



February 2nd

Shopping List

This Week's Menu: Balsamic Pear Porkchops, Curry Halibut, Stuffed Turkey Burgers, Roasted Cauliflower Soup

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	halibut fillets	4 filets	can sub any white flesh fish	18
	pork loin chops	4	(1" thick, boneless)	10
	2 pounds ground turkey	2 pounds	lean	8

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	fresh ginger	3 inch piece		1
	tomatoes	3 medium		3
	green bell pepper	1 large		1
	broccoli florets	2 heads	to yield 5 cups	3
	cauliflower	2 heads		3
	potatoes	5 medium		2
	kale greens	2 bunches	about 2 pounds	3
	shallots	4		2
	green leaf lettuce	2 heads		2
	lemon	1		1
	basil	1 bunch	about 20 leaves	1
	cashews or soy nuts	1/4 cup		3
	pears	4		3

Got it!	Dairy	Quantity	Notes	Est Cost
	provolone cheese	4 deli slices		1
	optional: cheddar cheese	1 cup	shredded	

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	ground turmeric	1 teaspoon	less than an ounce	4
	gluten free hamburger buns	5	see prep notes for avail brands	5
	dry quinoa	3 cups		3

Fresh 20 Grocery Est 77
 Cost Per Dinner 15.4
 Cost Per Serving 3.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	gluten chicken stock (or vegetable)	8 cups
	garlic	4 cloves	organic butter	1 Tablespoon
	onions	2	black beans, low sodium	14 oz can
	dried oregano	2 teaspoons	pantry dressing	1/4 cup
	cumin	1 teaspoon	gluten free Dijon mustard	1/4 teaspoon
	sea salt (needed for brine)	5 Tablespoons	balsamic vinegar	3/4 cup
	black pepper	2.5 teaspoons	soy sauce	
	red chili powder + flakes	2 teaspoons	pasta	
	brown sugar	4-1/2 teaspoons	flour	

PREP AHEAD OF TIME:

COOK QUINOA

3 cup dry quinoa
3 cups gluten free chicken stock

Combine quinoa and stock in a small saucepan. Bring to a simmer and then reduce to low. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Fluff and season with salt and pepper to taste. This is used for 2 recipes.

GLUTEN FREE BREADCRUMBS

3 slices gluten free bread (to yield 1 cup crumbs)
Slice into toaster size pieces. Toast until well done and hardened.
Grind in food processor or crumble with hands until mealy.
Store breadcrumbs in an airtight Ziploc container for up to 2 weeks.

ROAST CAULIFLOWER

1-1/2 heads cauliflower, roughly chopped
1 large shallot, cut into quarters
2 cloves garlic, cut in half
1 Tablespoon olive oil
1 teaspoon sea salt

Preheat your oven to 400 degrees. Arrange cauliflower, shallots and garlic on a large baking sheet. Drizzle with olive oil then sprinkle with salt. Roast for 30 minutes, until tender.

ROAST VEGETABLES

2 cups broccoli florets
½ head cauliflower, broken into florets
2 pears, peeled, cored and cut into wedges
1 Tablespoon olive oil

Preheat oven to 400 degrees. Toss broccoli, cauliflower and pears with the olive oil and arrange on a large baking sheet. Roast for 30 minutes or until tender with a fork.

MENU:

MONDAY

Balsamic Pear Porkchops
Quinoa & Broccoli

TUESDAY

Curried Halibut
Green Pepper Quinoa Salad

WEDNESDAY

Stuffed Turkey Burger
Potato Fries
Kale Chips

THURSDAY

Turkey Lettuce Wraps
Roasted Cauliflower Soup

FRIDAY

Winter Vegetable Plate

I recommended get the brining started before prepping any of the other ingredients. It will cut down on time so that once the chops have been brined; everything else is ready to go!

DIRECTIONS:

For chops:

In a large bowl, combine water, salt, and sugar. Add pork chops to the brine liquid, and soak for ½ hour. Remove pork chops and discard the brine. Pat pork chops dry with paper towels.

Meanwhile, add balsamic vinegar to a small saucepan. Bring to boil and cook 10 minutes. Vinegar will reduce.

Melt butter in a large skillet over medium heat. Add the onions and pears to brown for about 5 minutes. Transfer (including any liquid) to saucepan and combine with balsamic vinegar. Do not rinse skillet.

Heat 1 Tablespoon olive oil in skillet. There may still be some bits and pieces from the onion/apple mix. That's okay. Once oil is hot, place already brined pork chops into skillet, browning on one side for 4 minutes before flipping. Cook for an additional 3 minutes. Cover and remove from heat. The pork will continue to cook once covered.

Let pork chops sit for 5 minutes before removing lid or foil. Spoon pears over each chop to serve.

For quinoa:

Combine quinoa and liquid in a small saucepan. Bring to a simmer and then reduce to low. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Fluff and season with salt and pepper to taste. This amount is used for 2 recipes this week.

Can be made ahead and reheated just before dinner.

For broccoli:

Combine olive oil and lemon juice. Toss with broccoli florets, black pepper and pepper flake. Microwave, covered, on high for 3-4 minutes. Sprinkle with salt. Serve.

INGREDIENTS:

6 cups water

3 Tablespoons sea salt

2 Tablespoons brown sugar

4 pork loin chops (1" thick, boneless)

½ cup balsamic vinegar

1 Tablespoon butter

1 onion, sliced

2 pears, peeled, cored and cut into wedges

1 Tablespoon olive oil

3 cup dry quinoa

3 cups gluten free chicken stock

3 cups broccoli florets

1 teaspoon olive oil

½ lemon, juiced

1 teaspoon black pepper

½ teaspoon red pepper flakes

Salt to taste

I do not know where this recipe comes from. It was written down on a random piece of paper marked delicious. I know it's not mine because I haven't really written any curry recipes. I've adapted it a bit to fit Fresh 20 ingredient limitations. One day I will stumble upon the original author. For now, let's concentrate on the "delicious" part.

DIRECTIONS:

Combine the onion, garlic, ginger, and cashews in a blender or food processor and pulse until the mixture forms a paste.

Heat olive oil in a skillet over medium-low heat. Stir in the prepared paste; cook and stir for a minute or two. Add the red chili powder, turmeric, cumin, salt, and sugar. Cook, stirring for an additional five minutes. Stir in the chopped tomato and stock broth.

Arrange the seasoned fish fillets in a baking dish. Top the fish with the curry sauce, cover the baking dish, and bake in the preheated oven until the fish flakes easily with a fork, about 25 minutes.

For salad:

Mix all ingredients in a medium bowl and chill.

Note on turmeric

Look for a powder with a bright orange-yellow color. Most prepackaged turmeric is fresh enough for most recipes, but if you are lucky enough to have a spice shop in your city where you can purchase an even fresher product it's definitely worth the trip.

INGREDIENTS:

4 medium halibut fillets (or any white flesh fish that is fresh, not farmed)

1 onion, quartered

2 cloves garlic, peeled and cut in half

1 inch piece fresh ginger, peeled

¼ cup cashews (allergies? try soy nuts)

1 Tablespoon olive oil

1 teaspoons red chili pepper

1/2 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon salt

1 teaspoon brown sugar

1 medium tomato, chopped

½ cup chicken or vegetable stock

For salad:

3 cups prepared quinoa

½ green bell pepper, finely chopped

1 Tablespoons pantry dressing

DIRECTIONS:

Sauté shallots in olive oil over medium heat for 3 minutes. Add turkey, ginger and seasonings and brown until no longer pink.

Place a lettuce leaf on a plate and add a heaping scoop of turkey mix. Top with shredded basil. Wrap it up! You can eat with no hands or you can chop up the lettuce and eat with a fork.

INGREDIENTS:

1 Tablespoon olive oil

2 shallots, minced

1 pound lean ground turkey

1 Tablespoon fresh ginger, grated

1 teaspoon salt

1/2 teaspoon black pepper

Optional: 1/8 teaspoon turmeric
spice

1/2 cup fresh basil, minced

1 head green leaf lettuce leaves intact

This soup seems to popping up everywhere this winter. It's easy, uses minimal ingredients and is a great source of Vitamin C, which everyone needs a little more of this winter. It doesn't have enough calories or protein to stand on its own as a meal. We've paired it with turkey lettuce wraps for a low carb, low fat dinner. (Makes four 1-1/2 cup servings)

DIRECTIONS:

You can roast cauliflower ahead of time!

Preheat your oven to 400 degrees. Arrange cauliflower, shallots and garlic on a large baking sheet. Drizzle with olive oil then sprinkle with salt. Roast for 30 minutes, until tender.

For immersion blender:

Transfer to a medium stock pot. Pour in 2 cups of stock and puree until no large pieces are present. Bring to a low simmer on medium heat and add remaining 2 cups of stock. Add black pepper and if necessary, a little extra salt to taste.

For regular blender:

Transfer to blender. Pour in 2 cups of stock and puree until no large pieces are present. When smooth, transfer to a medium stockpot adding remaining 2 cups of stock. Add black pepper and if necessary, a little extra salt to taste.

If desired, stir in cheese right before serving. Divide into small bowls or cups. Serving size is one and a half cups.

INGREDIENTS:

1-1/2 heads cauliflower, roughly chopped

1 large shallot, cut into quarters

2 cloves garlic, cut in half

1 Tablespoon olive oil

1 teaspoon sea salt

4 cups gluten free chicken broth

½ teaspoon black pepper

Optional: 1 cup mild cheddar cheese, shredded

Kids love the cheesy center surprise of these burgers. A sweet dressing replaces conventional ketchup.

DIRECTIONS:

For Burgers:

Combine turkey, breadcrumbs, lemon juice, green pepper, basil, oregano, salt and pepper in large bowl. Mix well. Divide turkey mixture into 8 equal portions. Form 8 thin, individual patties. Place one slice provolone in middle of a turkey patty; place a second patty on top of cheese. Seal patties at edges to enclose cheese. Repeat to form remaining 3 burgers.

Grill burgers until cooked through, about 5 minutes per side. Toast hamburger buns. Spread a Tablespoon of dressing onto toasted bun. Top with turkey burger garnish with lettuce leaf.

For Dressing:

Whisk together all ingredients until smooth.

Gluten Free Notes:

There are several varieties of Gluten Free hamburger buns available. Here are a few brands:

- Whole Foods Bakehouse Hamburger Buns
- Kinnikinnick Foods' New and Improved Hamburger Buns
- Bristol Baking Hamburger Buns

As an alternative you can serve these burgers protein style! Skip the bun and wrap in a whole lettuce leaf, which is a great way to make them diet friendly without losing flavor!

Check your mustard to make sure your regular brand is gluten free.

INGREDIENTS:

1 pound ground turkey

½ cup fresh gluten free breadcrumbs
(see prep)

½ lemon, juiced

½ green bell pepper, finely chopped

1 Tablespoon fresh basil, shredded

2 teaspoons dried oregano

1 teaspoon salt

1/2 teaspoon ground black pepper

4 slices Provolone cheese

4 whole gluten free hamburger buns

4 leaves lettuce, whole

Dressing

4 1/2 tablespoons balsamic vinegar

2 tablespoons brown sugar

1/4 teaspoon gluten free Dijon
mustard

1/4 teaspoon red chili powder

DIRECTIONS:

Preheat oven to 400 degrees.

Line a large baking sheet with parchment paper. If you do not have parchment on hand, generously oil the bottom of the baking sheet.

Toss cut potato wedges in olive oil and sea salt. Arrange one layer of wedges on prepared baking sheet. Bake for 40 minutes, flipping once, until golden brown.

Transfer to serving dish.

Arrange Kale on same baking sheet making sure to not overlap leaves too much. Bake for 10 minutes. Kale will become crispy. Gently move to serving dish. Kale crisps are best when picked up and eaten straight off the stem.

INGREDIENTS:

1 large bunch Kale greens, washed

1 Tablespoon olive oil

½ teaspoon sea salt

5 small potatoes, scrubbed; skin on and cut into wedges

1 Tablespoon olive oil

½ teaspoon sea salt

Sometimes, a simple vegetarian meal is nice. Serve with any leftover entrees you might have or just load up on the veggies!

DIRECTIONS:

Preheat oven to 400 degrees. Toss broccoli, cauliflower and pears with the olive oil and arrange on a large baking sheet. Roast for 30 minutes or until tender with a fork.

Meanwhile, using a scant amount of olive oil, sauté shallots and tomatoes in a small saucepan. Add in black beans and stir to combine. Let cook for 5 minutes until well heated.

For kale:

Heat stock in medium sauté pan. Add kale and cook until wilted. Cover and remove from heat.

To build a vegetable plate:

2 cups roasted veggies with pears

¼ cup wilted kale

½ cup black bean/tomato mix

INGREDIENTS:

2 cups broccoli florets

½ head cauliflower, broken into florets

2 pears, peeled, cored and cut into wedges

1 Tablespoon+ scant amount olive oil

2 shallots, minced

2 tomatoes, chopped

1-14oz can black beans, drained and rinsed

1 bunch kale, stems removed and chopped