

PREP AHEAD OF TIME

PREPARE MEATLOAF:

1 gluten free bread roll, for crumbs
1 pound ground turkey or beef
¼ cup fresh parsley, finely chopped
½ medium yellow onion, minced
½ Tablespoon ground cumin
2 large eggs
1 Tablespoon gluten-free Dijon mustard
1 teaspoon balsamic vinegar
1 teaspoon salt
1 teaspoon pepper

1. Preheat oven on to 400°F.
2. Slice gluten-free roll into several pieces lengthwise and place on baking sheet.
3. Bake in oven for 5-8 minutes to dry out. Then crumble the crusted bread until it feels mealy like crumbs. Use ½ cup crumbs for recipe and store the rest in an airtight container for up to a month.
4. In a large bowl, combine meat, bread crumbs, parsley, onion, cumin, eggs, Dijon, balsamic vinegar, salt and pepper until well mixed. Don't be afraid to use your hands. Kids can have fun with this!
5. Form mixture into a 9x13 loaf pan. Cover with a layer of plastic wrap and store in fridge until dinner night.

STEAM POTATOES:

1 pound medium gold potatoes, scrubbed and cut into quarters
¼ cup gluten free chicken or vegetable broth or water
1/4 teaspoon salt
1/4 teaspoon pepper

Arrange potato quarters in a 1-quart microwave-safe dish. Add water, and cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap (I can't say this enough, but steam is the worst burn). Drain. Sprinkle with salt and pepper. Store in airtight container until ready to use.

MENU:

MONDAY ①

Turkey Meatloaf
Steamed Potatoes
Sautéed Brussels Sprouts

TUESDAY ②

Tilapia on Winter Greens
Tomato Quinoa

WEDNESDAY ③

Portobello Pizza
Side Salad

THURSDAY ④

Two Bean Turkey Chili

FRIDAY ⑤

Mushroom Pasta
Cucumber & Bell Pepper Slices



Gluten Free January 27th

Shopping List

1-Turkey Meatloaf 2-Tilapia/Greens 3-Portobello Pizza 4-Turkey Chili 5-Mushroom Pasta

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	ground turkey or beef	2 lbs.	lean	10
2	tilapia filets	1-1/4 lbs.		12

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	fresh parsley	1 bunch	to yield 5 Tb	1.5
1	gold potatoes	1 lb.		2
1	Brussels sprouts	1/2 lb.	about 16	2
2	greens	2 lb.	collard, mustard, or kale	4
2, 3, 4	roma tomatoes	1 lb. + 1		5
3,5	portobello mushrooms	6 caps		6
3	baby spinach	10 cups		4
4	jalapeno pepper	1		0.5
5	fresh sage	1 bunch		1.5
3	bell pepper	2 medium	any color	2
5	cucumber	1 medium		1

Recipe #	Dairy	Quantity	Notes	Est Cost
3	part-skim ricotta cheese	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	gluten free bread	1 slice	any variety price for 1/2 loaf	3
3, 4, 5	canellini beans	2 cans	15 ounce	3
4	kidney beans	1 can	15 ounce	1.5
4	grape seed oil	2 Tablespoon	(buy one bottle for pantry)	8
2	quinoa	1 cup		2

Fresh 20 Grocery Est 71
 Cost Per Dinner 14.2
 Cost Per Serving 3.55

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	gluten free chicken broth (or vegetable)	7-1/2 cups
	garlic	7 cloves	raw honey	1 Tablespoon
	onions (2 yellow, 1 red)	3	eggs	2
	dried oregano	1-1/3 Tbsp.	Gluten-free tomato paste	2 Tablespoons
	cumin	1 Tablespoon	gluten free Dijon mustard	1 Tablespoon
	sea salt	5-1/2 teaspoon	balsamic vinegar	1 teaspoon
	black pepper	3 teaspoons	black beans	15 oz can
	red pepper flakes	1/2 teaspoon	gluten free pasta (spaghetti or fettucine)	12 ounces
	cayenne pepper	3/4 teaspoon	gluten free pantry dressing	1/4 cup

www.thefresh20.com/pantrydressings

INSTRUCTIONS:

AHEAD OF TIME:

For meatloaf:

1. Toast bread on high until crispy and dry and crumble with fingers into a meal like texture to create crumbs.
2. In a large bowl, combine meat, bread crumbs, parsley, onion, cumin, eggs, Dijon, balsamic vinegar, salt and pepper until well mixed. Don't be afraid to use your hands. Kids can have fun with this!
3. Form mixture into a 9x13 loaf pan. Cover with a layer of plastic wrap and store in fridge.

For potatoes:

1. Arrange potato quarters in a 1-quart microwave-safe dish. Add stock or water, and cover with heavy-duty plastic wrap.
2. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap. Drain.
3. Sprinkle with salt and pepper. Store in an airtight container until ready to use.

DINNER NIGHT:

For meatloaf:

1. Preheat oven to 400°F
2. Remove meatloaf from fridge and unwrap.
3. Blend tomato paste, honey and water until thick and smooth. Baste the top of meatloaf with the tomato mix.
4. Bake about 60 minutes until firm but moist. Internal temperature should be 165°F

For Brussels sprouts:

1. Heat olive oil in a medium sauté pan over medium-high heat. Cook garlic for 1 minute until fragrant.
2. Add in Brussels sprouts. Cook for 5-6 minutes, stirring frequently to prevent burning.
3. Salt and pepper to taste.

Reheat steamed potatoes and serve with meatloaf and Brussels sprouts.

INGREDIENTS:

1 slice gluten free bread, for crumbs

1 pound ground turkey or beef

¼ cup fresh parsley, finely chopped

½ medium red onion, minced

½ Tablespoon ground cumin

2 large eggs

1 Tablespoon gluten free Dijon mustard

1 teaspoon balsamic vinegar

1 teaspoon salt

1 teaspoon pepper

2 Tablespoons tomato paste

1 Tablespoon raw honey

1 Tablespoon water

For potatoes:

1 pound medium gold potatoes, scrubbed and cut into quarters

¼ cup gluten free chicken or vegetable broth or water

1/4 teaspoon salt

1/4 teaspoon pepper

For Brussels sprouts:

2 Tablespoons olive oil

2 large garlic cloves, minced

1/2 pound Brussels sprouts (about 16), trimmed and cut in half

TILAPIA on WINTER GREENS

w/ tomato quinoa

DIRECTIONS:

For greens and fish:

Boil greens in 2 cups chicken stock for 10 minutes. Drain greens and reserve 1 cup liquid.

Heat olive oil in a pan over medium-high heat. Sauté the onions and garlic for 5 minutes. Stir in the boiled greens, red pepper flakes, salt and pepper. Arrange tilapia pieces on top of greens. Pour reserved liquid over fish. Cover and steam for 10 minutes, until fish is flaky.

For tomato quinoa:

Meanwhile, boil 2 cups water. Stir in quinoa and salt. Cover, remove from heat and let rest for 5 minutes.

Fluff with a fork and stir in tomato and parsley.

Serve 3-4 pieces of fish with 1 cup greens and ½ cup tomato couscous

INGREDIENTS:

2 pounds collard, mustard or kale greens, washed, stems removed, and cut into small pieces

2 cups gluten free chicken or vegetable broth

1 Tablespoon olive oil

½ medium yellow onion, chopped

2 cloves garlic, minced

½ teaspoon red pepper flakes

½ teaspoon sea salt

½ teaspoon black pepper

1-1/4 pound tilapia filets, cut into 2 inch strips

For tomato quinoa:

1 cup dry quinoa

2 cups water

¼ teaspoon sea salt

1 tomato, chopped

1 Tablespoon fresh parsley, chopped

PORTOBELLO PIZZA BIANCO

side salad

INSTRUCTIONS

For Portobello pizza bianco

1. Preheat oven to 400°F.
2. Brush mushrooms with olive oil and arrange smooth top facing down on a foil-lined baking sheet.
3. Puree beans and spinach in a blender or food processor until smooth. Stir in salt and pepper.
4. Spoon 2 Tablespoons of puree into center of each mushroom and spread until evenly covered.
5. Combine oregano and ricotta.
6. Spread a layer of ricotta mix over spinach blend.
7. Top with 2 or 3 slices of tomatoes.
8. Sprinkle with cayenne pepper.
9. Bake for 15 minutes or until warmed through and tops start to brown.

For side salad

1. Toss spinach, red onions, and bell peppers with dressing.

INGREDIENTS

For Portobello pizza bianco

4 Portobello mushroom caps,
brushed and bottom gills removed

Olive oil, for brushing mushrooms

1 15-ounce can cannellini beans,
drained and rinsed

4 cups baby spinach, washed

½ teaspoon sea salt

¼ teaspoon black pepper

1 cup part-skim ricotta cheese

2 Roma tomatoes, thinly sliced

1 Tablespoon dried oregano

¼ teaspoon cayenne pepper

For side salad

6 cups baby spinach leaves

1/2 medium red onion, thinly sliced

1 bell pepper, sliced

¼ cup pantry dressing

www.thefresh20.com/pantrydressings

One pot meals are easy and comforting. This chili has everything needed for a nutritious, all inclusive meal. This can be made up to 3 days ahead.

INSTRUCTIONS

For two bean turkey chili

1. Heat oil in medium stockpot over medium-high heat.
2. Sauté onions for 2 minutes.
3. Add garlic and jalapeno pepper, and sauté for 3-4 minutes.
4. Mix in meat. Brown until no longer pink. Season with salt, cumin, oregano, black pepper, and optional cayenne pepper.
5. Add tomatoes and liquids (broth and water) and bring to simmer.
6. Add beans to the pot. Bring soup to a boil and reduce heat to low.
7. Cover pot and simmer for 8-10 minutes.

INGREDIENTS

For two bean chili

- 2 Tablespoons grape seed oil
- 1 medium yellow onion, diced
- 1 clove garlic, minced
- 1 jalapeno pepper, seeds removed and diced
- 1 pound lean ground turkey
- 1 teaspoon kosher salt
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)
- 1 pound Roma tomatoes, chopped
- 4 cups gluten free chicken or vegetable broth
- 2 cups water
- 1 - 15-ounce can black beans, drained and rinsed
- 1 - 15-ounce can kidney beans, drained and rinsed
- ½ can cannellini beans (should be left from previous dinner)

MUSHROOM PASTA

veggie slices

INSTRUCTIONS

For mushroom pasta

1. Cook spaghetti according to package instructions.
2. Purée cannellini beans with $\frac{1}{2}$ cup vegetable broth, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon olive oil until smooth. Set aside.
3. Heat 2 tablespoons of olive oil in a saucepan over medium heat. Sauté onions for 2-3 minutes, until softened.
4. Add garlic and sauté until fragrant.
5. Add mushrooms and sauté for 4-5 minutes. Season with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of black pepper.
6. Add sage leaves and continue to sauté for 1-2 minutes.
7. Pour in cooked spaghetti and stir to coat spaghetti with mushrooms.
8. Turn heat to medium-low and pour in cannellini bean puree. If puree has separated a little, simply stir well to mix. Coat pasta with purée. Turn heat off.
9. Remove saucepan from heat. Pour in remaining vegetable broth and stir to coat. Season with remaining teaspoon of salt.

Serve pasta with cucumber and bell pepper slices.

INGREDIENTS

For mushroom pasta

- 10 ounces gluten free spaghetti
- $\frac{1}{2}$ can 15-ounce cannellini beans, drained
- $\frac{1}{2}$ + $\frac{1}{2}$ cup gluten free chicken or vegetable broth
- $\frac{1}{4}$ + $\frac{1}{2}$ + 1 teaspoons sea salt
- $\frac{1}{4}$ + 2 Tablespoons olive oil
- $\frac{1}{2}$ medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 Portobello mushroom caps, stems removed and caps diced
- $\frac{1}{4}$ teaspoon black pepper
- 10 fresh sage leaves, chopped

- 1 medium cucumber, sliced
- 1 bell pepper, sliced