

PREP AHEAD OF TIME

Quinoa

3 cups water

1 ½ cups quinoa, uncooked

In a medium-large saucepan, bring water or stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally.

Allow to cool. Store in airtight container and refrigerate for later use.

Used for 1 recipe.

Brown Rice

1 Tablespoon grape seed oil

¼ medium yellow onion, finely chopped

½ teaspoon salt

1 ½ cups brown rice

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

Parboiled Brown Rice

3 cups water

¼ teaspoon salt

1 ½ cups brown rice

Add salt to a pot of water and bring to a boil. Stir in brown rice and cook for 10-12 minutes. Drain thoroughly and allow to cool. Once cool, store in airtight container and refrigerate for later use.

MENU:

MONDAY ①

Brown Rice Pilaf
Sautéed Swiss Chard

TUESDAY ②

Salad Duo
Baguette

WEDNESDAY ③

Chickpea Stew
Brown Rice

THURSDAY ④

Mediterranean Cauliflower
Shaved Fennel Salad
Baguette

FRIDAY ⑤

Cumin Okra
Sweet Potato Purée
Fresh Strawberries



Vegetarian October 7th

Shopping List

This Week's Menu: 1-Brown Rice Pilaf, 2-Salad Duo, 3-Chickpea Stew, 4-Mediterranean Cauliflower, 5-Cumin Okra

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	red bell pepper	2		3
4	cauliflower	1 head		2
2, 3, 4	parsley	2 bunches		2
2, 4	lemon	3		2
4	fennel	2 bulbs		3
4	arugula	2 bunches		4
4, 5	strawberries	2 pints		8
5	okra	1 pound		5
2, 5	sweet potato	5		6
1, 2, 3	swiss chard	3 bunches		5

Recipe #	Dairy	Quantity	Notes	Est Cost
1	butter	1 Tablespoon	may sub olive oil	0.25

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	raw almonds	3/4 cup	bulk bin; 1/4 cup optional	5
2	quinoa	1 1/2 cups	check bulk bin	1.5
2, 4	whole wheat baguette	1 loaf	local bakery	1.5
3	garbanzo beans	2 14-ounce cans		2

Fresh 20 Grocery Est 50.25
 Cost Per Dinner 10.05
 Cost Per Serving 2.5125

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	4 1/2 Tablespoons	raw honey	2 1/4 teaspoons
	grape seed oil	6 Tablespoons		
			garlic	2 cloves
	white wine vinegar	2 Tablespoons	onions (3 1/4 yellow; 1/2 red)	4
	sea salt	6 teaspoons	vegetable stock	8 cups
	black pepper	1 1/2 teaspoons		
	ground cumin	3/4 teaspoon		
			brown rice	3 cups
cayenne pepper	1/4 teaspoon			

BROWN RICE PILAF

sautéed Swiss chard

INSTRUCTIONS

Make Ahead

- Parboiled Brown Rice

For brown rice pilaf

Preheat oven to 350°F. Use an ovenproof pan with lid for this dish. If you don't have this, have an ovenproof dish and a sheet of foil big enough to cover the dish at hand.

Heat butter and olive oil in a large pan over medium heat. Sauté onions until softened, then add garlic and red bell pepper. Sauté for 2-3 minutes and stir in rice. Sauté vegetables and rice for 2-3 minutes. Pour in stock and bring the mixture to a boil.

Once at a boil, cover the pan with a lid and bake for 15-17 minutes. If you are not using a pan, pour mixture into the dish and cover with foil, then bake for 15- 17 minutes.

Remove from oven and let the lidded pan/covered dish sit for 12-15 minutes, allowing the rice to finish cooking through.

Optional: Stir in chopped almonds once the rice is ready to be served.

For sautéed Swiss chard

Heat grape seed oil in a pan over medium heat. Sauté onions until light brown, then add Swiss chard to the pan. Sauté until Swiss chard is wilted, about 2 minutes. Season with salt.

Serve brown rice pilaf with a side of sautéed Swiss chard.

INGREDIENTS

For brown rice pilaf

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- ½ medium yellow onion, diced
- 1 clove garlic, minced
- 1 red bell pepper, diced
- Parboiled brown rice
- 3 cups vegetable stock
- ½ teaspoon salt
- Optional: ¼ cup raw almonds, toasted and chopped

For sautéed Swiss chard

- 1 ¼ Tablespoons grape seed oil
- ½ medium yellow onion
- 1 bunch Swiss chard, chopped crosswise
- ¼ teaspoon salt

SALAD DUO

sweet potato & Swiss chard w/ baguette

INSTRUCTIONS

Make Ahead

- Quinoa

For sweet potato salad

Place sweet potatoes in a pot of water, enough to cover the sweet potatoes by an inch. Season water with a half teaspoon of salt and bring water to a boil. Cook until it is just about tender, about 6-7 minutes. Drain well once done.

Meanwhile, whisk grape seed oil, vinegar, honey, salt, and black pepper in a small bowl.

In a large bowl, toss sweet potatoes, quinoa, and parsley with dressing.

For Swiss chard

Preheat oven to 350°F. Spread almonds on a small ovenproof pan or sheet and toast for 1-2 minutes. Be careful not to burn the almonds.

Bring a medium pot of water to boil. Once water is boiling, turn heat off and stir in Swiss chard. Let Swiss chard sit in the hot water for 20-30 seconds to heat through, but not wilt. Remove from hot water and drain thoroughly.

In a small bowl, whisk olive oil, lemon juice, salt, and black pepper. Toss Swiss chard and almonds with dressing.

Serve both salads with baguette slices.

INGREDIENTS

For sweet potato salad

2 sweet potatoes, peeled and diced

1 teaspoon salt, divided

½ medium red onion, diced

1 ½ Tablespoons grape seed oil

1 Tablespoon white wine vinegar

1 ¼ teaspoons honey

¼ teaspoon black pepper

Quinoa, already prepared

1 Tablespoon fresh parsley, chopped

For swiss chard

¼ cup raw almonds, chopped

1 bunch Swiss chard, roughly chopped crosswise

1 Tablespoon olive oil

¾ teaspoon fresh lemon juice

½ teaspoon salt

¼ teaspoon black pepper

½ whole wheat baguette, sliced crosswise

INSTRUCTIONS

For Mediterranean cauliflower

Preheat oven to 400°F. Heat a tablespoon of grape seed oil in an ovenproof pan over medium high heat. Sauté cauliflower for 2-3 minutes, making sure to stir cauliflower around every so often to cook all the pieces evenly. Roast in the oven for 6-8 minutes.

In a large bowl, toss roasted cauliflower with parsley and almonds, letting the heat warm them through. Let the cauliflower mixture sit for a few minutes before seasoning with a quarter tablespoon of grape seed oil, as well as salt, black pepper, and lemon juice.

For shaved fennel salad

Whisk olive oil, white wine vinegar, lemon juice, honey, salt, and black pepper in a small bowl. Toss dressing with a salad of sliced fennel, arugula, and strawberries. Serve alongside cauliflower and baguette slices.

INGREDIENTS

For Mediterranean cauliflower

- 1 ¼ Tablespoons grape seed oil
- 1 head cauliflower, chopped
- ¼ cup fresh parsley, chopped
- ½ cup raw almonds, chopped
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ teaspoons fresh lemon juice

For shaved fennel salad

- 1 ½ Tablespoons olive oil
- 1 Tablespoon white wine vinegar
- ½ teaspoon fresh lemon juice
- 1 teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 fennel bulbs, thinly sliced
- 3 cups arugula
- 1 ½ cups strawberries, sliced

- ½ whole wheat baguette, sliced crosswise

CHICKPEA STEW

brown rice

INSTRUCTIONS

Make Ahead

- Brown Rice

For chickpea stew

Sauté onions in olive oil over medium heat. Once onions are softened, add red bell pepper and sauté for 2-3 minutes. Sauté [swissSwiss](#) chard for another 2-3 minutes.

Pour in vegetable stock and water. Bring stew to a boil. Meanwhile, mash half of the garbanzo beans in a bowl. Stir mashed and whole garbanzo beans into the stew. Season with salt, cumin, and black pepper. Reduce heat to low and simmer for 12-15 minutes.

Garnish bowls of stew with fresh parsley and serve with brown rice prepared earlier.

INGREDIENTS

For chickpea stew

- 1 Tablespoon olive oil
- 1 medium yellow onion, diced
- 1 red bell pepper, diced
- 1 bunch [swissSwiss](#) chard, chopped
- 4 cups vegetable stock
- 2 cups water
- 2 14-ounce cans garbanzo beans, drained
- 1 teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon black pepper

Fresh parsley leaves

Brown rice, already prepared

CUMIN OKRA

sweet potato purée and fresh strawberries

INSTRUCTIONS

For cumin okra

Heat grape seed oil in a medium-large pan over medium heat. Sauté onions until softened and light brown. Stir in garlic and heat through until garlic is fragrant. Be careful not to burn the garlic.

Add okra and sauté for 3 minutes. Season with cumin, salt, and cayenne pepper. Pour in vegetable stock and reduce the heat to low. Simmer okra until liquids are reduced by half.

For sweet potato purée

Place sweet potatoes in a pot of water, enough to cover the sweet potatoes by an inch. Season water with a half-teaspoon of salt and bring to a boil. Cook until fork tender, about 8-10 minutes. Drain well once done.

Purée sweet potatoes with vegetable stock, black pepper, and a quarter teaspoon of salt in a blender or food processor until smooth.

Serve cumin okra with sweet potato purée. Fresh strawberries are for dessert.

INGREDIENTS

For cumin okra

- 1 Tablespoon grape seed oil
- 1 medium yellow onion, sliced
- 1 clove garlic, minced
- 1 pound okra, tops trimmed and chopped into about ¼-inch pieces
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ½ cup vegetable stock

For sweet potato purée

- 3 sweet potatoes, peeled and chopped
- ½ + ¼ teaspoon salt
- ½ cup vegetable stock
- ¼ teaspoon black pepper

- 2 cups fresh strawberries