

PREP AHEAD OF TIME

Brown Rice

1 Tablespoon grape seed oil
¼ medium yellow onion, finely chopped
½ teaspoon salt
1 ½ cups brown rice
1 ½ cups water
1 ½ cups vegetable stock

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. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

Parbaked Potatoes

Preheat oven to 400°F.
4 large Russet potatoes, washed
4 sheets foil
Using a fork, pierce the skin of each potato a few times all over. Wrap each potato in a sheet of foil, making sure that the potato is completely covered. Place potatoes on a baking sheet and bake for 30-35 minutes. Remove from the oven and set aside to cool. Partially uncover the potatoes from wrappers to release the steam, but don't remove foil completely. Once cool, wrap potatoes tightly in their foil and store wrapped potatoes in the refrigerator for use later in the week.

Broccoli Florets

Water
¼ teaspoon salt
Ice
4 ½ cups broccoli florets
Add enough water to fill a medium pot at least halfway and add salt. Prepare an ice bath with ice cubes and more water. Bring pot of salted water to boil. Add broccoli florets and cook for 1-2 minutes. Watch for the broccoli to turn a bright green, indicating that it is cooked. Remove broccoli from water and add to ice bath right away to stop the broccoli from cooking further. Once slightly cool, divide broccoli evenly into two portions. Store each portion in an airtight container and refrigerate for later use.

MENU:

MONDAY ①

Garden Vegetable Pita Pockets
Fresh Pears

TUESDAY ②

Southwest Scramble
Potato Hash
Fresh Apples

WEDNESDAY ③

Tofu Kebabs
Sautéed Bell Peppers and Onions
Roasted Tomatoes

THURSDAY ④

Broccoli & Cheese Jacket Potato
Simple Side Salad

FRIDAY ⑤

Cumin Black Bean Casserole
Cinnamon Apples



Vegetarian October 28th

Shopping List

Menu: 1-Garden Vegetable Pita Pockets, 2-Southwest Scramble, 3-Tofu Kebabs, 4-Jacket Potatoes, 5-Cumin Black Bean Casserole

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	broccoli	2-3 heads	4 1/2 cups florets needed	5
2, 5	Granny Smith apples	6		5
1, 4	pears	6		4
4	red leaf lettuce	1 head		1
2, 5	cilantro	1 bunch	1/2 cup needed	1
2, 4	Russet potatoes	6	2 medium; 4 large	3
1, 3	tomatoes	4	medium-sized	3
1, 2	green bell peppers	2		2
2, 3	red bell peppers	2		3

Recipe #	Dairy	Quantity	Notes	Est Cost
4, 5	shredded cheddar cheese	1 1/4 cups		6
2, 4	Greek yogurt	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	firm tofu	2 14-ounce packages		3
5	ground cinnamon	1/2 teaspoon	check bulk bin	1
2	eggs	half dozen	organic preferred	2
1, 3	whole wheat pita bread	8		4

Fresh 20 Grocery Est 45
 Cost Per Dinner 9
 Cost Per Serving 2.25

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3 3/4 Tablespoons	raw honey	2 1/2 Tablespoons
	grape seed oil	7 1/2 Tablespoons; 1/2 Tablespoon optional		
			garlic	1 clove
	white wine vinegar	1 Tablespoon	onions	5.5 med. yellow
	sea salt	3 1/4 teaspoons	vegetable stock	2 3/4 cups
	black pepper	3/4 teaspoon		
	oregano	3/4 teaspoon		
	ground cumin	1/2 teaspoon		
	dried thyme	1/2 teaspoon	brown rice	1 1/2 cups
cayenne pepper	1 teaspoon	black beans	3 15-oz. cans	

INSTRUCTIONS

Made Ahead:

- Par baked Potatoes
- Broccoli Florets

Preheat oven to 400°F.

For broccoli & cheese jacket potatoes

Spread wrapped par baked potatoes on a baking sheet and finish baking for 25-30 minutes. Remove from oven and allow to cool for a few minutes. Carefully remove foil. Make a lengthwise slit across the top of each potato. Inside the slit, spoon in Greek yogurt, followed by broccoli and cheddar cheese.

For simple side salad

Whisk grape seed oil, vinegar, honey, salt, and black pepper in a small bowl. Dress lettuce and pears with basic vinaigrette.

INGREDIENTS

For broccoli & cheese jacket potatoes

Par baked Russet potatoes
1/2 cup plain Greek yogurt
Broccoli florets, already cooked half portion
3/4 cup shredded cheddar cheese

For simple side salad

1 Tablespoon grape seed oil
1 Tablespoon white wine vinegar
1 ½ teaspoons honey
½ teaspoon salt
¼ teaspoon black pepper
1 head red leaf lettuce, chopped
2 pears, peeled, cored, and sliced

CUMIN BLACK BEAN CASSEROLE

cinnamon apples

INSTRUCTIONS

Preheat oven to 350°F.

For cumin black bean casserole

Mash one can of black beans with vegetable stock, cumin, and ½ tablespoon of grape seed oil in a bowl and set aside. Combine the other can of black beans with cooked brown rice and half of the cilantro leaves in a bowl and set aside as well.

Heat ¾ tablespoon of grape seed oil in a pan over medium heat and sauté onions until softened and lightly browned, about 1-2 minutes. Season with salt and oregano, stirring to mix through. Set aside.

Brush the bottom and sides of an ovenproof casserole dish with ½ tablespoon of grape seed oil. Pour in black bean and brown rice mixture. Spread sautéed onions evenly on top of the black beans and brown rice. Spread the mashed black beans evenly on top of the onions and follow up with a layer of shredded cheddar cheese.

Bake for 22-25 minutes. Serve each portion with cilantro leaves on top.

For cinnamon apples

Arrange apple wedges on a platter. Stir cinnamon and honey together in a small bowl until well incorporated and drizzle on top of the apples.

INGREDIENTS

For cumin black bean casserole

2 15-ounce cans black beans, drained
½ cup vegetable stock
½ + ¾ + ½ Tablespoons grape seed oil
Cooked brown rice, already prepared
¼ cup cilantro leaves
¼ teaspoon ground cumin
1 ½ medium yellow onions, diced
¼ teaspoon salt
¼ teaspoon oregano
½ cup shredded cheddar cheese

For cinnamon apples

4 Granny Smith apples, cored and sliced into wedges
½ teaspoon ground cinnamon
2 Tablespoons honey

INSTRUCTIONS

Made Ahead:

- Broccoli Florets

For garden vegetable pita pockets

Slice each pita bread in half. Spread pita bread halves on a baking sheet and toast in an oven at 350°F for 2-3 minutes. Reduce temperature to low and keep pita bread warm. If using a toaster oven, toast pita bread when the vegetables are nearly done.

Sauté onions in olive oil for one minute over medium heat. Add green bell peppers and sauté for another minute. Add tomatoes and sauté for 2-3 minutes. Season with thyme, salt, and black pepper. Fold in broccoli florets and heat through for 30-45 seconds.

Stuff each pita bread half with vegetables and top with a tablespoon of Greek yogurt. Another option is to serve the yogurt on the side.

Serve two filled pita pockets with two pear halves on the side.

INGREDIENTS

For garden vegetable pita pockets

4 whole wheat pita bread

1 Tablespoon olive oil

1 medium yellow onion, diced

1 green bell pepper, diced

1 tomato, diced

½ teaspoon dried thyme

½ teaspoon salt

¼ teaspoon black pepper

Broccoli florets, already cooked half portion

½ cup Greek yogurt

4 pears, peeled, cored, and sliced in halves lengthwise

TOFU KEBABS

sautéed peppers and onions & roasted tomatoes

INSTRUCTIONS

Preheat oven to 400°F.

For roasted tomatoes

Brush tomato halves with olive oil. Spread evenly on a baking sheet and roast in the oven for 20-25 minutes.

For tofu kebabs

Heat half of the grape seed oil in a large pan over medium heat. Sauté onions until softened, about a minute. Pour in the other half of grape seed oil and add tofu to the pan. Sear tofu, gently stirring every once in a while, until tofu develops a crispy light brown coating. Season with cayenne pepper, salt, and black pepper, stirring to mix. Sauté for another 1-2 minutes, sealing tofu with spices.

For sautéed peppers and onions

Heat oil in another pan over medium-high heat. Sauté onions for 2-3 minutes. Add bell peppers and sauté for 1-2 minutes. Pour in vegetable stock and season with salt. Stir and lower the heat to a simmer. Simmer until the liquid is reduce by half.

Warm pita bread in the oven for 1-2 minutes, just to heat through. Place one pita on each plate. Ladle tofu over the pita, and ladle onions and peppers over tofu. Serve tomatoes on the side.

INGREDIENTS

For roasted tomatoes

1 Tablespoon olive oil
3 tomatoes, sliced in half lengthwise

For tofu kebabs

1 ¼ Tablespoons grape seed oil
¼ medium yellow onion, finely diced
2 14-ounce packages firm tofu, cubed
½ teaspoon cayenne pepper
½ teaspoon salt
¼ teaspoon black pepper

For sautéed peppers and onions

1 Tablespoon grape seed oil
1 medium yellow onion, sliced
1 green bell pepper, pitted, destemmed, and sliced
1 red bell pepper, pitted, destemmed, and sliced
½ cup vegetable stock
¼ teaspoon salt

4 pieces whole wheat pita bread

INSTRUCTIONS

Preheat oven to 375°F.

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 potato hash

Heat a half-tablespoon of grape seed oil in a cast iron or other ovenproof pan over medium heat. Sauté onions until lightly browned. Add garlic and sauté until fragrant. Remove onions and garlic from pan and set aside. Add remaining tablespoon of grape seed oil to pan. 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 through for a few minutes, just until the potatoes develop a crunchy crust. Check by lifting a few pieces off the pan.

Flip over the potatoes and finish cooking in the oven. If needed, drizzle a half-tablespoon of grape seed oil over the top. Roast for 5-8 minutes, or until potatoes are cooked through on the inside and crunchy on the outside. Add onion and garlic mixture to potatoes, mixing the vegetables well in a medium to large pot.

For Southwest scramble

Heat three-quarter tablespoon of olive oil in a medium pan over medium heat. Sauté onions for 1-2 minutes, until lightly browned. Sauté red bell peppers for 1-2 minutes. Remove vegetables from the pan. In a clean pan, pour in remaining oil and heat over medium-low. 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.

Serve by spooning eggs on the bottom of a plate, followed by beans on top. Add onions and peppers on top of beans. Garnish with cilantro and serve a portion of potato hash and an apple half on the side.

INGREDIENTS

For black beans

1 15-ounce can black beans, drained
¼ cup vegetable stock
½ teaspoon oregano

For potato hash

½ + 1 (+ ½ optional) Tablespoons
grape seed oil
½ medium yellow onion, diced
1 clove garlic
2 medium Russet potatoes, diced
½ teaspoon cayenne pepper
½ teaspoon salt
¼ teaspoon ground cumin

For Southwest scramble

¾ + 1 Tablespoon olive oil
1 medium yellow onion, diced
1 red bell pepper, diced
6 eggs, beaten

¼ cup cilantro leaves

2 Granny Smith apples, cored and
sliced in halves