

PREP AHEAD OF TIME

**1. Hard Boil 4 Eggs**

**2. Brown Rice**

- 2 Tablespoons olive oil
- ½ onion, finely chopped
- ½ teaspoon salt
- 3 cups brown rice
- 3 cups gluten free chicken or vegetable stock (or water)
- 3 cups water

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. Yields 6 cups. Used for 2 recipes.

**3. Pickled Cucumbers**

- 1 cup white wine vinegar
- ½ cup water
- 2 Tablespoons brown sugar
- ½ teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- 1 clove garlic, minced
- ½ onion, sliced
- 2 medium cucumbers, sliced

Bring vinegar and water to a simmer in a lidded pot. Stir in honey, salt, oregano, and black pepper. Once all ingredients are incorporated, add garlic, onions, and cucumbers. Cover the pot again and simmer for 5 minutes.

Turn heat off and allow mixture to cool. Once completely cool, pack cucumbers in pickling juice in an airtight container and refrigerate. It takes about a week for the pickling flavor to come through. Used for Ploughman's Dinner on Friday.

MENU:

**MONDAY**

- Pork n' Peaches
- Broccoli Rice
- Cherry Tomato Salad

**TUESDAY**

- Herb Butter Halibut
- Blueberries

**WEDNESDAY**

- Baked Cherry Tomato Pasta
- Spinach Salad

**THURSDAY**

- Pork Fried Rice
- Sautéed Cabbage

**FRIDAY**

- Ploughman's Dinner



Gluten Free August 12th

# Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
2	fresh halibut filet	1-1/2 pounds	any fresh fish will work!	16
1, 4	pork loin chops	8 medium	2" thick, boneless, skinless	12
5	deli lunch meat	1 pound	lean	10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	cherry tomatoes	2 pints		5
2,3	baby spinach	11 cups	about 3 pounds	4
2	bell peppers	2 medium	any color	2
1	broccoli florets	2 cups	about 3/4 pounds	2
4, 5	carrots	4 medium		2
4	mushrooms	1 cup	white or button	2
4	green onions	2 stalks		1
4, 5	red or green cabbage	1 head		3
2	lime	1 medium		1
1,2,3	basil	1 cup		2
1,3	peaches or nectarines	4		2
2	blueberries	1 pint		3
5	apples	4 medium		3
5	cucumbers	2 medium		2

Got it!	Dairy	Quantity	Notes	Est Cost
1,3	ricotta cheese	1 cup		4
5	white cheddar cheese	8 oz block		5

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
5	gluten free bakery rolls or slices	4 pieces		4

Fresh 20 Grocery Est 85  
 Cost Per Dinner 17  
 Cost Per Serving 4.25

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8 Tablespoon	gf chicken stock (or vegetable)	6 cup
	garlic	4 cloves	organic butter	2 T
	onions	2 medium	eggs (organic)	7
	dried oregano		tomato paste	
	cumin		gf Dijon mustard	1 teaspoon
	sea salt	4 teaspoons	balsamic vinegar	1 teaspoon
	black pepper	1 teaspoon	gf soy sauce	2 Tablespoons
	red chili powder	1/8 teaspoon	gluten free penne pasta	1 pound
	brown sugar	1 teaspoon	brown rice (long grain)	3 cups dry

## PORK n' PEACHES

w/ broccoli rice and cherry tomato skewers

### INSTRUCTIONS

#### *For cutlets*

Heat olive oil in skillet. Season pork with salt and black pepper.

Once oil is hot, place chops into skillet, browning on one side for 4 minutes before flipping. Cook for an additional 3 minutes. Cover and remove from heat. The pork will continue to cook once covered. Let pork chops sit for 5 minutes before removing lid or foil.

Reserve 4 pieces of pork for another dinner.

While pork is resting, add onions & chicken stock to skillet. Sauté for 5 minutes before adding cut peaches and cayenne. Simmer for 5 minutes. Pour mixture over resting pork.

#### *For rice*

Combine rice and broccoli. Heat (covered) in microwave for 4 minutes. Salt and pepper to taste.

#### *For cherry tomato salad*

Combine olive oil, salt, tomatoes and basil. Serve salad with a spoonful of ricotta cheese on top.

### INGREDIENTS

#### *For pork chops*

2 Tablespoons olive oil

3/4 teaspoon salt

1/2 teaspoon black pepper

8 pork loin chops (2" thick, boneless)  
\*\*\*Half of pork is reserved for another recipe

1/2 onion, cut into long, thin slices

1 cup gluten free chicken or vegetable stock

2 peaches (or nectarines), peeled and sliced into wedges

1/8 teaspoon cayenne

3 cups brown rice, already prepared

2 cups broccoli florets, finely chopped

#### *For cherry tomato salad*

1 Tablespoon olive oil

1/2 teaspoon salt

1 pint cherry or grape tomatoes, cut in half

6 leaves fresh basil, shredded

1/2 cup part skim ricotta cheese

## DIRECTIONS:

### *For fish*

1. Sprinkle halibut filets on both sides with prepared salt and pepper mixture.
2. In a medium sauté pan, heat stock and steam filets (covered) for 4-5 minutes, depending on thickness. Once done, lift out fish and arrange on platter.
3. Add butter to remaining stock in sauté pan to melt.
4. Stir in lime juice, brown sugar, salt and pepper. Add basil and stir.
5. Pour herb butter evenly over cooked fish. Serve immediately.

### *For spinach*

Heat ½ cup of stock in medium sauce pan. Add spinach leaves and cook for 5 minutes, stirring frequently. Add any seasoning of your choice from your pantry.

### *For bell peppers*

Toss bell peppers with pantry dressing of your choice

Serve blueberries for dessert. Try freezing them for a refreshing treat!

## INGREDIENTS:

1-1/2 pounds fresh halibut filets (or the freshest fish at the market)

½ teaspoon of sea salt + ½ tsp of black pepper mixed in small bowl

1 cup gluten free chicken or vegetable stock

2 Tablespoons butter (organic )

½ lime, juiced

1 teaspoon of brown sugar

1/8 teaspoon of sea salt

A pinch of black pepper

½ cup fresh basil leaves, chopped

### *For spinach*

6 cups baby spinach

½ cup gluten free chicken or vegetable stock

Pantry seasonings (your choice)

### *For pepper salad*

2 bell peppers (any color)

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

1 pint blueberries

## INSTRUCTIONS

### *For baked cherry tomato pasta*

Preheat oven to 325°F.

Boil salty water for pasta.

Toss tomatoes and garlic in olive oil. Arrange on oiled baking sheet in a single layer. Sprinkle with salt and pepper. Place in oven and roast for 20 minutes.

Cook pasta according to package instructions. Reserve ½ cup of pasta water. Drain pasta but do not rinse.

In a large bowl, toss penne with ricotta cheese. Add a small amount of reserved pasta water (about ¼ cup). Stir in tomatoes and basil. If needed, add pasta water in small amounts until desired wetness.

### *For spinach salad*

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss spinach and peaches with dressing.

Serve 2 cups of pasta with 1 cup salad.

## INGREDIENTS

### *For roasted tomatoes*

- 1 Tablespoon olive oil
- 1 pint cherry tomatoes cut in half
- 2 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon black pepper

### *For pasta*

- 1 pound gluten free penne pasta
- 1 cup low fat ricotta cheese
- ½ cup fresh basil, shredded

### *For spinach salad*

- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- ½ teaspoon gluten free Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 5 cups spinach leaves
- 2 peaches, cored and sliced in wedges

## INSTRUCTIONS:

### *For fried rice*

Heat oil in a deep pan or wok over medium-high flame. When oil is sizzling, sauté onions. Stir continuously and quickly to avoid onions burning the onions. After a minute, add carrots to the pan or wok. Stir-fry for 2 minutes. Add mushrooms and pork; continue to stir-fry for a minute.

Add brown rice and stir to mix. After 1 minute, lower the heat and create a space in the center of the pan (or wok). Pour eggs in the center and within that center scramble the eggs to cook through. After a minute or so, the eggs will become less runny and coagulate.

Fold eggs into rice mixture so that bits and pieces of the eggs are distributed among the vegetables and rice. Stir for another minute.

Once all the ingredients are well mixed, pour soy sauce over the rice and stir to coat. Turn the heat off and fold in green onions.

### *For sautéed cabbage*

Heat oil over medium high flame. Sauté smashed garlic for less than 20 seconds. Remove from pan and add cabbage. Sauté until slightly wilted down. Sprinkle salt throughout and stir again before removing from heat.

Serve fried rice and cabbage, each in either large bowls or platters.

## INGREDIENTS

### *For vegetable fried rice*

2 Tablespoons olive oil

1 medium onion, diced

2 medium carrots, diced

½ cup mushrooms, chopped

4 pork loin chops, cooked and cut into small bite size pieces

3 cups cooked brown rice

3 eggs, whipped in a bowl

2 Tablespoons gluten free, low sodium soy sauce

2 stalks green onions, chopped

### *For sautéed cabbage*

1 ½ Tablespoons of olive oil

2 cloves of garlic, peeled and smashed

½ head of cabbage, chopped

½ teaspoon of salt

## INSTRUCTIONS

*Ploughman's Lunch is a traditional British mid-day meal. This version is perfect for a hot summer evening and works very well for a picnic!*

Toast bread. Brush with olive oil and sprinkle with salt.

### *For mixed salad*

Whisk grape olive oil, vinegar, Dijon mustard, salt, and black pepper in a small bowl. Toss cabbage and carrots with dressing.

For each platter of Ploughman's Dinner:

- 1 cup cabbage salad
- 1 whole wheat roll
- 4 oz deli meat, rolled up
- 1 hard boiled egg (2 halves)
- ¼ portion of pickled cucumbers (made ahead of time)
- 1 2-ounce chunk of white cheddar
- 1 apple

## INGREDIENTS

4 gluten free bakery rolls, sliced in half

2 Tablespoons olive oil

½ teaspoon salt

### *For cabbage salad*

1 Tablespoon olive oil

1 teaspoon white wine vinegar

½ teaspoon gf Dijon mustard

¼ teaspoon salt

¼ teaspoon black pepper

½ head cabbage

2 medium carrots, shredded

1 pound lean deli meat

4 eggs, hard-boiled and cut in half

pickled cucumbers + onions (see prep)

8 ounces white cheddar block

4 apples, cored and sliced into wedges