

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 medium leek (white part only), chopped
 - 1 pound of broccoli, chopped (4 cups)

MEAL #2

- ½ lemon, juiced (3 teaspoons)

MEAL #3

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
 - ¾ pound broccoli florets, chopped into ½" pieces (3 cups)
 - ¼ yellow or red onion, diced (¼ cup)

MEAL #4

- 3 cups cooked brown rice, prepared according to package directions
- Cut vegetables:
 - ¼ yellow onion, finely chopped (¼ cup)
 - ¾ pound green beans, ends trimmed

MEAL #5

- Cut vegetables:
 - ½ small yellow onion, sliced (½ cup)
 - 1 red bell pepper, seeded and sliced (1 cup)
 - ¼ yellow onion, diced (¼ cup)

MENU

MONDAY ①

BRAISED CHICKEN THIGHS with APPLES
Polenta & Broccoli

TUESDAY ②

PAN SEARED SCALLOPS
Sautéed Spinach & Cannellini Puree

WEDNESDAY ③

BACON BROCCOLI FRITTATA
Side Salad

THURSDAY ④

CHICKEN FRICASSEE
Brown Rice & Apples

FRIDAY ⑤

VEGETABLE FAJITAS
Guacamole



CLASSIC May 1, 2015

Shopping List

(1) Braised Chicken Thighs (2) Pan Seared Scallops (3) Bacon Broccoli Frittata (4) Chicken Fricassee (5) Vegetable Fajitas

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|-------------------------|--------------|------------------------------|----------|
| 1,4 | skinless chicken thighs | 16 thighs | or 8 thighs and 8 drumsticks | 20 |
| 2 | scallops | 1-1/4 pounds | | 16 |
| 3 | Canadian bacon | 8 ounces | | 7 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|--------------------|--------------|-------|----------|
| 1 | leek | 1 med | | 1 |
| 1,4 | apples | 4 | | 3 |
| 2,5 | lemon | 3 | | 1.5 |
| 2,3 | spinach | 2 pounds | | 6 |
| 3,5 | fresh parsley | 1 bunch | | 1.5 |
| 3,4,5 | yellow onion | 2 small | | 2 |
| 4 | green beans | 3/4 pound | | 3 |
| 1,3,5 | broccoli florets | 2-1/4 pounds | | 3 |
| 5 | tomato | 1 | | 1 |
| 5 | red bell pepper | 1 | | 1 |
| 5 | avocado | 2 | | 2 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|-------------------------|----------|-------|----------|
| 1,4 | 2% milk | 1 cup | | 1 |
| 3 | eggs | 8 | | 4 |
| 3,5 | raw milk cheddar cheese | 8 ounces | | 3 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|---------------------|----------------|------------------------------------|----------|
| 1 | cornmeal | 1 cup | | 2 |
| 2,5 | cannellini beans | 3 (15 oz) cans | | 6 |
| 4 | dry white wine | 1/4 cup | * optional * can use chicken broth | |
| 5 | soft corn tortillas | 8 | | 2 |

Fresh 20 Grocery Est \$86.00
 Cost Per Dinner \$17.20
 Cost Per Serving \$4.30

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|-------------------------------------|-------------------|---------------------------------------|-----------------|
| | olive oil | 1/2 cup + 2 Tblsp | dried oregano | 1-3/4 teaspoons |
| | grapeseed oil | 3 Tablespoons | herbes de provence | 1-1/2 teaspoons |
| | balsamic vinegar | | ground cumin | 1/4 teaspoon |
| | white wine vinegar | | raw honey or 100% maple syrup | |
| | chicken or veggie broth: low sodium | 7 cups | organic tomato paste | |
| | garlic | 5 cloves | Dijon mustard or brown mustard | |
| | kosher salt | 3-3/4 teaspoons | soy sauce or Braggs liquid amino acid | |
| | black pepper | 2-3/4 teaspoon | whole grain pasta | |
| | cayenne pepper | 1/4 teaspoon | long grain brown rice | 1-1/2 cups |
| | paprika | | whole wheat flour | 3/4 Tablespoon |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BRAISED CHICKEN THIGHS with APPLES polenta

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: leeks, broccoli

INSTRUCTIONS

For braised chicken thighs with apples

1. In a large sauté pan, heat olive oil over medium-high heat. Add leeks and sauté until softened, about 5 minutes. Remove leeks and set aside.
2. Arrange chicken in the pan and brown about 5 minutes.
3. Turn the chicken over. Add apples, broth, Herbes de Provence, and reserved leeks. Do not stir. Cover and simmer for 15 minutes or until chicken is cooked to 165°F internal temperature. Season with black pepper, kosher salt, and cayenne pepper.

For polenta

1. Combine milk and broth in a saucepan. Bring the liquids to boil and then stir in salt and cornmeal.
2. Stir until well incorporated and then turn heat to a low simmer. Continue to stir until the mixture has thickened, about 10-12 minutes.
3. Stir the olive oil in during the last few minutes of cooking to smooth out the texture.

For broccoli

1. Preheat oven to 425°F.
2. Toss broccoli with oil and salt and place in a single layer on a rimmed baking sheet.
3. Roast 15-20 minutes until slightly browned and crisp.

For braised chicken thighs with apples

- 1 Tablespoon olive oil
- 1 medium leek (white part only), chopped
- 8 chicken thighs, skin removed
- 2 apples, peeled cored and sliced
- 1½ cups low sodium chicken or vegetable broth
- 1½ teaspoons Herbes de Provence
- ½ teaspoon black pepper
- ¾ teaspoon kosher salt
- ¼ teaspoon cayenne pepper

For polenta

- ½ cup 2% milk
- 3½ cups low sodium chicken or vegetable broth
- ¼ teaspoon kosher salt
- 1 cup cornmeal
- ½ Tablespoon olive oil

For broccoli

- 1 pound of broccoli, chopped (4 cups)
- 1½ Tablespoon olive oil
- ¼ teaspoon kosher salt



(2) PAN SEARED SCALLOPS sautéed spinach & cannellini bean puree

MAKE AHEAD

- ½ lemon juiced (3 teaspoons)

DIRECTIONS

For pan-seared scallops

1. Lightly pat scallops dry with a paper towel and then season on both sides with salt & pepper. If scallops are previously frozen they will be slightly wet, make sure to dry them completely so they don't spit back at you in the sauté pan.
2. Heat a large non-stick sauté pan over medium heat; add grapeseed oil and once hot (almost smoking) add scallops.
3. Sear until golden brown on each side, 1-2 minutes on the first side and another 1-2 minutes on the second side. Scallops will be done when they are golden brown on both sides and are firm to the touch in the middle but have some give. Drizzle with lemon juice.
4. Remove from pan and serve warm.

For sautéed spinach

1. Heat a large sauté pan over medium heat and add olive oil and garlic. Once garlic is fragrant, about 15 seconds, add spinach.
2. Sauté the spinach until it is wilted and soft, 3-5 minutes. The spinach will decrease in mass and reduce to about ⅓ of its original size. Season with salt, pepper, and lemon juice. Stir to combine seasonings.
3. Taste to adjust salt & pepper and serve warm.

For cannellini bean purée

1. In a medium saucepot, combine all ingredients and simmer over medium heat for 5-6 minutes.
2. Using a hand blender (immersion blender), carefully blend on low until smooth, about 3 minutes. If using a standing blender, carefully blend on low. If mixture is too thick, add in hot water one Tablespoon at a time to get the ingredients moving. Hold the lid down tightly with a towel. After each 15 second blend, remove lid and allow the steam to escape. This will keep the (heat) pressure from building up inside the blender.
3. Serve warm with scallops and spinach.

INGREDIENTS

For pan-seared scallops

- 1¼ pounds scallops (can sub 1¼ pounds chicken tenders, cut in chunks)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1½ Tablespoons grapeseed oil
- 1 teaspoon lemon juice

For sautéed spinach

- 1 Tablespoon olive oil
- 1 garlic clove, minced
- 3 bunches spinach (about 1½ pounds), washed and dried well
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ teaspoon lemon juice

For cannellini bean purée

- 2 (15 oz) cans cannellini beans, drained and rinsed
- ¼ cup water
- 3 Tablespoons olive oil
- 2 cloves of garlic
- 1 teaspoon dried oregano
- 2 teaspoons of lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper



(3) BROCCOLI BACON FRITTATA

side salad

MAKE AHEAD

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

DIRECTIONS

For broccoli bacon frittata

1. Preheat broiler.
2. Whisk eggs with oregano and black pepper. Gently stir in bacon and broccoli.
3. Heat oil in a medium oven-proof skillet over medium heat. Add egg mixture and cook for 6-8 minutes until sides are set, but middle is still slightly runny. Sprinkle with cheese.
4. Broil for 2 minutes until golden and set, making sure not to overcook.

For salad

Combine spinach and onion, toss with dressing and top with fresh parsley.

INGREDIENTS

For broccoli bacon frittata

8 eggs
½ teaspoon dried oregano
½ teaspoon black pepper
8 ounces Canadian bacon*, chopped
¾ pound broccoli florets,
chopped into ½-inch pieces (3 cups)
1 Tablespoon olive oil
4 ounces low fat cheddar cheese,
shredded (1 cup)

For salad

½ pound spinach leaves (4 cups)
¼ yellow or red onion, diced (¼ cup)
¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)
¼ cup fresh parsley, finely chopped

**Note: Look for unprocessed and organic Canadian bacon. Of course, you can always use a high quality, artisan made bacon, but it's not the healthiest choice, which is why we prefer Canadian bacon.*



(4) CHICKEN FRICASSEE brown rice & apples

MAKE AHEAD

- 3 cups cooked brown rice
- Cut vegetables: onion, green beans

For chicken fricassee

1. Mix salt and $\frac{1}{2}$ teaspoon pepper in a small bowl; season chicken thighs on both sides.
2. Heat grapeseed oil in a large sauté pan (with lid) over medium-high heat.
3. Brown chicken thighs on one side for 3 minutes. Turn thighs over and brown on other side for 2 minutes. Remove thighs from the pan and set aside.
4. Pour out most of the oil and juices, leaving 2 Tablespoons in the pan.
5. Turn heat back on to medium. Add onions and sauté until softened, about 1-2 minutes. Add garlic and sauté until fragrant.
6. Pour in $\frac{1}{4}$ cup white wine (or broth) and boil until liquid is reduced.
7. Stir in 1 cup broth; reduce heat to low, and season with remaining pepper.
8. Return chicken thighs to pan, cover pan with a lid (leaving a sliver of space), and simmer for 10-12 minutes. Add green beans to the pan and continue to simmer for 10-12 minutes longer, until chicken is cooked to an internal temperature of 165°F.
9. Remove chicken thighs and green beans from the pan onto a serving platter, leaving sauce in pan.
10. Slowly and continuously stir milk into the sauce until well mixed. Heat for one minute. Pour sauce over chicken thighs and green beans.
11. Serve chicken and green beans with a side of brown rice and sliced apples.

INGREDIENTS

For chicken fricassee

- $\frac{1}{2}$ teaspoon kosher salt
- 1 teaspoon black pepper, divided
- 8 chicken thighs (or drumsticks)
- $1\frac{1}{2}$ Tablespoons grapeseed oil
- $\frac{1}{4}$ yellow onion, finely chopped ($\frac{1}{4}$ cup)
- 1 clove garlic, minced
- $\frac{1}{4}$ cup dry white wine or chicken broth
- 1 cup chicken or vegetable broth
- $\frac{3}{4}$ pound green beans, ends trimmed
- $\frac{1}{2}$ cup 2% milk, warmed

- 3 cups cooked brown rice, warmed

- 2 apples, sliced



(5) VEGETABLE FAJITAS guacamole

MAKE AHEAD

- 2 lemons, juiced (¼ cup)
- Cut vegetables: onion, bell pepper

INSTRUCTIONS

For vegetable fajitas

1. Mix broth, flour, and salt in a small bowl to form slurry; set aside.
2. Heat oil over medium heat. Sauté onions and red bell peppers for 3-4 minutes. Add oregano and stir for a few seconds to let the spice infuse onions and red bell peppers. Add broccoli, beans, and tomatoes; cook for 3-4 minutes.
3. Pour slurry over the vegetables. Stir to coat. Turn heat down to low and cover pan with a lid. Allow the fajitas to simmer for 5 minutes.
4. Meanwhile, heat tortillas in a griddle or hot dry pan for a half minute on each side.
5. Divide fajita filling evenly among tortillas and top with guacamole and shredded cheese.

For guacamole

Combine all ingredients, mash lightly with a fork.

INGREDIENTS

For vegetable fajitas

1 cup low sodium vegetable broth
¾ Tablespoon whole wheat flour
¼ teaspoon salt
1½ Tablespoon olive oil
½ small yellow onion, sliced (½ cup)
1 red bell pepper, seeded and sliced (1 cup)
¼ teaspoon oregano
½ pound broccoli florets (2 cups)
1 (15 oz) can organic cannellini beans, drained and rinsed
1 tomato, diced
8 soft corn tortillas

4 ounces shredded cheese (1 cup)

For guacamole

2 avocado, pitted and diced
¼ cup parsley leaves, finely chopped
¼ yellow onion, diced (¼ cup)
1 clove garlic, minced
¼ cup lemon or lime juice
¼ teaspoon cumin
½ teaspoon kosher salt



Nutrition Information

| Braised Chicken Thighs with Apples | | Serves: 4 | |
|------------------------------------|----------|-----------|--------|
| Serving Size: 2 thighs, 1/2 apple | | | |
| Calories | 260 kcal | Fat | 9 g |
| Protein | 28 g | Saturated | 2 g |
| Carbohydrate | 16 g | Sugar | 10 g |
| Sodium | 510 mg | Calcium | 4 %DV |
| Fiber | 3 g | Iron | 10 %DV |
| Cholesterol | 130 mg | | |

| Polenta | | Serves: 4 | |
|-----------------------|----------|-----------|-------|
| Serving Size: 3/4 cup | | | |
| Calories | 130 kcal | Fat | 3 g |
| Protein | 5 g | Saturated | 0.5 g |
| Carbohydrate | 23 g | Sugar | 1 g |
| Sodium | 200 mg | Calcium | 4 %DV |
| Fiber | 2 g | Iron | 6 %DV |
| Cholesterol | 0 mg | | |

| Roasted Broccoli | | Serves: 4 | |
|---------------------|---------|-----------|-------|
| Serving Size: 1 cup | | | |
| Calories | 80 kcal | Fat | 6 g |
| Protein | 3 g | Saturated | 1 g |
| Carbohydrate | 8 g | Sugar | 2 g |
| Sodium | 160 mg | Calcium | 6 %DV |
| Fiber | 3 g | Iron | 4 %DV |
| Cholesterol | 0 mg | | |

| Pan Seared Scallops | | Serves: 4 | |
|------------------------|----------|-----------|-------|
| Serving Size: 5 ounces | | | |
| Calories | 170 kcal | Fat | 7 g |
| Protein | 24 g | Saturated | 0 g |
| Carbohydrate | 3 g | Sugar | 0 g |
| Sodium | 470 mg | Calcium | 2 %DV |
| Fiber | 0 g | Iron | 0 %DV |
| Cholesterol | 50 mg | | |

| Sautéed Spinach | | Serves: 4 | |
|-----------------------|----------|-----------|--------|
| Serving Size: 1/2 cup | | | |
| Calories | 100 kcal | Fat | 3.5 g |
| Protein | 4 g | Saturated | 0 g |
| Carbohydrate | 18 g | Sugar | 0 g |
| Sodium | 510 mg | Calcium | 10 %DV |
| Fiber | 8 g | Iron | 30 %DV |
| Cholesterol | 0 mg | | |

| Cannellini Bean Puree | | Serves: 4 | |
|------------------------------|----------|------------------|--------|
| Serving Size: 1/2 cup | | | |
| Calories | 240 kcal | Fat | 12 g |
| Protein | 9 g | Saturated | 1.5 g |
| Carbohydrate | 26 g | Sugar | 2 g |
| Sodium | 300 mg | Calcium | 6 %DV |
| Fiber | 8 g | Iron | 15 %DV |
| Cholesterol | 0 mg | | |

| Bacon Frittata | | Serves: 4 | |
|-------------------------------------|----------|------------------|--------|
| Serving Size: 1/4 prepared frittata | | | |
| Calories | 340 kcal | Fat | 20 g |
| Protein | 35 g | Saturated | 8 g |
| Carbohydrate | 8 g | Sugar | 3 g |
| Sodium | 920 mg | Calcium | 30 %DV |
| Fiber | 2 g | Iron | 15 %DV |
| Cholesterol | 425 mg | | |

| Spinach Salad | | Serves: 4 | |
|--|----------|------------------|-------|
| Serving Size: 1 cup, 1 Tablespoon dressing | | | |
| Calories | 110 kcal | Fat | 11 g |
| Protein | 1 g | Saturated | 1.5 g |
| Carbohydrate | 4 g | Sugar | 1 g |
| Sodium | 170 mg | Calcium | 2 %DV |
| Fiber | 1 g | Iron | 4 %DV |
| Cholesterol | 0 mg | | |

| Chicken Fricassee | | Serves: 4 | |
|---------------------------------|----------|------------------|--------|
| Serving Size: 2 prepared thighs | | | |
| Calories | 260 kcal | Fat | 12 g |
| Protein | 30 g | Saturated | 2 g |
| Carbohydrate | 7 g | Sugar | 4 g |
| Sodium | 400 mg | Calcium | 10 %DV |
| Fiber | 2 g | Iron | 8 %DV |
| Cholesterol | 135 mg | | |

| Brown Rice | | Serves: 4 | |
|-----------------------|----------|------------------|-------|
| Serving Size: 3/4 cup | | | |
| Calories | 170 kcal | Fat | 1 g |
| Protein | 4 g | Saturated | 0 g |
| Carbohydrate | 35 g | Sugar | 0 g |
| Sodium | 35 mg | Calcium | 2 %DV |
| Fiber | 3 g | Iron | 6 %DV |
| Cholesterol | 0 mg | | |

| Apples | | Serves: 4 | |
|---------------------------------|---------|------------------|-------|
| Serving Size: 1/2 apple, slices | | | |
| Calories | 45 kcal | Fat | 0 g |
| Protein | 0 g | Saturated | 0 g |
| Carbohydrate | 13 g | Sugar | 9 g |
| Sodium | 0 mg | Calcium | 0 %DV |
| Fiber | 2 g | Iron | 0 %DV |
| Cholesterol | 0 mg | | |

| Vegetable Fajitas | | Serves: 4 | |
|----------------------------------|----------|------------------|--------|
| Serving Size: 2 filled tortillas | | | |
| Calories | 240 kcal | Fat | 7 g |
| Protein | 9 g | Saturated | 1 g |
| Carbohydrate | 37 g | Sugar | 6 g |
| Sodium | 200 mg | Calcium | 6 %DV |
| Fiber | 8 g | Iron | 10 %DV |
| Cholesterol | 0 mg | | |

| Guacamole | | Serves: 4 | |
|---------------------------------|----------|------------------|-------|
| Serving Size: 1/2 cup guacamole | | | |
| Calories | 170 kcal | Fat | 15 g |
| Protein | 2 g | Saturated | 2 g |
| Carbohydrate | 10 g | Sugar | 1 g |
| Sodium | 250 mg | Calcium | 2 %DV |
| Fiber | 7 g | Iron | 4 %DV |
| Cholesterol | 0 mg | | |

| Cheese | | Serves: 4 | |
|------------------------------|---------|------------------|--------|
| Serving Size: 1/4 cup cheese | | | |
| Calories | 70 kcal | Fat | 4.5 g |
| Protein | 8 g | Saturated | 3 g |
| Carbohydrate | 1 g | Sugar | 0 g |
| Sodium | 170 mg | Calcium | 20 %DV |
| Fiber | 0 g | Iron | 0 %DV |
| Cholesterol | 15 mg | | |