEAL #5

- 3 cups cooked quinoa prepared according to package directions
- Vinaigrette **see Meal #5 for recipe*
- Shave parmesan cheese

Ginger Scallion Chicken Rub (for Meal #1)
2 Tablespoons grapeseed oil
8 scallions, chopped
¼ cup peeled and chopped ginger root (4-6" piece)
4 garlic cloves
1 lime, zested (¾ Tablespoon) * *save lime for Meal #1*
1 teaspoon kosher salt
⅛ teaspoon black pepper

Combine ingredients in a food processor or blender. Store in the refrigerator until dinner night.

Shrimp Marinade (for Meal #2)
2 Tablespoons red onion, minced
½ teaspoon garlic, minced
1 Tablespoon honey
¼ cup freshly squeezed lime juice (2 limes)
⅛ teaspoon paprika
¼ teaspoon cumin
¼ teaspoon salt

Combine all ingredients with ¼ cup of water. Refrigerate until needed.

MENU

MONDAY ①
GINGER SCALLION CHICKEN
Potatoes & Sautéed Sugar Snap Peas

TUESDAY ②
SHRIMP TACOS
Avocado Crema & Cabbage Slaw

WEDNESDAY ③
SWEET ITALIAN SAUSAGE & CABBAGE
Roasted Potatoes & Arugula Salad

THURSDAY ④
FAUX CHICKEN PHO

FRIDAY ⑤
SPRING VEGETABLE QUINOA SALAD

GLUTEN FREE April 10, 2015

Shopping List

(1) Ginger Scallion Roasted Chicken (2) Shrimp Tacos (3) Penne with Sweet Italian Sausage (4) Faux Chicken Pho (5) Spring Vegetable Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole organic chicken	4 pound		12
2	shrimp	1 pound	*peeled, deveined, tails off*	10
3	Italian sausage links, sweet	12 ounces	*chicken or pork*	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	scallions	8		1
1,4	fresh ginger	2 (4-5") pieces		3
1,2,3,4	lime	6		3
2,3,4,5	red onion	3	*2 large, 1 small*	3
1,3	new potatoes	2-1/4 pounds		3
1,4,5	sugar snap peas	1-1/2 pounds		5
2,3	Napa cabbage	1 medium		3
2,3,5	avocado	4		4
3,5	baby arugula	8 ounces		2
5	asparagus	6 stalks		2
3,5	mango	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2	low fat sour cream	1/3 cup		2
5	parmesan cheese	1/4 cup		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	corn tortillas, 6"	8		2
4	star anise pods	2		1
4	vermicelli noodles	6 ounces	*in Asian food aisle*	3
5	quinoa, dry	1-1/2 cups		2

Fresh 20 Grocery Est	$74.00
Cost Per Dinner	$14.80
Cost Per Serving	$3.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	6 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1/4 teaspoon
	white wine vinegar	1/2 cup	raw honey or 100% maple syrup	2-1/2 Tablespoons
	gluten free chicken/veggie broth: low sodium	6 cups	gluten free organic tomato paste	
	garlic	11 cloves	gluten free Dijon mustard or brown mustard	1/2 teaspoon
	kosher salt	4-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	1 teaspoon	gluten free pasta	
	cayenne pepper		long grain brown rice	
	paprika	1/8 teaspoon	gluten free flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) GINGER SCALLION CHICKEN & POTATOES

sautéed sugar snap peas

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- Ginger scallion rub **see prep guide for recipe*
- 1-2" piece fresh ginger grated to yield 2 teaspoons

DIRECTIONS

For ginger scallion chicken & potatoes

1. Preheat oven to 425°F and position oven rack in the lower third of the oven.
2. From the edge of the chicken cavity, slip a finger under the skin of each of the breasts, and then gently loosen the skin from the meat of the breasts and thighs.
3. Evenly spread the ginger rub under the skin of the chicken. Place the halved lime in the cavity of the chicken and tie the legs together with kitchen twine. Place on a rimmed baking sheet and roast for 20 minutes.
4. Toss the potatoes with the grapeseed oil, salt, and black pepper. Remove chicken from oven and scatter the potatoes around the chicken; return pan to the oven.
5. Roast for 45 minutes longer or until the internal temperature reaches 165 degrees and the juices of the chicken run clear. Remove chicken from the pan and let rest at least 10 minutes.
6. Remove and discard skin. Reserve half of the chicken for Meal #4 and serve remaining half with potatoes and snap peas.

For sautéed sugar snap peas

1. In a medium pot, bring a few inches of water to a boil (enough to cover peas). Once boiling, add the snap peas and cook for 2 minutes, they should still be slightly crisp. Drain and set aside.
2. In a large sauté pan, add the grapeseed oil and warm over medium heat. Once the oil is shimmering, add the garlic and ginger and cook for 15 seconds until fragrant. Add the snap peas and salt to the pan and cook until warm and crisp, about 2 minutes.

INGREDIENTS

For ginger scallion chicken & potatoes

1 (4 pound) whole organic chicken
Ginger scallion rub **see prep guide*
1 lime, cut in half
1 pound new potatoes, halved
1 Tablespoon grapeseed oil
½ teaspoon kosher salt
⅛ teaspoon black pepper

For sautéed sugar snap peas

1 pound sugar snap peas
1 Tablespoon grapeseed oil
1 teaspoon minced garlic
2 teaspoons grated ginger
½ teaspoon kosher salt

(2) SHRIMP TACOS WITH AVOCADO CREMA

cabbage slaw

MAKE AHEAD

- Shrimp marinade **see prep guide for recipe*
- Marinate shrimp for one hour
- 2 limes, zested and juiced (3 Tablespoons juice, ¾ Tablespoon zest)
- Cut vegetables: cabbage

DIRECTIONS

For shrimp tacos

1. Marinate the shrimp for one hour. Remove shrimp from the marinade and reserve the liquid.
2. In a large sauté pan, add 1 Tablespoon of grapeseed oil and heat over medium heat until shimmering. Add half of the shrimp to the pan and cook 1-2 minutes each side until cooked through. Remove shrimp from pan and place in a bowl. Repeat with the remaining grapeseed oil and shrimp.
3. Pour the reserved marinade into the pan, bring to a boil, and boil for 2 minutes until thickened. Add reduced marinade to the shrimp and toss gently.
4. Wrap tortillas in wet paper towels and microwave for 30 seconds to soften. Tortillas can also be heated one at a time in a lightly oiled sauté pan (about 10 seconds per side).
5. To assemble tacos, divide the cabbage evenly among the warmed tortillas. Top with shrimp and avocado crema.

For cabbage slaw

In a large bowl, combine the vinegar, salt, and honey. Add the cabbage and toss to combine; let sit for at least 10 minutes.

For avocado crema

In the bowl of a food processor or a blender, combine the avocados, lime zest and juice, and salt. Blend until smooth and place in a serving bowl. Stir in the sour cream until combined, serve with shrimp tacos.

INGREDIENTS

For shrimp tacos

Shrimp marinade
1 pound medium shrimp, peeled, deveined, tails removed (can sub 1 pound chicken tenders cut in half)
2 Tablespoon grapeseed oil, divided
8 (6”) corn tortillas

For cabbage slaw

3 Tablespoons white wine vinegar
¼ teaspoon kosher salt
1 teaspoon honey
4 cups Napa cabbage, finely shredded (⅓ medium head)

For avocado crema

2 avocados, peeled and cubed
3 Tablespoons lime juice
¾ Tablespoon lime zest
½ teaspoon kosher salt
⅓ cup low fat sour cream

(3) SWEET ITALIAN SAUSAGE & CABBAGE

Arugula Salad

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- ½ lime juiced (1 Tablespoon)
- Cut vegetables: onion, garlic, cabbage

DIRECTIONS

For sweet Italian sausage and cabbage

1. Heat a large sauté pan over medium-high heat. Once hot, add sausage and cook, breaking up into small pieces, for about 5 -7 minutes or until cooked through.
2. Add the onion and garlic and cook, stirring occasionally, for 5 minutes until the onion has softened.
3. Add the cabbage and salt. Cook, stirring occasionally, for 10 minutes, or until the cabbage has wilted. Stir in the vinegar.
4. Remove from heat and serve with potatoes and salad.

For roasted potatoes

1. Preheat oven to 425°F.
2. Toss potatoes with olive oil, salt, and pepper. Place on a rimmed baking sheet and cook for 30-35 minutes until tender, turning once half way through.

For arugula salad

1. Combine arugula, onion, lime juice, oil, salt and pepper. Toss gently to coat
2. Distribute evenly between 4 plates and top with sliced avocado and mango.

INGREDIENTS

For sweet Italian sausage and cabbage

12 ounces sweet Italian sausage, removed from casings
1 large red onion, thinly sliced (1¼ cups)
4 garlic cloves, thinly sliced
3½ - 4 cups Napa cabbage, thinly sliced (⅓ of medium head)
½ teaspoon kosher salt
2 Tablespoons white or red wine vinegar

For roasted potatoes

1¼ pounds new potatoes, quartered
1½ Tablespoons olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper

For arugula salad

4 ounces baby arugula (3 cups)
¼ small red onion, thinly sliced (¼ cup)
1 Tablespoon lime juice
1 Tablespoon olive oil
¼ teaspoon black pepper
⅛ teaspoon kosher salt
1 avocado, thinly sliced
1 mango, thinly sliced

(4) FAUX CHICKEN PHO

MAKE AHEAD

- Ginger scallion chicken * *from Meal #1*

DIRECTIONS

For faux chicken pho

1. In a large pot, add chicken stock, star anise pods, ginger root, honey, and onion. Bring to a boil over high heat, and then reduce heat to bring broth to a simmer. Cover the pot with a lid and simmer for at least 30 minutes.
2. Remove the star anise pods, ginger root, and onion and discard. Add the shredded chicken and snap peas to the broth. Simmer until the chicken and peas are warmed through, about 5 minutes.
3. Divide broth, chicken, and snap peas between the four bowls filled with the noodles. Squeeze one lime wedge into each bowl before serving.

For vermicelli noodles

1. Place the noodles in a large heat proof bowl. Pour enough warm water over the noodles to cover at least an inch. Soak for 10 minutes.
2. Meanwhile, bring a large pot of water to a boil. Drain the noodles from the soaking water and add to the boiling water. Cook for 2 minutes until tender. Drain and rinse under cold water to stop the noodles from cooking.
3. Divide noodles between four bowls, pour chicken and broth over top; garnish with lime juice.

INGREDIENTS

For faux chicken pho

6 cups gluten free low sodium chicken broth
2 star anise pods
2 inch piece of ginger root, peeled
1 Tablespoon honey
½ large red or white onion, cut in half
Ginger scallion chicken, removed from bones and shredded
1 cup sugar snap peas, cut in half (¼ pound)
½ lime, cut into four wedges

For vermicelli noodles

6 ounces vermicelli noodles
Boiling water

(5) SPRING VEGETABLE QUINOA SALAD

MAKE AHEAD

- 3 cups cooked quinoa
- Make vinaigrette **see recipe below*
- Shave parmesan cheese

DIRECTIONS

For spring vegetable quinoa salad

1. Bring a medium pot of water to a boil. Add the asparagus and snap peas to the boiling water and cook for 2 minutes until slightly cooked. Drain and add to a bowl of ice water to stop the vegetables from cooking. Drain the vegetables thoroughly and set aside.
2. In a large bowl mix the arugula, asparagus, snap peas, red onion, avocado, quinoa, salt, pepper, vinaigrette and parmesan cheese. Toss to combine and let rest at least 10 minutes for the flavors combine. Serve mango alongside salad.

For vinaigrette

Add all ingredients to a bowl and whisk to combine. Keep refrigerated until needed, bring to room temperature before using.

INGREDIENTS

For spring vegetable quinoa salad

6 asparagus stalks, cut into 2 inch pieces (¾ cup)
¼ pound sugar snap peas, cut in half (¾ cup)
4 ounces baby arugula (3 cups)
⅓ cup thinly sliced red onion (⅓ small onion)
1 avocado, peeled and chopped
3 cups cooked quinoa, chilled or room temperature
¼ teaspoon kosher salt
⅛ teaspoon black pepper
Prepared vinaigrette
¼ cup shaved parmesan cheese (use a vegetable peeler)
2 mangoes, peeled and sliced

For vinaigrette

½ teaspoon garlic, minced
½ teaspoon Dijon mustard
3 Tablespoons white wine vinegar
½ teaspoon honey
3 Tablespoons olive oil
¼ teaspoon kosher salt
⅛ teaspoon black pepper

GLUTEN FREE April 10, 2015

Nutrition Information

Ginger Scallion Roast Chicken				Serves: 4	
Serving Size: Approximately 5 ounces cooked chicken					
Calories	260	kcal	Fat	9	g
Protein	39	g	Saturated	2	g
Carbohydrate	3	g	Sugar	1	g
Sodium	380	mg	Calcium	4	%DV
Fiber	1	g	Iron	10	%DV
Cholesterol	125	mg			

Potatoes				Serves: 4	
Serving Size: 4 ounces					
Calories	110	kcal	Fat	3.5	g
Protein	2	g	Saturated	0	g
Carbohydrate	18	g	Sugar	1	g
Sodium	260	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Sugar Snap Peas				Serves: 4	
Serving Size: 4 ounces					
Calories	80	kcal	Fat	3.5	g
Protein	3	g	Saturated	0	g
Carbohydrate	8	g	Sugar	4	g
Sodium	240	mg	Calcium	6	%DV
Fiber	3	g	Iron	15	%DV
Cholesterol	0	mg			

Shrimp Tacos				Serves: 4	
Serving Size: 4 ounces shrimp in 2 tacos					
Calories	240	kcal	Fat	9	g
Protein	18	g	Saturated	1	g
Carbohydrate	23	g	Sugar	6	g
Sodium	770	mg	Calcium	6	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	145	mg			

Cabbage					Serves: 4
Serving Size: 1 cup					
Calories	20	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	3	g	Sugar	2	g
Sodium	130	mg	Calcium	4	%DV
Fiber	1	g	Iron	0	%DV
Cholesterol	0	mg			

Avocado Crema					Serves: 4
Serving Size: 1/4 cup					
Calories	190	kcal	Fat	16	g
Protein	3	g	Saturated	3	g
Carbohydrate	11	g	Sugar	2	g
Sodium	260	mg	Calcium	6	%DV
Fiber	7	g	Iron	4	%DV
Cholesterol	5	mg			

Sweet Italian Sausage and Cabbage					Serves: 4
Serving Size: 1 1/2 cups					
Calories	160	kcal	Fat	7	g
Protein	15	g	Saturated	3	g
Carbohydrate	8	g	Sugar	3	g
Sodium	740	mg	Calcium	8	%DV
Fiber	2	g	Iron	6	%DV
Cholesterol	25	mg			

Roasted New Potatoes					Serves: 4
Serving Size: 5 ounces					
Calories	140	kcal	Fat	5	g
Protein	2	g	Saturated	1	g
Carbohydrate	22	g	Sugar	2	g
Sodium	140	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Arugula Salad with Mango and Avocado					Serves: 4
Serving Size: 1 cup with 1/4 mango					
Calories	160	kcal	Fat	11	g
Protein	2	g	Saturated	1.5	g
Carbohydrate	15	g	Sugar	9	g
Sodium	70	mg	Calcium	6	%DV
Fiber	4	g	Iron	4	%DV
Cholesterol	0	mg			

Faux Chicken Pho					Serves: 4
Serving Size: 2 cups					
Calories	320	kcal	Fat	9	g
Protein	44	g	Saturated	2	g
Carbohydrate	14	g	Sugar	7	g
Sodium	490	mg	Calcium	6	%DV
Fiber	2	g	Iron	20	%DV
Cholesterol	125	mg			

Vermicelli Noodles					Serves: 4
Serving Size: 1 1/2 ounces					
Calories	160	kcal	Fat	0.5	g
Protein	5	g	Saturated	0	g
Carbohydrate	31	g	Sugar	1	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	8	%DV
Cholesterol	0	mg			

Spring Vegetable Quinoa Salad					Serves: 4
Serving Size: 1 3/4 cup					
Calories	300	kcal	Fat	12	g
Protein	11	g	Saturated	2.5	g
Carbohydrate	39	g	Sugar	4	g
Sodium	220	mg	Calcium	15	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	5	mg			

Vinaigrette					Serves: 4
Serving Size: 1 1/2 Tablespoons					
Calories	90	kcal	Fat	11	g
Protein	0	g	Saturated	1.5	g
Carbohydrate	1	g	Sugar	1	g
Sodium	135	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Mangoes					**Serves: 4**
Serving Size: 1/2 mango					
Calories	70	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	17	g	Sugar	15	g
Sodium	0	mg	Calcium	0	%DV
Fiber	1	g	Iron	0	%DV
Cholesterol	0	mg			