

**PREP GUIDE**

**MEAL #1**

- Make polenta (see below)
- Cut vegetables:
  - ¼ pound brussels sprouts, trimmed and halved (4 cups)
  - 2 Tablespoons chopped yellow onion
  - ¼ carrot, chopped or minced (2 Tablespoons)

**MEAL #2**

- ½ cup cooked brown rice prepared according to package directions
- Cut vegetable:
  - ¼ bunch kale, chopped (1 cup)
  - 1 fuyu persimmon, cut into wedges

**MEAL #3**

- Cut vegetables:
  - ¼ yellow onion, diced (¼ cup)
  - ½ carrot, diced small (¼ cup)
  - ¼ bell pepper, diced small (¼ cup)
  - ¼ bunch kale, chopped (1 cup)

**MEAL #4**

- Cut vegetables:
  - ¼ yellow onion, chopped (¼ cup)
  - ¼ bell pepper, chopped (¼ cup)
  - ½ carrot, shredded (2½ Tablespoons)

**MEAL #5**

- Cut vegetables:
  - 2 Tablespoons diced yellow onion
  - ½ carrot, shredded (2½ Tablespoons)
  - ¼ bell pepper, chopped (¼ cup)
  - ¼ bunch kale, chopped (1 cup)

**Polenta** (Meals #1 & #5)

- ½ Tablespoon olive oil
- ½ clove garlic, minced
- Pinch of kosher salt
- Pinch of black pepper
- ½ cup low fat milk
- ½ cup low-sodium chicken broth
- ⅓ cup cornmeal (medium grind)
- 1 Tablespoon grated parmesan cheese

Heat sauce pan over medium heat. Add oil and garlic and sauté for 30 seconds. Add salt, pepper, milk, and broth and bring to simmer. Whisk in cornmeal and turn heat to low and stir until thickened and smooth. Turn off heat and stir in parmesan. Pour into a small baking dish or loaf pan and cool. Cut into 2 squares when cool.

**MENU**

**MONDAY ①**

MEATBALLS  
Brussels Sprouts & Polenta

**TUESDAY ②**

SCALLOPS  
Warm Persimmon Salad

**WEDNESDAY ③**

RUSTIC SAUSAGE & BEAN SOUP

**THURSDAY ④**

TAMALE PIE

**FRIDAY ⑤**

BEAN RAGU OVER POLENTA



FOR ONE February 23, 2018

# Shopping List

(1) Meatballs (2) Scallops (3) Rustic Sausage & Bean Soup (4) Tamale Pie (5) Bean Ragu over Polenta

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,4	ground beef	1/2 pound		3
2	scallops	1/3 pound		3
3	Italian sausage (bulk)	1/4 pound		1.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1	parsley	1 small bunch	optional, need 2 teaspoons chopped	1.5
1	brussels sprouts	1/4 pound		2
1,3,4,5	yellow onion	1		1
1,3,4,5	carrots	2		1
1,2,5	basil	1 bunch		1.5
2,3,5	kale	1 bunch		2
2	fuyu persimmons	1		0.5
3,4,5	bell pepper	1	<i>any color</i>	1
4	corn kernels	1/4 cup		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,4	eggs	1		0.5
1,3	parmesan cheese	3 Tablespoons		1
4	low fat milk	1 cup		1
4,5	shredded cheese	1/4 cup	<i>your choice</i>	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,3,4,5	whole peeled tomatoes	2 (15 oz) cans		3
1,4,5	cornmeal (medium grind)	1/2 cup		1
2,3,5	white beans	2 (15 oz) cans		3
2	dried cranberries	1 Tablespoon		1
4	chili powder	1/4 teaspoon	<i>optional</i>	0.5

Fresh 20 Grocery Est                    \$31.00  
 Cost Per Dinner                         \$6.20  
 Cost Per Serving                         \$6.20

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	1/2 teaspoon
	balsamic vinegar	1/2 Tablespoon	ground cumin	1/4 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium	2 cups (16 fl oz)	organic tomato paste	1/2 Tablespoon
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	3/4 teaspoon	soy sauce or Braggs liquid amino acid	
	black pepper	1/2 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	1/4 cup
paprika	1/8 teaspoon	whole wheat flour		

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

*Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.*



# (1) MEATBALLS

## brussels sprouts & polenta

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cooked polenta *\*see prep guide*
- Cut vegetables: brussels sprouts, onion, carrot

### DIRECTIONS

#### *For meatballs & brussels sprouts*

1. Heat oven to 375°F.
2. In a small bowl, combine all meatball ingredients and form into golf ball sized meatballs and put in a baking dish in single layer.
3. Cook about 15-20 minutes.
4. Toss brussels sprouts with oil, salt, and pepper and put on a baking sheet.
5. Cook about 20 minutes, turning occasionally.

#### Meanwhile

##### *For sauce*

1. Heat a small saucepan over medium heat.
2. Add oil, onions, carrots, and garlic and cook for 1 minute.
3. Add broth or wine. Then add whole peeled tomatoes, salt, and pepper.
4. Bring to a simmer for 3-4 minutes.
5. Add meatballs to pan with sauce and simmer at least 4-5 minutes.
6. Serve over polenta topped with basil.

**Dairy Free:** *Replace parmesan cheese with breadcrumbs and/or nutritional yeast. Omit cheese when making polenta (see prep guide).*

**Gluten Free:** *Use gluten free broth for sauce and for making polenta (see prep guide).*

**Vegetarian:** *Omit meatballs, serve polenta and brussels sprouts with Poached Eggs in Tomato Sauce: Heat a saucepan over medium heat and add 1 teaspoon oil, 2 Tablespoons diced onion, 2 Tablespoon minced carrot, and ½ minced garlic clove; cook 1 minute. Add 2 Tablespoon broth, ½ can crushed tomatoes, and a pinch of salt and pepper; simmer 3 minutes. Crack 2 eggs into pan, cover, and cook to desired doneness. Serve over polenta.*

### INGREDIENTS

#### *For meatballs*

½ clove garlic, minced  
¼ teaspoon Herbes de Provence  
Pinch of kosher salt  
Pinch of black pepper  
1 egg, beaten (use half, save other half for Tamale Pie crust, Meal 4)  
¼ pound ground beef  
1 Tablespoon parmesan cheese  
2 teaspoons chopped parsley

#### *For brussels sprouts*

1 teaspoon olive oil  
¼ pound brussels sprouts, trimmed and halved (1 cup)  
Pinch of kosher salt  
Pinch of black pepper

#### *For sauce*

¾ teaspoon olive oil  
2 Tablespoons chopped yellow onion  
¼ carrot, chopped or minced (2 Tablespoons)  
½ clove garlic, minced  
2 Tablespoons low sodium chicken broth or wine  
½ (15 oz) can whole peeled tomatoes, crushed  
pinch of salt and pepper  
1 Tablespoon chopped basil

1 square polenta, warmed *\*see prep guide*

Meatballs with Sauce: 260kcal, 29g Protein, 10 Carb, 470mg Sodium, 2g Fiber, 110mg Cholesterol, 12g Fat, 4g Saturated, 6g Sugar, 10% Calcium, 15% Iron

Brussels: 100kcal, 4g Protein, 9g Carb, 90mg Sodium, 5g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 6% Iron

Polenta: 180kcal, 6g Protein, 25g Carb, 180mg Sodium, 0g Fiber, 5mg Cholesterol, 6g Fat, 1.5g Saturated, 3g Sugar, 10% Calcium, 6% Iron



## (2) SCALLOPS

### warm persimmon salad

#### MADE AHEAD

- ½ cup cooked brown rice prepared according to package directions
- Cut vegetables: kale, persimmons

#### DIRECTIONS

##### *For warm persimmon salad*

1. Heat a skillet over medium heat and add oil.
2. When oil is hot add garlic, kale, salt, and pepper and cook for about 1-2 minutes.
3. Add persimmons and beans and stir until warmed through.
4. Turn off heat and add cranberries, basil, and balsamic vinegar.

##### *For scallops*

1. Heat a skillet over medium-high heat and add oil.
2. Season scallops with salt and pepper.
3. Cook about 1-2 minutes per side depending on size and desired doneness (chicken will take longer, about 3 minutes per side depending on thickness).
4. Serve over rice with warm persimmon salad.

*Dairy Free:*

*Gluten Free:*

*Vegetarian:* *Omit scallops. Serve salad with 1 baked sweet potato topped with ¼ cup plain Greek yogurt mixed with a pinch of chili powder and ¾ teaspoon honey.*

#### INGREDIENTS

##### *For warm persimmon salad*

1 teaspoon olive oil  
½ clove garlic, minced  
¼ bunch kale, chopped (1 cup)  
Pinch of kosher salt  
Pinch of black pepper  
1 fuyu persimmon, cut into wedges  
⅓ (15 oz) can white beans, drained and rinsed  
1 Tablespoon dried cranberries  
½ Tablespoon chopped basil  
½ Tablespoon balsamic vinegar

##### *For scallops*

¾ teaspoon olive oil  
½ pound scallops (sub ⅓ pound chicken breast cut into 1-2" chunks)  
dash of salt and pepper

½ cup cooked brown rice, warmed

Warm Persimmon Salad: 220kcal, 8g Protein, 33g Carb, 200mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 7 Sugar, 6% Calcium, 15% Iron

Scallops; 130kcal, 17g Protein, 5g Carb, 550mg Sodium, 0g Fiber, 35mg Cholesterol, 4g Fat, 0.5g Saturated, 0g Sugar, 0% Calcium, 6% Iron

Brown Rice: 110kcal, 2g Protein, 23g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 1 G Fat, 0g Saturated, 0g Sugar, 0% Calcium, 6% Iron



## (3) RUSTIC SAUSAGE & BEAN SOUP

### MADE AHEAD

- Cut vegetables: onion, carrots, bell pepper, kale

### DIRECTIONS

#### *For rustic sausage & bean soup*

1. Heat a soup pot over medium heat and add oil, then onion and garlic; sauté for 30 seconds.
2. Add sausage and crumble as it cooks.
3. Add carrots, bell pepper, salt, pepper, and Herbes and cook for 2-3 minutes.
4. Add broth, beans, kale, and tomatoes and bring to a simmer for 5-6 minutes.
5. Garnish with cheese.

*Dairy Free:* Omit parmesan cheese, garnish with a sprinkle of nutritional yeast if desired.

*Gluten Free:* Use gluten free broth.

*Vegetarian:* Use vegetable broth. Omit sausage, add ¼ cup diced sweet potato and ½ cup cooked barley. Increase beans to ½ can.

### INGREDIENTS

#### *For rustic sausage & bean soup*

¾ teaspoon olive oil  
¼ yellow onion, diced (¼ cup)  
½ clove garlic, minced  
¼ pound bulk Italian sausage  
½ carrot, diced small (¼ cup)  
¼ bell pepper, diced small (¼ cup)  
pinch of salt and pepper  
⅛ teaspoon Herbes de Provence  
1¼ cups low-sodium chicken broth  
¼ (15 oz) can white beans, drained and rinsed  
¼ bunch kale, chopped (1 cup)  
¼ cup can whole peeled tomatoes, crushed  
1 Tablespoon grated parmesan cheese

Soup: 450kcal, 33g Protein, 27g Carb, 780mg Sodium, 7g Fiber, 80mg Cholesterol, 21g Fat, 6g Saturated, 7g Sugar, 15% Calcium, 20% Iron

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cut vegetables: onion, bell pepper, carrots

### DIRECTIONS

#### *For tamale pie*

1. Heat a small oven proof skillet over medium heat.
2. Add oil and onion and sauté for 30 seconds.
3. Add bell pepper and carrots and cook for 2-3 minutes.
4. Add ground beef, salt, pepper, paprika, cumin, oregano, and chili powder and crumble meat while cooking.
5. Add in corn and tomatoes.
6. Drop the cornmeal crust mixture on top by spoonfuls.
7. Bake for about 15 minutes.

#### Meanwhile

#### *For cornmeal crust*

1. Heat milk or water with salt.
2. Whisk in cornmeal, stirring constantly until thickened.
3. Take off heat and stir in egg and cheese. Drop by spoonfuls over skillet and bake.

**Dairy Free:** *Omit cheese. Use dairy free alternative or nutritional yeast if desired.*

**Gluten Free:**

**Vegetarian:** *Omit ground beef replace with ¼ can of kidney beans.*

### INGREDIENTS

#### *For tamale pie*

- ¾ teaspoon olive oil
- ¼ yellow onion, chopped (¼ cup)
- ¼ bell pepper, chopped (¼ cup)
- ½ carrot, shredded (2½ Tablespoons)
- ¼ pound ground beef
- Pinch of kosher salt
- Pinch of black pepper or cayenne
- ⅛ teaspoon paprika
- ¼ teaspoon cumin
- ¼ teaspoon oregano
- ¼ teaspoon chili powder, optional
- ¼ cup frozen corn kernels
- ¼ (15 oz) can whole peeled tomatoes, crushed

#### *For cornmeal crust*

- ⅓ cup low fat milk or water
- Pinch of kosher salt
- 2 Tablespoons cornmeal (medium grind)
- ½ egg, beaten (reserved from Meal 1)
- 2 Tablespoons shredded cheese (your choice)

Tamale Pie: 450kcal, 35g Protein, 43g Carb, 460mg Sodium, 4g Fiber, 120mg Cholesterol, 15g Fat, 6g Saturated, 16g Sugar, 20% Calcium, 20% Iron

## MADE AHEAD

- Polenta squares *\*see prep guide*
- Cut vegetables: onion, carrot, bell pepper, kale

## DIRECTIONS

### *For bean ragu over polenta*

1. Heat a soup pot over medium heat and add oil.
2. Add onions, garlic, and carrots and cook for 1-2 minutes.
3. Add bell pepper and kale and cook for 1-2 minutes then add beans, tomatoes, tomato paste, broth, salt, pepper, and oregano.
4. Bring to a simmer for at least 3-4 minutes.
5. Serve over warmed polenta topped with basil and cheese.

*Dairy Free:*      *Omit cheese.*

*Gluten Free:*    *Use gluten free tomato paste and broth.*

*Vegetarian:*   

## INGREDIENTS

### *For bean ragu over polenta*

- $\frac{3}{4}$  teaspoon olive oil
- 2 Tablespoons diced yellow onion
- $\frac{1}{2}$  clove garlic, minced
- $\frac{1}{2}$  carrot, shredded (2 $\frac{1}{2}$  Tablespoons)
- $\frac{1}{4}$  bell pepper, chopped ( $\frac{1}{4}$  cup)
- $\frac{1}{4}$  bunch kale, chopped (1 cup)
- $\frac{3}{8}$  (15 oz) can white beans, rinsed and drained
- $\frac{1}{8}$  (15 oz) can whole peeled tomatoes, crushed
- $\frac{1}{2}$  Tablespoon tomato paste
- 2 Tablespoons water or low sodium broth
- Pinch of kosher salt
- Pinch of black pepper
- $\frac{1}{4}$  teaspoon oregano
- 2 Tablespoons chopped basil
- 2 Tablespoons shredded cheese (your choice)

Polenta squares, warmed *\*see prep guide*

Bean Ragu: 280kcal, 14g protein, 38g carb, 270mg sodium, 10g Fiber, 10mg Cholesterol, 9g Fat, 3g Saturated, 13g Sugar, 20% Calcium, 20% Iron

Polenta: 180kcal, 6g Protein, 25g Carb, 180mg Sodium, 0g Fiber, 5mg Cholesterol, 6g Fat, 1.5g Saturated, 3g Sugar, 10% Calcium, 6% iron