

PREP:

Turkey Meatball Mix

2 slices whole wheat bakery bread, cut into quarters
½ cup + ½ cup chicken stock
¼ onion, finely chopped
1.25 pounds ground turkey
1 egg yolk
6 mushrooms (button or cremini), minced
1 teaspoon salt
½ teaspoon black pepper
1 Tablespoon finely chopped fresh parsley

Place bread in small bowl.

Pour 1/2 cup stock over bread and set aside to soak.

In large bowl, combine onion, ground turkey, egg yolk, mushrooms, salt, pepper and parsley. Use your hand to really mix it up! Add soggy bread and mix. With wet hands, form into 1" round meatballs. Makes 20-24. Store flat in Ziploc bag.

Taco Meat

1 pound ground turkey
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon dried oregano
½ teaspoon chili flakes
½ onion, chopped
1 clove garlic

In a medium skillet, break apart ground beef into loose crumbles. Add salt, pepper, oregano and chili flakes. Cover with 1 cup water and simmer for 10 minutes. Add chopped onion/garlic and simmer an additional 10 minutes. Let cool and store in an airtight container.

Parboiled Sweet Potatoes

3 sweet potatoes, peeled and cut in half
1 cup vegetable stock
2 quarts water

Bring vegetable stock and water to a boil in a pot. Add sweet potatoes and cook for 3-4 minutes. Remove from water and set aside to cool. Store in an airtight container for use in sweet potato casserole.

MENU:

MONDAY ①

Turkey Meatballs
*Member Favorite
Mashed Potatoes
Salad

TUESDAY ②

Shrimp or Chicken Pho (Soup)
Cucumber Slices

WEDNESDAY ③

Apple Sausage
Sweet Potato Casserole
Spicy Broccolini

THURSDAY ④

(Vegetarian)
Dinner Scramble
Home Fries

FRIDAY ⑤

Easy Tacos
Cumin Beans



Gluten Free October 28th

Shopping List

This Week: Turkey Meatballs, Shrimp Pho Soup, Apple Sausage Grill, Dinner Scramble & Home Fries, Tacos

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
2	shrimp or chicken thighs	1 pound	24-30 count or boneless thighs	10
1, 5	ground turkey	2.5 pounds	lean	9
3	chicken apple sausage	4 links	1 pound	6

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 2, 4, 5	fresh parsley	1 large bunch		2
2	fresh ginger	1 Teaspoon	grated	1
2	jalapeno pepper	1/2 pepper		1
1, 4	Yukon gold potatoes	4 pounds	12 potatoes	5
3	sweet potatoes or yams	2 pounds	3 sweet potatoes	3
3	carrots	2 medium		1
3	broccolini (or broccoli)	1 pound		2
1, 2	button or cremini mushrooms	8-10 oz	14 medium	3
1, 2	cucumber	2 medium		2
1, 5	tomato	4 medium		4
5	green leaf lettuce	1 head		2
2	limes	2		1

Got it!	Dairy	Quantity	Notes	Est Cost
1, 3, 4	organic milk 1%	2-1/4 cups		2
1, 5	Greek yogurt (plain)	1 cup		1
3, 4	Parmesan Reggiano	2 oz	4 Tablespoons	3
5	Monterey Jack (natural)	1 cup	shredded	2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
1, 3	gluten free bakery loaf	4 slices		2
5	organic corn taco shells	8		3
2	rice noodles	8 ounces		3

Fresh 20 Grocery Est 68
 Cost Per Dinner 13.6
 Cost Per Serving 3.4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8.5 Tablespoons	gluten free chicken stock (or vegetable)	7.25 cups
	garlic	5 cloves	organic butter	2 Tablespoons
	onions	3-1/2 medium	organic eggs	9 large
	dried oregano	1-1/2 teaspoon		
	cumin	3/4 teaspoon	gluten free pantry dressing	1/4 cup
	sea salt	2-1/2 teaspoon	www.thefresh20.com/pantrydressings	
	black pepper	1-1/4 teaspoon	gluten free soy sauce	1 Tablespoon
	red chili powder	1-1/4 teaspoon	black beans	2- 14 oz cans
	brown sugar	1 teaspoon	gluten free flour blend	1 Tablespoon

TURKEY MEATBALLS

mashed potatoes & cucumber/tomato salad

This is a member favorite and we include it every four months. It's one of our favorites too, especially in the fall. Mmm, comfort food.

DIRECTIONS:

AHEAD OF TIME

Place bread in small bowl.

Pour 1/2 cup stock over bread and set aside to soak.

In large bowl, combine onion, ground turkey, egg yolk, mushrooms, salt, pepper and parsley. Use your hand to really mix it up! Add soggy bread and mix. With wet hands, form into 1" round meatballs. Makes 20-24. Store flat in Ziploc bag.

KID NOTE: The mushy meatball mixing is a kid favorite!

DINNER NIGHT

Heat 1/2 cup stock in a large sauté pan on medium heat.

Add prepared meatballs and cook for 10 minutes rotating sides frequently.

Transfer meatballs to plate lined with paper towels.

On high heat, add butter to the bits and pieces of browned meatball still left in the pan. Whisk in flour and cook until mix becomes slightly brown and flour smell has disappeared, about 2 minutes. Whisk in stock. Reduce heat to medium-low.

Stir in milk. Continue to heat and allow to thicken. Add cooked meatballs back into pan and simmer for 5 minutes, stirring frequently.

For potatoes:

Prepare steamer by filling large pot (over high heat) with enough water to barely touch bottom of insert. You can also use a stainless steel colander inserted into a large stockpot as a steamer.

Bring water to a boil and add potatoes.

Cover and cook potatoes 20 minutes or until soft but not too mushy.

Rinse and transfer to mixing bowl

Using a masher, food mill or elbow grease, smash potatoes.

Add in yogurt and butter. Continue to mash until smooth.

Tip: You can add additional yogurt or even a little warm chicken stock to reach desired smoothness.

Salt and pepper to taste.

For salad:

Toss cucumber and tomato with pantry dressing.

PORTION SIZE: 6 meatballs, 1/2 cup mashed potatoes & 1/2 cup salad

INGREDIENTS:

2 slices gluten free bakery bread, cut into quarters

1/2 cup in prep + 1/2 cup dinner night of gluten free chicken or vegetable stock

1/4 onion, finely chopped

1.25 pounds ground turkey

1 egg yolk

6 mushrooms (button or cremini), minced

1 teaspoon salt

1/2 teaspoon black pepper

1 Tablespoon finely chopped fresh parsley

For gravy:

1 Tablespoon gluten free flour blend

1 Tablespoon unsalted butter

1 cup gluten free chicken or vegetable stock

1 cup milk

For potatoes:

6 Yukon gold potatoes, peeled and cut into cubes (medium)

1 Tablespoon unsalted butter

1/2 cup nonfat, Greek yogurt (plain)

Salt and pepper to taste

Optional: a little gluten free chicken stock

For salad:

1 cucumber, diced

2 tomatoes, diced

1/4 cup gluten free pantry dressing

(www.thefresh20.com/pantrydressings)

DIRECTIONS:

Heat olive oil in a large stockpot over medium-high heat. Add onion and sauté until translucent, about 4 minutes. Add garlic and jalapeno, cooking for an additional minute. Toss in shrimp (or chicken) and ginger then cook for one minute before pouring in stock. Add parsley. Bring to a boil.

Add soy sauce, maple syrup and lime juice. Stir to combine. Reduce heat to a simmer. Add mushrooms.

Drop in rice noodles and cook for 5 minutes or until noodles are soft but not mushy.

Remove most of the parsley with a spoon before dividing into 4 bowls.

Serve with cucumber slices.

INGREDIENTS:

2 Tablespoons olive oil

1 onion, thinly sliced

3 garlic cloves, sliced thin

½ jalapeno pepper, thinly sliced

1 pound shrimp, peeled w/ tail on or
¾ pound boneless, skinless chicken
thighs, cut into 1" pieces

1 Tablespoon fresh grated ginger

40 ounces gluten free chicken or
vegetable stock (5 cups)

1 cup parsley leaves (use whole stalk
as it will be removed prior to serving)

1 Tablespoon gluten free soy sauce

1 teaspoon brown sugar (or pure
maple syrup)

2 limes, juiced

8 mushrooms (cremini or button) cut
in half

8 oz rice noodles (dry)

1 cucumber, peeled and sliced

INSTRUCTIONS

For sweet potato casserole

Preheat oven to 375°F. Grate bread in food processor or blender. Add olive oil and 1 Tablespoon Parmesan cheese. Purée for a few pulses to mix through. Set aside bread crumb topping.

Heat olive oil in a pan over medium flame. Add sliced onions to the pan and sauté until softened, about 4 minutes. Sprinkle salt over onions, reduce the flame to medium-low, and sauté for another 6-8 minutes to caramelize the onions.

Brush an oven-proof dish with a little olive oil. Cover the bottom of the dish with one layer of sweet potatoes. Top that layer with half of the sliced carrots. Spread half of the caramelized onions on top and pour about a third of the milk over the onions. Be sure to pour it evenly to cover most of the vegetables. Sprinkle one tablespoon of grated Parmesan cheese throughout.

Repeat with another layer of sweet potatoes, remaining carrots, and onions. Pour another third of milk. Spread the last tablespoon of grated Parmesan cheese throughout. Top with the last layer of sweet potatoes. There should be no carrots left at this layer. Pour the last third of milk on top. Cover the top layer with the prepared bread crumbs. Bake for 30 minutes.

For grilled sausage

Preheat skillet and coat bottom with olive oil. Arrange sausage so they are not touching in the skillet. Grill on all sides until heated through middle and sausage starts to brown. Turn off heat. Cover skillet and set aside until dinner is ready.

For spicy broccolini

Fill a pot with 2-3 quarts of water and bring water to boil. Add a dash salt to boiling water and add broccolini. Cook broccolini for 2 to 3 minutes. Remove immediately to prevent over cooking.

Whisk remaining half teaspoon of salt with olive oil, cayenne, and black pepper. Toss broccolini with oil dressing.

INGREDIENTS

For breadcrumb topping

2 slices gluten free bakery bread, dried out and cubed

½ Tablespoon olive oil

1 Tablespoon grated Parmesan cheese

For casserole

1 Tablespoon olive oil

1 medium onion, sliced

½ teaspoon salt

3 parboiled sweet potatoes, sliced into ¼" thin rounds (see prep)

2 medium carrots, diagonally sliced

1 cup organic milk (1%)

2 Tablespoons grated Parmesan cheese

For grilled sausage

4 chicken apple sausage links or any variety, quality chicken sausage

1 Tablespoon olive oil

For spicy broccolini

½ teaspoon salt + a dash

1 pound broccolini, cut into 1 ½ to 2 inch spears

1 Tablespoon olive oil

¼ teaspoon cayenne pepper

¼ teaspoon black pepper

INSTRUCTIONS

For black beans

Heat beans with vegetable stock and oregano in a small pot over low flame. Once the beans reach a gentle boil, cover the pot with a lid and turn off the heat.

For home fries

Add potatoes to a large saucepan filled with water and bring to a boil. Cook for 5-8 minutes, or until the potatoes are fork tender. Heat a half tablespoon of grape seed oil in a cast iron or some other ovenproof pan over medium heat. Sauté onions until lightly browned. Add garlic and sauté until fragrant. Remove onions and garlic from pan and add remaining grape seed oil.

Add potatoes to the pan and spread across pan in an even layer. Season the top with cayenne pepper, salt, and cumin. Allow potatoes to sear for 5-7 minutes, until the potatoes develop a crunchy crust. Check by lifting a few pieces off the pan. Once the potatoes have a nice brown crust, flip them over and cook for 3-4 minutes. If needed, drizzle a half tablespoon of grape seed oil over the top. Once done, turn heat off and stir in onion-garlic mixture to potatoes, tossing the vegetables together.

For Southwest scramble

Heat a tablespoon of olive oil in a medium non-stick pan over medium heat. Sauté onions for 3-4 minutes, until lightly brown. Pour in eggs and gently and continually stir to scramble. Cook until eggs curdle, making sure not to overcook them. Once the eggs are no longer runny, remove eggs from pan. Sprinkle with Parmesan

Serve by spooning eggs on the bottom of a plate, followed by beans on top. Garnish with parsley and serve a portion of home fries.

INGREDIENTS

For black beans

1 14-ounce can black beans, drained
¼ cup gluten free chicken or vegetable stock
½ teaspoon oregano

For home fries

2 Tablespoons (total) olive oil
½ medium yellow onion, diced
1 clove garlic
6 medium Yukon gold potatoes, diced
½ teaspoon cayenne pepper
½ teaspoon salt
¼ teaspoon ground cumin

For Southwest scramble

1 Tablespoon olive oil
1/2 medium yellow onion, diced
8 eggs, beaten with 2 Tablespoons milk
1 Tablespoon grated Parmesan

¼ cup parsley leaves, chopped

Tacos seem to be a member favorite. I agree. They are simple to prepare and easy to customize.

DIRECTIONS:

AHEAD OF TIME:

In a medium skillet, break apart ground beef into loose crumbles. Add salt, pepper, oregano and chili flakes. Cover with 1 cup water and simmer for 10 minutes. Add chopped onion/garlic and simmer an additional 10 minutes. Let cool and store in an airtight container.

DINNER NIGHT:

Remove meat from fridge and reheat.

Pour black beans with liquid into a microwave safe bowl. Add fresh parsley to beans. Season with a little cumin. Heat on high for 2-3 minutes.

Place all ingredients in small bowls or on one large platter. Layer beans, meat, lettuce, cheese, tomato, avocado and yogurt in taco shell.

There are many ways to build a great taco. Have fun with it! Kids love this meal.

Serve with 2 tacos with ½ cup beans.

INGREDIENTS:

1.25 pound ground turkey (lean)

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon dried oregano

½ teaspoon cayenne pepper

½ onion, chopped

1 clove garlic

14 oz. black beans (1 can)

1 Tablespoon fresh parsley, chopped

½ teaspoon ground cumin

1 tomato, chopped

1 avocado, pit removed & sliced

½ cup plain Greek yogurt, nonfat

1 cup Monterey jack cheese, shredded

2 cups lettuce, chopped

8 organic corn taco shells