GRAINS

- 3 cup brown rice, prepared (see below)

VEGETABLES

- 1 head broccoli, florets (4 cups)
- 1 red onion, sliced into strips (1 cup)
- 1 red onion, chopped (1 cup)
- 4 medium carrots, cut into ¼" thick coins
- 2 bell peppers (any color), sliced into strips
- 1 jalapeno, seeded & finely chopped
- 16 ounces brown mushrooms, chopped (5-6 cups)

FRUITS

- 3 limes, juiced (6 Tablespoons)

MISC.

- 1-2" fresh ginger, grated (4 teaspoons)
- Burgers can be made ahead (MONDAY)
- Salsa can be made ahead (TUESDAY)

the FRESH 20

MAY 18, 2018

MONDAY
Veggie Burgers with
Lime Ginger Carrots

TUESDAY
Cauliflower Fajitas with
Easy Guac & Mango Salsa

WEDNESDAY
Tofu & Rice Noodles

THURSDAY
Stuffed Roasted Peppers
With Broccoli

FRIDAY
Skillet Mushroom Wraps

FOR BROWN RICE (THURSDAY)
1½ cups brown rice
3 cup water or low sodium broth
Small pinch of kosher salt

Place rice, water, and salt in a saucepan and bring to a boil. Reduce to medium-low, cover, and cook 25 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 3 cups.

VEGETARIAN May 18, 2018

the FRESH 20 Shopping List

(1) Veggie Burgers (2) Cauliflower Fajitas (3) Tofu & Rice Noodles (4) Stuffed Roasted Peppers (5) Skillet Mushroom Wraps

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3,4	broccoli	1 head		2
1,2,3,5	red onion	2		2
1,2,4	parsley	1 bunch		1.5
1,2	avocado	3		3
1	carrots	4 medium		2
1,2,3	lime	4		2
1,3	ginger	1-2"	*need 4 teaspoons grated*	1.5
2	cauliflower	1 head	*need 3 cups florets*	2
2,4	bell pepper	6		6
2,3,5	mango	5	*can sub peaches*	5
3,4	jalapeno	1		1
4,5	brown mushrooms	1 pound		6

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	eggs	3		1.5
4	Monterey jack cheese, shredded	4 ounces	*about 1 cup*	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,2,5	whole wheat tortillas	14		6
1	garbanzo beans	2 (15 oz) cans		3
2	walnuts	1 cup		5
2,3,4	chili powder	1 teaspoon	*optional, can sub paprika*	0.5
3	extra firm tofu	2 (14 oz) pkgs		5
3	rice noodles	6 ounces		2.5
4,5	black beans	3 (15 oz) cans		4.5

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	2/3 cup	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar	1 Tablespoon	ground cumin	1-1/2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	veggie broth: low sodium	6 cups (48 fl oz)	organic tomato paste	2 Tablespoons
	garlic	7 cloves	Dijon mustard or brown mustard	
	kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	1 Tablespoon
	black pepper	2-1/2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	1-1/2 cups
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at 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) MONDAY
VEGGIE BURGERS with LIME GINGER CARROTS

MONDAY PREP

- Burgers can be made ahead, need to be refrigerated at least 30 minutes before cooking.
- ¼ head broccoli, florets (1 cup)
- ½ red onion, chopped (½ cup)
- 4 medium carrots, cut into ¼" thick coins
- 1 lime, juiced (2 Tablespoons)
- 1 teaspoon freshly grated ginger

This dinner was inspired by Heidi Swanson's 101 Cookbooks recipe for Ultimate Veggie Burgers!

FOR BURGERS

¼ head broccoli, florets (1 cup)
½ red onion, chopped (½ cup)
2 whole wheat tortillas, torn into pieces
2 (15 oz) cans garbanzo beans, drained & rinsed
3 eggs, whisked
⅓ cup finely chopped parsley
½ teaspoon kosher salt
½ teaspoon black pepper
1 Tablespoon extra virgin olive oil (for pan)
1 avocado, sliced
¼ cup pantry dressing, optional
(www.thefresh20.com/pantrydressings)

1. Combine the broccoli, onion, and tortillas in a food processor, pulse until roughly chopped. Scrape the edges and add the beans & eggs. Pulse again until mixture is well combined, but still chunky.
2. Transfer to a bowl and stir in parsley, salt, and pepper.
3. Divide into 8 equal balls. Form into eight (½" thick) patties. Refrigerate for at least 30 minutes.
4. Lightly grease a grill pan with olive oil. Add burgers and cook over medium heat for 4 minutes each side or until the burgers have firmed slightly and the edges are browned.
5. Serve burgers topped with avocado. Serve topped with dressing if you like.

Want to try something different? Cut the burgers in half horizontally to made them into 'buns.' Serve two burger 'bun' halves filled with chopped lettuce, avocado, or other burger toppings.

FOR CARROTS

4 medium carrots, cut into ¼" thick coins
1 Tablespoon extra virgin olive oil or unsalted butter
1 lime, juiced (2 Tablespoons)
1 teaspoon freshly grated ginger
½ cup low sodium vegetable broth

1. In a small saucepan, heat oil or butter over medium heat. Add carrots, stirring to coat. Cover with lid and cook for five minutes.
2. Remove lid and add lime juice, ginger, and broth. Cook for an additional 2-3 minutes.

(2) TUESDAY

CAULIFLOWER FAJITAS with EASY GUACAMOLE & MANGO SALSA

TUESDAY PREP

- Salsa can be made a day ahead
- ½ red onion, sliced into strips (½ cup)
- 2 bell peppers (any color), sliced into strips
- 1 lime, juiced (2 Tablespoons)

CAULIFLOWER FAJITAS

3 cups cauliflower florets
1 cup whole walnuts
2 Tablespoons extra virgin olive oil (divided)
½ red onion, sliced into strips (½ cup)
2 bell peppers (any color), sliced into strips
1 teaspoon cumin
½ teaspoon each chili powder, optional
1 teaspoon kosher salt
1 teaspoon black pepper
½ cup low sodium vegetable broth
2 Tablespoons fresh parsley or cilantro, minced
8 whole wheat or corn tortillas

1 lime, cut into wedges
Guacamole (see below)
Mango salsa (see below)

1. In a food processor, pulse together the cauliflower and walnuts until the mixture resembles very coarse crumbs, set aside.
2. Heat 1 Tablespoon of oil in a large skillet over medium-high heat. Add the bell peppers and onion.
3. Cook, stirring frequently until peppers are hot, but still slightly crisp, about 5 minutes. Remove from the skillet and set aside.
4. Add remaining oil into the skillet and add the cauliflower-walnut mixture. Season with cumin, chili powder, salt, and pepper.
5. Cook cauliflower, stirring occasionally. Reduce heat to low and return peppers and onion to the skillet. Add broth and parsley and simmer a minute or two until everything is warmed through.
6. Warm tortillas (wrapped in damp paper towels) in microwave for 20 seconds or in a dry skillet for 10 seconds each side.
7. To serve, divide fajita filling into tortillas. Serve with lime, guacamole, and mango salsa.

EASY GUACAMOLE

2 avocados, peeled, diced
2 garlic cloves, minced
Squeeze of lime juice
Pinch of kosher salt & black pepper

Mash avocados with garlic. Add lime juice, salt, and pepper to taste.

MANGO SALSA

1 mango, cut into small cubes
1 lime, juiced (2 Tablespoons)
1 Tablespoon fresh parsley or cilantro, chopped
⅛ teaspoon kosher salt

Combine all ingredients in a small bowl. Cover and chill until ready to serve.

(3) WEDNESDAY
TOFU & RICE NOODLES

WEDNESDAY PREP

- ½ jalapeno pepper, seeded and finely chopped
- ½ red onion, sliced into strips (½ cup)
- 1 Tablespoon fresh grated ginger
- ¼ head broccoli (1 cup florets)
- 1 lime, juiced (2 Tablespoons)

FOR TOFU & RICE NOODLES

2 Tablespoon extra virgin olive oil
3 cloves garlic, minced
½ jalapeno pepper, seeded and finely chopped
½ red onion, sliced into strips (½ cup)
1 Tablespoon fresh grated ginger
½ teaspoon ground cumin
¼ teaspoon chili powder, optional
½ teaspoon kosher salt
4 cups low sodium vegetable broth
2 (14 ounce) packages extra firm tofu, drained
¼ head broccoli (1 cup florets)
6 ounces rice noodles
1 lime, juiced (2 Tablespoons)
1 Tablespoon reduced sodium soy sauce
⅛ teaspoon black pepper

2 mangos, sliced

1. Heat a large stockpot over medium heat and add oil.
2. When oil is hot add garlic, jalapeno, and onion. Sauté until onions are translucent.
3. Add in ginger, cumin, chili powder, and salt and stir well to combine.
4. Add broth and bring to boil. Add in tofu, noodles, and broccoli. Cover, reduce heat to low, and simmer 6-8 minutes until tofu is warmed through and broccoli is tender.
5. Add in lime juice and soy sauce.
6. Divide between 4 bowls and season with a dash of black pepper.
7. Serve with a bowl of sliced mango.

(4) THURSDAY
STUFFED ROASTED PEPPERS with BROCCOLI

THURSDAY PREP

- 3 cups cooked brown rice (see prep guide)
- ½ jalapeno, seeded and finely chopped
- 8 ounces brown mushrooms, chopped (2½ cups)
- ½ head broccoli, florets (2 cups)

FOR STUFFED ROASTED PEPPERS

4 bell peppers (any mix of green, yellow, red)
2 Tablespoons extra virgin olive oil
½ jalapeno, seeded and finely chopped
8 ounces brown mushrooms, chopped (2½ cups)
1 (15 ounce) can black beans, drained and rinsed
¼ cup low sodium vegetable broth
3 cups cooked brown rice
¼ teaspoon chili powder, optional
½ teaspoon each salt & pepper
4 ounces Monterey Jack cheese, shredded (1 cup)
2 Tablespoons fresh parsley, minced

½ head broccoli, florets (2 cups)

1. Preheat oven 350°F.
2. Cut peppers in half lengthwise (through the stem). Remove core and seeds. Place cut side down on a baking sheet and cook for 15 minutes.
3. In a large skillet, heat olive oil over medium heat. Add jalapeno and mushrooms and sauté for 3 minutes until softened.
4. Stir in black beans, broth, cooked rice, chili powder, salt and pepper. Cook for 3-4 minutes until broth is absorbed.
5. Remove peppers from oven. Scoop ½ cup of filling into each pepper half and top with cheese and parsley. Return to oven to heat through and melt cheese, about 10 minutes.
6. While peppers are in the oven, heat a large saucepan over medium-high heat and add steamer insert. Add 1-2” water and broccoli. Cover and cook 7-8 minutes or until broccoli is tender and bright green.
7. Serve two bell pepper halves per person with ½ cup steamed broccoli.

(5) FRIDAY
SKILLET MUSHROOM WRAPS

FRIDAY PREP

- ½ red onion, chopped (½ cup)
- 8 ounces brown mushrooms, chopped (2½-3 cups)

SKILLET MUSHROOM WRAPS

2 Tablespoon extra virgin olive oil
½ red onion, chopped (½ cup)
2 cloves garlic, minced
¼ teaspoon kosher salt
¼ teaspoon black pepper
8 ounces brown mushrooms, chopped (2½-3 cups)
2 (15 ounce) cans black beans, drained & rinsed
2 Tablespoons tomato paste
½ cup low sodium vegetable broth
1 Tablespoon balsamic vinegar
4 whole wheat or 8 corn tortillas

1. In a large skillet, heat oil over medium-high heat. Add onion and garlic; season with salt and pepper. Cook, stirring frequently, until onions are softened - about 4 minutes.
2. Add mushrooms and beans to skillet. Cook 3-4 minutes.
3. In a small bowl, whisk together tomato paste and broth until well blended. Add to mushrooms and beans and simmer until thickened, stirring occasionally, 6 to 8 minutes. Add balsamic vinegar, stirring to combine. Remove from heat.
4. Spoon filling into tortillas and serve with fruit parfait.

FRUIT PARFAIT

2 mangoes, sliced
2 Tablespoons honey
1 cup Greek yogurt, optional

Divide sliced mangoes into four small bowls. Top each with ½ Tablespoon honey and yogurt. If you'd like, you can add a pinch of cinnamon, chopped nuts, or granola.

NUTRITION

(1) MONDAY
Serving Size: 1 veggie burger; ¼ prepared carrots
Veggie Burger: 430kcal, 20g protein, 46g carb, 1080mg sodium, 15g fiber, 145mg cholesterol, 20g fat, 3.5g sat fat, 2g sugar, 15%DV calcium, 20%DV iron.
Carrots: 70kcal, 1g protein, 9g carb, 50mg sodium, 2g fiber, 0mg cholesterol, 3.5g fat, 0.5g sat fat, 5g sugar, 2%DV calcium, 0%DV iron.

(2) TUESDAY
Serving Size: 2 cauliflower fajitas, guacamole, salsa
Cauliflower Fajitas: 410kcal, 10g protein, 38g carb, 700mg sodium, 8g fiber, 0mg cholesterol, 28g fat, 3g sat fat, 6g sugar, 8%DV calcium, 15%DV iron.
Guacamole: 160kcal, 2g protein, 9g carb, 80mg sodium, 7g fiber, 0mg cholesterol, 15g fat, 2g sat fat, 1g sugar, 2%DV calcium, 4%DV iron.
Salsa: 35kcal, 0g protein, 9g carb, 75mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 1g sugar, 0%DV calcium, 0%DV iron

(3) WEDNESDAY
Serving Size: ¼ prepared tofu & rice noodles, ½ mango
Tofu & Rice Noodles: 440kcal, 23g protein, 48g carb, 460mg sodium, 4g fiber, 0mg cholesterol, 17g fat, 2.5g sat fat, 2g sugar, 20%DV calcium, 25%DV iron.
Mango: 70kcal, 0g protein, 17g carb, 0mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 2g sugar, 0%DV calcium, 2%DV iron.

(4) THURSDAY
Serving Size: 1 stuffed pepper, ½ cup cooked broccoli
Pepper: 450kcal, 16g protein, 77g carb, 640mg sodium, 10g fiber, 0mg cholesterol, 10g fat, 1g sat fat, 5g sugar, 6%DV calcium, 20%DV iron
Broccoli: 20kcal, 1g protein, 2g carb, 0mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 0g sugar, 2%DV calcium, 2%DV iron

(5) FRIDAY
Serving Size: 1/4th prepared skillet mushroom wrap with one whole wheat tortilla
Wrap: 380kcal, 16g protein, 54g carb, 520mg sodium, 12g fiber, 0mg cholesterol, 12g fat, 2g sat fat, 5g sugar, 15%DV calcium, 25%DV iron
Fruit Salad: 100kcal, 0g protein, 26g carb, 0mg sodium, 1g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 10g sugar, 0%DV calcium, 2%DV iron.