



Vegetarian June 17th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	portabella mushroom caps	8		8
	red bell pepper	4		4
	cucumber	3		2.5
	tomato	7		6
	avocado	5		10
	cilantro	1 bunch		1
	lime	2		1.5
	serrano chile	1		0.6
	spinach	2 package	pre-washed	6
	strawberries	2 package	1-lb. each package	6

Got it!	Dairy	Quantity	Notes	Est Cost
	feta cheese	1 package	8-oz.	5
	cheddar cheese	1 package	8-oz.	3
	plain Greek yogurt	1 cup	16-oz.	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	bakery rolls	4	bollilo bread preferred; kaiser as sub	2.5
	whole wheat soft taco-sized tortilla	1 package	8 count; around 15-oz.	4.3
	whole wheat burrito-sized tortilla	1 package	8 count; around 20-oz.	4.3
	firm tofu	1 package		2
	almonds	1 package	2-oz. sliced almonds	3

Fresh 20 Grocery Est	72.7
Cost Per Dinner	14.54
Cost Per Serving	3.635

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	1 1/4 Tablespoon	raw honey	3/4 Tablespoon
	grape seed oil	3 Tablespoon	flour	1 3/4 Tablespoon
	balsamic vinegar	1 teaspoon	garlic	11 cloves
	white wine vinegar	4 teaspoon	onions	2 1/4 white onions
	sea salt	6 1/4 teaspoon	vegetable stock	7 1/4 cups
	black pepper	1 teaspoon		
	oregano	1 1/4 teaspoon		
	ground cumin	3/4 teaspoon	whole wheat linguine	1 13.25-oz package
	dried thyme	1/2 teaspoon	quinoa***	2 cups
	cayenne pepper	3/8 teaspoon	black beans	2 cans

PREP AHEAD OF TIME

Black Beans

2 cans black beans (low sodium, 14 oz cans)
3 cloves garlic, minced
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon salt

Heat black beans in a small pot over medium-low flame. Stir in garlic, oregano, and black pepper. Once beans are bubbling, stir to ensure none are sticking to the pot, cover pot with lid, and lower the heat to simmer. Turn heat off in 4-5 minutes. Stir in salt. Yields 3 $\frac{3}{4}$ cups for 2 recipes.

Quinoa

3 cups stock
2 cups water
2 cups quinoa
 $\frac{1}{4}$ teaspoon salt

Boil water. Stir in salt and quinoa. Reduce to simmer, cover and simmer for 25 minutes. Quinoa will expand to 3-4 times volume. Yields about 6 cups for 2 recipes.

Tofu Fajitas

1 box firm tofu, drained and sliced in $\frac{1}{2}$ -in strips
1 clove garlic, minced
1 Tablespoon lime juice (1/2 lime)
 $\frac{1}{2}$ teaspoon cumin
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

Marinate tofu in garlic, lime juice, cumin, salt, and black pepper on Sunday. Leave in marinade to be used for Monday's fajita recipe.

Portabello Caps for Tortas

4 large portabello mushroom caps
 $\frac{1}{2}$ teaspoon oregano
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ Tablespoon grape seed oil

Marinate portabello caps in oregano, cayenne pepper, salt, and grape seed oil either on Sunday or preferably on Monday. Leave in marinade to be used for Tuesday's tortas recipe.

MENU:

MONDAY

Tofu Fajitas
Black Beans

TUESDAY

Torta
Fresh Strawberries

WEDNESDAY

Stuffed Portabello Caps
Linguine & Spinach Salad

THURSDAY

Vegetable Wrap
Cucumber Sticks

FRIDAY

Gazpacho
Garden Quinoa Salad



TOFU FAJITAS

w/ black beans & guacamole

INSTRUCTIONS

AHEAD OF TIME:

Marinate tofu & prepare black beans

For fajitas

Mix vegetable stock, flour, and salt in a small bowl for slurry. Set aside to be used in recipe.

Heat grape seed oil over medium flame. Sauté onions and red bell peppers for 3-4 minutes. Add oregano to mix and stir for a few seconds to let the spice infuse onions and red bell peppers. Add marinated tofu and sauté for another 3-4 minutes.

Pour slurry over the vegetables and tofu. Stir to coat, being careful not to break up tofu slices. Turn heat down to low and cover pan with a lid. Allow the fajitas to simmer for 5 minutes.

Meanwhile, heat tortillas on griddle for a half minute on each side. If you don't have a griddle, use a dry, hot pan.

For guacamole

Toss diced avocadado with cilantro, onions, garlic, lime juice, cumin, and salt. Serve as a condiment along with sour cream and shredded cheddar cheese.

INGREDIENTS

For tofu fajitas

1 cup vegetable stock

$\frac{3}{4}$ Tablespoon flour

$\frac{1}{4}$ teaspoon salt

1 $\frac{1}{2}$ Tablespoon grape seed oil

$\frac{3}{4}$ white onion, sliced

1 red bell pepper, deseeded and sliced

$\frac{1}{4}$ teaspoon oregano

marinated tofu, (see prep)

6-8 soft taco tortillas

For guacamole

3 avocados, pitted and diced

$\frac{1}{2}$ cup cilantro leaves, finely chopped

$\frac{1}{4}$ white onion, diced

1 clove garlic, minced

$\frac{1}{4}$ cup lime juice (1 lime)

$\frac{1}{4}$ teaspoon cumin

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

$\frac{1}{2}$ cup plain Greek yogurt

$\frac{1}{2}$ cup shredded cheddar cheese

2 cups prepared black beans, see prep



PORTABELLO TORTA

w/ fresh strawberries

INSTRUCTIONS

Preheat oven to 375°F.

Heat half of grape seed oil ($\frac{3}{4}$ tablespoon) in a pan over medium flame. Sear two portabello caps in pan on both sides, about a minute on each side. Remove from pan and line the caps on a baking sheet.

Add the other portion of grape seed oil. Sear the remaining portabello caps. Once finished, add them to the baking sheet. Roast for 12-15 minutes. Be sure to drain the portabello of its juices.

Slice the rolls in half. Spread black beans on each bottom slice. Add portabello caps to each. Top each sandwich with tomato, avocado, and feta cheese.

Serve sandwiches with fresh strawberries on the side.

INGREDIENTS

For portabello tortas

1 $\frac{1}{2}$ Tablespoon grape seed oil

marinated portabello caps (see prep)

4 bakery rolls, preferably bollillo
(kaiser can be used as substitute)

1 $\frac{3}{4}$ cup cooked black beans, mashed

2 tomatoes, sliced

2 avocados, pitted and sliced

$\frac{3}{4}$ cup feta cheese

3 cups fresh strawberries



STUFFED PORTABELLO CAPS

w/ linguine and spinach salad

INSTRUCTIONS

Preheat oven to 375°F. Cook linguine according to instructions.

For stuffed portabello caps

Meanwhile, toss portabello caps with thyme and $\frac{1}{2}$ tablespoon of olive oil. Roast for 8-10 minutes.

While portabello caps are roasting, heat $\frac{1}{2}$ tablespoon olive oil over medium flame. Sauté onion, red bell peppers, and garlic for 4-5 minutes. Pour mixture into a medium bowl and place in freezer to cool for a few minutes. This is to avoid curdling the sour cream that will be added to the mix.

Meanwhile, remove from oven and drain portabello caps of liquid. Reserve liquid for sauce. Don't turn off the oven.

Remove bowl of sautéed vegetables from freezer after an adequate cool down. Mix in salt and sour cream. Spoon mix into each of the four portabello caps. Top with shredded cheddar. Brush baking sheet with $\frac{1}{2}$ tablespoon olive oil to avoid portabello caps from stick to the sheet. Bake for 10-12 minutes. Prepare sauce while portabello caps are baking.

For linguine sauce

Mix flour with reserved portabello liquid for slurry and set aside. Heat olive oil in a small to medium-sized stock pot over medium flame. Sauté minced garlic for less than a minute, just enough to infuse oil. Stir in vegetable stock. Boil for 2-3 minutes. Add slurry, salt, and black pepper. Stir and reduce flame to low. Cover with pot with lid and simmer for a few minutes. Toss sauce with linguine to be served on the side with stuffed portabello caps.

For spinach salad

Whisk olive oil with garlic, vinegar, salt, and black pepper in a small bowl. Set aside as dressing.

Toss spinach and strawberries with dressing. Top with almonds.

INGREDIENTS

1 package whole wheat linguine

For stuffed portabello caps

4 portabello mushroom caps

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

$\frac{1}{2}$ Tablespoon olive oil

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

$\frac{1}{2}$ red bell pepper, diced

1 clove garlic, minced

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

$\frac{1}{4}$ cup sour cream

$\frac{1}{2}$ cup shredded cheddar

For linguine sauce

1 Tablespoon flour

reserved portabello liquid

1 Tablespoon olive oil

2 cloves garlic, minced

$\frac{1}{2}$ cup vegetable stock

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

$\frac{1}{4}$ teaspoon black pepper

For spinach salad

2 Tablespoon olive oil

1 clove garlic, minced

$1 \frac{1}{2}$ teaspoon white wine vinegar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

1 package pre-washed spinach, around 8 ounces

1 cup strawberries, sliced

2 Tablespoon sliced almonds



VEGETABLE WRAP

w/ cucumber sticks

INSTRUCTIONS

Whisk $\frac{3}{4}$ tablespoon of olive oil with balsamic vinegar and salt in a small bowl. Toss quinoa with dressing. Set aside.

Toss red bell pepper slices and spinach with olive oil, salt, and oregano. Set aside.

Heat tortillas in a pan on both sides – each side for a half minute. Spread sour cream in the center each of the four tortillas. Sprinkle almonds on top and spoon about $\frac{3}{4}$ quarter cup quinoa in the center of each tortilla. Top each with vegetable mixture.

Fold right side of tortilla over filling; fold bottom side over the filling; lastly, fold left side over filling. Turn over to set wrap. Serve with cucumber spears.

INGREDIENTS

For dressing:

$\frac{3}{4}$ Tablespoon olive oil

1 teaspoon balsamic vinegar

$\frac{1}{4}$ teaspoon salt

3 cups cooked quinoa, prepared in advance

1 red bell pepper, sliced

1 package pre-washed spinach (6 oz)

$\frac{3}{4}$ Tablespoon olive oil

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon oregano

2 Tablespoons sliced almonds

$\frac{1}{2}$ cup plain Greek yogurt

4 burrito-sized tortillas (10-12")

2 cucumbers, deseeded and cut into spears



GAZPACHO

w/ garden quinoa salad

INSTRUCTIONS

For gazpacho

Combine tomatoes, garlic, chile, onion, red bell pepper, and vegetable stock in a blender or food processor and purée until relatively smooth, depending on preference of consistency. Stir in olive oil, vinegar and salt by hand. Refrigerate for at least 20-25 minutes.

Serve with garden quinoa salad on the side.

For lime vinaigrette

Stir lime juice, white wine vinegar, honey, salt, black pepper, and cayenne pepper together in a small bowl. Whisk in olive oil. Set aside to dress garden salad.

For garden salad

Toss the cucumber, quinoa, and cilantro with vinaigrette in a medium to large bowl. Add feta cheese on top.

INGREDIENTS

For gazpacho

6 tomatoes on the vine, chopped
2 garlic cloves
 $\frac{1}{2}$ serrano chile, chopped
 $\frac{1}{2}$ white onion, chopped
1 red bell pepper, deseeded and chopped
3 cups vegetable stock
2 $\frac{1}{2}$ Tablespoon olive oil
2 teaspoon white wine vinegar
1 teaspoon salt

For lime vinaigrette

1 Tablespoon lime juice
 $\frac{1}{2}$ teaspoon white wine vinegar
 $\frac{3}{4}$ Tablespoon honey
 $\frac{1}{2}$ teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper
2 Tablespoon olive oil

For garden quinoa salad

1 cucumber, diced
3 cups cooked quinoa, prepared in advance
 $\frac{1}{2}$ cup cilantro leaves, roughly chopped
 $\frac{1}{4}$ cup feta cheese