

PREP AHEAD OF TIME

Bread Crumbs

½ loaf Italian/French/sourdough bread, cubed
2 Tablespoons grape seed oil
1 teaspoon thyme

Preheat oven to 350°F. Toss bread cubes with grape seed oil and thyme. Spread on a baking sheet. Toast for 4-5 minutes. Remove from oven and set aside to cool. Once bread cubes are cooled, break them up in a food processor or blender until crumb-like consistency is achieved. Once cool, store the bread crumbs in an airtight container for use later in the week. (Yield 2 cups breadcrumbs)

Orange Balsamic Glaze

¼ cup balsamic vinegar
1 cup orange juice (from 3 oranges)
1 Tablespoon honey
¼ teaspoon salt

Pour all the ingredients in a small stockpot set over high flame. Once liquid is boiling, reduce to low. Simmer for 15 minutes to reduce the liquids into a glaze. Be sure to stir often, while it simmers. Store in an airtight container for use later in the week.

You'll need up to 12 wood skewers for Monday's recipes.

MENU:

MONDAY

Orange Balsamic Glazed Skewers
Mexican Elote

TUESDAY

Caldo Verde
Bread and Orange Slices

WEDNESDAY

Summer Succotash
Whole Wheat Fettucine
Apples

THURSDAY

Veggie Burgers
Baked Zucchini Sticks

FRIDAY

Market Salad



Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	zucchini	5		3.5
	kale	2 bunches		4
	romaine lettuce	2 heads		3
	tomato	1		0.6
	oranges	7	navel preferred	5
	crimini mushrooms	1 lb 10-oz		5
	corn	8 ears		3
	red bell pepper	2		4
	apples	6	Granny Smith recommended	5
	sugar snap peas	3/4 lb.		3
	lemon	1		0.8
	potatoes	3	russet recommended	1.5

Got it!	Dairy	Quantity	Notes	Est Cost
	grated parmesan cheese	6-8 oz container		4
	feta cheese	1 8-oz container		6

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	bread	2 loaves	whole wheat baguette	6
	eggs	1/2 dozen	organic preferred	3
	walnuts	10-oz	check in bulk bin	6
	garbanzo beans	1 can	15-oz.	1
	extra firm tofu	2 packages	about 20 oz	4
	quinoa	3/4 cup	dry; check in bulk bins	2

Fresh 20 Grocery Est 70.4
 Cost Per Dinner 14.08
 Cost Per Serving 3.52

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	12 Tablespoons	raw honey	1 1/3 Tablespoons
	grape seed oil	5 Tablespoons		
	balsamic vinegar	5 Tablespoons	garlic	2 cloves
	white wine vinegar	1 teaspoon	onions (2 brown; 2 red)	4
	sea salt	5 1/2 teaspoons	vegetable stock	6 cups
	black pepper	3/4 teaspoon	dijon mustard	5 Tablespoons
	oregano	1/2 teaspoon		
	ground cumin	5/8 teaspoon	whole wheat fettucine	1 16-oz package
	dried thyme	1 1/2 teaspoons		

ORANGE BALSAMIC GLAZED SKEWERS

w/ Mexican elote

For those who have never had Mexican corn off a street vendor, it is a decadent, savory treat. First grilled then slathered with equal parts butter and mayo, each ear of corn (a.k.a. elote) is finished with a generous layer of cotija cheese. Here Parmesan cheese is used instead as cotija may not be available at your local supermarket. The mayo is optional.

INSTRUCTIONS

Preheat oven to 400°F. OR preheat outdoor grill

For orange balsamic glazed skewers

Build the skewers according to personal preference. For example, you can alternate between a zucchini slice, followed by a mushroom cap, a cube of tofu, and a red onion piece on a skewer. You can make all tofu skewers and/or all vegetable skewers. The skewers will have more or less ingredients, depending on how many skewers you decide to make.

Lightly brush all sides of each skewer with glaze. Arrange skewers evenly across a baking sheet and roast in the oven for 20 minutes, turning once or twice. Remove from the oven and brush each skewer with the remaining glaze. Serve 2-3 skewers with elote on the side.

If grilling, lightly brush grill with oil before arranging skewers over low heat. Depending on proximity to flame, grill for 10-15 minutes, turning to heat all sides.

For Mexican elote

Boil 5-6 quarts of water. Add salt to water. Once the water is boiling, add the corn in the pot and cook for 5-6 minutes. Remove corn from water and allow to drain. When everyone is ready to eat, brush olive oil on an ear of corn. If using mayonnaise, spear a layer over the corn. Lightly sprinkle grated Parmesan cheese all over the cob. Lay the cob on a serving dish. Repeat until all the cobs are dressed.

INGREDIENTS

For orange balsamic glazed skewers

8-10 wood skewers, pre-soaked in water for at least 15 minutes

2 medium zucchini, sliced in ½-inch segments

10 ounces crimini mushroom caps

2 boxes extra firm tofu, drained, thoroughly dried, and cubed in 2-inch squares (20 oz)

½ red onion, diced in 1-inch squares

¾ cup orange balsamic glaze (see prep)

For Mexican elote

4 wooden skewers

½ teaspoon salt

4 ears fresh corn

2 Tablespoons olive oil

3 Tablespoons grated Parmesan cheese

Optional:

½ cup Pantry 20 mayonnaise

www.thefresh20.com/pantrydressings

CALDO VERDE

w/ bread and fresh oranges

Caldo Verde is a beloved Portuguese stew, typically made with linguiça sausage. In this version, crimini mushrooms sautéed in butter are used to create a savory base.

INSTRUCTIONS

For caldo verde

Heat olive oil over medium flame. Sauté onions until softened. Add mushrooms and sauté until browned. Stir in cumin and oregano, making sure the vegetables are coated with seasoning. Add potatoes and garlic. Sauté for two minutes. Pour in vegetable stock, water, and salt. Turn heat up to set pot on boil. Once pot is bubbling, stir soup a few times to make sure nothing is sticking to the bottom or sides. Cover pot with lid and reduce heat to a simmer. Cook for 15 minutes.

Remove lid and turn flame up to medium. Add kale strips. Cook for two minutes. Place lid on top of pot and turn heat off. Wait 30 seconds before ladling the soup into bowls.

Serve with bread and fresh orange slices.

INGREDIENTS

1 ½ Tablespoons olive oil

1 medium onion, diced

16 ounces crimini mushroom caps, sliced

½ teaspoon cumin

½ teaspoon oregano

3 russet potatoes, diced

2 garlic cloves, minced

4 cups vegetable stock

1 cup water

1 ½ teaspoon salt

1 bunch kale, cut crosswise into thin strips

½ loaf Italian/French/sourdough bread, sliced

4 oranges, sliced

SUMMER SUCCOTASH

w/ whole wheat fettuccine and apples

INSTRUCTIONS

Cook pasta according to instructions. Drain thoroughly, toss with olive oil and Parmesan. Set aside.

For summer succotash

Heat olive oil in a pan over medium flame. Add onions and sauté for 3-4 minutes. Add red bell peppers and sauté for a minute before adding fresh corn. Sauté the corn for 2-3 minutes. Add sugar snap peas and sauté for 3 minutes. Pour vegetable stock and white wine vinegar in pan. Stir to coat vegetables and add salt. Cook for a few minutes to reduce liquid. Remove from heat and serve on top of fettuccine.

Slice and serve apples post-dinner.

INGREDIENTS

1 16-oz package of whole wheat fettuccine

1 Tablespoon olive oil

1/3 cup Parmesan cheese, grated

For summer succotash

2 Tablespoons olive oil

½ medium onion, diced

1 red bell pepper, diced

4 ears fresh corn, shucked and cut from the cob

1 ½ cup sugar snap peas, chopped in quarters

½ cup vegetable stock

1 teaspoon white wine vinegar

½ teaspoon salt

4 Granny Smith apples

The summer always brings burgers to mind. You can use any bean on hand (pinto, cannellini, black) if you don't have garbanzo in the pantry.

INSTRUCTIONS

Preheat oven to 400°F.

For veggie burgers

Pour onions, red bell pepper, kale, garbanzo beans, walnuts, Dijon mustard, and seasonings in a food processor or blender. Pulse a few beats, just until everything is incorporated. Be careful not to over-process.

Add eggs and pulse to combine – around two or three times. Pour mixture into a large bowl. Stir in bread crumbs. Form into four large patties.

Heat 1 ¼ tablespoon of grape seed oil in a skillet over medium flame. Place two patties in the skillet with enough room apart to avoid them sticking on to each other and sear through for 3-4 minutes. Reduce the flame to medium-low and gently flip patties. Cook the other side for 3-4 minutes. Remove the patties from the skillet and add the remainder of the grape seed oil. Repeat the steps above to cook the other two patties.

To assemble the burger, take each portion of bread and spread Dijon on the bottom half. Place a veggie patty on top and layer romaine lettuce followed by slices of red onion and tomato as well as a tablespoon of feta cheese. Close the sandwich with the top half of the bread. Repeat with the remaining three burgers.

For baked zucchini sticks

Brush grape seed oil on a baking sheet and set aside.

Place beaten egg in a shallow bowl. Combine bread crumbs, thyme, and salt in another shallow bowl. Dip each zucchini spear in egg wash, followed by bread crumb mixture. Line each spear on baking sheet after being dipped in bread crumbs. Bake for 22-24 minutes. Be sure to flip the spears over once halfway into baking time.

INGREDIENTS

For veggie burgers

½ medium onion, chopped

½ red bell pepper, chopped

½ cup kale

1-15oz can garbanzo beans, drained

¼ cup unsalted walnuts

1 teaspoon Dijon mustard

1 teaspoon salt

1/8 teaspoon cumin

½ teaspoon black pepper

2 eggs, beaten

½ cup bread crumbs

2 ½ Tablespoons grape seed oil

1 loaf Italian/French/sourdough bread, portioned into four sections and sliced in half crosswise to form burger “buns”

¼ cup Dijon mustard

½ head romaine lettuce

1 red onion, sliced

1 tomato, sliced

½ cup feta cheese

For baked zucchini sticks

2 Tablespoons grape seed oil

2 eggs, beaten

¾ cup bread crumbs

½ teaspoon thyme

¼ teaspoon salt

3 zucchini, washed, dried, and cut into thick sticks (keep skin on)

It's the beginning of the weekend and time to overhaul. This week's market salad includes toasted walnuts.

INSTRUCTIONS

For quinoa

Boil vegetable stock. Stir in salt and quinoa. Reduce to simmer, cover and simmer for 25 minutes. Quinoa will expand to 3-4 times volume. Set aside to be used later in salad.

For market salad

Pour walnuts into a skillet and toast over medium-low flame. Keep a careful watch over the walnuts to prevent them from getting charred. Once the skillet is hot, walnuts should take no more than a minute to toast. Remove from pan and set aside to cool. If desired, roughly chop walnuts for salad topping.

Pour chopped lettuce in a large bowl. Next, spoon quinoa over the lettuce. Arrange sliced apples on top of quinoa. Sprinkle toasted chopped walnuts and feta cheese over the quinoa.

For balsamic dressing

Whisk balsamic vinegar and honey in a small bowl. Stir in salt and black pepper. Once fully incorporated, whisk in olive oil.

Pour dressing over the salad and serve.

INGREDIENTS

For quinoa

1 ½ cups vegetable stock

¾ cup quinoa

½ teaspoon salt

For market salad

1 cup unsalted walnuts

1 ½ head romaine lettuce, chopped

2 Granny Smith apples, cored and sliced thinly

2 ½ cups quinoa, cooked

½ cup feta cheese

For balsamic dressing

1 Tablespoon balsamic vinegar

1 teaspoon honey

½ teaspoon salt

¼ teaspoon black pepper

3 Tablespoons olive oil