

PREP GUIDE

MEAL #1

- Cut vegetables:
 - ¼ medium leek (white part only), chopped
 - ¼ pound of broccoli, chopped (1 cup)

MEAL #2

- No prep needed

MEAL #3

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
 - 3 ounces broccoli florets, chopped into ½" pieces (scant 1 cup)
 - 1 Tablespoon diced yellow or red onion

MEAL #4

- ¾ cup cooked brown rice, prepared according to package directions
- Cut vegetables:
 - 1 Tablespoon finely chopped yellow or red onion
 - 3 ounces green beans, ends trimmed

MEAL #5

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

MENU

MONDAY ①

BRAISED CHICKEN THIGHS with APPLES
Polenta & Broccoli

TUESDAY ②

PAN SEARED SCALLOPS
Sautéed Spinach &
Cannellini Bean Puree

WEDNESDAY ③

BACON BROCCOLI SCRAMBLE
Side Salad

THURSDAY ④

CHICKEN FRICASSEE
Brown Rice & Apples

FRIDAY ⑤

VEGETABLE FAJITAS
Guacamole



FOR ONE May 1, 2015

Shopping List

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

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	skinless chicken thighs	4		5
2	scallops	5-6 ounces		4
3	Canadian bacon	2 ounces		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	leek	1		1
1,4	apples	1		1
2,5	lemon	1		0.5
2,3	spinach	10 ounces		1.5
3,5	fresh parsley	1/4 bunch		1.5
3,4,5	yellow onion	1		1
4	green beans	3 ounces		1
1,3,5	broccoli florets	1/2 pound		1
5	tomato	1		1
5	red bell pepper	1		1
5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	2% milk	1/4 cup		0.5
3	eggs	2		1
3,5	raw milk cheddar cheese	1/2 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	cornmeal	1/4 cup		1
2,5	cannellini beans	1 (15 oz) can		2
5	soft corn tortillas	2		1

Fresh 20 Grocery Est \$30.00
 Cost Per Dinner \$6.00
 Cost Per Serving \$6.00

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BRAISED CHICKEN THIGHS with APPLES polenta & broccoli

OVEN TEMPERATURE: 425°F

MADE AHEAD

- Cut vegetables: leeks, broccoli

INSTRUCTIONS

For braised chicken thighs with apples

1. In a sauté pan, heat olive oil over medium-high heat. Add leeks and sauté until softened, about 3 minutes. Remove leeks and set aside.
2. Arrange chicken in the pan and brown about 5 minutes.
3. Turn the chicken over. Add apple, broth, Herbes de Provence, and reserved leeks. Do not stir. Cover and simmer for 10-15 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 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 minutes until slightly browned and crisp.

Dairy Free: Use all broth for polenta, or use a non-dairy milk.

Gluten Free: Use gluten free broth for chicken and polenta.

Vegetarian: Serve polenta and broccoli with White Bean Ragu: Heat 1½ teaspoons olive oil over medium heat and add ¼ cup diced onion, ½ minced garlic clove, and pinch of oregano. Sauté 3-4 minutes. Add ½ cup halved cherry tomatoes, and cook 5 minutes until broken down. Add ½ can white beans and warm through. Add a splash of balsamic vinegar, pinch of salt and pepper, and a few julienned basil leaves. Toss gently.

For braised chicken thighs with apples

1 teaspoon olive oil
¼ medium leek (white part only), chopped
2 chicken thighs, skin removed
½ apple, peeled cored and sliced
½ cup low sodium chicken or vegetable broth
¼ teaspoon Herbes de Provence
Dash of black pepper
Dash of kosher salt
Pinch of cayenne pepper

For polenta

2 Tablespoons 2% milk
¾ cup + 2 Tablespoons low sodium chicken or vegetable broth
Pinch of kosher salt
¼ cup cornmeal
½ teaspoon olive oil

For broccoli

¼ pound of broccoli, chopped (1 cup)
1 teaspoon olive oil
Pinch of kosher salt



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

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 small non-stick sauté pan over medium heat; add grapeseed oil and once hot 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 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 $\frac{1}{3}$ 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 small 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 mixture is too thick, add in hot water one Tablespoon at a time. Beans can also be mashed with a fork or potato masher.
3. Serve warm with scallops and spinach.

Dairy Free:

Gluten Free:

Vegetarian: *Serve spinach and bean puree with Tomato Avocado Salad: Combine $\frac{1}{2}$ diced avocado, $\frac{1}{2}$ cup halved cherry tomatoes, 3 julienned basil leaves, and $\frac{1}{2}$ teaspoon lemon juice. Toss gently to combine.*

INGREDIENTS

For pan-seared scallops

5-6 ounces scallops (can sub equal amount of chicken tenders, cut in chunks)
Pinch of kosher salt
Pinch of black pepper
1 teaspoon grapeseed oil
Squeeze of lemon juice

For sautéed spinach

1 teaspoon olive oil
Dash of minced garlic
6 ounces spinach, washed and dried well
Pinch of kosher salt
Pinch of black pepper
Squeeze of lemon juice

For cannellini bean purée

$\frac{1}{2}$ (15 oz) can cannellini beans, drained and rinsed
1 Tablespoon water
2 teaspoons olive oil
 $\frac{1}{2}$ clove of garlic
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon of lemon juice
Dash of kosher salt
Pinch of black pepper



(3) BROCCOLI BACON SCRAMBLE side salad

MAKE AHEAD

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

DIRECTIONS

For broccoli bacon scramble

1. Whisk eggs with oregano and black pepper. Gently stir in bacon and broccoli.
2. Heat oil in a medium skillet over medium heat. Add egg mixture and cook, stirring frequently, for 4-6 minutes until eggs are set, sprinkle with cheese.

For side salad

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

Dairy Free: Eliminate cheese, sprinkle with chopped parsley.

Gluten Free:

Vegetarian: For broccoli bacon scramble, replace bacon with 6 halved cherry tomatoes. Add 1 Tablespoon shelled pistachios to side salad.

INGREDIENTS

For broccoli bacon scramble

2 eggs
Pinch of dried oregano
Pinch of black pepper
2 ounces Canadian bacon*, chopped
3 ounces broccoli florets,
chopped into ½-inch pieces (scant 1 cup)
1 teaspoon olive oil
1 ounce low fat cheddar cheese,
shredded (¼ cup)

For side salad

1 cup spinach leaves
1 Tablespoon diced yellow or red onion
1 Tablespoon pantry dressing
(www.thefresh20.com/pantrydressings)
1 Tablespoon 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

- $\frac{3}{4}$ cup cooked brown rice
- Cut vegetables: onion, green beans

For chicken fricassee

1. Mix salt and $\frac{1}{2}$ the pepper in a small bowl; season chicken thighs on both sides.
2. Heat grapeseed oil in a small 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 about $\frac{1}{2}$ Tablespoon 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. Stir in broth; reduce heat to low, and season with remaining pepper.
7. 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.
8. Remove chicken thighs and green beans from the pan onto a serving plate, leaving sauce in pan.
9. Stir milk into the sauce until well mixed. Heat for one minute. Pour sauce over chicken thighs and green beans.
10. Serve chicken and green beans with a side of brown rice and sliced apple.

Dairy Free: Omit milk and replace with broth.

Gluten Free: Use gluten free broth.

Vegetarian: Replace above recipe with Lentil Apple Salad:
Add $\frac{1}{4}$ cup French green lentils to a small saucepan and cover with water. Bring to a boil, reduce to simmer, and cook 20-25 minutes. Allow to cool. Combine with $\frac{3}{4}$ cup cooked brown rice, $\frac{1}{2}$ chopped apple, and a few slices of red onion. In a small bowl, combine 2 teaspoons olive oil, 1½ teaspoons vinegar, $\frac{3}{4}$ teaspoon Dijon mustard, and a pinch of salt and pepper. Pour over lentil/rice mixture and toss to combine. Serve with 6 ounces blanched green beans.

INGREDIENTS

For chicken fricassee

Pinch kosher salt
 $\frac{1}{4}$ teaspoon black pepper, divided
2 chicken thighs (or drumsticks)
1 teaspoon grapeseed oil
1 Tablespoon finely chopped yellow or red onion
 $\frac{1}{4}$ clove garlic, minced
 $\frac{1}{4}$ cup + 1 Tablespoon chicken or vegetable broth
3 ounces green beans, ends trimmed
2 Tablespoons 2% milk, warmed

 $\frac{3}{4}$ cup cooked brown rice, warmed

 $\frac{1}{2}$ apple, sliced



(5) VEGETABLE FAJITAS guacamole

MAKE AHEAD

- ½ lemon, juiced (1 Tablespoon)
- Cut vegetables: bell pepper, onion

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.

Dairy Free: *Omit cheese or use dairy free cheese.*

Gluten Free: *Use gluten free broth and flour. Be sure to check that your tortillas are gluten free as well.*

Vegetarian:

INGREDIENTS

For vegetable fajitas

¼ cup low sodium vegetable broth
1 teaspoon whole wheat flour
Pinch of kosher salt
1 teaspoon olive oil
Few slices yellow onion
¼ red bell pepper, seeded and sliced (¼ cup)
Pinch of oregano
½ cup broccoli florets
¼ (15 oz) can organic cannellini beans, drained and rinsed
¼ tomato, diced
2 soft corn tortillas

1 ounce shredded cheese (¼ cup)

For guacamole

½ avocado, pitted and diced
1 Tablespoon chopped parsley
1 Tablespoon diced yellow onion
¼ clove garlic, minced
1 Tablespoon lemon or lime juice
Pinch of cumin
Pinch of kosher salt



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Nutrition Information

Braised Chicken Thighs with Apples		Serves: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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: 1	
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		