VEGETARIAN October 21, 2016

PREP GUIDE

MEAL #1

- ☐ 8 cups cooked lentils prepared according to package **for the week*
- ☐ 4 cups cooked brown rice prepared according to package **for the week*
- ☐ Cut vegetables:
  - o 2 heads cauliflower, florets
  - o 16 ounces mushrooms, sliced

MEAL #2

- ☐ 10 baked sweet potatoes *for the week
- ☐ Cut vegetables:
  - o 1/2 onion, chopped
  - o 1 bell pepper, chopped
  - o 1/2 jalapeno, minced
  - o 1 pound tomatillos, diced

MEAL #3

- ☐ Cut vegetables:
  - o 1 onion, diced
  - o 1 bell pepper, diced
  - o 4 ounces spinach, chopped
  - o 1/4 cup sun-dried tomatoes, chopped

MEAL #4

- ☐ Cut vegetables:
  - o 1 onion, diced
  - o 2 bell peppers, diced
  - o 6 ounces spinach, chopped

MEAL #5

- ☐ Cut vegetables:
  - o 1 onion, diced
  - o 2 bell peppers, diced
  - o 1 jalapeno, seeded and minced
  - o 6 ounces mushrooms, chopped
  - o 6 tomatillos, chopped

MENU

MONDAY ①
LENTIL MADEIRA
Roast cauliflower

TUESDAY ②
TOFU IN TOMATILLO
Mashed sweet potatoes

WEDNESDAY ③
STUFFED MUSHROOMS

THURSDAY ④
STUFFED SWEET POTATOES

FRIDAY ⑤
LENTIL CHILI

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Shopping List

(1) Lentil Madeira (2) Tofu in Tomatillo (3) Stuffed Mushrooms (4) Stuffed Sweet Potatoes (5) Lentil Chili

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	cauliflower	2 heads		5
1,5	brown mushrooms	16 ounces	(or sub equivalent amount of diced portobello)	6
3	portabello mushrooms	8 medium		10
2,4,5	sweet potatos	10		7.5
2,4,5	onion	4		4
2, 3, 4,5	bell pepper	6		6
2,5	jalapeno	2		2
2,5	tomatillos	1 1/2 pound		4
2	lime	1		0.5
2,4,5	cilantro	1 bunch		1.5
2,4	pears	4		2.5
3,4	spinach	10 ounces		3
3	sun dried tomatoes	1/4 cup		3
4	corn kernnels	1 cup		1
4,5	avocado (optional)	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4,5	cotija cheese	1 1/4 cup		6

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	madeira wine	1/4 cup		1
1,3,5	lentils	8 cups		10.5
2	tequila (optional)	splash		1
2	tofu	1 block	extra firm	3
3	walnut halves	1/4 cup		1.5
4	organic black beans	2 (15 ounce) cans		2
4,5	chili powder	1 1/2 teaspoons		0.5

Fresh 20 Grocery Est	$83.50
Cost Per Dinner	$16.70
Cost Per Serving	$4.18

PANTRY STAPLES

Pantry Essentials	Quantity	Pantry Essentials		Qty
olive oil	8 1/2 Tablespoons	dried oregano		
grapeseed oil		herbes de provence		1 teaspoon
balsamic vinegar		ground cumin		1 1/2 teaspoon
white wine vinegar		raw honey	or 100% maple syrup	
low sodium vegetable broth	6 cups	organic tomato paste		
garlic	9 cloves	Dijon mustard or brown mustard		
kosher salt	2 teaspoon	soy sauce or Braggs liquid amino acid		
black pepper	2 1/2 teaspoon	whole grain pasta		
cayenne pepper		long grain brown rice		4 cups
paprika		whole wheat flour		1 Tablespoon

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) LENTIL MADEIRA
roast cauliflower

OVEN TEMPERATURE: 375°F

MAKE AHEAD

- ☐ Cut vegetables: cauliflower, mushrooms

DIRECTIONS

For roasted cauliflower

1. Heat oven to 375°F.
2. Combine cauliflower, oil, salt, pepper, and herbs and place on a baking sheet.
3. Cook about 25 minutes, turning occasionally.
4. Save half for Meal #3.

Meanwhile

For lentil madeira

1. Heat a large non-stick skillet over medium-high heat and add oil
2. Add mushrooms to pan and cook about 2-4 minutes. Remove and set aside
3. Add broth and wine to pan. Simmer 2-3 minutes. Gently whisk in flour, salt and pepper and allow to simmer for another minute.
4. Add reserved mushrooms and lentils back into pan and continue to simmer until sauce is reduced.
5. Serve over rice with cauliflower.

INGREDIENTS

For roasted cauliflower

2 heads cauliflower, florets
2 Tablespoon olive oil
½ teaspoon kosher salt
½ teaspoon black pepper
3 cloves garlic, minced
1 teaspoon herbes de provence

For lentil madeira

1 Tablespoon olive oil
10 ounces brown mushrooms, sliced (or sub equivalent amount of diced portobello)
¼ cup madeira wine
¼ cup low sodium vegetable broth
1 Tablespoon whole wheat flour ¼ teaspoon kosher salt
¼ teaspoon black pepper
3 cups cooked lentils

For rice
2 cups cooked brown rice, warmed *See prep guide

(2) TOFU IN TOMATILLO SAUCE

mashed sweet potatoes

MAKE AHEAD

- ☐ 1 lime, juiced (2 Tablespoons)
- ☐ Cut vegetables: onion, bell pepper, jalapeno, tomatillos

DIRECTIONS

For tofu in tomatillo

1. Heat large skillet over medium high heat and add 1 Tablespoon olive oil. Add tofu and sear for 3 minutes on each side until lightly browned. Remove and set aside.
2. Add remaining oil, then the onion, bell pepper, jalapeño and garlic for 3-4 minutes.
3. Add the tomatillos and reduce heat to medium and cook for 7-8 minutes.
4. Add the broth, tequila, salt, pepper and reduce by half. Gently stir in reserved tofu.
5. Turn off heat and add cheese and cilantro.
6. Serve over warmed mashed sweet potatoes with a side of pears.

INGREDIENTS

For mashed sweet potatoes

4 cooked sweet potatoes, peeled , mashed and warmed

For tofu in tomatillo

2 Tablespoons olive oil
1 block extra firm tofu, drained well and cut into 1 inch squares
1/2 onion, chopped
1 bell pepper, chopped
1/2 jalapeno, minced
3 cloves garlic, minced
1 pound tomatillos, diced
1/2 cup low-sodium vegetable broth
1 lime, juiced
a splash of tequila, optional
pinch of kosher salt
1/4 teaspoon black pepper
1/4 cup crumbled cotija cheese
1/4 cup chopped cilantro

4 pears, sliced

(3) STUFFED MUSHROOMS
cauliflower

OVEN TEMPERATURE: 375

MAKE AHEAD

- ☐ 2 cups cooked lentils prepared according to package directions
- ☐ 2 cups cooked brown rice according to package directions
- ☐ roasted cauliflower *see meal #1
- ☐ Cut vegetables: bell pepper, spinach, sun-dried tomatoes

DIRECTIONS

For lentil walnut stuffed mushrooms

1. Heat oven to 375.
2. Meanwhile, heat oil in a large skillet over medium heat and add onion, pepper and garlic. Cook for 3 minutes. Add lentils, rice, broth, salt and pepper and cook for 2 additional minutes until liquid is absorbed. Stir in spinach and remove from heat.
3. Stir in sundried tomatoes and walnuts and then spoon filing into mushroom caps.
4. Put on baking sheet and cook for about 15-20 minutes.
5. Serve with cauliflower.

INGREDIENTS

For lentil walnut stuffed mushrooms

1 Tablespoon olive oil
1 onion diced
1 bell pepper, diced
2 cloves garlic, minced
2 cups cooked lentils
*2 cups cooked brown rice *See prep guide*
¼ cup low sodium vegetable broth
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
4 ounces spinach, chopped
1/4 cup chopped sun-dried tomatoes ¼ cup walnut halves
8 medium portabello mushrooms

*roasted cauliflower, warmed *see meal #1*

(4) VEGGIE TOPPED POTATOES

MAKE AHEAD:

- ☐ Cut vegetables: onion, bell pepper, spinach

DIRECTIONS

For veggie topped potatoes

1. Heat large skillet over medium heat.
2. Add the oil, then onion and peppers for 2 minutes. Add garlic and cook for another minute.
3. Add corn, beans, cumin, chili, salt and pepper and cook for 2-3 minutes.
4. Stir in spinach and cilantro and stir until spinach is just wilted.
5. Slit open the warmed sweet potatoes and top with veggie mixture, avocado and cheese.

INGREDIENTS

For veggie topped potatoes

1 Tablespoon olive oil
1 onion, diced
2 bell peppers, diced
2 cloves garlic, minced
1 cup corn kernels
2 cans organic black beans, drained and rinsed
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
6 ounces spinach, chopped

1/4 cup chopped cilantro

4 baked sweet potatoes, warmed
1 avocado, diced (optional)
½ cup cotija cheese

(5) LENTIL CHILI

MAKE AHEAD

- ☐ Roast sweet potato **from Meal #2*
- ☐ 3 cups cooked lentils prepared according to package directions
- ☐ Cut vegetables: onion, bell peppers, jalapeño, mushrooms, tomatillos

DIRECTIONS

For lentil chili

1. Heat a large pot over medium heat.
2. Add oil then onions, garlic, bell peppers, and jalapeno for 2-3 minutes.
3. Add mushrooms, cumin, chili powder, salt, tomatillos for 2-3 minutes.
4. Add mashed sweet potato, lentils, broth and cilantro and simmer for 5-10 minutes.
5. Garnish with cheese, avocado and an extra wedge of lime, if desired

INGREDIENTS

For lentil chili

1 1/2 Tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
2 bell peppers, diced
1 small jalapeno, seeded and minced
6 ounces brown mushrooms, chopped (or sub equivalent amount of diced portobello)
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon kosher salt
6 tomatillos, chopped
2 baked sweet potato, mashed
3 cups lentils
5 cups low-sodium broth
1/2 cup chopped cilantro

1/2 cup cotija cheese
1 avocado, sliced, optional

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Nutrition Information

Roasted Cauliflower					Serves: 4
Serving Size:					
Calories	60	kcal	Fat	4	g
Protein	2	g	Saturated	0.5	g
Carbohydrate	5	g	Sugar	2	g
Sodium	180	mg	Calcium	2	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Lentil Madiera					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	250	kcal	Fat	4	g
Protein	15	g	Saturated	0.5	g
Carbohydrate	36	g	Sugar	6	g
Sodium	260	mg	Calcium	4	%DV
Fiber	12	g	Iron	30	%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			

Sweet Potatoes					Serves: 4
Serving Size:					
Calories	130	kcal	Fat	0	g
Protein	2	g	Saturated	0	g
Carbohydrate	33	g	Sugar	7	g
Sodium	45	mg	Calcium	2	%DV
Fiber	4	g	Iron	2	%DV
Cholesterol	0	mg			

Tofu in Tomatillo					Serves: 4
Serving Size: 1/4 prepared dish					
Calories	260	kcal	Fat	17	g
Protein	17	g	Saturated	2.5	g
Carbohydrate	12	g	Sugar	7	g
Sodium	160	mg	Calcium	25	%DV
Fiber	3	g	Iron	20	%DV
Cholesterol	5	mg			

Pear				Serves: 4	
Serving Size: 1 pear					
Calories	100	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	27	g	Sugar	17	g
Sodium	0	mg	Calcium	2	%DV
Fiber	6	g	Iron	2	%DV
Cholesterol	0	mg			

Lentil Suffed Mushrooms				Serves: 4	
Serving Size: 2 mushrooms					
Calories	400	kcal	Fat	10	g
Protein	18	g	Saturated	1	g
Carbohydrate	62	g	Sugar	10	g
Sodium	200	mg	Calcium	10	%DV
Fiber	15	g	Iron	35	%DV
Cholesterol	0	mg			

Roasted Cauliflower				Serves: 4	
Serving Size:					
Calories	60	kcal	Fat	4	g
Protein	2	g	Saturated	0.5	g
Carbohydrate	5	g	Sugar	2	g
Sodium	180	mg	Calcium	2	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Veggie Topped Potatoes				Serves: 4	
Serving Size: 1 filled potato with 1/4 avocado, 2 Tablespoons cheese					
Calories	490	kcal	Fat	13	g
Protein	18	g	Saturated	3.5	g
Carbohydrate	79	g	Sugar	11	g
Sodium	460	mg	Calcium	20	%DV
Fiber	20	g	Iron	30	%DV
Cholesterol	15	mg			

Lentil Chili				Serves: 4	
Serving Size: 1/4 prepared dish with 2 Tablespoons cheese, 1/4 avocado					
Calories	470	kcal	Fat	16	g
Protein	21	g	Saturated	3.5	g
Carbohydrate	64	g	Sugar	14	g
Sodium	530	mg	Calcium	8	%DV
Fiber	20	g	Iron	35	%DV
Cholesterol	25	mg			