CLASSIC October 16, 2015

PREP GUIDE

MEAL #1

- 4 cups cooked quinoa prepared according to package directions * *for the week*
- 3 limes, juiced (5 Tablespoons) **for the week*
- Cut vegetables:
  - 2 bunches kale, rinsed and dried; chopped into 1-inch strips (8 cups)
  - 1 carrot, shredded (⅓ cup)

MEAL #2

- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables:
  - 1 yellow onion, thinly sliced (1 cup)
  - ½ jalapeno pepper, thinly sliced (optional)
  - 8 brown mushrooms, cut in half
  - 2 carrots, cut into thin sticks

MEAL #3

- Par boil sweet potatoes * *see directions below*
- Cut vegetables:
  - 1 yellow onion, sliced (1 cup)
  - 2 medium carrots, diagonally sliced
  - 1 pound broccolini, cut into 1½ to 2" spears

MEAL #4

- Make dressing up to 3 days ahead
- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - 1 large bunch kale, roughly chopped (4 cups)

MEAL #5

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - 1 pound brown or button mushrooms, stems removed and sliced (6 cups)

Par Boiled Sweet Potatoes (Meal #3)
3 medium sweet potatoes

Bring a medium pot of water to boil. Add sweet potatoes and boil 10 minutes. Drain, cool, and refrigerate until needed.

MENU

MONDAY ①
PAN ROASTED CHICKEN
Crispy Kale
Apple Quinoa Salad

TUESDAY ②
EASY SHRIMP PHO

WEDNESDAY ③
SWEET POTATO CASSEROLE
Chicken Apple Sausage
Spicy Broccolini

THURSDAY ④
CHICKEN & SWEET POTATO SALAD
Kale

FRIDAY ⑤
CREAM OF MUSHROOM SOUP
Parmesan Toast & Apple Slices

CLASSIC October 16, 2015

Shopping List

(1) Pan Roasted Chicken (2) Easy shrimp Pho (3) Sweet Potato Casserole (4) Chicken Potato Salad (5) Cream of Mushroom Soup

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken breasts & thighs	2-1/2 pounds	bonesless & skinless	12.5
2	shrimp, peeled with tail on	1-1/2 pounds		16
3	chicken apple sausage	4 links		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	kale	3 bunches		6
2,3,4,5	yellow onion	3		3
2	jalapeno pepper	1		0.5
2	fresh ginger	2"		1.5
1,2,4	parsley leaves	1 bunch		1.5
1,2	limes	3		1.5
2,5	brown mushrooms	1-1/2 pounds		7.5
3,4	sweet potatoes	6		5
1,2,3	carrots	5		2
3	broccolini	1 pound		2
1,5	apples	6		4

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	unsalted butter	2 Tablespoons		1
3,5	parmesan cheese	6 Tablespoons		2
3,5	organic milk, 1%	2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	rice noodles	8 ounces		2
3,5	whole grain bakery bread	6 slices		2
1,4	quinoa	2 cups		2
1,4	almonds	6 Tablespoons		3

Fresh 20 Grocery Est	$84.00
Cost Per Dinner	$16.80
Cost Per Serving	$4.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar	1-1/2 Tablespoons	raw honey or 100% maple syrup	4-1/4 teaspoons
	chicken or veggie broth: low sodium	9-1/2 cups	organic tomato paste	
	garlic	6	Dijon mustard or brown mustard	1/4 cup
	kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	2-1/2 teaspoons	whole grain pasta	
	cayenne pepper	1/4 teaspoon	long grain brown rice	
	paprika		whole wheat flour	2 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) PAN ROASTED CHICKEN WITH DIJON SAUCE

crispy kale & apple quinoa salad

OVEN TEMPERATURE: 425°F

MAKE AHEAD:

- 2 cups cooked quinoa prepared according to package directions
- ½ lime, juiced (1 Tablespoon)
- Cut vegetable: kale, carrot

INSTRUCTIONS

For pan roasted chicken

1. Preheat oven to 425°F.
2. Season chicken on both sides with salt and black pepper.
3. Heat olive oil and butter in a large ovenproof pan (sizeable in width and depth or the oil will splatter out) over medium-high heat for about 20-30 seconds, or until butter is melted. Using tongs carefully lay chicken pieces down in the pan, arranging them with a little room between the pieces.
4. Reduce heat to medium and sear chicken for 3-4 minutes. Carefully flip the chicken over and sear for 2-3 minutes. Cover pan with foil and transfer to oven. Roast for 15 minutes. Remove foil and continue roasting for 10 minutes or until internal temperature reaches 165°F. Save the foil.
5. Remove pan from oven and create a tent with foil by covering the pan loosely. After 5-8 minutes of rest, set aside 1 pound of chicken for Meal #4.

For crispy kale

1. Reduce oven temperature to 375°F.
2. While chicken is resting, toss kale with olive oil. Spread kale on a baking sheet and roast for 10-12 minutes, or until the leaves are crispy. You may need to do this in two batches so as to not overlap the kale too much on one baking sheet. Remove from oven and sprinkle with salt

For Dijon sauce

Whisk all the ingredients together in a small bowl until well incorporated. Serve in small bowl alongside pan roasted chicken.

For apple quinoa salad

Combine all ingredients in medium bowl. Chill until ready to serve.

INGREDIENTS

For pan roasted chicken

2½ pounds chicken, a mix of breast and thigh (skinless/boneless)
1 teaspoon salt
¾ teaspoon black pepper
1 Tablespoon olive oil
1 Tablespoon unsalted butter

For crispy kale

2 bunches kale, rinsed and thorough dried; chopped into 1-inch strips (8 cups)
2 Tablespoons olive oil
¼ teaspoon of salt

For Dijon sauce

¼ cup Dijon mustard
2½ Tablespoons chicken broth
2 teaspoons honey
½ teaspoon black pepper

For apple quinoa salad

2 cups cooked quinoa
2 apples, diced
1 carrot, shredded (⅓ cup)
1 Tablespoon lime juice
Dash of kosher salt
2 Tablespoons chopped parsley
2 Tablespoons chopped almonds

(2) EASY SHRIMP PHO

MAKE AHEAD

- 2 limes, juiced (¼ cup)
- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, jalapeno, mushrooms, carrots

DIRECTIONS

For easy shrimp pho

1. Heat olive oil in a large stockpot over medium-high heat. Add onion and sauté until translucent, about 4 minutes. Add garlic and jalapeno, cooking for an additional minute. Toss in shrimp and ginger; cook for one minute then add stock and parsley; bring to a boil.
2. Add soy sauce, maple syrup, and lime juice. Stir to combine. Reduce heat to a simmer and add mushrooms; cook 5 minutes.
3. Drop in rice noodles and cook for 5 minutes or until noodles are soft but not mushy.
4. Remove most of the parsley with a spoon before dividing into 4 bowls.
5. Serve with carrots.

INGREDIENTS

For easy shrimp pho

2 Tablespoons olive oil
1 yellow onion, thinly sliced (1 cup)
3 garlic cloves, sliced thin
½ jalapeno pepper, thinly sliced, optional
1½ pounds shrimp, peeled, tail on*
1 Tablespoon fresh grated ginger
5 cups chicken or vegetable stock
½ bunch parsley (leave whole on stem, it will be removed prior to serving)
1 Tablespoon low sodium soy sauce
1 teaspoon maple syrup
¼ cup lime juice
8 brown mushrooms cut in half
8 ounces rice noodles (dry)

2 carrots, cut into thin sticks

** can sub 1½ pounds boneless, skinless chicken thighs, cut into 1" pieces*

(3) SWEET POTATO CASSEROLE
chicken apple sausage & spicy broccolini

OVEN TEMPERATURE: 375°F

MAKE AHEAD:

- Par boil sweet potatoes * *see prep guide*
- Cut vegetables: onion, carrots, broccolini

INSTRUCTIONS

For sweet potato casserole

1. Preheat oven to 375°F. For the topping, grate bread in food processor or blender. Add olive oil and 1 Tablespoon Parmesan cheese. Purée for a few pulses to mix through. Set aside bread crumb topping.
2. For the casserole, heat olive oil in a large skillet over medium heat. Add sliced onions and sauté until softened, about 4 minutes. Sprinkle with salt, reduce heat to medium-low, and sauté for another 6-8 minutes to caramelize the onions.
3. Brush an oven-proof dish with a little olive oil. Cover the bottom of the dish with ⅓ of the sweet potatoes; top that layer with half of the sliced carrots followed by half the caramelized onions. Pour about a third of the milk evenly over the onions then sprinkle with half the cheese. Repeat layers. Top with the last layer of sweet potatoes; pour the last of the milk on top. Top with the prepared bread crumbs and bake for 30 minutes. Serve with sausage and broccolini.

For chicken apple sausage

Preheat skillet and add oil. Arrange sausage so they are not touching in the skillet. Grill on all sides until cooked through (check package for cooking instructions) and sausage starts to brown. Turn off heat. Cover skillet and set aside until dinner is ready.

For spicy broccolini

1. Fill a soup pot with 2-3 quarts of water and bring to a boil.
2. Add ⅛ teaspoon salt and broccolini to boiling water. Cook broccolini for 2 to 3 minutes until just tender; drain.
3. In a serving bowl, whisk remaining salt with olive oil, cayenne, and black pepper. Add broccolini and toss well to coat.

INGREDIENTS

For breadcrumb topping

2 slices whole grain bakery bread, dried out and cubed
½ Tablespoon olive oil
1 Tablespoon grated Parmesan cheese

For sweet potato casserole

1 Tablespoon olive oil
1 yellow onion, sliced (1 cup)
½ teaspoon kosher salt
3 parboiled sweet potatoes, sliced into ¼" thin rounds
2 medium carrots, diagonally sliced
1 cup organic milk (1%)
2 Tablespoons grated Parmesan cheese

For chicken apple sausage

1 teaspoon olive oil
4 chicken apple sausage links or any variety, chicken sausage

For spicy broccolini

¼ teaspoon kosher salt, divided
1 pound broccolini, cut into 1½ to 2" spears
2 Tablespoons olive oil
¼ teaspoon cayenne pepper
¼ teaspoon black pepper

(4) CHICKEN & SWEET POTATO SALAD

MAKE AHEAD

- 1 pound roasted chicken * *from Meal #1*
- 2 cups cooked quinoa, prepared according to package directions
- Make dressing up to 3 days ahead
- Cut vegetables: onion, kale

DIRECTIONS

For chicken & sweet potato salad

1. Place sweet potatoes in a pot of water, enough to cover by an inch. Add salt and bring water to a boil. Cover with lid and cook until just barely tender, about 6-7 minutes. Drain well.
2. Meanwhile, to make dressing whisk oil, vinegar, honey, salt, and black pepper in a small bowl.
3. In a large bowl, combine sweet potatoes, onion, quinoa, parsley, and chicken and toss gently with dressing.

For kale

1. Toast almonds in a small, dry sauté pan for 1-2 minutes over medium low heat. Stir frequently to avoid burning; set aside.
2. Bring a medium pot of water to boil. Once water is boiling, turn heat off and stir in kale. Let sit in the hot water for 20-30 seconds to heat through, but not wilt. Remove from hot water and drain thoroughly.
3. In a small bowl, whisk olive oil, vinegar, salt, and black pepper. Toss kale and almonds with dressing.

INGREDIENTS

For chicken & sweet potato salad

3 medium sweet potatoes, peeled and diced
¼ teaspoon salt
½ yellow onion, diced (½ cup)
2 cups cooked quinoa
1 Tablespoon chopped parsley
1 pound roasted chicken, diced

For sweet & sour dressing

1½ Tablespoons olive oil
1 Tablespoon white wine vinegar
1¼ teaspoons honey
Dash of salt
¼ teaspoon black pepper

For kale

¼ cup chopped almonds
1 large bunch kale, roughly chopped (4 cups)
1½ teaspoons olive oil
½ teaspoon white wine vinegar
¼ teaspoon kosher salt
¼ teaspoon black pepper

(5) CREAM OF MUSHROOM SOUP
parmesan toast & sliced apples

OVEN TEMPERATURE: 400°F

MAKE AHEAD:

- Cut vegetables: onion, mushrooms

DIRECTIONS

For cream of mushroom soup

1. Melt the butter and oil in a soup pot over medium-high heat. Add onion and garlic and cook for 1 minute or until the garlic is golden. Add the mushrooms, salt, pepper, and Herbes (and wine if using).
2. Cook for 3 to 4 minutes, or until the mushrooms soften. Add flour and cook, stirring for 1 minute.
3. Remove from heat and add broth, stirring continuously. Return to the heat and bring to the boil, stirring. Reduce the heat and simmer gently for 2 minutes, stirring occasionally.
4. Whisk the milk into the soup, then reheat gently, stirring. Do not boil soup. Serve with parmesan toast and sliced apples.

For parmesan toast

1. Preheat oven to 400°F.
2. Brush bread slices with olive oil and sprinkle with parmesan cheese.
3. Bake 5-6 minutes, watching carefully, until crispy. Cut into strips and dip into mushroom soup.

INGREDIENTS

For cream of mushroom soup

1 Tablespoon organic butter
3 Tablespoons olive oil
¼ yellow onion, diced (¼ cup)
3 cloves garlic, chopped
1 pound brown or button mushrooms, stems removed and sliced (6 cups)
¼ teaspoon salt
½ teaspoon black pepper
1 teaspoon Herbes de Provence
Optional: ½ cup white wine
2 Tablespoons whole wheat flour
4 cups vegetable broth
1 cup organic milk (1%)

For parmesan toast

4 slices whole wheat bread
2 teaspoons olive oil
3 Tablespoons parmesan cheese

For sliced apples

4 apples, sliced

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Nutrition Information

Pan Roasted Chicken					Serves: 4
Serving Size:					
Calories	220	kcal	Fat	7	g
Protein	36	g	Saturated	1.5	g
Carbohydrate	0	g	Sugar	0	g
Sodium	400	mg	Calcium	0	%DV
Fiber	0	g	Iron	8	%DV
Cholesterol	115	mg			

Crispy Kale					Serves: 4
Serving Size:					
Calories	80	kcal	Fat	7	g
Protein	1	g	Saturated	1	g
Carbohydrate	3	g	Sugar	1	g
Sodium	130	mg	Calcium	4	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			

Dijon Sauce					Serves: 4
Serving Size:					
Calories	10	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	3	g	Sugar	3	g
Sodium	170	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Apple Quinoa Salad					Serves: 4
Serving Size: 1/2 cup					
Calories	190	kcal	Fat	3.5	g
Protein	5	g	Saturated	0	g
Carbohydrate	36	g	Sugar	12	g
Sodium	80	mg	Calcium	4	%DV
Fiber	6	g	Iron	10	%DV
Cholesterol	0	mg			

Shrimp Pho					Serves: 4
Serving Size: 1/4 prepared soup					
Calories	470	kcal	Fat	9	g
Protein	41	g	Saturated	1	g
Carbohydrate	56	g	Sugar	7	g
Sodium	520	mg	Calcium	15	%DV
Fiber	3	g	Iron	8	%DV
Cholesterol	275	mg			

Sweet Potato Casserole				Serves: 4	
Serving Size: 1/4 prepared casserole					
Calories	250	kcal	Fat	8	g
Protein	9	g	Saturated	2	g
Carbohydrate	37	g	Sugar	11	g
Sodium	270	mg	Calcium	20	%DV
Fiber	5	g	Iron	6	%DV
Cholesterol	10	mg			

Grilled Sausage				Serves: 4	
Serving Size:					
Calories	130	kcal	Fat	7	g
Protein	11	g	Saturated	2	g
Carbohydrate	7	g	Sugar	5	g
Sodium	340	mg	Calcium	0	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	50	mg			

Spicy Broccolini				Serves: 4	
Serving Size: 4 ounces					
Calories	100	kcal	Fat	7	g
Protein	3	g	Saturated	1	g
Carbohydrate	6	g	Sugar	0	g
Sodium	150	mg	Calcium	6	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	0	mg			

Chicken & Sweet Potato Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	340	kcal	Fat	7	g
Protein	30	g	Saturated	1.5	g
Carbohydrate	40	g	Sugar	5	g
Sodium	450	mg	Calcium	4	%DV
Fiber	6	g	Iron	15	%DV
Cholesterol	75	mg			

Salad Dressing				Serves: 4	
Serving Size: 3/4 Tablespoon					
Calories	60	kcal	Fat	5	g
Protein	0	g	Saturated	0.5	g
Carbohydrate	2	g	Sugar	2	g
Sodium	860	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Kale				**Serves: 4**	
Serving Size:					
Calories	60	kcal	Fat	5	g
Protein	2	g	Saturated	0	g
Carbohydrate	3	g	Sugar	1	g
Sodium	125	mg	Calcium	4	%DV
Fiber	1	g	Iron	2	%DV
Cholesterol	0	mg			

Cream of Mushroom Soup				**Serves: 4**	
Serving Size:					
Calories	220	kcal	Fat	14	g
Protein	6	g	Saturated	3.5	g
Carbohydrate	13	g	Sugar	7	g
Sodium	300	mg	Calcium	10	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	10	mg			

Parmesan Toast				**Serves: 4**	
Serving Size: 1 slice					
Calories	150	kcal	Fat	5	g
Protein	7	g	Saturated	1.5	g
Carbohydrate	20	g	Sugar	4	g
Sodium	220	mg	Calcium	8	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	5	mg			

Sliced Apples				**Serves: 4**	
Serving Size: 1 apple					
Calories	90	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	25	g	Sugar	19	g
Sodium	0	mg	Calcium	2	%DV
Fiber	4	g	Iron	2	%DV
Cholesterol	0	mg			