

## PREP AHEAD OF TIME

### **Brown Rice**

- 2 Tablespoon olive oil
- ½ onion, finely chopped
- 3 cups brown rice
- 3 cups vegetable stock (or water)
- 3 cups water
- 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 and bring water 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 6 cups; used for 2 recipes.

### **Roasted Tomatoes**

- 1 ½ Tablespoon olive oil
- 4 tomatoes, cut in half
- ½ teaspoon oregano
- ¼ teaspoon salt

Toss tomatoes in olive oil, oregano, and salt. Roast in an oven-proof dish (center flesh up) at 375°F for 35 minutes. Pour most of the liquids out.

### **Mayonnaise**

- 2 egg yolks
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1/2 cup olive oil
- 1/2 teaspoon salt

Whisk yolks, Dijon and lemon until well blended and light in color. By hand – 4 minutes, by mixer – 2 minute. Slowly drizzle in oil a little at a time, whisking until mayo stiffens. Add 1/2 teaspoon salt. Refrigerate for up to 2 days.

### **Breadcrumbs**

- 3 whole wheat bakery rolls

Toast bread until crispy but not burned. Place in Ziploc bag and crush with a rolling pin or bottle until mealy. Yields 2 cups. Store for up to a week.

## MENU:

### **MONDAY**

- Sushi Hand Rolls
- Miso Soup

### **TUESDAY**

- Oven-Baked Falafel
- Simple Salad

### **WEDNESDAY**

- Parsnip Stew
- Brown Rice

### **THURSDAY**

- Roasted Miso Vegetables
- Couscous

### **FRIDAY**

- Vegetable Moussaka
- Fridge Salad



## INSTRUCTIONS:

### *For miso soup:*

Bring stock and water to boil. Once at a boil, lower the heat and gently whisk miso paste into the liquid. Add diced tofu and chopped nori to the soup and cover pot with lid. Cook for 4-5 minutes. Add green onions. Cover and set aside to stay warm.

### *For sushi hand rolls:*

Mix vinegar with brown rice and set aside. In another bowl, mix mayonnaise with cayenne and salt. Mix in diced tofu and chopped green onions with the mayonnaise. Be sure to pour out any excess liquid.

Spread a quarter cup of brown rice in the middle of each sushi Nori half. Add about a quarter cup of spiced tofu filling over the brown rice. Add two cucumber spears and an avocado wedge in the middle. Roll the sushi into a cone.

### *For salad:*

Toss lettuce and carrots with sesame dressing and chill until ready to serve.

**SERVING:** 3 rolls, 1 cup soup, 1-1/2 cups salad

## INGREDIENTS

### *For miso soup*

- 2 cups vegetable stock
- 2 cups water
- 2 ½ Tablespoons mild miso paste
- 1/4 box silk tofu, diced (4 oz)
- 2 Tablespoons chopped Nori (1 sheet)
- 1 stalk green onion, chopped

### *For sushi hand rolls:*

- 3 cups cooked brown rice
- 1 Tablespoon white wine vinegar
- ½ cup mayonnaise, prepped ahead
- 1 teaspoon cayenne pepper
- ½ teaspoon salt
- ¾ box silken tofu, diced
- 2 stalks green onion, finely chopped
- 6 sushi Nori sheets, cut in half lengthwise
- 1 medium cucumber, deseeded and cut in half cross wise and sliced into thin spears lengthwise
- 1 avocado, thinly sliced into wedges

### *For salad:*

- 6 cups chopped lettuce
- 1 medium carrot
- ¼ cup sesame dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

## OVEN-BAKED FALAFEL

### roasted carrots & simple salad

#### INSTRUCTIONS:

Preheat oven to 400°F.

For falafel:

In a blender or food processor, purée beans, onions, lemon juice, flour, garlic, cumin, salt, cayenne pepper, black pepper, bread crumbs, egg, and olive oil. Mold mixture into 8-9 falafels (small, round patties).

Toss carrot pieces in olive oil and oregano.

Lightly oil baking sheet. Arrange falafel and carrots on sheet and bake for 25-30 minutes, turning once.

Meanwhile, whisk olive oil, balsamic vinegar, salt, and black pepper in a small bowl. Assemble salad in a large bowl and dress salad once falafels are ready to serve. Reserve extra dressing on the side to drizzle on top of falafel.

#### INGREDIENTS

*For oven-baked falafel*

- 2 cans garbanzo beans, drained
- 1/2 onion, chopped
- 2 teaspoons lemon juice (1/2 lemon)
- 3 teaspoons flour
- 2 cloves garlic
- 1 teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ¾ cup bread crumbs, see prep
- 2 organic eggs
- 2 Tablespoons olive oil + a little for the baking sheet

*For simple salad*

Dressing

- 3 Tablespoon olive oil
- 1 ½ Tablespoon balsamic vinegar
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1 head romaine lettuce, chopped
- 2 tomatoes, cut into wedges
- 1 cucumber, sliced
- For carrots:
  - 6 medium carrots, peeled & cut into 1" pieces
  - 1 Tablespoon olive oil
  - 1 teaspoon dried oregano

## PARSNIP STEW w/ brown rice

### INSTRUCTIONS:

#### *For parsnip stew*

Bring vegetable stock and water to a boil. Keep on a simmer. Meanwhile, heat olive oil in a pan over medium flame and add diced onions. Sauté for a minute before adding diced carrots and parsnip. Sauté for 3-4 minutes. Transfer vegetables to the pot of hot liquid.

Turn flame up; stir in beans, cumin, oregano, black pepper, and salt.

Cover pot with lid and simmer for 20 minutes.

Portion brown rice in four bowls and ladle stew over the brown rice.

No parsnips? Double carrots and fava beans.

### INGREDIENTS

#### *For parsnip stew*

3 cups vegetable stock

2 cups water

1 ½ Tablespoon olive oil

1 medium onion, diced

2 medium carrots, diced

3 parsnips, peeled & diced

½ pound fava beans, shelled and rinsed

¼ teaspoon cumin

½ teaspoon oregano

½ teaspoon black pepper

1 teaspoon salt

3 cups cooked brown rice

# ROASTED MISO VEGETABLES w/ COUSCOUS

## INSTRUCTIONS:

Preheat oven to 400°F.

Toss vegetables in olive oil and salt.

Spread on a baking sheet and roast for 28-30 minutes.

While vegetables are roasting, whisk all the ingredients for the miso dressing in a small bowl.

Once vegetables are done, remove from oven and arrange on a platter. Pour dressing over the vegetables.

### *For couscous*

Add salt to vegetable stock and bring to boil. Stir in couscous and cover pot with lid. Remove from heat and allow the couscous to cook through. After 5-6 minutes, remove lid and stir in butter. Fluff with a fork.

## INGREDIENTS

### *For roasted vegetables*

12 spears asparagus

1 Kabocha squash, deseeded and sliced lengthwise

½ pound fava beans, shelled

1 onion, sliced

2 Tablespoon olive oil

½ teaspoon salt

### *For miso dressing*

2 Tablespoon mild miso paste

1 ½ Tablespoon olive oil

1 ½ Tablespoon water

1 Tablespoon white wine vinegar

1 Tablespoon honey

### *For couscous*

1-½ cup couscous

2 ½ cups vegetable stock

¼ teaspoon salt

1 Tablespoon butter

## INSTRUCTIONS:

Preheat oven to 400°F.

Dip zucchini slices in whisked egg and dredge each slice in bread crumbs. Spread slices across a baking sheet. Bake zucchini slices for 15 minutes. Remove from oven once done and set aside. Lower oven temperature to 375°F.

*For béchamel sauce*

Heat butter and grape seed oil over medium-low flame. Briskly whisk in flour. Whisk in milk, making sure that there are no lumps. Let flour cook 1 minute. Remove from heat and stir in egg yolk. Return to heat and stir mixture for a minute. The sauce will thicken at this point. Set aside for now.

Oil the bottom and sides of a casserole or heat-proof dish. Sprinkle bread crumbs over the dish. Layer a few slices of parsnips across the dish. Add a layer of zucchini, followed by a layer of roasted tomatoes. Sprinkle ¼ parmesan cheese on top of tomatoes. Repeat with two more layers of parsnips, zucchini, tomatoes, and cheese.

Pour beschamel sauce over the layers and sprinkle with the remainder of the parmesan. Cover with tin foil and bake for 30 minutes. Remove tin foil and bake for another 6-8 minutes.

Serve with end of the week fridge salad.

## INGREDIENTS

3 zucchini, thinly sliced lengthwise  
about 1 cup bread crumbs (see prep)

2 eggs, whisked

1 Tablespoon olive oil

1 Tablespoon bread crumbs

3 parsnips, thinly sliced lengthwise

pre-made roasted tomatoes,  
chopped

¾ cup grated Parmesan cheese

*For beschamel sauce*

1 Tablespoon butter

2 Tablespoons grape seed oil

2 Tablespoons flour

1 cup low-fat milk

1 egg yolk

*Side salad:*

1 head romaine lettuce, chopped

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

Extra vegetables and fridge extras