VEGETARIAN July 29, 2016

PREP GUIDE

MEAL #1

- 4 cups cooked quinoa prepared according to package directions * *for the week*
- 16 ounces whole wheat pasta cooked according to package directions (8 cups cooked)
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 red bell pepper, diced (1 cup)
  - 1 cucumber, diced (2 cups)

MEAL #2

- 3 cups cooked brown or green lentils prepared according to package directions
- Cut vegetables:
  - 2 yellow onions, sliced in rings
  - 3 red bell peppers, seeded, halved
  - 2 small eggplant, sliced
  - 2 medium zucchini, sliced

MEAL #3

- 1 lemon, zested and juiced (3 Tablepsoons juice, 1 Tablespoon zest)
- Cut vegetables:
  - 1 bunch kale, chopped (4 cups)

MEAL #4

- 2 limes, juiced (¼ cup)
- Cut vegetables:
  - 1 cucumber, chopped (2 cups)
  - 2 carrots, chopped (1 cup)
  - 4 ears corn, kernels (3 cups)
  - 1 bunch kale, chopped (4 cups)

MEAL #5

- No prep

MENU

MONDAY ①
SPICED BEAN BURGERS
Veggie Pasta Salad

TUESDAY ②
LENTIL VEGETABLE TACOS

WEDNESDAY ③
LEMON WHITE BEAN PASTA

THURSDAY ④
TACO SALAD

FRIDAY ⑤
VEGGIE PARM BAKE

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Shopping List

(1) Spiced Bean Burgers (2) Lentil Vegetable Tacos (3) Lemon White Bean Pasta (4) Taco Salad (5) Veggie Parm Bake

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2	yellow onion	3		3
1,2	red bell pepper	4		4
1,2,4	cilantro	1 bunch		1.5
1,3,4,5	tomatoes	15		7.5
1,4	avocado	2		2
1,4	cucumber	2		2
1,3,5	basil	1 bunch		1.5
2	eggplant	2 small		3
2	zucchini	2 medium		2
2,4	lime	3	*optional - can use lemon*	1.5
3,4	kale	2 bunches		4
3	lemon	1		0.5
4	carrots	2		1
4	fresh corn	4 ears		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1	egg	1		0.5
3,5	parmesan cheese	1 cup		2.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	black beans	2 (15 oz) cans		3
1	breadcrumbs	1/2 cup		1
1,5	quinoa	2 cups		2
1	chili powder	1/4 teaspoon	*optional*	0.5
2	green or brown lentils	1-1/2 cups		3
2,4	corn tortillas	16		3
3,5	white beans	4 (15 oz) cans		6

Fresh 20 Grocery Est	$57.00
Cost Per Dinner	$11.40
Cost Per Serving	$2.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblspn	dried oregano	
	grapeseed oil		herbes de provence	1/2 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	1-1/2 teaspoons
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	
	veggie broth: low sodium		organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/4 teaspoons	whole grain pasta	16 ounces
	cayenne pepper	1/4 teaspoon	long grain brown rice	
	paprika	1/4 teapsoon	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) SPICED BEAN BURGERS
veggie pasta salad

MAKE AHEAD

- 1 cup cooked quinoa prepared according to package directions
- 8 ounces whole wheat pasta cooked according to package directions (4 cups cooked)
- Cut vegetables: onion, bell pepper, cucumber

DIRECTIONS

For spiced bean burgers

1. Heat oil in a skillet over medium heat. Add onions and cook for 3-4 minutes until lightly browned. Add garlic and bell pepper and cook for another 2 minutes.
2. Allow mixture to cool and then combine with remaining ingredients to make 8 patties.
3. Meanwhile, heat grill pan or skillet to medium high.
4. Cook patties about 3-4 minutes per side.
5. Save half for Meal #4.

For veggie pasta salad

Toss all ingredients together and serve with spiced bean burgers.

INGREDIENTS

For spiced bean burgers

2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 cloves minced garlic
1 red bell pepper, diced (1 cup)
2 (15 oz) cans organic black beans, drained and rinsed
½ cup breadcrumbs
1 egg
1 cup cooked quinoa
½ teaspoon ground cumin
½ teaspoon kosher salt
¼ teaspoon ground black pepper
¼ teaspoon chili powder, optional
½ cup cilantro, chopped

For veggie pasta salad

4 cups cooked whole wheat pasta
4 tomatoes, diced (3 cups)
1 avocado, diced
1 cucumber, diced (2 cups)
dash of kosher salt and black pepper
1 Tablespoon olive oil
2 Tablespoons balsamic vinegar
½ teaspoon Herbes de Provence
¼ cup chopped basil

(2) LENTIL VEGETABLE TACOS

MAKE AHEAD

- 3 cups cooked brown or green lentils prepared according to package directions
- Cut vegetables: onion, bell pepper, eggplant, zucchini

DIRECTIONS

For lentil vegetable tacos

1. Heat an outdoor grill to medium heat (see Kitchen Note).
2. For grilled vegetables, toss all ingredients together and grill veggies about 5-10 minutes, until cooked but not mushy. Dice vegetables and reserve half for Meal #5.
3. For lentil tacos, heat oil in a skillet over medium heat and add garlic; cook 1 minute. Add lentils and seasonings and cook until warmed through.
4. Serve lentils and grilled veggies in tortillas garnished with cilantro and lime.

Kitchen Note:
Cooking indoors? Vegetables can be cooked at 400°F for 8-10 minutes until tender.

INGREDIENTS

For grilled vegetables

2 yellow onions, sliced in rings
3 red bell peppers, seeded, halved
2 small eggplant, sliced
2 medium zucchini, sliced
2 Tablespoon olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For lentil tacos

1 Tablespoon olive oil
2 cloves minced garlic
3 cups cooked lentils
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin
dash of paprika

¼ cup chopped cilantro
1 lime, wedged
12 corn tortillas, warmed

(3) LEMON WHITE BEAN PASTA

MAKE AHEAD

- 8 ounces whole wheat pasta prepared according to package directions (4 cups cooked)
- 1 lemon, zested and juiced (3 Tablepsoons juice, 1 Tablespoon zest)
- Cut vegetables: kale

DIRECTIONS

For lemon white bean pasta

1. Heat oil in a sauté pan over medium heat and add garlic. Cook 30 seconds and then add tomatoes; cook for 4 minutes. Season with salt and pepper.
2. Add kale, pasta, and white beans and toss to warm through.
3. Remove from heat and toss in lemon and basil.
4. Serve topped with cheese.

INGREDIENTS

For lemon white bean pasta

1½ Tablespoons olive oil
2 cloves garlic, minced
6 tomatoes, diced (4½ cups)
½ teaspoon kosher salt
dash ground black pepper
1 bunch kale, chopped (4 cups)
4 cups cooked whole wheat pasta
2 (15 oz) cans organic white beans, drained and rinsed
3 Tablespoons lemon juice
1 Tablespoon lemon zest
½ cup basil, chopped
½ cup shredded parmesan cheese

(4) TACO SALAD

MAKE AHEAD:

- 4 bean burgers**from Meal #1*
- 2 limes, juiced (¼ cup)
- Cut vegetables: cucumber, carrots, corn

DIRECTIONS

For taco salad

1. In a small bowl whisk together dressing ingredients.
2. In a serving bowl combine salad ingredients, add dressing, and toss well.
3. Garnish with tortilla pieces.

INGREDIENTS

For taco salad

4 bean burgers, crumbled
2 tomatoes, chopped (1½ cups)
1 cucumber, chopped (2 cups)
2 carrots, chopped (1 cup)
4 ears corn, kernels (3 cups)
1 bunch kale, chopped (4 cups)
¼ cup chopped cilantro

For dressing

1 avocado, peeled and mashed
¼ cup lime juice
1 Tablespoon olive oil
1 Tablespoon wine vinegar
2 cloves garlic, minced
½ teaspoon cumin
dash of cayenne
dash of kosher salt and black pepper

4 corn tortillas, crisped and crumbled

(5) VEGGIE PARM BAKE
quinoa

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- Grilled vegetables * *from Meal #2*
- 3 cups cooked quinoa prepared according to package directions

DIRECTIONS

For veggie parm bake

1. Preheat oven to 375°F.
2. Combine all ingredients except quinoa and put in a lightly oiled 8x11 baking dish.
3. Cover and cook about 20-25 minutes.
4. Serve with warmed quinoa.

INGREDIENTS

For veggie parm bake

Grilled vegetables, diced
2 (15 ounce) can white beans, drained and rinsed
3 tomatoes, chopped (2¼ cups)
¼ cup chopped basil
½ cup shredded parmesan cheese

3 cups cooked quinoa, warmed

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Nutrition Information

Black Bean Burgers				Serves: 4	
Serving Size: 1 patty					
Calories	180	kcal	Fat	5	g
Protein	8	g	Saturated	1	g
Carbohydrate	26	g	Sugar	2	g
Sodium	220	mg	Calcium	8	%DV
Fiber	6	g	Iron	10	%DV
Cholesterol	25	mg			

Pasta Salad				Serves: 4	
Serving Size:					
Calories	310	kcal	Fat	10	g
Protein	10	g	Saturated	1	g
Carbohydrate	50	g	Sugar	7	g
Sodium	80	mg	Calcium	6	%DV
Fiber	8	g	Iron	15	%DV
Cholesterol	0	mg			

Lentil Vegetable Tacos				Serves: 4	
Serving Size: 3 tacos					
Calories	500	kcal	Fat	12	g
Protein	20	g	Saturated	1	g
Carbohydrate	84	g	Sugar	15	g
Sodium	340	mg	Calcium	6	%DV
Fiber	22	g	Iron	30	%DV
Cholesterol	0	mg			

Lemon White Bean Pasta				Serves: 4	
Serving Size:					
Calories	490	kcal	Fat	12	g
Protein	25	g	Saturated	3	g
Carbohydrate	75	g	Sugar	9	g
Sodium	620	mg	Calcium	35	%DV
Fiber	13	g	Iron	25	%DV
Cholesterol	10	mg			

Taco Salad				Serves: 4	
Serving Size: 1/4 prepared salad					
Calories	440	kcal	Fat	7	g
Protein	18	g	Saturated	1	g
Carbohydrate	84	g	Sugar	15	g
Sodium	260	mg	Calcium	15	%DV
Fiber	15	g	Iron	20	%DV
Cholesterol	25	mg			

Salad Dressing					Serves: 4
Serving Size: about 2 Tablespoons					
Calories	90	kcal	Fat	9	g
Protein	0	g	Saturated	1	g
Carbohydrate	4	g	Sugar	0	g
Sodium	75	mg	Calcium	0	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Veggie Parm Bake					Serves: 4
Serving Size:					
Calories	300	kcal	Fat	10	g
Protein	16	g	Saturated	2.5	g
Carbohydrate	38	g	Sugar	12	g
Sodium	470	mg	Calcium	30	%DV
Fiber	11	g	Iron	15	%DV
Cholesterol	10	mg			

Quinoa					Serves: 4
Serving Size: 3/4 cup					
Calories	170	kcal	Fat	2.5	g
Protein	6	g	Saturated	0	g
Carbohydrate	30	g	Sugar	1	g
Sodium	10	mg	Calcium	2	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	0	mg			