

## VEGETARIAN Weekly Prep Guide

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### VEGETABLES

- 1½ yellow onions, diced (1½ cups)
- ½ fennel bulb, finely chopped
- 2 medium carrots, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 8 ounces spinach, chopped (about 5 cups)
- ½ head cauliflower, chopped (2-2½ cups)
- 3 red bell peppers, diced (3 cups)

### MISC.

- Breadcrumbs can be made ahead (FRIDAY)
- Crepe batter can be made ahead (THURSDAY)

*the* **FRESH 20**

**MAY 25, 2018**

#### **MONDAY**

Tuscan White Bean Soup  
Gruyere Herb Croutons

#### **TUESDAY**

Basil Tofu Fillets with  
Spinach & Cheesy Cauliflower

#### **WEDNESDAY**

Pasta Primavera

#### **THURSDAY**

Black Bean Crepes

#### **FRIDAY**

Stuffed Veggie Burgers with  
Mexican Corn

# Shopping List

(1) Tuscan White Bean Soup (2) Basil Tofu Fillets (3) Pasta Primavera (4) Black Bean Crepes (5) Stuffed Veggie Burgers

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,3	yellow onion	2		2
1	fennel bulb	1		2
1	carrots	2		1
1	celery	2		1
1	tomatoes	2		1
1,4	arugula	3/4 pound		2
2,3,5	basil	1 bunch	<i>need about 28 leaves</i>	1.5
2,5	spinach	3/4 pound		4
2	cauliflower	1 small head		2
3,4,5	red bell pepper	3		3
3,5	fresh corn	5 ears		2.5

Recipe #	Dairy	Quantity	Notes	Est Cost *
1,2,4	Gruyere cheese, shredded	2-1/2 cups		5
2,5	unsalted butter	3 Tablespoons	optional, can sub olive oil	1
4	milk	1 cup (8 fl oz)		1
4	eggs	2		1
5	provolone cheese, sliced	4 slices	optional, can use addl 1/2 cup Gruyere	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,2,5	whole wheat baguette	1 (18")		3
1,3,5	cannellini beans	5 (15 oz) cans		7.5
2	extra firm tofu	2 (14 oz) pkgs		4
3	slivered almonds	1/2 cup		2.5
4	black beans	1 (15 oz) can		1.5
5	whole wheat bakery buns	4		2

Fresh 20 Grocery Est      \$52.50  
 Cost Per Dinner              \$10.50  
 Cost Per Serving              \$2.63

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	6 Tablespoons	dried oregano	3 teaspoons
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/3 cup	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	low sodium vegetable broth	3-1/2 cups (28 fl oz)	organic tomato paste	
	garlic	2 cloves	Dijon mustard or brown mustard	3-1/4 teaspoons
	kosher salt	5 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta	1 pound
	cayenne pepper	1-1/2 teaspoons	long grain brown rice	
	paprika		whole wheat flour	1 cup

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) MONDAY

**TUSCAN WHITE BEAN SOUP with GRUYERE HERB CROUTONS**

MONDAY PREP

- 1 yellow onion, diced (1 cup)
- ½ fennel bulb, finely chopped
- 2 medium carrots, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)

FOR GRUYÈRE HERB CROUTONS

½ whole wheat baguette, cut into 1" cubes  
1½ Tablespoons extra virgin olive oil  
½ teaspoon dried oregano  
¼ teaspoon black pepper  
⅛ teaspoon kosher salt  
2 Tablespoons Swiss Gruyère, shredded

1. Preheat oven to 375°F.
2. Toss baguette cubes with olive oil, oregano, pepper, and salt. Spread on a baking sheet and bake for 12 minutes.
3. Remove from oven and pour in a bowl. Toss with grated Gruyère and set aside.

FOR TUSCAN WHITE BEAN SOUP

2 Tablespoons extra virgin olive oil  
1 yellow onion, diced (1 cup)  
½ fennel bulb, finely chopped  
2 medium carrots, chopped (1 cup)  
2 stalks celery, chopped (1 cup)  
2 medium tomatoes, diced (1½ cups)  
2 (15 oz) cans cannellini beans,  
drained but reserving 1 cup of liquid  
2 cups low sodium vegetable broth  
2 cups water  
½ teaspoon dried oregano  
1 teaspoon kosher salt  
6 ounces arugula leaves (6 cups)

1. Heat oil in a pot over medium heat. Add onions and sauté for 2 minutes.
2. Add fennel, carrots, and celery and sauté for 5-6 minutes. Add tomatoes and stir for a minute before adding cannellini beans and reserved liquid. After sautéing for another minute, stir in vegetable broth, water, oregano, and salt.
3. Bring to a boil, cover with lid, and reduce heat to a simmer. Cook covered for 10 minutes and then stir in arugula. Cook for about 30 seconds to wilt the arugula.
4. Serve with a handful of croutons on top of soup.

(2) TUESDAY

**BASIL TOFU FILLETS with SPINACH & CHEESY CAULIFLOWER**

TUESDAY PREP

- 8 ounces spinach, chopped (about 5 cups)
- ½ head cauliflower, chopped (2-2½ cups)

FOR BASIL TOFU & SPINACH

- 2 Tablespoons unsalted butter or olive oil
- ¼ cup shredded basil (about 12 leaves)
- 2 cloves garlic, minced
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 (14 ounce) packages of extra firm tofu, sliced and pat dry
- ¼ cup low sodium vegetable broth
- 8 ounces spinach, chopped (about 5 cups)
  
- ½ baguette thinly sliced and toasted to serve on side

1. Heat butter or oil in a large skillet over medium heat. Add shredded basil and minced garlic. Cook for one minute until butter is bubbling, careful not to burn.
2. Season tofu with salt and pepper and add to pan laying on top of basil. Sauté 3-4 minutes, turn tofu, and pour in broth. Arrange spinach on top of tofu fillets cover pan. Turn off heat and let sit for 3-5 minutes until spinach wilts.
3. Serve with toasted baguette.

FOR CAULIFLOWER

- ½ head cauliflower, chopped (2-2½ cups)
- ½ cup water
- 1 teaspoon extra virgin olive oil
- 3 Tablespoons Gruyere cheese, shredded

Place cauliflower and water in a small stockpot over medium heat. Cover and steam for 5 minutes until softened. Transfer to serving bowl. Toss with olive oil and sprinkle with cheese.

(3) WEDNESDAY  
**PASTA PRIMEVERA**

WEDNESDAY PREP

- ½ yellow onion, diced (½ cup)
- 1½ red bell peppers, diced (1½ cups)

PASTA PRIMAVERA

1 pound whole wheat pasta  
2 Tablespoon extra virgin olive oil  
½ yellow onion, diced (½ cup)  
¼ teaspoon kosher salt  
¼ teaspoon cayenne pepper  
1 cup low sodium vegetable broth  
1½ red bell peppers, diced (1½ cups)  
1 ear of corn, kernels (¾ cup)  
1 (15) ounce cannellini white beans, drained & rinsed  
12 basil leaves, shredded  
1 Tablespoon balsamic vinegar  
½ teaspoon black pepper  
½ cup slivered almonds

1. Boil salty water for pasta. Cook according to package directions.
2. Heat olive oil on high in a large skillet and sauté onion for about 3 minutes. Add salt, cayenne, broth, bell peppers, corn and beans. Cook for 2 minutes. Add in basil, balsamic vinegar, and black pepper.
3. Drain pasta. Do not rinse.
4. Add pasta to skillet and toss until well combined. Divide into bowls and serve.
5. Top with slivered almonds.

(4) THURSDAY  
**BLACK BEAN CREPES**

WEDNESDAY PREP

- Crepe batter can be made ahead
- 1 red bell pepper, diced, (1 cup)

FOR BLACK BEAN CREPES

1 cup whole wheat flour  
1 cup milk  
2 eggs  
¼ teaspoon kosher salt  
1 (15 ounce) can black beans, drained & rinsed  
8 ounces Gruyere cheese, shredded (2 cups)  
1 Tablespoon Dijon mustard

1. Whisk together flour, milk, and eggs until well blended and no lumps. Set in fridge for 30 minutes or up to 2 days tightly covered.
2. Gently stir batter if ingredients have separated. Add salt. Heat 9- to 10-inch nonstick skillet over medium-high heat. Pour ¼ cup batter into pan, lift pan off burner and tilt slightly to swirl batter and cover bottom. Once your crepe is formed, let it cook for 1-2 minutes. To flip the crepe, loosen edge with a spatula and, with fingertips on top, slide it toward you until you can grab edge and flip. Sprinkle 1/4 cup cheese and a spoonful of beans onto middle of crepe. Cook until there are some browned spots.
3. Fold one third of crepe over the middle. Repeat with other side to wrap ingredients inside. Place cooked crepe on plate and cover to keep warm. Repeat process with remaining batter. Yields 8 crepes.
4. Serve crepes warm with side salad and dollop of Dijon mustard.
5. KITCHEN NOTE: The first crepe is usually a disaster because the heat is uncertain. Don't sweat it, the rest will turn out fine! Use of a good nonstick pan will eliminate the need to butter the pan for the crepes.

FOR SIDE SALAD

1 red bell pepper, diced (1 cup)  
6 ounces arugula (6 cups)  
¼ cup pantry dressing ([www.thefresh20.com/pantry](http://www.thefresh20.com/pantry))

Toss bell pepper and arugula with dressing.

(5) FRIDAY

**STUFFED VEGGIE BURGERS with Mexican Corn**

FRIDAY PREP

- Breadcrumbs can be made ahead
- ½ lemon, juiced (1½ Tablespoons lemon juice)
- ½ red bell pepper, diced (½ cup)

FOR BURGERS

½ whole wheat baguette (for breadcrumbs)  
1½ (15 ounce) cans cannellini beans, drained & rinsed  
½ red bell pepper, diced (½ cup)  
1 Tablespoon fresh basil, shredded  
2 teaspoons dried oregano  
1 teaspoon kosher salt  
½ teaspoon ground black pepper  
4 slices provolone cheese (or ½ cup shredded Gruyere cheese)  
4 whole wheat buns, bakery fresh  
3 ounces spinach leaves (1 cup)

1. For breadcrumbs, cut baguette into toaster size pieces. Toast until crispy. Crumble in blender and pulse until sandy in texture. Can be made ahead and stored in an airtight container for up to a week.
2. For burgers, combine white beans, breadcrumbs, bell pepper, basil, oregano, salt, and pepper in large bowl. Mix well. Divide mixture into 8 equal portions. Form 8 thin, individual patties. Place one slice provolone in middle of a veggie patty; place a second patty on top of cheese. Seal patties at edges to enclose cheese. Repeat to form a total of 4 burgers.
3. Grill burgers until cooked through, about 5 minutes per side. Toast hamburger buns. Spread a Tablespoon of dressing onto toasted bun. Top with burger and garnish with spinach.

FOR DRESSING

¼ cup balsamic vinegar  
2 Tablespoons maple syrup  
¼ teaspoon Dijon mustard  
¼ teaspoon cayenne pepper

Whisk together all ingredients until smooth.

FOR MEXICAN CORN

4 ears fresh corn, shucked  
1 Tablespoon unsalted butter or olive oil  
1 teaspoon kosher salt  
1 teaspoon cayenne, optional

Husk corn and place in large re-sealable bag. Add 2 Tablespoons of water and seal the top leaving a small hole. Microwave on high for 4 minutes. Carefully remove corn from bag and place on serving dish. Spread butter evenly over corn. Sprinkle corn with salt on all sides. If desired, sprinkle cayenne over corn.

## NUTRITION

### (1) MONDAY

Serving Size: ¼ prepared croutons, ¼ prepared soup

Gruyere Croutons: 190kcal, 6g protein, 25g carb, 450mg sodium, 3g fiber, 5mg cholesterol, 7g fat, 2g sat fat, 0g sugar, 6%DV calcium, 8%DV iron.

Soup: 320kcal, 17g protein, 48g carb, 1540mg sodium, 14g fiber, 0mg cholesterol, 8g fat, 1g sat fat, 11g sugar, 25%DV calcium, 25%DV iron.

### (2) TUESDAY

Serving Size: 7 ounces tofu with spinach, baguette, ¼ prepared cauliflower

Tofu: 260kcal, 21g protein, 7g carb, 620mg sodium, 4g fiber, 15mg cholesterol, 16g fat, 5g sat fat, 1g sugar, 20%DV calcium, 25%DV iron.

Baguette: 125kcal, 4g protein, 25g carb, 270mg sodium, 3g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 0g sugar, 0%DV calcium, 8%DV iron.

Cauliflower: 120kcal, 8g protein, 4g carb, 170mg sodium, 2g fiber, 25mg cholesterol, 8g fat, 4g sat fat, 2g sugar, 2%DV calcium, 2%DV iron.

### (3) WEDNESDAY

Serving Size: ¼ pasta primavera

Primavera: 410kcal, 17g protein, 57g carb, 480mg sodium, 15g fiber, 0mg cholesterol, 14g fat, 1.5g sat fat, 6g sugar, 15%DV calcium, 20%DV iron.

### (4) THURSDAY

Serving Size: 2 crepes, 1 side salad undressed

Crepe: 490kcal, 31g protein, 40g carb, 1020mg sodium, 7g fiber, 165mg cholesterol, 22g fat, 12g sat fat, 4g sugar, 70%DV calcium, 15%DV iron

Salad: 20kcal, 2g protein, 4g carb, 0mg sodium, 2g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 0g sugar, 4%DV calcium, 6%DV iron

### (5) FRIDAY

Serving Size: 1 veggie burger, ¼ prepared dressing, 1 ear corn

Burger: 370kcal, 21g protein, 62g carb, 1240mg sodium, 19g fiber, 10mg cholesterol, 6g fat, 2g sat fat, 4g sugar, 20%DV calcium, 25%DV iron

Dressing: 40kcal, 0g protein, 10g carb, 10mg sodium, 0g fiber, 0mg cholesterol, 0g fat, 0g sat fat, 9g sugar, 2%DV calcium, 2%DV iron.

Corn: 130kcal, 3g protein, 22g carb, 480mg sodium, 3g fiber, 10mg cholesterol, 4g fat, 2g sat fat, 8g sugar, 0%DV calcium, 4%DV iron.