

## NEW!

This week's shopping list has recipe numbers. Hopefully, this makes it easier to adjust your shopping list without searching through the recipes.

## LET'S PLAY DINNER GAME

See if you can trace the path of how all the food came to your dinner table. Who planted the vegetables? What's the farmer's name? What day did they harvest the vegetables? Think of everything that had to happen to enjoy the meal. Let the kids get creative with the stories!

## ORGANIC UPDATE

Do you know what fruits and vegetables have the most pesticides? The Environmental Working Group keeps track. Download the list. <http://static.ewg.org/reports/2011/foodnews/pdf/2011EWGPesticideGuide.pdf>

## MENU:

### MONDAY ①

Portabello Melt  
Fresh Cantaloupe  
Kale Chips

### TUESDAY ②

Southern Squash Casserole  
Tomato Salad  
Fresh Blueberries

### WEDNESDAY ③

Collard Greens Scumble  
Chive Grits

### THURSDAY ④

Veggie Sub Sandwich  
Sweet Potato Salad

### FRIDAY ⑤

Portabello Goulash  
Whole Wheat Fusilli  
Kale Greens



Vegetarian July 22nd

# Shopping List

This Week's Menu: Portobello melt, squash casserole, green eggs, veggie wraps, portobello goulash

Recipe#	Vegetables & Fruit	Quantity	Notes	Est Cost
2	blueberries	2 pints	organic	6
1	cantaloupes	1 medium		3
1,5	portabello mushrooms	10		10
5	carrots	3 medium		2
4	sweet potatoes	3 medium		4
3,4,5	chives	1 bunch	5 Tablespoons chopped	2
4	cucumber	1		1
3,5	kale greens	3 bunches		6
1,4	avocado	3		3
1,2,4	tomatoes	8		6
5	celery	1 bunch	need 3 ribs/stalks	2
5	red bell pepper	1		1
4	bibb lettuce	1 head	need whole leaves	2
2	yellow squash	1 1/2 lbs.	about 5 medium	4

Got it!	Dairy	Quantity	Notes	Est Cost
1,2,4	Monterey Jack cheese	16 oz	shredded	6
2	sour cream	1/2 cup (4oz)	can sub nonfat Greek yogurt	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
1	sandwich rolls	5	6" round or sub	5
3	eggs	8 large	organic preferred	5
3	stone ground grits	1 cup	check bulk bin	1

Fresh 20 Grocery Est 71  
 Cost Per Dinner 14.2  
 Cost Per Serving 3.55

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	2 Tablespoons	raw honey	1 teaspoon
	grape seed oil	8 3/4 Tablespoons	flour	2 Tablespoons
	balsamic vinegar	1-1/2 Tablespoons	garlic	2 cloves
	white wine vinegar	2 teaspoons	onions	2 red, 2 yellow
	sea salt	4 1/2 teaspoons	vegetable stock	6 cups
	black pepper	1 teaspoon	dijon mustard	3 1/4 teaspoons
			whole wheat fusilli or penne	1 pound
	dried thyme	1/2 teaspoon		
	cayenne pepper	1/8 teaspoon	Pantry Dressing	1/2 cup

## INSTRUCTIONS

Preheat oven to 375°F.

Brush portabello caps with 1 Tablespoon of grapeseed oil. Sprinkle with salt, and pepper. Spread mushrooms on a baking sheet and roast for 10 minutes. Remove from the oven, allow to cool and slice each cap into 4-5 pieces. *Note: They can also be grilled outdoors over medium heat for 6-7 minutes.*

Next, arrange kale strips on baking sheet. Brush kale with oil and lightly sprinkle with salt. Bake for 15 minutes until crisp, turning once. Let cool before eating, they will continue to crisp.

Spread mayonnaise on top and bottom of each sandwich roll. Layer with shredded cheese, slices of tomato, avocado and roasted portabello slices and close the sandwich.

Brush a pan with about a quarter tablespoon grape seed oil. Heat pan over medium low flame and grill each sandwich 1 minute on both sides. Push the sandwich down for a few seconds on each side with a spatula. Brush pan with oil again between grilling other side. Cut sandwiches in half.

Serve sandwiches with kale chips and cantaloupe. The cantaloupe can be scooped and eaten with spoons.

## INGREDIENTS

6 portabello mushroom caps

1 + 1 ½ Tablespoons grape seed oil

½ teaspoon salt

¼ teaspoon black pepper

4 6-inch sandwich rolls

¼ cup homemade mayonnaise

[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)  
(note: use 1 teaspoon of white wine vinegar instead of lemon juice)

2 tomatoes, sliced

1 avocado, pitted and sliced

6 oz Monterey Jack cheese,  
shredded

*For kale chips:*

1 bunch green kale, cut into strips

1 Tablespoon olive oil

¼ teaspoon salt

2 cantaloupes, cut into halves and  
deseeded

## SOUTHERN SQUASH CASSEROLE

tomato salad and fresh blueberries

### INSTRUCTIONS

#### *For southern squash casserole*

Preheat oven to 375°F. Spread bread cubes on a baking sheet and toast for 4-5 minutes. Remove from the oven and set aside to cool. Once cool, use a food processor or blender to break down the cubes into crumbs.

Heat a tablespoon of grape seed oil over medium high in a pan. Sauté onions for 7-8 minutes. Season with salt and pepper during sauté. Set aside once done.

In a large bowl, mix sautéed onions, sour cream, shredded cheese, and yellow squash. Next, brush the bottom and sides of oven-proof casserole dish with a half tablespoon of grape seed oil. Pour mixture in casserole dish, top with bread crumbs, and cover dish with foil. Bake casserole covered for 30 minutes, then remove foil and bake uncovered for 5 minutes.

#### *For tomato salad*

Whisk olive oil, white wine vinegar, honey salt, and cayenne pepper in a small bowl. Toss tomatoes and red onion in dressing. Serve with casserole.

The blueberries are for dessert.

#### **NON DAIRY ALTERNATIVE:**

Try any variety of Daiya or Follow Your Heart brand soy based cheese. They both melt well and have nice flavor.

[www.daiyafoods.com](http://www.daiyafoods.com)

[www.followyourheart.com](http://www.followyourheart.com)

### INGREDIENTS

#### *For southern squash casserole*

- 1 sandwich roll, cubed
- 1 + ½ Tablespoons grape seed oil
- 1 medium onion, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1/3 cup nonfat sour cream or Greek yogurt
- 8 ounces Monterey Jack cheese, shredded
- 1 ½ pounds yellow squash, sliced

#### *For tomato salad*

- 1 Tablespoon olive oil
- 1 Tablespoon white wine vinegar
- 1 teaspoon raw honey
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 4 tomatoes, sliced into wedges
- ½ red onion, sliced
  
- 2 pints fresh blueberries

## GREEN EGGS w/ KALE

chive grits

### INSTRUCTIONS

Set oven to warm.

#### *For chive grits*

Heat vegetable stock and water in a pot. Once the liquid is boiling, slowly stir in grits. Reduce flame to low, allowing the grits to simmer. Frequently stir the grits to cook through, for 25-28 minutes.

Stir in salt, olive oil, and one tablespoon of chives. Set in an oven-proof bowl or platter and place in the oven to keep it warm. Once ready to serve, sprinkle on top the remaining tablespoon of chives.

#### *For green egg scramble*

Heat one tablespoon of oil in a pan over medium high flame. Sauté onions for 2-3 minutes and add collard greens to the pan. Sprinkle a quarter teaspoon of salt on the vegetables and sauté until the greens have wilted, about another 2-3 minutes. Turn the heat off. Pour any liquids from the pan and set the vegetables aside in a bowl.

Return the pan to the stovetop. Heat the remaining tablespoon of oil in the pan over medium low flame. Pour the whipped eggs in the pan and gently stir the pan so that the eggs cover the pan. Sprinkle a half teaspoon of salt and a quarter teaspoon of black pepper on top. Add the kale on top of the eggs and fold the eggs into the vegetables. Stir until the eggs are fully cooked.

### INGREDIENTS

#### *For chive grits*

2 cups vegetable stock

2 cups water

1 cup stone ground grits

1 teaspoon salt

2 teaspoons olive oil

2 Tablespoons chopped fresh chives

#### *For green egg scramble*

1 +  $\frac{3}{4}$  Tablespoons grape seed oil

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

1 bunch kale, cut into strips

$\frac{1}{4}$  +  $\frac{1}{2}$  teaspoon salt

8 eggs, whisked with 1 Tablespoon water

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

## VEGGIE SUB WRAPS

w/ sweet potato salad

### INSTRUCTIONS

#### *For sweet potato salad*

Bring water to boil. Add a half teaspoon of salt to the water. Add sweet potatoes and boil for 10-12 minutes, depending on preference for doneness. Drain water once finished cooking.

Whisk oil, sour cream, mustard, and a three quarter teaspoon of salt in a small bowl. Toss red onions and sweet potatoes with dressing. Top with chopped fresh chives. Refrigerate while sandwiches are assembled. The salad tastes better cold.

#### *For veggie wrap*

Assemble the wraps by filling each lettuce leaf with cheese, avocado, tomato, cucumber, and red onion. Drizzle a tablespoon of vinaigrette in the center of each wrap. Serve with sweet potato salad.

### INGREDIENTS

#### *For veggie wraps*

1 head Bibb lettuce, whole leaves  
4 oz Monterey Jack cheese, shredded  
2 avocados, cored and sliced  
2 tomatoes, sliced  
1 cucumber, sliced  
1 red onion, sliced  
¼ cup Fresh 20 basic vinaigrette  
[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

#### *For sweet potato salad*

3 sweet potatoes, peeled and cut into 1" cubes  
½ + ¼ teaspoon salt  
1 Tablespoon grape seed oil  
3 Tablespoons nonfat sour cream or Greek yogurt  
1-¼ teaspoon Dijon mustard  
¼ red onion, diced  
1 Tablespoon chopped fresh chives

## INSTRUCTIONS

### *For portabello goulash*

Heat a tablespoon of grape seed oil over medium flame in a 3-quart pot. Sauté onions, carrots, and celery until start to brown. Add garlic and a half teaspoon of salt during sauté. Add the portabello mushrooms and sauté for 2 minutes. Pour the rest of the oil into the pot. Sprinkle flour over onions and stir to mix. Cook for a minute until flour scent is gone and stir in a half cup of vegetable stock, stirring thoroughly to make sure that the mixture is smooth with no lumps. Stir in the rest of the vegetable stock.

Add thyme, vinegar, red bell pepper, and the additional salt to the pot. Bring to a boil, stirring frequently. Cover pot with lid and reduce flame to medium low. Simmer for 15 minutes.

Meanwhile, cook pasta according to instructions. Drain and set aside. Serve goulash ladled over pasta and topped with fresh chives along with a side of kale greens.

### *For kale*

Bring 2 quarts of water to a boil. Prepare a large bowl with ice cold water. Add kale to the boiling water. Stir and cook through for no more than 90 seconds. Drain the greens and add to the prepared ice bath to stop the cooking. Allow the greens to sit in the cold water for a few minutes before draining. Make sure to drain thoroughly before tossing with onion dressing.

## INGREDIENTS

### *For portabello goulash*

- 1 + 1 Tablespoons grape seed oil
- 1 medium onion, diced
- ½ + ¼ teaspoons salt
- 4 portabello mushroom caps, diced
- 2 Tablespoons flour
- 4 cups vegetable stock
- ½ teaspoon dried thyme
- 1 teaspoon white wine vinegar
- 2 cloves garlic, minced
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 red bell pepper, diced

- 1 16-oz package whole wheat fusilli (penne can be used as substitute)
- 2 Tablespoons chopped fresh chives

### *For kale greens*

- 2 bunches kale greens
- ¼ cup Fresh 20 onion dressing