



March 23rd

# Shopping List

This Week's Menu: Vegetable Soup, Linguine w/ Clams, Tacos, Kale/Tofu Soup, Chicken Sausage Peppers

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	clams	1 pound	little neck	12
	ground turkey	2 pounds	lean	10
	chicken sausage	4 links	pack of 5 okay	5

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	tomatoes	3 medium		3
	cherry tomatoes	1 pint		3
	broccoli	1 pound	about 4 cups chopped	2
	portabella mushrooms	3		4
	kale	1 bunch		2
	tofu	1 box	firm	3
	romaine lettuce	2 heads		3
	jalapeno pepper	1		1
	carrots	5 medium		2
	avocado	1		1
	bell pepper	5	variety, at least 1 green	5
	fresh parsley	1 bunch		2
	mango	2 medium	firm but not green	2

Got it!	Dairy	Quantity	Notes	Est Cost
	monterey jack cheese	2 cups	8 oz shredded	4
	fat free sour cream	1/2 cup		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	organic corn taco shells	8		4
	white wine	1/2 cup	inexpensive bottle, will keep in fridge	5

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

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 Tablespoons	gluten free chicken stock (or vegetable)	8 cups
	garlic	4 cloves	organic butter	1 Tablespoons
	onions	2 medium	gluten free pasta (linguine)	8 oz (half box)
	brown rice	2 cups dry	black beans low sodium	14 oz (1 can)
			pantry dressing	1/4 cup
	sea salt	4 teaspoons		
	black pepper	2 teaspoon		
	red chili flakes	1 teaspoon		
	dried oregano	2 teaspoons		

## PREP AHEAD OF TIME:

### SOUP BASE:

- 2 Tablespoon olive oil
- 1 medium onion, chopped
- 4 carrots cut in round discs
- 1 green pepper, chopped
- ½ jalapeno pepper, seeded and finely chopped
- 6 cups gluten free chicken or vegetable stock

Heat olive oil in large stock pot.  
Add chopped onion, jalapeno, green pepper & carrots and cook 5-10 minutes until slightly brown.  
Add stock, oregano, salt and pepper; simmer for 15 minutes on low.  
Let cool down and store in fridge until soup night.

### BROWN RICE:

- ½ onion, finely chopped
- 2 cups brown rice
- 2 cups gluten free chicken stock
- 2 cups water
- 1 Tablespoon olive oil
- 1 teaspoon salt

Add oil, onion, salt and rice to a medium stockpot over high heat.  
Brown the rice, stirring frequently, for 3-4 minutes. Add stock/water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yield is 5 cups; used for 3 recipes.

## MENU:

### MONDAY

**Monday Night Skillet  
w/ Mushrooms & Ground Turkey  
Rice**

### TUESDAY

**Mark Bittman's  
Linguine with Clams & Tomatoes  
Simple Salad**

### WEDNESDAY

**Taco Night**

### THURSDAY

**Kale Tofu Soup  
Fresh Mango**

### FRIDAY

**Chicken Sausage Stuffed Peppers  
Steamed Broccoli**

I love easy skillet dinners. With the addition of fresh herbs, they can be a quick tasty solution to hectic weeknights.

**DIRECTIONS:**

Sauté onions in olive oil over medium-high heat until softened, about 4 minutes. Add ground turkey, cooking until no longer pink. Add salt and black pepper. Stir in mushrooms, tomatoes and parsley. Cook for 5 minutes. Serve over brown rice.

**INGREDIENTS:**

- 1 Tablespoon olive oil
- ½ onion, chopped
- 1 pound ground turkey
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 portabella mushroom caps  
-stems and black gills removed, then  
chopped
- 2 tomatoes, chopped
- ¼ cup fresh parsley, chopped
- 3 cups brown rice (see prep)

*I absolutely love The Food Matters Cookbook by Mark Bittman. I published a linguine with clams recipe last spring, but I recently made his and thought very highly of it, so I'm excited for everyone to try it. You can leave the clams in their shell for serving or you can take the meat out and mix it in with the pasta if you think it will be easier to introduce this dish to the kids. Recipe slightly adapted.*

## **DIRECTIONS:**

Boil salty water for pasta.

In a large skillet, heat olive oil over medium-high heat. Once hot, add garlic and cook, stirring for about a minute.

Stir in the tomatoes, wine, and clams. Raise the heat to high and cover. Cook shaking gently until the clams open, about 5 minutes.

Meanwhile, cook pasta then drain, reserving 1/4 cup of cooking liquid.

Add the cooked pasta to the clams, stirring and seasoning with salt, pepper and remaining olive oil. If desired, add a small amount of reserved liquid. Stir in fresh parsley. Serve immediately.

*For salad:* Toss lettuce with gluten free pantry dressing. Top with carrots.

## **SUBSTITUTE:**

Shrimp or cubed chicken

## **GLUTEN FREE NOTES:**

There are many brands of great gf pasta that are available now. Some of the best brands are corn-based and maybe also include some brown rice and/or potato starch. The corn-based pastas hold up much better than all-rice pasta and don't get mushy. A combination of corn with the rice or potato yield a balanced flavor. Schar is a great brand.

Another fantastic alternative is pasta made from Quinoa (keen-wah). It is an ancient grain and gluten free. It's full of fiber and protein, holds its shape well and has a very "normal" pasta taste.

## **INGREDIENTS:**

Salt for pasta water

2 Tablespoons olive oil

3 cloves garlic, minced

1 pint cherry tomatoes, halved crosswise

½ cup dry white wine

1 pound littleneck clams, well scrubbed and intact

8 oz pasta (gluten free)

¼ cup fresh parsley, chopped

Sea salt and black pepper to taste

### *For salad:*

1 head romaine, chopped

1 carrot, shredded

¼ cup gluten free pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

*Tacos seem to be a member favorite. I agree. They are simple to prepare and easy to customize.*

## **DIRECTIONS:**

### **AHEAD OF TIME:**

In a medium skillet, break apart ground beef into loose crumbles. Add salt, pepper, oregano and chili flakes. Cover with 1 cup water and simmer for 10 minutes. Add chopped onion/garlic and simmer an additional 10 minutes. Let cool and store in an airtight container.

### **DINNER NIGHT:**

Remove meat from fridge and reheat.

Pour black beans with liquid into a microwave safe bowl. Add fresh parsley to beans. Season with a little salt. Heat on high for 2-3 minutes.

Place all ingredients in small bowls or on one large platter. Layer beans, meat, lettuce, cheese, tomato, avocado and yogurt in taco shell.

There are many ways to build a great taco. Have fun with it! Kids love this meal.

Serve with 2 tacos with  $\frac{1}{2}$  cup rice.

## **INGREDIENTS:**

1 pound ground turkey

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon black pepper

1 teaspoon dried oregano

$\frac{1}{2}$  teaspoon chili flakes

$\frac{1}{2}$  onion, chopped

1 clove garlic

14 oz. black beans (1 can)

1 Tablespoon fresh parsley, chopped

1 tomato, chopped

1 avocado, pit removed & sliced

$\frac{1}{2}$  cup fat free sour cream

1 cup Monterey jack cheese, shredded

2 cups lettuce, chopped

8 organic corn taco shells

2 cups brown rice, cooked (see prep)

### DIRECTIONS:

Preheat oven to 350. Take three large peppers for stuffing.  
Remove core and seeds. Slice in half lengthwise.

Place flesh side up on baking sheet.

Bake for 15 minutes.

Finely chop remaining 1 pepper, celery and onion.

In medium skillet, heat olive oil, chopped pepper, and onion and sauté for 5 minutes until mixture softens.

Stir in mushrooms and stock. Add salt and pepper.

Cook for 3-4 minutes until liquid is absorbed.

Add rice and sausage.

Remove roasted peppers from oven. Scoop 3/4 cup of stuffing mix into each half of pepper.

Cover with shredded mozzarella and place back in oven to melt cheese.

Serve peppers with side of steamed broccoli.

### INGREDIENTS:

4 chicken sausage, finely chopped  
(any gluten free variety, minimally processed)

4 bell peppers (any mix of green, yellow, red)

½ onion, minced

1 Portabella mushroom, finely chopped

1 cup rice, cooked

¼ cup gluten free chicken stock

1 cup Monterey Jack, shredded

1/2 teaspoon each salt & pepper

optional:

¼ teaspoon chili flakes

4 cups broccoli florets, steamed

**DIRECTIONS:****MAKE AHEAD:**

Heat olive oil in large stock pot.  
Add chopped onion, jalapeno, green pepper & carrots and cook 5-10 minutes until slightly brown.  
Add stock, oregano, salt and pepper; simmer for 15 minutes on low.  
Let cool down and store in fridge until soup night.

**DINNER NIGHT:**

Bring soup base to simmer and add kale.  
Simmer for 5 minutes. Mix in cubed tofu and simmer 5 more minutes.  
Serve in individual bowls with a ½ cup mango on side.

**KITCHEN TIP:**

I like to add a Tablespoon of tomato paste to make it a little richer.  
You can also add some chili flakes if you want to spice it up!  
Throw in any extra vegetables you have in the fridge!

**GLUTEN FRE NOTES:**

Many brands of tofu actually contain wheat. Check ingredients before you purchase!

**INGREDIENTS:**

2 Tablespoon olive oil  
1 medium onion, chopped  
4 carrots cut in round discs  
1 green pepper, chopped  
½ jalapeno pepper, seeded and finely chopped  
6 cups gluten free chicken or vegetable stock  
1 bunch kale, washed and chopped  
1 box firm gluten free tofu, chopped into cubes  
1 teaspoon dried oregano  
1 teaspoon salt  
½ teaspoon black pepper  
2 mango, peeled and cubed