

**PREP GUIDE****MEAL #1**

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables:
  - 6 ounces baby spinach, chopped (4 cups)
  - ¼ red onion, sliced (¼ cup)

**MEAL #2**

- 3 cups cooked brown rice prepared according to package directions
- Make breadcrumbs \* *see below*
- ¼ lemon, zested (1 teaspoon) optional
- Cut vegetables:
  - ¼ cup minced red or yellow onion
  - 4 large leeks, timed on both ends, 1" green remaining
  - ¼ cup very thinly sliced red or yellow onion

**MEAL #3**

- Cut vegetables:
  - ½ yellow or red onion, sliced very thin (½ cup)

**MEAL #4**

- Cut vegetables:
  - 2 celery stalks, ends removed, chopped
  - 4 carrots, peeled & sliced (2 cups)
  - 1 yellow onion, diced (1 cup)

**MEAL #5**

- Cut vegetables:
  - ¼ yellow onion, finely chopped (¼ cup)
  - 8 ounces broccoli florets, chopped (2 cups)

**For Breadcrumbs (Meal #2)**

4 slices whole wheat bread

Toast bread and let cool completely. Tear into small pieces and add to blender or food processor. Pulse until coarse crumbs, store in an airtight container under needed.

**MENU****MONDAY ①**

CHICKEN ALFREDO  
Spinach Salad

**TUESDAY ②**

CRAB CAKES  
Braised Leeks

**WEDNESDAY ③**

DIJON TURKEY APPLE MELTS  
Garlic Spinach

**THURSDAY ④**

CHICKEN & DUMPLINGS  
Sliced Apples

**FRIDAY ⑤**

TOMATO BROCCOLI PENNE



CLASSIC November 27, 2015

# Shopping List

(1) Chicken Alfredo (2) Crab Cakes (3) Turkey Melt (4) Chicken & Dumplings (5) Tomato Broccoli Penne

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	chicken breast	1 pound		5
4	chicken pieces	4 legs + 4 thighs		10
2	lump crabmeat	1 pound		15
3	roasted deli turkey	1 pound		7

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,4	parsley	1 bunch		1.5
1,3	baby spinach	16 ounces		5
1,2,3,4,5	red or yellow onion	3		3
1,5	tomato	3		3
2	lemon	1	<i>optional</i>	0.5
2	leeks	4 large		3
4	celery	2 stalks		1
4	carrots	4		1.5
3,4	apples	4		3
5	broccoli	8 ounces		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	plain Greek yogurt	1/2 cup		1
1,2,4	eggs	4		2
1,5	parmesan cheese	1-1/4 cups		3
3	provolone cheese	4 slices		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	chili powder	1/4 tsp		0.5
2,3	whole wheat bakery bread	12 slices		4
4	baking powder	1 teaspoon		0.5
5	white beans	1 (15 oz) can		2

Fresh 20 Grocery Est \$75.00  
 Cost Per Dinner \$15.00  
 Cost Per Serving \$3.75

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

\* 8 ounces penne, 8 ounces fettuccini

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) CHICKEN ALFREDO

## spinach salad

### MADE AHEAD

- Make pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))
- Cut vegetables: baby spinach, onion

### DIRECTIONS

#### *For chicken alfredo*

1. Bring broth to a simmer in a medium stockpot or deep skillet; add salt.
2. Add whole chicken breasts and cover. Poach chicken over medium heat for 10 minutes, turning half way through. Cooking time may be longer depending on thickness, chicken is done when internal temperature reaches 165°F and is no longer pink in the center.
3. Meanwhile, in a large stockpot cook pasta until al dente according to package directions.
4. When chicken is fully cooked remove with tongs, reserving broth in pot.
5. Bring broth to a boil and cook until it reduces to ½ cup, about 5 minutes.
6. Slice or cube chicken breasts and set aside covered in foil.
7. Whisk garlic, black pepper, and yogurt into broth.
8. Cook for 2-3 minutes, stirring frequently (sauce will be thin).
9. Put egg yolk in a small glass bowl. Stir 2 teaspoons (one at a time) of the hot liquid into the egg yolk, stirring to make sure egg yolk doesn't cook or curdle. Add tempered egg yolk back into liquid sauce. Whisk in and stir 1-2 minutes until well blended and heated through; remove from heat. Stir in ½ cup parmesan cheese.
10. Drain pasta and immediately place back into stockpot. Pour in sauce and mix well. Add cubed chicken, parsley, and remaining cheese. Serve immediately.

#### *For spinach salad*

Toss spinach and dressing and serve in small bowls topped with red onions and tomatoes.

### INGREDIENTS

#### *For chicken alfredo*

2 large halves chicken breasts (1 pound)  
¾ cup low sodium chicken broth  
¼ teaspoon salt  
8 ounces whole wheat fettucine  
2 cloves, minced or pressed garlic  
1 teaspoon black pepper  
½ cup plain nonfat Greek yogurt  
1 egg yolk  
¾ cup grated parmesan cheese, divided  
1 Tablespoon chopped parsley

#### *For spinach salad*

6 ounces baby spinach, chopped (4 cups)  
¼ red onion, sliced (¼ cup)  
1 tomato, cut into wedges  
¼ cup pantry dressing  
[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

OVEN TEMPERATURE: 375°F

#### MADE AHEAD

- 3 cups cooked brown rice prepared according to package directions
- 1 cup bread crumbs \* *see prep guide*
- ¼ lemon, zested (1 teaspoon) optional
- Cut vegetables: onion, leeks

#### *For crab cakes*

1. Preheat oven to 375°F.
2. Heat olive oil in a small sauté pan over medium heat. Add onion; sautéing until soft, about 3 minutes. Remove from heat and set aside.
3. In a small bowl, whisk eggs until frothy. Add salt, black pepper, lemon zest, and cooked onions.
4. Combine ¾ cup bread crumbs with chili powder then add to eggs.
5. Fold in crab meat and parsley.
6. Using your hands, gently form 8 crab cakes.
7. Place on a foil or parchment lined baking sheet and sprinkle with remaining bread crumbs.
8. Bake for 10 minutes, turn the crab cakes over, and bake an additional 10 minutes until nicely browned.

#### *For braised leeks*

1. Cut leeks in half lengthwise; remove root end and all but 1" of green end. Place in a bowl of cold water and swirl around to remove any excess dirt or grit. Drain well.
2. Heat a large skillet over medium-high heat and add oil. When oil is hot, add onion and sauté for 2 minutes. Add leeks to pan, layering over onions, allowing to brown for about 5 minutes.
3. Season with salt and add broth.
4. Cover and let simmer 15 minutes. Uncover and continue to cook 5 minutes more or until most of the liquid has been absorbed.
5. Season with pepper; serve over or alongside brown rice.

#### INGREDIENTS

##### *For crab cakes*

1 Tablespoon olive oil  
¼ cup minced red or yellow onion  
2 large eggs  
½ teaspoon sea salt  
½ teaspoon black pepper  
1 teaspoon lemon zest, optional  
1 cup bread crumbs, divided  
¼ teaspoon chili powder  
1 pound lump crabmeat \*  
2 Tablespoons fresh parsley, finely chopped

##### *For braised leeks*

4 large leeks  
1½ Tablespoons olive oil  
¼ cup very thinly sliced red or yellow onion  
Pinch of kosher salt  
1 cup low sodium chicken or vegetable broth  
Black pepper to taste

3 cups cooked brown rice

*\* you can substitute 1 pound cooked shredded chicken for crab*



## (3) DIJON TURKEY APPLE MELTS garlic spinach

### MAKE AHEAD

- Cut vegetables: onion

### DIRECTIONS

#### *For Dijon turkey apple melts*

1. Top 4 bread slices with onions and sliced cheese. Arrange a layer of turkey over the cheese and finish with thinly sliced apples. On the other 4 slices of bread, spread 1 teaspoon mustard. Place on top to finish sandwich.
2. These sandwiches are great cold, but if you would like them as a melt, brush olive oil on the top and bottom of assembled sandwiches. Place sandwiches on a baking sheet and then place a second baking sheet on top of sandwiches.
3. Bake at 400° for 10 minutes or until slightly golden.

#### *For garlic spinach*

1. Heat oil in large skillet over medium heat and add garlic, sauté for 30 seconds.
2. Add spinach and allow to wilt for 2-3 minutes

### INGREDIENTS

#### *For Dijon turkey apple melts*

- 8 slices of whole wheat bakery bread
- ½ yellow or red onion, sliced very thin
- 4 slices provolone, mozzarella, or jack cheese
- 1 pound fresh roasted turkey from deli
- 2 apples, thinly sliced
- 4 teaspoons Dijon Mustard
- 1 Tablespoon olive oil (if making hot sandwiches)

#### *For garlic spinach*

- 1 Tablespoon olive oil
- 2 cloves garlic, thinly sliced
- 10 ounces spinach (7 cups)

### MADE AHEAD

- Cut vegetables: celery, carrots, onion

### DIRECTIONS

#### *For chicken & dumplings*

1. Heat olive oil in a large stock pot; add celery, carrots, and onion; cook for 5 minutes. Add salt, pepper and cumin and stir. Add chicken pieces and broth; bring to a boil. If broth is not enough to cover chicken, add additional water. Reduce heat, cover pot, and let simmer for 30 minutes or until chicken is no longer pink inside (internal temperature 165°F).
2. Remove chicken and let stand until cool enough to handle.
3. Combine dumpling ingredients until doughy. Divide into 12 Tablespoon size pieces. Set aside.
4. Remove skin from chicken and tear meat away from bones.
5. Return meat to soup; discard skin and bones (or save bones to make homemade stock).
6. Return soup to a simmer and add fresh parsley.
7. Drop the dumplings into simmering soup. Dumplings will rise to the top.
8. Cover and simmer for 15 minutes.
9. Divide into bowls and serve immediately with a plate of freshly cut apple slices.

### INGREDIENTS

#### *For chicken & dumplings*

4 chicken thighs and 4 legs; rinsed and excess fat removed  
2 Tablespoons olive oil  
2 celery stalks (ribs), ends removed, chopped  
4 carrots, peeled and sliced (2 cups)  
1 yellow onion, diced (1 cup)  
½ teaspoon salt  
1 teaspoon black pepper  
2 teaspoons ground cumin  
4 cups low sodium chicken broth  
1 cup water  
2 Tablespoons fresh parsley

#### *For dumplings*

1½ cups whole wheat flour  
1 teaspoon baking powder  
1 egg  
¼ teaspoon salt  
½ cup milk (or water)  
1 Tablespoons olive oil  
1 Tablespoon parsley  
  
2 apples, sliced

### DIRECTIONS

- Cut vegetables: onion, broccoli

*For tomato broccoli penne*

1. Cook pasta according to package directions or until tender but still a little firm (al dente).
2. Add oil to a large skillet over medium heat. When oil is hot, add onions and garlic and sauté 2-3 minutes until softened.
3. Add broccoli, oregano, salt, and black pepper. Stir well.
4. Add tomatoes and broth; simmer 5-6 minutes. Add beans.
5. Drain pasta, reserving  $\frac{1}{2}$  cup of water.
6. Add pasta to vegetable mix. Add reserved pasta water as needed for moisture.
7. Sprinkle with Parmesan cheese and season with salt and pepper to taste.

### INGREDIENTS

*For tomato broccoli penne*

8 ounces whole wheat penne pasta  
(or any short pasta)

2 Tablespoons olive oil  
 $\frac{1}{4}$  onion, finely chopped ( $\frac{1}{4}$  cup)  
3 cloves garlic, minced  
8 ounces broccoli florets, chopped (2 cups)

1 Tablespoon dried oregano  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{2}$  teaspoon black pepper  
2 tomatoes, chopped  
1 cup low sodium chicken or vegetable broth  
1 can (15 oz) organic white beans, drained and rinsed  
 $\frac{1}{2}$  cup grated parmesan cheese  
Salt and pepper to taste



# Nutrition Information

Chicken Alfredo		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	460 kcal	Fat	11 g
Protein	47 g	Saturated	5 g
Carbohydrate	44 g	Sugar	3 g
Sodium	560 mg	Calcium	25 %DV
Fiber	5 g	Iron	15 %DV
Cholesterol	145 mg		

Spinach Salad		Serves: 4	
Serving Size: 1/4 salad (undressed)			
Calories	25 kcal	Fat	0 g
Protein	2 g	Saturated	0 g
Carbohydrate	4 g	Sugar	1 g
Sodium	45 mg	Calcium	6 %DV
Fiber	2 g	Iron	10 %DV
Cholesterol	0 mg		

Crab Cakes		Serves: 4	
Serving Size: 2 cakes			
Calories	200 kcal	Fat	7 g
Protein	25 g	Saturated	1.5 g
Carbohydrate	7 g	Sugar	1 g
Sodium	770 mg	Calcium	15 %DV
Fiber	0 g	Iron	8 %DV
Cholesterol	225 mg		

Braised Leeks		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	90 kcal	Fat	5 g
Protein	2 g	Saturated	0.5 g
Carbohydrate	10 g	Sugar	3 g
Sodium	60 mg	Calcium	4 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	0 mg		

Brown Rice		Serves: 4	
Serving Size: 3/4 cup			
Calories	160 kcal	Fat	1 g
Protein	3 g	Saturated	0 g
Carbohydrate	34 g	Sugar	0 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Dijon Turkey Apple Melt		Serves: 4	
Serving Size: 1 prepared sandwich			
Calories	400 kcal	Fat	11 g
Protein	27 g	Saturated	6 g
Carbohydrate	51 g	Sugar	16 g
Sodium	740 mg	Calcium	2 %DV
Fiber	6 g	Iron	6 %DV
Cholesterol	60 mg		

Garlic Spinach		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	50 kcal	Fat	3.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	3 g	Sugar	0 g
Sodium	55 mg	Calcium	6 %DV
Fiber	2 g	Iron	15 %DV
Cholesterol	0 mg		

Chicken and Dumplings		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	500 kcal	Fat	20 g
Protein	34 g	Saturated	2.5 g
Carbohydrate	46 g	Sugar	8 g
Sodium	730 mg	Calcium	15 %DV
Fiber	7 g	Iron	20 %DV
Cholesterol	150 mg		

Sliced Apples		Serves: 4	
Serving Size: 1/2 apple			
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		

Tomato Penne		Serves: 4	
Serving Size: 1/4 prepared dish			
Calories	450 kcal	Fat	14 g
Protein	20 g	Saturated	4 g
Carbohydrate	63 g	Sugar	6 g
Sodium	530 mg	Calcium	20 %DV
Fiber	11 g	Iron	20 %DV
Cholesterol	15 mg		