

PREP AHEAD OF TIME

Sour Cherry Sauce

- 1 teaspoon grape seed oil
- 1 cup fresh cherries, pitted
- 1 ½ teaspoons balsamic vinegar
- ¼ cup vegetable stock
- ¼ teaspoon salt

Pour all the ingredients in a sauce pot. Cover the pot with a lid. Set heat to low and simmer for 12-15 minutes. Uncover the lid and simmer for another 3-5 minutes to reduce the liquid. Wait for sauce to cool, then store in an airtight container.

Brown Rice

- 1 Tablespoon grape seed oil
- ¼ yellow onion, finely chopped
- ½ teaspoon salt
- 1 ½ cups brown rice
- 1 ½ cups vegetable stock (or water)
- 1 ½ 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 water, and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and allow to cool before storing in an airtight container. Yields 3 cups. Used in 1 recipe.

MENU:

MONDAY ①

- Roasted Fennel Pasta
- Fresh Cherries

TUESDAY ②

- Tabouleh
- Garbanzo Purée
- Whole Wheat Pita

WEDNESDAY ③

- Cumin Tofu
- Sour Cherry Sauce
- Parsley Brown Rice

THURSDAY ④

- Mixed Mushroom Bruschetta
- Fennel Salad

FRIDAY ⑤

- Market Salad



Vegetarian September 16th

Shopping List

This Week: 1-Roasted Fennel Pasta, 2-Tabbouleh/Garbanzo Purée, 3-Cumin Tofu, 4-Mixed Mushroom Bruschetta, 5-Market Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	fennel	8		6
2, 5	tomatoes	5	2 small; 3 medium	3
2, 5	cucumber	3		3
1, 3	cherries	1 1/2 pints		8
5	bibb lettuce	2 heads		5
2, 3, 4	parsley	1 1/2 bunches		2
4	oyster mushrooms	1 pint		4
4	crimini mushrooms	8 oz	about 1 pint	4
2	lemon	3		2
4	orange	2		2
1, 4	shallots	3		2

Recipe #	Dairy	Quantity	Notes	Est Cost
1, opt: 4	parmesan cheese	8 ounces		5.5
1	whole milk	1/3 cup	organic recommended	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 5	bulgur wheat	1 1/4 cups	check bulk bin	2
4, 5	whole wheat baguette	1 loaf		1
3	firm tofu	2 14-ounce boxes		4
2	whole wheat pita	4		2
2, 5	garbanzo beans	2 15-ounce cans		2

Fresh 20 Grocery Est 58.5
 Cost Per Dinner 11.7
 Cost Per Serving 2.925

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	9 2/3 Tablespoons	raw honey	1/2 teaspoon
	grape seed oil	3 1/3 Tablespoons		
	balsamic vinegar	2 Tablespoons	garlic	2 cloves
	white wine vinegar	1 teaspoon	onions	1 red; 1/4 yellow
	sea salt	5 1/4 teaspoons	vegetable stock	4 1/4 cups
	black pepper	1 1/2 teaspoons	dijon mustard	1 teaspoon
			low-sodium soy sauce	
	ground cumin	1 teaspoon	whole wheat pasta penne/fusili	16 ounces
	dried thyme	3/4 teaspoons	brown rice	1 1/2 cups

ROASTED FENNEL PASTA

Fresh cherries

INSTRUCTIONS

Preheat oven to 375°F. Toss fennel slices with one tablespoon olive oil and a quarter teaspoon of salt. Spread fennel slices across a baking sheet and roast for 20 minutes.

Meanwhile, cook pasta according to package instructions. Reserve a half-cup of pasta liquid and drain the rest of the water.

Heat one tablespoon olive oil in a pan over medium heat. Sauté sliced shallots until lightly browned. Add roasted fennel and sauté for 2-3 minutes. Season with three-quarters of a teaspoon of salt and a quarter teaspoon of black pepper. Stir to mix, and then pour in whole milk and vegetable stock. Reduce the heat to low. Add pasta and reserved pasta liquid. Stir to combine roasted fennel with pasta.

In a large bowl, toss pasta with Parmesan and chopped fresh fennel fronds.

Serve cherries as dessert.

INGREDIENTS

4 fennel bulbs, sliced crosswise

2 Tablespoons olive oil

1 teaspoon salt

1 16-ounce package whole wheat fusilli or penne

1 shallot, sliced

¼ teaspoon black pepper

1/3 cup whole milk

¼ cup vegetable stock

¼ cup shaved Parmesan

1 Tablespoon chopped fresh fennel fronds

2 cups fresh cherries

TABOULEH

garbanzo purée and whole wheat pita

Without tahini (sesame paste), the garbanzo purée is a low fat rendition of hummus.

INSTRUCTIONS

For garbanzo purée

Purée beans with olive oil, vegetable stock, lemon juice, garlic, and black pepper in blender or food processor. Store in refrigerator until ready to use. Serve with two wedges of lemon as garnish.

For tabouleh

Combine bulgur wheat, vegetable stock, and a half tablespoon of olive oil in a small pot. Bring the contents in the pot to a boil. Once boiling, stir to prevent the bulgur wheat from sticking to the pot, then cover the pot with a lid and turn the heat off. Allow the bulgur wheat to absorb the liquid inside the lidded pot for 25 minutes. Once the bulgur wheat is cool, stir in parsley, tomatoes, and cucumbers.

In a small bowl, whisk two tablespoons of olive oil, salt, and lemon juice. Toss tabouleh with dressing.

Serve tabouleh and garbanzo purée with a side of whole wheat pita.

INGREDIENTS

For garbanzo purée

1 15-ounce can garbanzo beans, drained

1 teaspoon olive oil

$\frac{1}{4}$ cup vegetable stock

1 teaspoon lemon juice

1 clove garlic

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

2 wedges of lemon

For tabouleh

$\frac{3}{4}$ cup bulgur wheat

1 $\frac{1}{4}$ cups vegetable stock

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

$\frac{1}{2}$ cup chopped fresh flat-leaf parsley leaves

2 small tomatoes, cored and diced

1 cucumber, diced

1 teaspoon salt

2 Tablespoons lemon juice

4 whole wheat pitas, sliced in quarters

CUMIN TOFU

sour cherry sauce and parsley brown rice

INSTRUCTIONS

Make Ahead

- Sour Cherry Sauce

For cumin tofu

Mix cumin, salt, and black pepper in a small bowl. Rub seasoning mix on both sides of each tofu fillet.

Heat one tablespoon grape seed oil in a large pan over medium heat until the oil is shimmering. Sear tofu on each side for 2-3 minutes. Add another tablespoon of oil before searing each batch of tofu. Serve with already prepared sour cherry sauce, either drizzled on top of the tofu or on the side.

For parsley brown rice

Reheat brown rice on stovetop or in microwave with a Taablespoon of water and mix in fresh parsley leaves. Serve with cumin tofu fillets with sour cherry sauce.

INGREDIENTS

For cumin tofu

1 teaspoon ground cumin

$\frac{3}{4}$ teaspoon salt

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

2 14-ounce boxes firm tofu, drained and sliced lengthwise into fillets

2 Tablespoons grape seed oil

sour cherry sauce, make ahead

For parsley brown rice

3 cups cooked brown rice

1 Tablespoon chopped fresh parsley leaves

MIXED MUSHROOM BRUSCHETTA

fennel salad

INSTRUCTIONS

For mixed mushroom bruschetta

Preheat oven to 350°F. Spread sliced bread across a baking sheet and toast for 3-4 minutes.

Heat olive oil in a pan over medium heat until the oil is shimmering. Sauté shallots until softened, then add oyster and crimini mushrooms. Sauté for 2-3 minutes. Add minced garlic and thyme. Sauté for another minute, then season mushrooms with salt and pepper. Spoon mushrooms onto each slice of baguette.

Optional: top bruschetta with shaved parmesan.

For fennel salad

Whisk vinegar, honey, salt, and black pepper in a small bowl. Toss with sliced fennel, orange slices, parsley, and fennel fronds.

INGREDIENTS

For mixed mushroom bruschetta

¼ loaf whole wheat baguette, sliced (about 12 pieces)

1 ½ Tablespoons olive oil

1 shallot, finely diced

1 pint oyster mushrooms, sliced

1 pint crimini mushrooms, sliced

1 clove garlic, minced

½ teaspoon dried thyme

¾ teaspoon salt

¼ teaspoon black pepper

Optional: ¼ cup shaved parmesan, used to top mushroom bruschetta

For fennel salad

1 teaspoon white wine vinegar

½ teaspoon honey

¼ teaspoon salt

¼ teaspoon black pepper

4 fennel bulbs, thinly sliced crosswise

2 oranges, peeled and cut into wedges

2 Tablespoons chopped fresh parsley leaves

2 Tablespoons fresh fennel fronds, chopped

INSTRUCTIONS

For croutons

Preheat oven to 375°F. Toss diced baguette with a tablespoon of olive oil and dried thyme. Spread across a baking sheet and toast for 6-8 minutes, or until crunchy. Remove from oven and set aside to cool.

For bulgur wheat

Combine bulgur wheat, vegetable stock, one teaspoon of olive oil, and salt in a small pot. Bring the contents of the pot to a boil. Once boiling, stir to prevent the bulgur wheat from sticking to the pot, then cover the pot with a lid and turn the heat off. Allow the bulgur wheat to absorb the liquid inside the lidded pot for 25 minutes.

For dressing

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Stir in shallots.

For salad

Toss cucumbers, tomatoes, garbanzo beans, red onion, and lettuce with dressing. Top each salad with croutons and a small scoop of bulgur wheat.

INGREDIENTS

For croutons

¼ whole wheat baguette, diced
1 Tablespoons olive oil
¼ teaspoon dried thyme

For bulgur wheat

½ cup bulgur wheat
¾ cup vegetable stock
1 teaspoon olive oil
¼ teaspoon salt

For dressing

2 Tablespoons olive oil
1 ½ Tablespoon balsamic vinegar
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon black pepper
1 shallot, minced

For salad

2 cucumbers, diced
3 medium tomatoes, diced
1 15-ounce can garbanzo beans, thoroughly drained
1 red onion, thinly sliced
2 heads bibb lettuce, chopped