

PREP AHEAD OF TIME

Roasted Yellow Squash

6 medium yellow squash, thinly sliced lengthwise
2 Tablespoons olive oil
½ teaspoon salt

Preheat oven to 400°F. Toss squash slices with olive oil. Spread the slices on a baking sheet (or two; don't crowd the slices) and roast for 6-8 minutes. Once cool, store in an airtight container to be used in a recipe later in the week.

Farro

2 ½ cups farro
Water
1/2 teaspoon salt

Pour farro in a medium pot and fill it with water to about an inch above the farro. Bring water to a boil. Stir and reduce heat to low. Cover pot and simmer for 20-22 minutes. Stir in the salt, cover the pot again, and simmer for 10 more minutes. Drain farro of liquid and wait for it to cool. Divide the cooked farro into two portions and store in two airtight containers for use later in the week.

Roasted Onion Marmalade

1 ½ Tablespoons olive oil
3 medium yellow onions, sliced
½ teaspoon dried oregano
1 Tablespoon balsamic vinegar

Heat olive oil in a pan over medium heat. Sauté onions until onions are softened and browned, about 6-8 minutes. Season with oregano and stir to coat onions with herb. Pour balsamic vinegar over the onions and reduce heat to low. Allow the vinegar to reduce. Once cool, store in an airtight container to be used in a recipe later in the week.

MENU:

MONDAY ①

Squash Pasta-Less Lasagna
Side Salad

TUESDAY ②

Spicy Tofu
Green Onion Farro
Fresh Plums

WEDNESDAY ③

Two Bean Chili
Honeyed Grapefruit

THURSDAY ④

Spinach Farro Salad
Toasted Pita

FRIDAY ⑤

Plum & Onion Marmalade Flatbread
Basil Corn



Vegetarian September 30th

Shopping List

This Week: 1-Squash Lasagna, 2-Seared Tofu, 3-Two Bean Chili, 4-Spinach Farro Salad, 5-Plum/Onion Marmalade Flatbread

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	yellow squash	8 medium		6
2, 5	plums	7		7
2	green onions	1 bunch		1.5
1, 3	grapefruit	3 large		3.5
1, 4	spinach	4 1/2 cups		3
1, 3	cherry tomatoes	1 3/4 pound		8
3, 5	corn	5 ears		5
1, 5	basil	1 bunch	16 leaves	3
2, 3	jalapeno pepper	2		1
1	green leaf lettuce	4 cups		3
4	zucchini	2		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 5	part skim ricotta cheese	1 1/4 cups		5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
4, 5	whole wheat pita bread	8		3
2, 4	farro	2 1/2 cups	check bulk bin	3
2	firm tofu	2 14-oz packages		5
3	kidney beans	1 15-oz can		1.5
3	garbanzo beans	1 15-oz can		1.5

Fresh 20 Grocery Est 61.5
 Cost Per Dinner 12.3
 Cost Per Serving 3.075

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	10 Tablespoons	raw honey	4 teaspoons
	grape seed oil	3 Tablespoons		
	balsamic vinegar	3 Tablespoons	garlic	5 cloves
			onions	5 medium yellow
	sea salt	7 1/2 teaspoons	vegetable stock	5 3/4 cups
	black pepper	1 3/4 teaspoons	dijon mustard	1 teaspoon
	oregano	1 1/4 teaspoons	low-sodium soy sauce	2 1/2 teaspoons
	ground cumin	1/2 teaspoon		
	dried thyme	1/2 teaspoon		
cayenne pepper	1/4 teaspoon (optional)	black beans	1 15-oz can	

SPICY TOFU

green onion farro and fresh plums

INSTRUCTIONS

Make Ahead

- Farro

For spicy tofu

Heat a tablespoon of grape seed oil in a large pan over medium heat. Sear tofu slices on both sides – 1 ½-2 minutes on the first side and a minute on the second side. Do this in batches if needed. When finished, set the seared tofu aside. In the same pan, pour in the remaining half-tablespoon of grape seed oil. Sauté jalapeno pepper and garlic until fragrant, less than a minute. Stir in soy sauce, black pepper, honey, and vegetable stock. Stir to mix and return tofu slices to the pan, nestling them in the pan. Reduce heat to low and simmer for 3-4 minutes.

For green onion farro

Whisk olive oil with salt and black pepper. Dress green onions and farro with dressing. Serve alongside spicy tofu and plums.

INGREDIENTS

For spicy tofu

- 1 + ½ Tablespoon grape seed oil
- 2 14-ounce packages firm tofu, drained and sliced
- 1 jalapeno pepper, seeded and diced
- 2 cloves garlic, minced
- 2 ½ teaspoons low sodium soy sauce
- ¼ teaspoon black pepper
- ½ teaspoon honey
- ¾ cup vegetable stock

For green onion farro

- ¾ Tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ⅓ cup fresh green onion, chopped
- Cooked farro, already prepared

- 4 fresh plums

INSTRUCTIONS

Make Ahead

- Farro

For spinach farro salad

Heat olive oil over medium heat and sauté onions for 2 minutes. Sauté squash and zucchini for 3-4 minutes. Season with dried thyme and a half-teaspoon of salt. Turn heat off. Mix cooked vegetables with spinach, garbanzo beans, and farro.

For dressing

Whisk remaining tablespoon of olive oil with a half teaspoon of salt, black pepper, balsamic vinegar, and honey. Dress salad with dressing.

Toast pita quarters for 1-2 minutes in either an oven or a toaster oven. Serve alongside salad.

INGREDIENTS

For spinach farro salad

- 1 Tablespoon olive oil
- ½ medium onion, diced
- 2 medium yellow squash, diced
- 2 Italian zucchini, diced
- ½ teaspoon dried thyme
- 1 teaspoon salt
- 3 cups spinach leaves
- 1 15-ounce garbanzo beans, rinsed and drained
- Cooked farro, already prepared

For dressing

- 1 Tablespoon olive oil
- ¼ teaspoon black pepper
- 1 Tablespoon balsamic vinegar
- 1 ½ teaspoons honey

- 4 whole wheat pitas, sliced in quarters

INSTRUCTIONS

Make Ahead

- Roasted Yellow Squash

For squash pasta-less lasagna

Preheat oven to 350°F. Mix ricotta cheese with dried oregano in a small bowl. Refrigerate until ready to use. Sauté garlic in a tablespoon of olive oil until fragrant. Be careful not to let the garlic burn. Add tomatoes and sauté for 4-5 minutes. Pour in vegetable stock, stir in basil leaves, and season with salt. Reduce heat to low and let the sauce simmer, stirring occasionally. Let the liquids reduce until the most of the liquid had evaporated.

Brush casserole dish with remaining three-quarter tablespoon of olive oil. Spread 1/2 cup of tomato sauce on the bottom of the casserole dish. Top with an even layer of roasted yellow squash, using a third of the already prepared squash. Spread a third of the spinach on top of the squash, then spread four tablespoons of ricotta cheese across. Repeat twice with alternating layers of tomato sauce, squash, and ricotta cheese, making sure to end with tomato sauce on top. Bake for 20 minutes.

For simple salad

Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and black pepper in a small bowl. Dress lettuce and grapefruit with dressing.

INGREDIENTS

For squash pasta-less lasagna

- ¾ cup part-skim ricotta cheese
- ¼ teaspoon dried oregano
- 2 cloves garlic, minced
- 1 + ¾ Tablespoons olive oil
- 1 pound cherry tomatoes, mashed
- 1 cup vegetable stock
- 8 basil leaves, chopped
- 1 teaspoon salt
- Roasted yellow squash, already prepared
- 1 ½ cups spinach leaves

For citrus salad

- 1 Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 cups green leaf lettuce, chopped
- 1 large grapefruit, sliced in to wedges and then wedges sliced in half crosswise

TWO BEAN CHILI

honeyed grapefruit

INSTRUCTIONS

For two bean chili

Sauté onions in grape seed oil in a large pot for 2 minutes. Add garlic, jalapeno pepper, and cherry tomatoes and sauté for 3-4 minutes. Season with salt, cumin, oregano, black pepper, and cayenne pepper. Stir in vegetable stock and water. Add beans and corn to the pot. Bring soup to a boil, then reduce heat to low. Cover pot and simmer for 8-10 minutes.

For honeyed grapefruit

Drizzle honey on top of each grapefruit half.

INGREDIENTS

For two bean chili

- 1 ¼ Tablespoons grape seed oil
- 1 medium yellow onion, diced
- 1 clove garlic, minced
- 1 jalapeno pepper, seeds removed and diced
- 12 ounces cherry tomatoes, sliced in half
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)
- 4 cups vegetable stock
- 2 cups water
- 1 15-ounce can black beans
- 1 15-ounce can kidney beans
- 2 ears fresh corn, kernels removed

For honeyed grapefruit

- 2 large grapefruit, sliced in half crosswise
- 2 Tablespoons honey

INSTRUCTIONS

Make Ahead

- Onion Marmalade

For plum and onion marmalade flatbread

Preheat oven to 375°F. Toast pita bread on a baking sheet in the oven for one minute. Take pita bread out and spread roasted onions on top of each piece of pita bread. Spread two tablespoons of ricotta cheese across the top of the roasted onions, followed by plum slices on each piece of pita bread. Drizzle olive oil over the toppings. Bake for 5-6 minutes.

For basil corn

Heat oil over medium heat and sauté onions for 2 minutes. Add corn and sauté for 3-4 minutes. Season with salt and black pepper. Turn heat off and fold in basil leaves. Serve alongside the flatbreads.

INGREDIENTS

For marmalade flatbread

- 4 whole wheat pita rounds
- Onion marmalade, already prepared
- ½ cup part skim ricotta cheese
- 3 plums, cored and sliced
- 1 Tablespoon olive oil

For basil corn

- ¾ Tablespoon olive oil
- ¼ medium yellow onion, chopped
- 3 ears corn, kernels removed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 8 basil leaves, sliced in slivers crosswise