

The New Year always comes with a sense of excitement and the desire to make the most of the clean slate. It's a perfect time to get organized in the kitchen and make an effort to sit down with the family for weeknight dinner.

If you want to get a jump on the week:

- ROAST CAULIFLOWER
- MAKE HOPPING JOHN IN A CROCK POT
- SLICE BELL PEPPERS

## MENU:

### MONDAY ①

Hopping John & Rice

### TUESDAY ②

Baked Peppers  
Parmesan Squash

### WEDNESDAY ③

Eggplant Pasta  
Arugula Salad

### THURSDAY ④

Roasted Tomato Flat Bread  
Cauliflower Salad

### FRIDAY ⑤

Roasted Cauliflower Soup  
Kale Chips



Vegetarian January 1st - Happy New Year!

# Shopping List

1 - Hopping John 2 - Baked Peppers 3 - Eggplant Pasta 4 - Tomato Flatbread 5 - Roasted Cauliflower Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	celery	2 ribs/stalks		1
1, 2	bell peppers	2 red, 2 green		3
1, 5	kale greens	2 bunches	SUB: Swiss Chard	3
1, 5	lemon	2 medium		1
2	fresh parsley	1 small bunch		1.5
3, 4	fresh basil	1 large bunch		1.5
2	yellow squash	3 medium		2.5
3	Japanese eggplant	1 large	purple variety	2.5
3, 4	grape tomatoes	3 pounds	need 6 cups	7.5
3, 4	arugula salad	6 cups	SUB: european mix lettuce	5
5	shallots	1 large		0.5
4, 5	cauliflower	2 heads		5

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3, 4	Parmesan cheese (grated)	1-1/2 cups	about 4-5 oz	4
5	mild cheddar cheese	1 cup	look for organic with no additives	3
1, 2	organic butter (unsalted)	5 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
	black eyed peas	4 cups dry	OR 3 cans	3
	whole wheat lavash bread	6 pieces	SUB: whole wheat pita or tortilla	2

Fresh 20 Grocery Est 47  
 Cost Per Dinner 9.4  
 Cost Per Serving 2.35

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 Tablespoons	vegetable broth	8 cups
	garlic	11 cloves		
	onions	1 red, 1 yellow	brown rice	1 cup
	dried oregano	1/2 teaspoon	whole wheat penne	12 ounces
	cumin	1 teaspoon	Dijon mustard	1.5 teaspoons
	sea salt	7 teaspoons	balsamic vinegar	2 teaspoons
	black pepper	3.5 teaspoons	grapeseed oil	5 Tablespoons
	cayenne pepper	1/4 teaspoon	white wine vinegar	1 teaspoon

## HOPPING JOHN (black eyed peas)

w/ kale and rice

### INSTRUCTIONS

#### *Hopping John*

1. Heat oil in a medium stock pot over medium-high heat.
2. Sauté onion, garlic, bell pepper and celery until softened, about 5 minutes.
3. Add beans, rice, broth, water, salt and peppers. Stir to combine.
4. Bring to a boil then reduce heat and simmer for 25 minutes or until beans are soft.
5. Stir in kale and lemon juice; cook for an additional 5 minutes.

#### *To serve*

Place 2 cups of hopping john in a bowl. Enjoy!

### INGREDIENTS

#### *For hopping john*

- 3 Tablespoons grape seed oil
- 1 medium onion, chopped
- 3 cloves garlic, minced or pressed
- 1 red bell pepper, chopped
- 2 celery ribs/stalks, finely chopped
- 4 cups black eyed peas (soaked for at least 4 hours before cooking)
- 1 cup brown rice
- 3 cups vegetable broth, low sodium
- 3 cups warm water
- ½ teaspoon kosher salt
- 1 teaspoon black pepper
- ¼ teaspoon cayenne pepper
  
- 1 bunch kale or Swiss chard leaves, stems removed and cut into thin strips
  
- 1 medium lemon, juiced

## DIRECTIONS:

### *Baked Peppers*

1. Preheat oven to 350 degrees F.
2. Toss peppers and onion with olive oil, salt and pepper to coat.
3. Spread the onion and pepper in a large, oven proof baking dish and bake 15 minutes.
4. Combine the melted butter and the parsley and pour over peppers. Sprinkle with salt.
5. Return to oven and bake covered for 5 minutes.

### *Squash*

1. Toss squash with olive oil and salt.
2. Arrange the squash on a large baking sheet.
3. Bake for 7 minutes, flip over and sprinkle with Parmesan and black pepper. Bake until cheese starts to golden about 5 minutes.

To serve:

Wrap peppers in tortilla with squash on the side.

## PORTION SIZE:

1 cup peppers/onions, 1 tortilla, 4 slices squash

## SUBSTITUTIONS:

Zucchini for Squash

## INGREDIENTS:

- 2 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- ¼ red onion, thinly sliced
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons butter, melted
- ¼ cup fresh parsley, finely chopped
- ½ teaspoon salt

For squash:

- 3 medium yellow squash, ends removed and sliced lengthwise into ¼" thick strips
- 1 Tablespoon olive oil
- ½ teaspoon salt
- ½ cup Parmesan, grated
- ¼ teaspoon black pepper
  
- 4 large tortillas, warmed

## INSTRUCTIONS

*For eggplant pasta*

1. Cook pasta according to package instructions. Drain fully (do not rinse) and toss with 1 Tablespoon olive oil. Set aside.
2. In a large saucepan, heat remaining 2 Tablespoons olive oil over medium heat.
3. Sauté onion for 2-3 minutes, until onions are softened.
4. Add garlic and sauté until fragrant, about one minute
5. Add diced eggplant to the saucepan and season mixture with salt.
6. Sauté eggplant until cooked down, about 8 minutes.
7. Add cherry tomatoes and basil leaves to saucepan. Sauté for 2-3 minutes.
8. Pour in broth and stir to mix.
9. Reduce heat to low and simmer until the liquid reduces. Check sauce every once in a while to ensure sauce does not burn or stick to the saucepan.

*For side salad*

1. Whisk vinegar and mustard until well incorporated.
2. While whisking, drizzle in olive oil.
3. Season with salt and black pepper.
4. Dress arugula and red onions with vinaigrette.

## To serve

Spoon  $\frac{3}{4}$  cup eggplant *ragù* over 2 cups pasta. Sprinkle with Parmesan cheese with salad on the side.

## INGREDIENTS

*For eggplant pasta*

- 12 ounces whole wheat penne
- 3 Tablespoons olive oil
- $\frac{1}{2}$  red onion, chopped
- 2 cloves garlic, minced or pressed
- 1 large eggplant, stem removed & diced
- 1 teaspoon salt
- 3 cups cherry tomatoes, sliced in half
- 6-8 fresh basil leaves, chopped
- $\frac{1}{2}$  cup vegetable broth
- $\frac{1}{4}$  cup grated Parmesan cheese for finish

*For side salad*

- 2 teaspoons balsamic vinegar
- $\frac{1}{2}$  teaspoon Dijon mustard
- 2 Tablespoons olive oil
- $\frac{1}{4}$  teaspoon kosher salt
- dash of black pepper
- $\frac{1}{4}$  red onion, thinly sliced
- 4 cups arugula or any European salad mix

## INSTRUCTIONS

### *For roasted tomato flatbread*

1. Preheat oven to 375°F.
2. On a baking sheet, toast lavash for 1-2 minutes, just until toasted enough to be a sturdy base for the sauce. You may have to toast the lavash bread in batches. Remove from oven and set aside.
3. Heat olive oil over medium heat for 20-30 seconds.
4. Sauté garlic until fragrant but not burned; 1-2 minutes.
5. Add chopped cherry tomatoes and sauté for 2-3 minutes, until the liquid has reduced and the sauce has thickened. During the sauté, season cherry tomatoes with dried oregano and salt.
6. Top the flatbreads with sautéed cherry tomato sauce, leaving a ½-inch of flatbread uncovered like a crust.
7. Sprinkle a generous amount of Parmesan over each flatbread. Add chopped fresh basil leaves on top. Bake in the oven for 5-6 minutes.

### *For cauliflower salad*

1. Whisk grape seed oil, vinegar, Dijon mustard, salt, and black pepper in a small bowl.
2. Microwave cauliflower and ¼ cup water in a medium covered bowl for 4 minutes. Uncover and set aside to cool for 5 minutes
3. Toss arugula and cauliflower with dressing.

## INGREDIENTS

### *For roasted tomato flatbread*

- 4 whole wheat lavash flatbread
- 2 Tablespoons olive oil
- 4 cloves garlic, minced
- 3 cups cherry tomatoes, chopped
- ½ teaspoon dried oregano
- ¾ teaspoon salt
- ¾ cup grated Parmesan cheese
- ½ cup fresh basil leaves, roughly chopped

### *For cauliflower salad*

- 2 Tablespoons grape seed oil
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups arugula lettuce
- ½ head cauliflower, chopped
- ¼ cup water

*This soup is easy, uses minimal ingredients and is a great source of Vitamin C, which everyone needs in the winter months.*

## **DIRECTIONS:**

You can roast cauliflower ahead of time!

Preheat your oven to 400 degrees.

Arrange cauliflower, shallots and garlic on a large baking sheet. Drizzle with olive oil then sprinkle with salt. Roast for 30 minutes, until tender.

For immersion blender:

Transfer to a medium stock pot. Pour in 2 cups of stock and puree until no large pieces are present. Bring to a low simmer on medium heat and add remaining stock. Add black pepper and if necessary, a little extra salt to taste.

For regular blender:

Transfer to blender. Pour in 2 cups of stock and puree until no large pieces are present. When smooth, transfer to a medium stockpot adding remaining 2 cups of stock. Add black pepper and if necessary, a little extra salt to taste.

If desired, stir in cheese right before serving. Divide into small bowls or cups. Serving size is one and a half cups.

## *For kale chips*

Brush kale leaves with olive oil. Sprinkle with salt. Bake at 400 degrees for 7 minutes per side until crispy. Serve with soup.

## **INGREDIENTS:**

1-1/2 heads cauliflower, roughly chopped

1 large shallot, cut into quarters

2 cloves garlic, cut in half

1 Tablespoon olive oil

1 teaspoon sea salt

4-1/2 cups vegetable broth (reduce sodium preferred)

½ teaspoon black pepper

1 lemon, juiced

1 cup mild cheddar cheese, shredded

1 bunch kale, washed

1 Tablespoon olive oil

¼ teaspoon salt