

PREP GUIDE

Meal #1

- 2 cups cooked couscous ** see recipe below
- 1 cup whole wheat breadcrumbs ** see recipe below
- Cut vegetables/fruit:
 - ½ medium red onion, chopped
 - ½ cup dried soft apricots, roughly chopped
 - ¼ cup kalamata olives (halved, whole or roughly chopped)
 - ½ cucumber, peeled, seeded and cut into small dice

Meal #2

- 2 cups cooked brown rice ** see recipe below
- Cut vegetables:
 - ¾ medium red onion, roughly chopped
 - ¼ medium red onion, finely chopped or cut into thin strips if your family enjoys onions
 - 1 medium carrot, peeled and shredded

Meal #3

- 2 cups cooked couscous ** see recipe below
- Cut vegetables/fruit:
 - ½ medium red onion, cut into small dice
 - 4 cups spinach, washed and roughly chopped into thin shreds
 - ½ cup dried apricots, roughly chopped

Meal #4

- 4 seasoned ground turkey patties ** see Meal #1 for recipe
- Cut vegetables:
 - 4 medium carrots, peeled and cut into sticks
 - ½ cucumber cut into circles

For Brown Rice

1 cup brown rice
 2 cups water or kosher vegetable broth
 1/2 teaspoon kosher salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 2 cups.

Bread Crumbs

Toast one whole wheat hamburger bun in the toaster and then crumble into blender or food processor; process until sandy in texture. Can be stored in an airtight container for up to a week; makes 1 cup breadcrumbs, depending on the size of the bread.

For Couscous

3 cups low sodium chicken broth or water
 2 Tablespoons olive oil
 2 cups dry couscous

In a medium sauce pot with a lid, bring the broth to a boil with the olive oil. Once boiling turn off the heat, stir in the couscous, and cover with the lid. Allow the couscous to absorb the liquid, about 7 minutes. Cool and store in an airtight container; makes 4 cups.

MENU

MONDAY ①

MEDITERRANEAN MEATBALLS
 Apricot couscous

TUESDAY ②

POACHED SALMON
 Sautéed garlic spinach

WEDNESDAY ③

BRAISED APRICOT CHICKEN
 Couscous

THURSDAY ④

SPINACH TURKEY BURGERS
 Carrot sticks & cucumber slices

FRIDAY ⑤

PASTA PUTTANESCA



KOSHER Spring Week 4 Shopping List

(1) Mediterranean Meatballs (2) Poached Salmon (3) Braised Apricot Chicken (4) Spinach Turkey Burgers (5) Pasta Puttanesca

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	salmon (fresh water)*	4 fillets (1-1/2 #)	sub 1 pound chicken breast	20
3	bone in chicken thighs*	4	about 1 pound	5
1,4	lean ground turkey*	2 pounds		12

Recipe #	Vegetables & Fruit			Est Cost
1,5	Italian flat leaf parsley	1/2 sm bunch		1.5
1,2,3	red onion	2		1.5
2,4	carrots	5		2
1,4	cucumbers	1		1
1,2,3,4,5	baby spinach leaves	16 cups		6
5	artichoke hearts	1 cup	fresh, frozen or drained canned	3
4	tomato	1		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	whole wheat hamburger buns*	5		5
1,3,5	kalamata olives*	3/4 cup	pitted	3
5	canned diced tomatoes*	1 can	14.5 oz can, organic, no salt added	2
5	cannellini beans*	1 can	14.5 oz can, organic, no salt added	2
3,5	capers*	2 Tablespoons		2
1,3	couscous, dry*	2 cups		2
1,3	dried soft apricots*	1 cup		3
2,3	white wine*	1-1/4 cups	* optional * chardonnay	3

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

****Check pantry for pasta and rice

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	extra Virgin olive oil	10 Tbsp + 1 tsp	dried oregano	1 Tablespoon
	grapeseed oil*	1 Tablespoon	herbes de provence	2 teaspoons
	balsamic vinegar*	1 Tablespoon	ground cumin	
	white wine vinegar*	2 Tablespoons	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium*	1/2 cup	organic tomato paste*	
	garlic	11 cloves	Dijon mustard or brown mustard*	3 Tablespoons
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid aminos*	
	black pepper	1-1/2 teaspoons	whole wheat angel hair pasta*	8 ounces
cayenne pepper		long grain brown rice	1 cup	
paprika		whole wheat white flour*	1/2 cup	

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* Item must be certified Kosher
 note: All fish with fins and scales that can be easily removed without tearing the skin are Kosher



(1) MEDITERRANEAN MEATBALLS

apricot couscous

MADE AHEAD

- 2 cups cooked couscous ** see prep guide
- 1 cup whole wheat breadcrumbs ** see prep guide
- Cut vegetables/fruit: onion, apricots, olives, cucumber

DIRECTIONS

For Mediterranean meatballs

1. Preheat the oven to 425 degrees and line a baking sheet with foil or parchment.
2. In a large bowl, combine breadcrumbs, onion, parsley, oregano, garlic, Dijon, and salt & pepper and mix well. Add in turkey - mix until just combined.
3. Lay out a large piece of plastic wrap or foil and divide turkey mixture into two equal portions. Form one half into 16 golf ball size meatballs and lay out evenly on the baking sheet. Form the other half of the turkey into 4 equal size patties and refrigerate in a Ziploc bag for later in the week.
4. Cook meatballs 20-25 minutes until cooked through.

For apricot couscous

To warm pre-cooked couscous on dinner night

Add cooked couscous and 1 Tablespoon of water to medium sauce pan and heat over low heat; fluff with a fork.

Meanwhile

1. In a large bowl, combine the spinach, apricots, olives, cucumber, balsamic vinegar, olive oil, and salt & pepper. Stir to combine.
2. Add slightly cooled couscous to the large bowl of vegetables and stir to combine.
3. Serve couscous warm topped with meatballs.

INGREDIENTS

All items marked with an * need kosher certification

For Mediterranean meatballs

- 1 cup whole wheat bread crumbs *
*see prep guide***
- ½ medium red onion, finely chopped
- ½ cup roughly chopped fresh flat leaf Italian parsley
- 1 Tablespoon dried oregano
- 2 cloves garlic, minced or pressed
- 1 Tablespoon Dijon mustard*
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 pounds lean ground turkey (for 2 meals)*

For apricot couscous

- 2 cups cooked couscous *
*see prep guide***
- 2 cups baby spinach, about 2 handfuls (if your leaves are big, give them a rough chop)
- ½ cup dried soft apricots, roughly chopped*
- ¼ cup kalamata olives, halved, whole, or roughly chopped *
- ½ cucumber, peeled, seeded and cut into small dice
- 1 Tablespoon balsamic vinegar*
- 2 Tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ black teaspoon black pepper



(2) SIMPLE POACHED SALMON

sautéed garlic spinach and brown rice

MADE AHEAD

- 2 cups cooked brown rice **** see prep guide**
- Cut vegetables: onion, carrot

DIRECTIONS

For simple poached salmon

1. Season fish lightly with a sprinkle of salt & pepper - set aside.
2. Heat a deep skillet with tall sides, or a medium pot, over medium heat and add in the olive oil and onion. Sweat the onion for 2-3 minutes or just until it is translucent and tender.
3. Add in the water, wine, vinegar, and salt & pepper. Bring to boil and add in salmon. Reduce the heat to low, cover with a lid, and gently poach for 5-7 minutes or just until the fish is cooked through the center. Carefully remove from pan and cover to keep warm.

For sautéed garlic spinach and brown rice

1. Heat a large, nonstick sauté pan over medium heat and add in the olive oil. Once the oil is warm add in the garlic, onions and carrots. Stir until fragrant, about 15-20 seconds.
2. Add in the spinach and stir to combine until all the spinach is coated with olive oil. Sauté the spinach for 3-5 minutes or until it has wilted down. Add in a splash of vinegar and season with salt & pepper. Add in the rice, stir to combine, and cook over low heat until the rice is warmed through. If your rice is a little dry you can add in 1-2 Tablespoons of water to help it to steam.

Serve warm salmon fillets over a bed of spinach rice.

INGREDIENTS

All items marked with an * need Kosher certification

For simple poached salmon

4 salmon fillets, skin removed
Kosher salt & black pepper
1 teaspoon extra virgin olive oil
¼ medium red onion, roughly chopped
4 cups of water
****Optional:** 1 cup white wine*
1 Tablespoon white wine vinegar *
½ teaspoon kosher salt
¼ teaspoon fresh cracked black pepper

For sautéed garlic spinach and brown rice

2 Tablespoon extra virgin olive oil
3 garlic cloves, minced or pressed
¼ medium red onion, finely chopped or cut into thin strips if your family enjoys onions
1 medium carrot, peeled and shredded
6 cups baby spinach leaves
Splash of white wine vinegar*
¼ teaspoon kosher salt
Fresh cracked black pepper to taste
2 cups cooked brown rice
****see prep guide**



(3) BRAISED APRICOT CHICKEN COUSCOUS

MADE AHEAD

- 2 cups cooked couscous
- Cut vegetables/fruit: onion, spinach, apricots

DIRECTIONS

For braised apricot chicken

1. Lightly dry off chicken with a paper towel and season both sides with salt and pepper. Pour flour onto a plate and lightly dredge the chicken on both sides shaking off any excess flour.
2. Heat a large, deep, non-stick skillet over medium heat. Add in olive oil and once hot add the chicken. Brown the chicken, about 3 minutes per side. Remove from pan and set aside.
3. To the hot pan, add onions, garlic, spinach, apricots, olives, and capers. Sprinkle with kosher salt and cook for 2-3 minutes. Add in wine, broth, honey, and Herbes de Provence. Stir to combine and add the chicken back into the pan. Reduce the heat to low-medium, cover, and cook for 20-25 minutes. Serve 1 chicken thigh per person over warmed couscous.

To warm couscous on dinner night

Reheat couscous over low heat with 1 Tablespoon of water and fluff with a fork.

INGREDIENTS

All ingredients marked with an * need Kosher certification

For braised apricot chicken

4 skinless, bone-in chicken thighs*
½ teaspoon kosher salt
¼ teaspoon black pepper
½ cup of white whole wheat flour*
(for dredging)
2 Tablespoons extra virgin olive oil
½ medium red onion, cut into small dice
2 garlic cloves, minced or pressed
4 cups spinach, washed and roughly chopped into thin shreds
½ cup dried soft apricots*, roughly chopped
¼ cup kalamata olives*, roughly chopped
1 Tablespoon capers*
Kosher salt
¼ cup white wine* (or an additional ¼ cup low sodium chicken broth*)
½ cup low sodium chicken broth*
1 Tablespoon 100% pure honey
2 teaspoons Herbes de Provence

2 cups cooked couscous *

**see prep guide



(4) SPINACH TURKEY BURGERS

carrot sticks and cucumber slices

MADE AHEAD

- 4 seasoned ground turkey patties* *See Meal #1 for recipe*
- Cut vegetables: carrots, cucumber

DIRECTIONS

For spinach and turkey burgers

1. Heat a large sauté pan or grill pan over medium heat. Once hot add in the grapeseed oil and then the burgers. Cook the burgers for 8-10 minutes per side or until they are cooked through and no longer pink in the middle.
2. Toast hamburger buns and garnish each burger with Dijon mustard, fresh spinach leaves, and a slice of tomato. Serve each burger with fresh carrot sticks and cucumbers on the side.

Cooking outdoors? Place burgers on a preheated grill brushed with oil and cook about 5 minutes per side or until cooked through and juices are no longer pink. Do not try to turn too early or they will stick.

INGREDIENTS

All items marked with an * need Kosher certification

For spinach turkey burgers

- 1 Tablespoon grapeseed oil*
- 4 seasoned ground turkey patties*
** *see Meal #1 for recipe*
- 4 whole wheat hamburger buns*
- 2 Tablespoons Dijon mustard * (to taste)
- 1 cup baby spinach leaves
- 1 tomato, sliced into 4 slices

- 4 medium carrots, peeled and cut into sticks
- ½ cucumber, cut into circles

This quick pasta dish comes together very fast, so having all your ingredients chopped and ready is the way to go. While your pasta is boiling you can prepare the sauce and you will have dinner on the table in just minutes.

DIRECTIONS

For pasta puttanesca

1. Heat a large pot with water and a heavy pinch of salt. Bring to a boil and cook pasta for 6-7 minutes or until just al dente. Reserve ½ cup of pasta water, drain, and return to pot.

Meanwhile

2. Heat a large, nonstick sauté pan over low-medium heat and add in oil. Allow the oil to warm slightly then add in the garlic and black pepper. Stir and cook until fragrant, about 30 seconds. Add in the spinach, artichokes, olives, capers, tomatoes and beans. Stir to combine and simmer for 3-5 minutes.
3. Add the warm, drained pasta and reserved pasta water to the vegetables and toss to combine (tongs work best). Serve warm garnished with chopped Italian parsley.

INGREDIENTS

All items marked with an * need Kosher certification

For pasta puttanesca

- 8 ounces whole wheat angel hair pasta*
- ¼ cup extra virgin olive oil
- 4 garlic cloves, minced or pressed
- ¼ teaspoon fresh ground black pepper
- 3 cups baby spinach leaves, about 3 handfuls
- 1 cup of artichoke hearts, cut into quarters or bite sized pieces (fresh, canned* or frozen*)
- ¼ cup kalamata olives*, roughly chopped
- 1 Tablespoon capers*
- 1 (14.5 ounce) can no salt added, organic diced tomatoes,* drained (fire roasted work well in this recipe if you can find them)
- 1 (14.5 ounce) can organic white cannellini beans*, drained and rinsed
- ½ cup reserved pasta water

Garnish with fresh chopped Italian parsley



Nutrition Information

Mediterranean meatballs				Serves: 4	
Serving Size: 4 meatballs					
Calories	229	kcal	Fat	13	g
Protein	22.4	g	Saturated	2.8	g
Carbohydrate	5.1	g	Sugar	0.8	g
Sodium	340	mg	Calcium	3.5	%DV
Fiber	1	g	Iron	9.9	%DV
Cholesterol	84	mg			

Apricot couscous				Serves: 4	
Serving Size: 3/4 cup (prepared without feta cheese)					
Calories	298	kcal	Fat	8	g
Protein	7.9	g	Saturated	1.1	g
Carbohydrate	49.3	g	Sugar	6.2	g
Sodium	244	mg	Calcium	4.4	%DV
Fiber	4.6	g	Iron	12	%DV
Cholesterol	0	mg			

Simple poached salmon				Serves: 4	
Serving Size: 1 fillet					
Calories	219	kcal	Fat	10	g
Protein	28.3	g	Saturated	1.6	g
Carbohydrate	1.9	g	Sugar	0.9	g
Sodium	309	mg	Calcium	2.2	%DV
Fiber	0.3	g	Iron	6.6	%DV
Cholesterol	78	mg			

Sautéed garlic spinach and brown rice				Serves: 4	
Serving Size: 3/4 cup					
Calories	255	kcal	Fat	8.1	g
Protein	5.9	g	Saturated	1.2	g
Carbohydrate	39.3	g	Sugar	1.1	g
Sodium	199	mg	Calcium	6.4	%DV
Fiber	3	g	Iron	12	%DV
Cholesterol	0	mg			

Braised apricot chicken				Serves: 4	
Serving Size:					
Calories	328	kcal	Fat	13	g
Protein	25.8	g	Saturated	2.3	g
Carbohydrate	29	g	Sugar	14	g
Sodium	542	mg	Calcium	6.3	%DV
Fiber	4	g	Iron	17	%DV
Cholesterol	108	mg			

Couscous				Serves: 4	
Serving Size: 1/2 cup					
Calories	207	kcal	Fat	3.7	g
Protein	6.6	g	Saturated	0.5	g
Carbohydrate	35.6	g	Sugar	0	g
Sodium	27.2	mg	Calcium	1.5	%DV
Fiber	2.3	g	Iron	3.2	%DV
Cholesterol	0	mg			

Spinach & turkey burgers with carrot sticks and cucumber slices				Serves: 4	
Serving Size: 1 turkey burger with carrots & cucumber					
Calories	465	kcal	Fat	18	g
Protein	30.6	g	Saturated	3.2	g
Carbohydrate	42.9	g	Sugar	8.3	g
Sodium	818	mg	Calcium	9.2	%DV
Fiber	8.6	g	Iron	21	%DV
Cholesterol	84	mg			

Pasta puttanesca				Serves: 4	
Serving Size: 1 cup					
Calories	463	kcal	Fat	16	g
Protein	16.6	g	Saturated	2.2	g
Carbohydrate	68.7	g	Sugar	5.9	g
Sodium	484	mg	Calcium	14	%DV
Fiber	15.2	g	Iron	26	%DV
Cholesterol	0	mg			