

## PREP AHEAD OF TIME

**Chunky Puréed Potatoes**

2 ½ pounds Russet potatoes, peeled and cubed

Water

¼ + ¾ teaspoon salt

½ cup vegetable stock

2 ½ Tablespoons milk

1 Tablespoon olive oil

Place potatoes in a large pot of water, enough to cover the potatoes by an inch. Season water with ¼ teaspoon of salt and bring water to a boil. Cook until potatoes are fork tender. Reserve ½ cup cooking water, and drain potatoes well of the rest.

Purée potatoes with vegetable stock, milk, and olive oil without making potatoes overly smooth. (Add a tablespoon of cooking water if more liquid is needed. Repeat if necessary.) The key is to leave small pieces of potato like a mash. Season with salt. Wait for potatoes to cool, then store in airtight containers for a recipe later in the week.

**Lentils**

1 ½ cup dried green lentils

5 cups water

½ teaspoon dried oregano

¼ teaspoon salt

Bring 5 cups of water, 1 ½ cups lentils, oregano and salt to boil. Reduce heat slightly and cook for 30-35 minutes, or until lentils are bite tender. Stir occasionally. Allow to cool. Store in airtight container and refrigerate for later use. Used for 1 recipe.

## MENU:

**MONDAY ①**

Shepherd's Pie

Side Salad

Fresh Plums

**TUESDAY ②**

Spinach Mushroom Omelette

Tomato Rubbed Bread

Honey Yogurt

**WEDNESDAY ③**

Aloo Gobi

Mint Raita and Lentils

Fresh Valencia Oranges

**THURSDAY ④**

Cream of Carrot Ginger Soup

Zucchini Salad

Croutons

**FRIDAY ⑤**

Sautéed Zucchini

Roasted Potato Wedges

Garlic Aioli

Honey Ricotta Plums



Vegetarian November 4th

# Shopping List

This Week's Menu: 1-Shepherd's Pie, 2-Spinach Mushroom Omelette, 3-Aloo Gobi, 4-Carrot Ginger Soup, 5-Sautéed Zucchini

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 4	baby carrots	3 pounds		5
1	celery	1 bunch		2
1, 3, 5	Russet potatoes	4-5 pounds		7
3, 5	fresh mint	1 bunch		1
1, 3	cauliflower	2 heads		4
4, 5	zucchini	6		4
1, 5	plums	8		6
3	oranges	4	valencia recommended	3
3, 4	ginger	2 pieces		1
1, 2	baby spinach	8 cups		5
1, 2	crimini mushrooms	20-24 ounces		8
5	lemons	1		0.5
2	tomatoes	2		1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
4, 5	low fat ricotta cheese	1 1/4 cups		5
2, 3	Greek plain yogurt	4 cups	organic recommended	6
1	whole milk	1-1/4 cup	organic recommended	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	whole wheat bakery bread	2 loaves		3
3	dried green lentils	1 1/2 cups	check bulk bin	1
3	curry powder	2 teaspoons	check bulk bin	0.5
2	eggs	1 dozen	organic recommended	4

Fresh 20 Grocery Est 69.5  
 Cost Per Dinner 13.9  
 Cost Per Serving 3.475

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	24 1/2 Tablespoons	raw honey	3 1/2 Tablesp
	grape seed oil	2 1/2 Tablespoons	flour	2 Tablespoons
	balsamic vinegar	2 teaspoons	garlic	9-11 cloves
	white wine vinegar	1 1/2 teaspoons	onions	2 yellow
	sea salt	10 1/4 teaspoons	vegetable stock	9 cups
	black pepper	1 1/4 teaspoon	dijon mustard	2 teaspoons
	oregano	1/2 teaspoon		
	dried thyme	1 1/4 teaspoons		



## INSTRUCTIONS

### Made Ahead

- Chunky Puréed Potatoes

Place oven rack near the top. Preheat oven to broil.

### *For shepherd's pie*

Whisk vegetable stock with flour, salt, and black pepper until well incorporated.

Heat grape seed oil in a large pan over medium-high heat for 45 seconds. Sauté onions for 2-3 minutes. Sauté garlic until just fragrant. Add baby carrots and celery. Sauté for 2-3 minutes. Add cauliflower and sauté for 3 minutes. Add mushrooms and sauté for 1-2 minutes. Season vegetables with dried thyme.

Check vegetable stock mixture to make sure it hasn't separated. Stir again if necessary. Pour into pan, carefully scraping up brown bits in the pan. Reduce the heat slightly and allow to simmer for 8-10 minutes, until liquid is reduced and stew thickens.

Pour stew into an ovenproof casserole dish. Using a large spoon, cover the dish with dollops of chunky puréed potatoes. Smooth out potatoes to cover spaces between dollops. Drizzle the top with olive oil.

Broil shepherd's pie for 3-5 minutes, just until the top is golden brown.

### *For side salad*

Whisk vinegar and mustard until well incorporated. While whisking, drizzle in olive oil. Season with salt and black pepper. Dress spinach with vinaigrette.

Serve alongside shepherd's pie. Fresh plums are for dessert.

## INGREDIENTS

### *For shepherd's pie*

2 cups vegetable stock  
2 tablespoons white whole wheat flour  
1 teaspoon salt  
½ teaspoon freshly ground black pepper  
2 ½ tablespoons grape seed oil  
1 yellow onion, chopped  
3 cloves garlic, minced  
1 ½ cup baby carrots, chopped  
5 stalks celery, chopped  
1 head cauliflower, sliced into florets  
12 ounces crimini mushrooms, quartered  
½ teaspoon dried thyme  
Chunky puréed potatoes, already made  
1 Tablespoon olive oil

### *For side salad*

2 teaspoons balsamic vinegar  
½ teaspoon Dijon mustard  
2 Tablespoons olive oil  
¼ teaspoon salt  
1/8 teaspoon black pepper  
4 cups baby spinach  
  
4 fresh plums

## SPINACH MUSHROOM OMELETTE

*tomato rubbed bread and honey yogurt*

### INSTRUCTIONS

Preheat oven to 375°F.

#### *For spinach mushroom omelette*

Heat 1 ¼ tablespoons olive oil in a pan over medium heat. Sauté mushrooms and spinach until mushrooms are tender. Drain the sautéed mushrooms and spinach of any liquid and season with a quarter teaspoon of salt.

In a large pan, heat 1 ½ tablespoons of olive oil over medium heat for about 45 seconds. Pour in beaten eggs. Gently stir the eggs while they begin to solidify in the pan. Season with ¾ teaspoon of salt. Add sautéed mushrooms and spinach evenly around the center. Fold the omelette in half once the eggs are no longer as runny.

If you don't have a large pan, do this in two batches. Prepare two bowls, each with five eggs beaten in it. Divide the sautéed mushrooms and spinach into two portions. Half the remaining ¾ teaspoon of salt for each portion as well.

Divide whole omelette into 4 portions to serve.

#### *For tomato rubbed bread*

Toast bread in preheated oven for 5-8 minutes. Remove bread and rub the cut side of a tomato on the bread, doing this by running the tomato across the bread in a few swipes back and forth. Sprinkle bread slices with salt.

#### *For honey yogurt*

Mix yogurt with honey until well incorporated. Season with dried thyme, if preferred.

### INGREDIENTS

#### *For spinach mushroom omelette*

1 ¼ + 1 ½ Tablespoons olive oil  
2 cups sliced crimini mushrooms  
4 cups baby spinach leaves  
¼ + ¾ teaspoons salt  
10 eggs, beaten

#### *For tomato rubbed bread*

1-2 tomatoes, cut in half crosswise  
10-12 slices whole wheat bakery bread  
1 teaspoon salt

#### *For honey yogurt*

3 cups plain Greek yogurt  
2 ½ Tablespoons honey  
Optional: ¼ teaspoon dried thyme

## ALOO GOBI

*mint raita, lentils, and fresh valencia oranges*

### INSTRUCTIONS

Made Ahead:

- Lentils

*For aloo gobi (potato and cauliflower)*

Mix stock with curry powder, salt, and black pepper in a small bowl until well incorporated. Set aside. Heat a tablespoon of olive oil in a large pan over medium heat for 30-45 seconds. Sauté onions until light brown, about 1-2 minutes. Add garlic and ginger. Sauté until just fragrant. Stir in cauliflower florets. Sauté for 2-3 minutes. The cauliflower stalks will turn a bit translucent. Remove cauliflower mixture from pan and set aside. Pour in remaining olive oil. Add potatoes and allow them to sear in an even layer for a few seconds. Stir and allow potatoes to sear again; altogether searing should take 1-2 minutes (depending on thickness of pan and heat level). The aim is to let the potatoes develop a light crust.

Remove potatoes from pan and carefully stir in vegetable stock mix, scraping up the browned bits at the bottom of the pan. Add the cauliflower back to the pan. Cook in sauce, making sure the vegetables are well coated. Cover pan with lid and allow to cook for 2-3 minutes. Uncover the pan and stir in potatoes, stirring through to coat with sauce. Cover pan again with lid and reduce the heat to low. Simmer for 5-8 minutes, or until sauce thickens.

*For mint raita*

Stir mint into yogurt and season with salt.

Serve both side by side with lentils and slices of orange.

### INGREDIENTS

*For aloo gobi (potato and cauliflower)*

2 ½ cups vegetable stock

2 teaspoons curry powder

1 ¼ teaspoons salt

¼ teaspoon black pepper

1 + 1 ¼ Tablespoons olive oil

½ onion, diced

4-5 cloves garlic, minced (amount depending preference)

1 Tablespoon grated fresh ginger

1 head medium cauliflower, sliced into similarly sized florets

2 Russet potatoes, peeled and diced

*For mint raita*

1 ½ Tablespoons chopped fresh mint

1 cup Greek yogurt

¼ teaspoon salt

Lentils, already prepared

4 Valencia oranges, sliced into wedges

## INSTRUCTIONS

*For croutons*

Preheat oven to 375°F. Toss bread cubes with olive oil, dried thyme, salt, and black pepper. Spread on a baking sheet and bake for 10-12 minutes. Remove from oven and pour in a bowl. Allow to cool. Once soup is ready to be served, add croutons on top each bowl.

*For cream of carrot ginger soup*

Heat olive oil in a large saucepan or pot over medium heat for 30-45 seconds. Sauté onions for 1-2 minutes, until softened. Add grated fresh ginger, sautéing until fragrant. Add carrots and sauté for 2-3 minutes. Pour in vegetable stock and water.

Bring soup to boil, stirring every so often. Once carrots are fork tender, pour in milk. Season with salt and black pepper. Purée with either a hand blender or blender in batches. If using a blender, take care to remove the funnel cap while puréeing, in order to let out the steam.

*For zucchini salad*

Whisk Dijon mustard into white wine vinegar. Once well incorporated, continue to whisk, while drizzling in olive oil. Season with salt. Toss zucchini with dressing. Top each serving of salad with 2 tablespoons of ricotta cheese.

## INGREDIENTS

*For croutons*

½ loaf whole wheat bakery bread, diced

1 ½ Tablespoons olive oil

¼ teaspoon dried thyme

1/8 teaspoon salt

1/8 teaspoon black pepper

*For cream of carrot ginger soup*

1 Tablespoon olive oil

½ onion, chopped

1 Tablespoon grated fresh ginger

1 ½ pounds baby carrots, chopped

4 cups vegetable stock

3 cups water

1 cup whole milk

1 ¾ teaspoons salt

¼ teaspoon black pepper

*For zucchini salad*

½ teaspoon Dijon mustard

1 ½ teaspoons white wine vinegar

2 Tablespoons olive oil

½ teaspoon salt

3 zucchini, ribboned with vegetable peeler

8 Tablespoons ricotta cheese

## SAUTÉED ZUCCHINI

*roasted potato wedges & ricotta honey plums*

### INSTRUCTIONS

Preheat oven to 400°F.

#### *For garlic aioli*

Whisk yolks, Dijon, garlic, and lemon juice until well blended and light in color [3 minutes by hand; 1 minute by mixer]. Slowly drizzle in oil a little at a time, whisking as aioli stiffens. Add ½ teaspoon salt. Refrigerate until use.

#### *For roasted potato wedges*

Bring pot of water with potato wedges and ¼ teaspoon of salt to boil. Boil wedges for 5-8 minutes, or until potato wedges are fork tender. Remove potato wedges from water and drain water completely. Toss wedges with olive oil and dried thyme in a large prep bowl.

Spread potato wedges on a baking sheet and roast for 15-20 minutes, or until potato wedges are crisp on the outside. Remove wedges from the oven and sprinkle with salt before serving. Serve wedges with garlic aioli on the side.

#### *For sautéed zucchini*

Heat olive oil in a large pan over medium heat for 30 seconds. Sauté zucchini until softened and light brown, about 3-4 minutes. Season with salt. Remove from pan and top with fresh mint

#### *For honey ricotta plums*

Mix ricotta cheese, honey, and salt in a small bowl. Top plums with honey ricotta mixture.

### INGREDIENTS

#### *For garlic aioli*

2 egg yolks  
1 teaspoon Dijon mustard  
2-3 cloves garlic, minced  
1 teaspoon lemon juice  
½ teaspoon salt  
½ cup olive oil

#### *For potato wedges*

Water  
3 medium Russet potatoes, peeled and sliced into wedges  
¼ + ½ teaspoons salt  
1 ½ Tablespoons olive oil  
¼ teaspoon dried thyme

#### *For sautéed zucchini*

1 ½ Tablespoons olive oil  
3 medium zucchini, sliced into rounds  
½ teaspoon salt  
8 fresh mint leaves, sliced thinly crosswise

#### *For honey ricotta plums*

¾ cup low fat ricotta cheese  
1 Tablespoon honey  
1/8 teaspoon salt  
4 plums, de-pitted and sliced according to preference