

PREP AHEAD OF TIME

Sweet Potatoes

5 sweet potatoes, peeled

4 quarts water

½ teaspoon salt

Add whole peeled sweet potatoes to pot of water. Bring water to boil.

Once water reaches boiling point, cover pot with lid and reduce heat to low flame. Cook covered for 8-10 minutes.

Remove from hot water and set aside to cool. Once cooled, pack in an airtight container. These sweet potatoes will be used in two recipes.

Thick Tomato Sauce

1 ½ Tablespoons olive oil

1 medium onion, diced

2 garlic cloves, minced

4 medium tomatoes, chopped

1 cup vegetable stock

½ teaspoon oregano

1 teaspoon salt

Heat olive oil over medium-low flame and sauté onions for five minutes or until onions are softened and slightly browned. Add minced garlic and sauté for a minute before adding chopped tomatoes. Sauté for two minutes.

Add vegetable stock, oregano, and salt. Stir and turn heat to high. Once sauce is boiling, stir before covering pot with lid. Reduce heat to a simmer. Cook for 20 minutes, stirring occasionally. Allow sauce to cool before storing in an airtight container to be used later in the week.

Grilled Onions

2 medium onions, sliced

2 Tablespoons grape seed oil

1 teaspoon balsamic vinegar

½ teaspoon salt

Heat oil over medium-low flame. Add onions to pan and sauté for 2 minutes. Add balsamic vinegar and salt. Sauté for another 12 minutes. Add 1 Tablespoon of water if needed to maintain moisture in pan and prevent burning or sticking. Pack in airtight containers to be used later.

MENU:

MONDAY

Eggplant and Chard Gratin

Crusty Bread

TUESDAY

Sweet Potato Melt

Arugula and Orange Salad

WEDNESDAY

Rigatoni w/ Fennel

and Red Pepper Sauce

Simple Salad

THURSDAY

Baked Eggs w/ Chard

Sweet Potato Wedges

FRIDAY

Tuscan White Bean Soup

Gruyère Herb Croutons



Vegetarian June 3rd

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	arugula	12 oz	baby arugula salad	6
	navel oranges	3		3
	eggplant	1 large		3
	red bell pepper	2		3
	tomatoes	6 medium	on the vine preferred	5
	sweet potatoes	5		6
	chard	2 bunches	1/2 bunch leftover for salad	5
	fennel	1 bulb		3
	carrots	5 medium		2
	celery	2 ribs/stalks		2
	red leaf lettuce	1 head		2

Got it!	Dairy	Quantity	Notes	Est Cost
	part skim ricotta cheese	2 cups	15 ounces	3.5
	Gruyère cheese	10 oz	to yield 2 cups	8
	half & half	1-1/2 cups		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	baguette (whole wheat)	2 loaves		5
	whole grain penner or rigatoni	1 pound		2
	organic eggs	1 dozen	will need 9	5

Fresh 20 Grocery Est 65.5
 Cost Per Dinner 13.1
 Cost Per Serving 3.275

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	12 Tablespoons		
	grape seed oil	6 Tablespoons		
	balsamic vinegar	1 teaspoon	garlic	3 cloves
	white wine vinegar	1 1/4 Tablespoons	onions	4 medium
	sea salt	10 teaspoons	vegetable stock	4 cups / 32oz
	black pepper	2 teaspoons	dijon mustard	1/2 teaspoon
	oregano	1/2 teaspoon	white cannellini beans	2- 14oz cans
	dried thyme	1 1/2 teaspoons		
	cayenne pepper	1/2 teaspoon		

EGGPLANT AND CHARD GRATIN w/ crusty bread

INSTRUCTIONS

For eggplant and chard gratin

Preheat oven to 400°F. Spread eggplant slices on a baking sheet. Sprinkle slices with ½ teaspoon of salt on one side. Set aside for 10 minutes.

Heat 1 tablespoon of olive oil in a pan over medium-low flame and sear eggplant slices for less than a minute on each side. Work in batches. Midway through, add another tablespoon of olive oil. Eggplants can absorb a lot of oil.

Mix ricotta, egg, and half & half in a medium bowl. Next, oil a baking or casserole dish with remaining ½ tablespoon of olive oil. Spread a few spoonfuls of tomato sauce on the bottom of the dish. Place a layer of eggplant slices over the sauce. Add a bit of chard. Spoon some ricotta mix over the vegetables. Repeat with another layer of sauce, eggplant, chard, and ricotta mix.

Be sure to reserve enough sauce so that it tops the second layer of ricotta mix. Sprinkle shredded gruyere over the sauce. Cover dish with foil and bake for 25 minutes. Remove foil and bake for another 4-5 minutes.

For crusty bread

Reduce oven temperature to 350°F. Combine olive oil and garlic. Brush both sides of bread slices with olive oil. Toast in oven for 5 minutes until crispy.

INGREDIENTS

For eggplant and chard gratin

1 large-sized Japanese eggplant, cut cross-wise in ½" thick, round slices

½ teaspoon salt

2-½ Tablespoons olive oil

1 cup part skim ricotta cheese

1 egg

½ cup half & half

3 cups tomato sauce (see prep)

1 bunch Swiss chard, stems removed and chopped

½ cup Gruyère, shredded

For crusty bread

2/3 loaf whole wheat baguette, sliced into 1" thick pieces

1 Tablespoon olive oil

1 clove garlic, minced or pressed

INSTRUCTIONS

MAKE AHEAD:

Sweet Potatoes:

2 sweet potatoes, peeled

5 quarts water

½ teaspoon salt

Add whole peeled sweet potatoes to pot of water. Bring water to boil. Once water reaches boiling point, cover pot with lid and reduce heat to low flame. Cook covered for 8-10 minutes.

Remove from hot water and set aside to cool.

Grilled Onions:

2 medium onions, sliced

2 Tablespoons grape seed oil

1 teaspoon balsamic vinegar

½ teaspoon salt

Heat oil over medium-low flame. Add onions to pan and sauté for 2 minutes. Add balsamic vinegar and salt. Sauté for another 12 minutes. Add 1 Tablespoon of water if needed to maintain moisture in pan and prevent burning or sticking.

For sweet potato melt

Purée sweet potato with ricotta cheese, olive oil, thyme, salt, and black pepper.

On bottom half of baguette, spread potato mixture and top with grilled onions. Sprinkle cheese over the onions. Close sandwich and cut into quarters.

Pour a half tablespoon of grapeseed oil in a pan over medium heat. Place two sandwiches in pan and press down on top with clean pan of a similar size. Press for a half minute and flip. Press again for a half minute. Repeat these steps with the rest of the sandwiches.

For orange arugula salad

Take 5 half wedges of orange and mash in a small bowl. Stir white wine vinegar and salt in. Whisk in olive oil. Toss arugula and rest of orange slices with dressing.

INGREDIENTS

For sweet potato melt:

2 cooked sweet potatoes (make ahead)

1 cup part skim ricotta cheese

½ Tablespoon olive oil

½ teaspoon dried thyme

1 teaspoon salt

½ teaspoon black pepper

1 loaf whole wheat baguette, sliced in half length-wise to make one long sandwich

grilled onions (can be make ahead)

1 cup Gruyère, shredded

1 Tablespoon grape seed oil

For orange arugula salad

2 Tablespoons olive oil

1 ¼ Tablespoons white wine vinegar

½ teaspoon salt

¼ teaspoon black pepper

3 navel oranges, peeled and sliced into half wedges

4-6 oz arugula leaves



FENNEL RED BELL PEPPER RIGATONI w/ simple salad

INSTRUCTIONS

Boil salty water for pasta.
Cook pasta according to package directions.

For fennel red bell pepper sauce:

Sauté onions with olive oil over medium heat. Add fennel and carrot after 2 minutes. Sauté for another 2 minutes and add red bell peppers. Add salt and black pepper. Cook for 5 minutes, until red bell peppers are completely softened.

Stir in vegetable stock. Reduce heat to low and simmer for 8-10 minutes. Remove from heat and add half and half. Transfer to blender and purée sauce until smooth.

Toss pasta with fennel red bell pepper sauce.

For simple salad

Dress lettuce and carrots with basic vinaigrette.

INGREDIENTS

1 package whole wheat penne or rigatoni

For fennel red bell pepper sauce:

1 ½ Tablespoons olive oil

½ medium onion, chopped

½ medium fennel bulb, chopped

1 medium carrot, chopped

2 red bell peppers, chopped

1 ½ teaspoons salt

½ teaspoon black pepper

½ cup organic half & half

1 cup vegetable stock

For simple salad

1 head red leaf lettuce, chopped

2 medium carrots, shredded

¼ cup basic vinaigrette

<http://www.thefresh20.com/pantrydressings>

BAKED EGGS w/ sweet potato wedges

INSTRUCTIONS

For sweet potato wedges

Preheat oven to 375°F. Toss wedges in oil, salt, and cayenne pepper. Spread wedges across a baking sheet and roast for 18-20 minutes.

For baked eggs with chard

Set oven to broil and set oven rack 8-10 inches below heat source. Oil four individual gratin dishes (or other oven-proof dishes). Distribute chopped chard evenly in dishes. Carefully crack two eggs in each dish. Pour two tablespoons of half & half in each dish. Sprinkle each dish with Gruyère, salt, and black pepper. Broil for about 5 minutes.

Remove each dish from oven carefully with tongs and transfer entire oven dish to a plate.

Serve with potato wedges and any leftover baguette.

INGREDIENTS

For sweet potato wedges

3 cooked sweet potatoes (see prep),
cut into 8 wedges each

1-½ Tablespoons grape seed oil

1 teaspoon salt

½ teaspoon cayenne pepper

For baked eggs with chard

1 Tablespoon olive oil

½ bunch chard, chopped

8 eggs, two in each dish

½ cup half & half (equals to two
tablespoons for two eggs)

2 Tablespoons shredded Gruyère
cheese

½ teaspoon salt

¼ teaspoon black pepper

TUSCAN WHITE BEAN SOUP w/ Gruyère herb croutons

INSTRUCTIONS

For Gruyère herb croutons

Preheat oven to 375°F. Toss baguette cubes with olive oil, thyme, black pepper, and salt. Spread on a baking sheet and bake for 12 minutes. Remove from oven and pour in a bowl. Toss with grated Gruyère and set aside.

For Tuscan white bean soup

Heat oil in a pot over medium heat. Sauté onions for 2 minutes. Add fennel, carrots, and celery. Sauté for 5-6 minutes. Pour in tomatoes and stir for a minute before adding cannellini beans and reserved liquid. After sautéing for another minute, stir in vegetable stock, water, dried thyme, and salt.

Bring pot to boil. Cover with lid once soup is bubbling and reduce heat to a simmer. Cook covered for 10 minutes. After 20 minutes, remove lid and stir in arugula. Cook for a half minute to wilt the arugula before the soup is ready.

Serve with a handful of croutons on top of soup.

INGREDIENTS

For Gruyère herb croutons

1/3 whole wheat baguette, cut into 1" cubes

1 ½ Tablespoons olive oil

½ teaspoon dried thyme

¼ teaspoon black pepper

1/8 teaspoon salt

2 Tablespoons Swiss Gruyère, shredded

For Tuscan white bean soup

1 ½ Tablespoons grape seed oil

1 medium onion, diced

1 fennel bulb, chopped

2 medium carrots, chopped

2 stalks celery, chopped

2 medium tomatoes, diced

2 cans cannellini beans, drained but reserving 1 cup of liquid

2 cups vegetable stock

2 cups water

½ teaspoon dried thyme

½ Tablespoon salt

6oz arugula leaves