VEGETARIAN October 16, 2015

PREP GUIDE

MEAL #1

- 5 cups cooked quinoa prepared according to package directions * *for the week*
- 3" fresh ginger, grated (1 Tablespoon + 1 teaspoon) * *for the week*
- 3 limes, juiced (6 Tablespoons) **for the week*
- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 4 carrots, finely diced (2 cups)
  - 1 carrot, shredded (⅓ cup)
  - 2 bunches kale, rinsed and dried; chopped into 1-inch strips (8 cups)

MEAL #2

- Cut vegetables:
  - 1 yellow onion, thinly sliced (1 cup)
  - ¼ red or yellow onion, fine dice (¼ cup)
  - ½ jalapeno pepper, thinly sliced
  - 16 brown mushrooms cut in half (about ½ pound)
  - 2 carrots, cut into thin sticks
  - ¼ bunch kale, shredded (1 cup)

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 (4-5 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
STEWED LENTILS
Crispy Kale
Apple Quinoa Salad

TUESDAY ②
EASY VEGETABLE PHO
White Bean Salad

WEDNESDAY ③
SWEET POTATO CASSEROLE
Spicy Lentils & Broccolini

THURSDAY ④
WHITE BEAN & SWEET POTATO SALAD
Kale

FRIDAY ⑤
CREAM OF MUSHROOM SOUP
Parmesan Toast
Sliced Apples

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Shopping List

(1) Stewed Lentils (2) Easy Vegetable Pho (3) Sweet Potato Casserole (4) White Bean & Sweet Potato Salad (5) Cream of Mushroom Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4,5	yellow onion	4		4
1,2,3	carrots	9		3
1	tomatoes	2		2
1,2,4	kale	4 bunches		6
1,2	fresh ginger	3"		2
1,5	apple	5		4
1,2	lime	3		1.5
1,2,4	parsley	1 bunch		1.5
2	jalapeno pepper	1		0.5
2,5	brown mushrooms	1-1/2 pounds		7.5
3,4	sweet potatoes	6		5
3	broccolini	1 pound		2

Recipe #	Dairy	Quantity	Notes	Est Cost
2	goat cheese crumbles	3 ounces	optional	
3,5	parmesan cheese	6 Tablespoons		2
3,5	organic milk, 1%	2 cups		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	green lentils	1 pound		4
1,4	quinoa	2-1/2 cups		3
1,4	almonds	6 Tablespoons		3
2	rice noodles	8 ounces		2
2,4	white beans	3 (15 oz) cans		6
3,5	whole grain bakery bread	6 slices		2

Fresh 20 Grocery Est	$64.00
Cost Per Dinner	$12.80
Cost Per Serving	$3.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup + 1 Tblsp	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar		ground cumin	
	white wine vinegar	1-1/2 Tblspns	raw honey or 100% maple syrup	4-1/2 teaspoons
	veggie broth: low sodium	14 cups	organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	3 Tablespoons
	kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	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) STEWED LENTILS WITH DIJON DRESSING
crispy kale & apple quinoa salad

OVEN TEMPERATURE: 375°F

MAKE AHEAD:

- 2 cups cooked quinoa prepared according to package directions
- ½ lime juiced (1 Tablespoon)
- 1" fresh ginger, grated (1 teaspoon)
- Cut vegetable: onion, carrots, kale

INSTRUCTIONS

For stewed lentils

1. Heat oil in a Dutch oven or heavy bottom pot over medium heat. Add onion, garlic, and carrots and cook for 3-4 minutes. Add lentils, tomatoes, and broth and bring to a boil.
2. Reduce to a simmer and cook for about 25 minutes, until al dente. Check liquid during cooking to ensure lentils do not dry out, add additional water as needed.
3. Save half the lentils for Meal #3.
4. Season remaining lentils with salt and pepper and mix with Dijon dressing.

For crispy kale

1. Preheat oven to 375°F
2. 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 dressing

Whisk all the ingredients together in a small bowl until well incorporated.

For apple quinoa salad

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

INGREDIENTS

For stewed lentils

2 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
3 cloves garlic, minced
4 carrots, finely diced (2 cups)
1 pound dried green lentils
2 tomatoes, diced
5 cups low sodium vegetable broth
½ teaspoon kosher salt
¼ teaspoon ground black pepper

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 dressing

3 Tablespoons Dijon mustard
2 teaspoons honey
1 teaspoon fresh grated ginger
1½ Tablespoons hot water or vegetable broth
Pinch of kosher salt
¼ teaspoon black pepper

For apple quinoa salad

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

(2) EASY VEGETABLE PHO
white bean salad

MAKE AHEAD

- 2½ limes, juiced (5 Tablespoons)
- 2" fresh ginger, grated (1 Tablespoon)
- Cut vegetables: onion, jalapeno, mushrooms, carrots, kale

DIRECTIONS

For easy vegetable pho

1. Heat olive oil in a large stockpot over medium-high heat. Add onion and sauté until translucent, about 4 minutes. Add garlic, jalapeno, and ginger; cook for one minute then add broth and parsley; bring to a boil.
2. Add soy sauce, maple syrup, and lime juice. Stir to combine. Reduce heat to a simmer. Add mushrooms and simmer 5-6 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.

For white bean salad

1. Combine kale with lime juice, oil, salt, and pepper. Mix together and allow to sit for 10-15 minutes.
2. Add remaining ingredients to kale except cheese and toss to combine. Chill until ready to serve.
3. Top with goat cheese, if desired, just before serving.

INGREDIENTS

For easy vegetable pho

2 Tablespoons olive oil
1 yellow onion, thinly sliced (1 cup)
3 garlic cloves, sliced thin
½ jalapeno pepper, thinly sliced
1 Tablespoon fresh grated ginger
5 cups vegetable broth
½ bunch parsley (leave whole on stems, it will be removed prior to serving)
1 Tablespoon low sodium soy sauce
1 teaspoon maple syrup
¼ cup lime juice
16 brown mushrooms cut in half (about ½ pound)
8 ounces rice noodles (dry)

2 carrots, cut into thin sticks

For white bean salad

¼ bunch kale, shredded (1 cup)
1 Tablespoon lime or lemon juice
1½ Tablespoons olive oil
¼ teaspoon kosher salt
Pinch of black pepper
1½ (15 oz) cans white beans, drained and rinsed
¼ red or yellow onion, fine dice (¼ cup)
2 Tablespoons chopped parsley
3 ounces crumbled goat cheese, optional

(3) SWEET POTATO CASSEROLE
spicy lentils & broccolini

OVEN TEMPERATURE: 375°F

MAKE AHEAD:

- 2½ cups cooked green lentils **from Meal #1*
- Par boil sweet potatoes * *see prep guide*
- Cut vegetables: onion, carrots, broccolini

INSTRUCTIONS

For sweet potato casserole

1. Preheat oven to 375°F. For 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 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 spicy lentils and broccolini.

For spicy lentils & broccolini

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

¼ teaspoon salt, divided
1 pound broccolini, cut into 1½ to 2" spears
2 Tablespoons olive oil
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
2½ cups cooked green lentils

(4) WHITE BEAN & SWEET POTATO SALAD
kale

MAKE AHEAD

- 3 cups cooked quinoa, prepared according to package directions
- Make dressing up to 3 days ahead
- Cut vegetables: onion, kale

DIRECTIONS

For white bean & 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 tender, about 6-7 minutes. Drain well.
2. For 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 white beans 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.
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 serving bowl, whisk olive oil, vinegar, salt, and black pepper. Add kale and almonds and toss with dressing.

INGREDIENTS

For white bean & sweet potato salad

3 medium sweet potatoes, peeled and diced
¼ teaspoon kosher salt
½ yellow onion, diced (½ cup)
3 cups cooked quinoa
1 Tablespoon chopped parsley
1½ (15 oz) cans white beans, drained and rinsed

For sweet & sour dressing

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

For kale

¼ cup chopped almonds, optional
1 large bunch kale, roughly chopped (4-5 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. Heat 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

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

Stewed Lentils				Serves: 4	
Serving Size:					
Calories	270	kcal	Fat	5	g
Protein	14	g	Saturated	0	g
Carbohydrate	44	g	Sugar	6	g
Sodium	240	mg	Calcium	4	%DV
Fiber	11	g	Iron	20	%DV
Cholesterol	0	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 Dressing				Serves: 4	
Serving Size:					
Calories	10	kcal	Fat	0	g
Protein	0	g	Saturated	0	g
Carbohydrate	5	g	Sugar	3	g
Sodium	150	mg	Calcium	0	%DV
Fiber	0	g	Iron	0	%DV
Cholesterol	0	mg			

Apple Quinoa Salad				Serves: 4	
Serving Size: 1/2 cup					
Calories	160	kcal	Fat	3.5	g
Protein	5	g	Saturated	0	g
Carbohydrate	29	g	Sugar	7	g
Sodium	80	mg	Calcium	4	%DV
Fiber	5	g	Iron	10	%DV
Cholesterol	0	mg			

Vegetable Pho				Serves: 4	
Serving Size:					
Calories	330	kcal	Fat	8	g
Protein	7	g	Saturated	1	g
Carbohydrate	57	g	Sugar	7	g
Sodium	320	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

White Bean Salad				Serves: 4	
Serving Size:					
Calories	220	kcal	Fat	12	g
Protein	11	g	Saturated	4	g
Carbohydrate	20	g	Sugar	1	g
Sodium	270	mg	Calcium	6	%DV
Fiber	7	g	Iron	10	%DV
Cholesterol	25	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			

Spicy Lentils and Brocollini				Serves: 4	
Serving Size: 1/4 prepared dish					
Calories	240	kcal	Fat	8	g
Protein	15	g	Saturated	1	g
Carbohydrate	31	g	Sugar	2	g
Sodium	150	mg	Calcium	8	%DV
Fiber	13	g	Iron	30	%DV
Cholesterol	0	mg			

White Bean & Sweet Potato Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	370	kcal	Fat	4	g
Protein	15	g	Saturated	0	g
Carbohydrate	69	g	Sugar	7	g
Sodium	230	mg	Calcium	10	%DV
Fiber	13	g	Iron	25	%DV
Cholesterol	0	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			