

If you want to get a jump on the week:

- **PREPARE BROWN RICE**

2 Tablespoons grape seed oil  
½ medium onion, chopped  
1 teaspoon kosher salt  
3 cups brown rice  
6 cups water (or broth)

In stockpot (whichever one you have the lid for) melt butter and add oil and rice. Sauté rice and onion for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid!

- **PREPARE QUINOA**

3 cups water  
1-1/2 cups quinoa, uncooked

In a 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.

## MENU:

### MONDAY ①

Portobello Panini  
Green Salad  
Granny Smith Apples

### TUESDAY ②

Quinoa Salad

### WEDNESDAY ③

Black Pepper Vegetable Medley  
Brown Rice

### THURSDAY ④

Baked Ricotta Zucchini  
Tomato Salad

### FRIDAY ⑤

Mushroom Stroganoff  
Vegetable Sticks



Vegetarian January 6th

# Shopping List

This Week: 1-Portabello Panini, 2-Quinoa Salad, 3-Black Pepper Veggie Medley, 4-Baked Ricotta Zucchini, 5-Mushroom Stroganoff

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	portabello mushroom caps	4		
1, 2, 5	green apples	8		
3, 5	carrots	4		
3	broccoli	1 head		
5	cucumber	1		
2	celery	1 bunch		
1, 4	tomatoes	2, 3		
1, 2	green leaf lettuce	2 heads		
1	radishes	2 cups		
3	red bell pepper	2		
2, 5	parsley	1 bunch		
4	zucchini	8		
5	button mushrooms	16-ounce		

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 4	low fat ricotta cheese	1 3/4 cups		
5	nonfat plain Greek yogurt	1/2 cup		
2	feta cheese	1/2 cup		

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	quinoa	3 cups		
3	low sodium soy sauce	1 Tablespoon		
1, 4	whole wheat Italian sandwich bread	7 slices		

Fresh 20 Grocery Est 0  
 Cost Per Dinner 0  
 Cost Per Serving 0

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	10 Tablespoons	raw honey	1 teaspoon
	grape seed oil	5 Tablespoons	white whole wheat flour	4 Tablespoons
	balsamic vinegar	2 teaspoons	garlic	4 cloves
	white wine vinegar	1 Tablespoon	onions (3 yellow; 1 red)	4
	sea salt	3 3/4 teaspoons	vegetable broth	2 1/2 cups
	black pepper	2 1/4 teaspoons	dijon mustard	2 teaspoons
	oregano	1 teaspoon		
			whole wheat fettucini	1 16-oz box
	dried thyme	1/4 teaspoon	brown rice	3 cups
cayenne pepper	1/8 teaspoon			



## INSTRUCTIONS

### *For portabello panini*

1. Heat olive oil in a saucepan over medium heat.
2. Sauté chopped portabello mushrooms until softened, about 2-2 ½ minutes.
3. Season with dried thyme, salt, and black pepper.
4. Remove mushrooms from saucepan and transfer to mixing bowl.
5. Add ricotta cheese and Dijon mustard (use puréed tofu in place of ricotta cheese if preferred); mix well to combine.
6. Divide portabella-ricotta blend into four portions.
7. Spread mixture inside in each roll.
8. Brush a skillet or pan with olive oil and set over medium-low heat.
9. Place two sandwiches in it. Brush the bottom of another clean skillet or pan with olive oil and press it bottom-side down on top of the sandwich; leave for 2-3 minutes to heat through.
10. Repeat with other two sandwiches. Brush pans with oil again if needed.
11. Slice sandwiches in half, horizontally or diagonally.

### *For green salad*

1. Dress lettuce and radishes with basic vinaigrette.

Serve salad and Granny Smith apples alongside panini.

## INGREDIENTS

### *For portabello panini*

- 1 Tablespoon olive oil, plus additional for brushing pans
- 4 portabello mushroom caps, roughly chopped
- ¼ teaspoon dried thyme
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup low fat ricotta cheese
- ½ Tablespoon Dijon mustard
- 4 whole wheat sandwich rolls, sliced in half

Optional sandwich add-ins: 2 tomatoes, sliced, and/or ½ red onion, sliced

Vegan option: swap ricotta cheese for 1 14-ounce box firm tofu; drain tofu and purée with ¼ teaspoon of salt and a few drops of olive oil just until it has whipped into a smoother consistency

### *For green salad*

- 1 head green leaf lettuce, chopped
- 2 cups radishes, thinly sliced
- ¼ cup basic vinaigrette  
<http://www.thefresh20.com/pantrydressings/>
- 4 Granny Smith apples, cored and sliced

**INSTRUCTIONS****MAKE AHEAD:****FOR QUINOA**

3 cups water

1-1/2 cups quinoa, uncooked

In a 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.

**FOR SALAD**

1. Whisk olive oil, white wine vinegar, honey, salt, and black pepper until well incorporated.
2. Toss quinoa, chopped celery, walnuts, diced apples, feta cheese, and chopped parsley with dressing.
3. Serve on a bed of chopped lettuce.

**INGREDIENTS**

2 Tablespoons olive oil

1 Tablespoon white wine vinegar

1 teaspoon honey

1/2 teaspoon salt

1/4 teaspoon black pepper

Quinoa, prepared

2 celery ribs, chopped

1/2 cup walnuts

2 green apples, cored and diced

1/2 cup feta cheese

2 Tablespoons chopped parsley

1 head green leaf lettuce, chopped

## DIRECTIONS:

1. In medium sized bowl, combine flour, kosher salt and black pepper. Toss onions, bell peppers and carrots with flour/seasoning mix.
2. Heat 2 Tablespoons olive oil in a wok or non-stick skillet over medium-high heat. Once oil shimmers, add vegetable slices and stir fry for 3-4 minutes.
3. Add the remaining Tablespoon of olive oil and scrape the pan to release any flavorful bits. Add garlic, making sure to stir around so as to avoid burning. After a minute – when the aroma of garlic is apparent, add broccoli and stir fry for 3-4 minutes.
4. Add broth/soy sauce liquid. Stir fry for 1-2 minutes so as to coat the vegetables with sauce.
5. Serve on platter over brown rice. Spoon any extra liquid over meal once served.

## INGREDIENTS:

- 2 Tablespoons whole wheat flour, sifted
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 red bell peppers, sliced
- 1 medium onion, thinly sliced
- 2 medium carrots, shredded
- 3 Tablespoons grape seed oil (divided)
- 2 cloves of garlic, minced or pressed
- 1 large head broccoli (cut to 3 cups bite-size florets and stems)
- 1 Tablespoon soy sauce (reduced sodium) and 1/2 cup of vegetable broth combined in one bowl and set aside
- 3 cups prepared brown rice, reheated

## INSTRUCTIONS

*For baked ricotta zucchini*

1. Preheat oven to 350°F.
2. Heat one tablespoon of olive oil in a large saucepan or skillet over medium heat.
3. Sauté onions until softened, about 2-3 minutes.
4. Add garlic and sauté just until fragrant.
5. Add in zucchini and sauté until lightly browned, 2-3 minutes.
6. Season with salt, dried oregano, and black pepper.
7. Arrange zucchini in a square baking dish.
8. Top evenly with ricotta and drizzle with remaining one tablespoon of olive oil.
9. Bake for 15-20 minutes, until the ricotta has browned.

*For tomato 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 red onions and tomatoes with vinaigrette. Serve with bread alongside baked ricotta zucchini.

## INGREDIENTS

*For baked ricotta zucchini*

- 2 Tablespoons olive oil
  - 1 medium yellow onion, roughly chopped
  - 2 cloves garlic, minced
  - 8 zucchini, sliced into rounds
  - ¼ teaspoon salt
  - 1 teaspoon dried oregano
  - ½ teaspoon black pepper
  - 1 cup low fat ricotta cheese
- Vegan option: swap ricotta cheese for 1 14-ounce box firm tofu; drain tofu and purée with ¼ teaspoon of salt and a few drops of olive oil just until it has whipped into a smoother consistency

*For tomato side salad*

- 2 teaspoons balsamic vinegar
  - ½ teaspoon Dijon mustard
  - 2 Tablespoons olive oil
  - ¼ teaspoon salt
  - ¼ teaspoon black pepper
  - ½ red onion, thinly sliced
  - 3 medium tomatoes, thinly sliced
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- 3 whole wheat sandwich rolls, each piece diagonally sliced and toasted

## DIRECTIONS

1. Boil salty water for pasta. Cook pasta according to package, draining while they are still slightly firm (al dente). Toss with a little olive oil to keep from sticking.
2. In a large skillet on high, heat olive oil. Sauté onion until translucent, about 4 minutes. Stir in salt & chili powder. Transfer onions to bowl.
3. In same skillet, melt butter; add flour and cook for 1 minute until flour smell is gone. Whisk in broth and bring to boil; thicken 1-2 minutes. Reduce heat. Whisk in Dijon mustard and Greek yogurt, thickening 2 to 3 minutes. Combine with mushrooms. Remove from heat. Salt and pepper to taste.
4. Arrange noodles on a large platter. Top with onion mix and then pour Stroganoff sauce over meat and noodles. Garnish with finely chopped parsley.

Serve with raw vegetables and apple wedges.

Portions! This makes enough for lunch the next day. 2 cups is the MAX serving size with at least 1 cup of vegetables per person.

## INGREDIENTS:

12 oz whole wheat fettuccine or linguine (salt and olive oil for cooking)

1 Tablespoon olive oil

1/2 medium onion, sliced

Salt to taste (about ½ teaspoon)

1/8 teaspoon cayenne pepper

2 Tablespoons butter

2 Tablespoons flour

2-1/2 cups vegetable broth

1 teaspoon Dijon mustard

½ cup plain Greek yogurt, nonfat

16 oz (1 pound) button mushrooms, stems removed and sliced

Kosher salt and black pepper to taste

1 Tablespoon parsley, finely chopped

### For veggie sticks

1 medium cucumber, peeled and cut into rounds

2 medium carrots, peeled and cut into sticks

2 Granny Smith apples cut into wedges