

PREP AHEAD OF TIME

Brown Rice

1 Tablespoon grapeseed oil
¼ medium yellow onion, finely chopped
¼ teaspoon kosher salt
¼ teaspoon dried oregano
1 ½ cups brown rice
1 cup vegetable broth
2 cups water

1. Heat grapeseed oil over medium-low heat in a medium stockpot.
2. Sauté onions for 2-3 minutes.
3. Season with salt and dried oregano.
4. Brown the rice, stirring frequently, for 3-4 minutes.
5. Add liquids and bring to a boil. Reduce heat to a low simmer. Cover and cook for 22-24 minutes.
6. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

MENU:

MONDAY ①

Mushroom Cannellini Stew
Sourdough Croutons
Simple Salad

TUESDAY ②

Fettuccine Alfredo
Spinach Salad

WEDNESDAY ③

Chickpea Flatbread
Carrot Sticks
Kale Chips

THURSDAY ④

20-Minute Jambalaya

FRIDAY ⑤

Black Bean Soup
Parmesan Pita Crisps
Celery Sticks



February 24th

Vegetarian Shopping List

This Week: 1- Mushroom Cannellini Stew; 2 - Fettucine Alfredo; 3 - Chickpea Flatbread; 4 - 20-Minute Jambalaya; 5 - Black Bean Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
4	onion	2	1/4 red; 1 yellow	1.5
3	fresh parsley	1 bunch		1.5
3	carrots	3 medium		1.5
3	kale	1 1/2 bunches		3
1, 5	fresh sage	1 bunch		2
1	mushrooms	8 ounces		3
1	arugula	4 cups		3.5
4, 5	cherry tomatoes	4 cups		6
2, 5	avocado	2	plus 1 optional	3
1, 4	bell peppers	4	any color	4
2, 4, 5	celery	9-10 ribs		3
2	lemon	1		0.5
2	baby spinach	6 cups		4

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 2, 5	Parmesan cheese	1 cup	grated	4
2	2% milk	1 cup		1
2	Greek yogurt, nonfat, plain	1/3 cup		1
2	organic butter, unsalted	2 Tablespoon		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	whole wheat sourdough loaf	1/2 loaf	organic, bakery fresh	3
3	garbanzo beans	1 15-ounce can		1.5
4, 5	black beans	4 15-ounce cans		6
1	cannellini beans	2 15-ounce cans		3
3, 5	whole wheat pita	6 rounds		2

Fresh 20 Grocery Est 59
 Cost Per Dinner 11.8
 Cost Per Serving 2.95

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	10 1/2 Tablespoons	dried oregano	1/4 teaspoon
	grapeseed oil	1 Tablespoon	crushed red pepper	2 teaspoons
	balsamic vinegar	1 teaspoon	ground cumin	1/2 teaspoon
	white wine vinegar		raw honey	
	vegetable broth	7 cups	organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	1/2 teaspoon
	kosher salt	3 3/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 teaspoons	whole grain pasta FETTUCCINE	10 ounces
	cayenne pepper	1/4 teaspoon	long grain brown rice	1 1/2 cups
pantry dressing	1/4 cup	whole wheat flour	2 Tablespoons	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

INSTRUCTIONS

For sourdough croutons

1. Preheat oven to 375°F. Toss bread crumbs in olive oil, spread on a baking sheet, and toast for 5-6 minutes. Set aside.

For mushroom cannellini stew

1. Heat 1 ½ tablespoons of olive oil in a large saucepan. Sauté garlic and sage leaves until fragrant. Add mushrooms and sauté until cooked down, about 3-4 minutes.
2. Stir in vegetable broth and water. Bring to a boil.
3. Pour in both cans of beans. Season with salt. Stir and reduce temperature to low; cover saucepan with lid. Simmer for 12-15 minutes.
4. When ready to serve, top with sourdough croutons and Parmesan cheese.

For simple salad

1. Whisk olive oil, balsamic vinegar, Dijon mustard, garlic, salt, and black pepper in a small bowl.
2. Toss arugula and bell peppers with dressing.

INGREDIENTS

For sourdough croutons

½ loaf sourdough bread, sliced into cubes

1 Tablespoon olive oil

For mushroom cannellini stew

1 ½ Tablespoons olive oil

2 cloves garlic

4 fresh sage leaves, chopped crosswise

8 ounces mushrooms (your choice), sliced

4 cups vegetable broth

1 cup water

2 15-ounce cans cannellini beans, one can halfway drained of liquid

1 teaspoon kosher salt

¼ cup grated Parmesan cheese

For simple salad

1 Tablespoon olive oil

1 teaspoon balsamic vinegar

½ teaspoon Dijon mustard

1 clove garlic, minced

¼ teaspoon kosher salt

¼ teaspoon black pepper

4 cups arugula, chopped

1 bell pepper (color depending on preference), sliced

DIRECTIONS

For fettuccine alfredo

1. Cook fettuccine according to instructions. Rinse and drain well.
2. Meanwhile, melt butter and olive oil in a medium saucepan over medium flame.
3. Whisk in flour and cook for 2 minutes or until flour smell has gone away.
4. Whisk in milk and lemon juice. Remove from flame; once slightly cool, stir in yogurt. Season with salt and pepper.
5. Stir in Parmesan.
6. Toss noodles with alfredo sauce.
7. Finish with a sprinkle of crushed red pepper.

For salad

1. Toss spinach with dressing.
2. Squeeze lemon over avocado.
3. Top spinach with sliced avocado and celery (for crunch).

INGREDIENTS

For fettuccine alfredo

- 10 ounces whole wheat fettuccine
- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil
- 2 Tablespoons whole grain flour
- 1 cup 2% milk
- 1 Tablespoon fresh lemon juice (1/2 lemon)
- 1/3 cup nonfat plain Greek yogurt
- Kosher salt to taste
- ½ teaspoon black pepper
- ½ cup grated Parmesan cheese
- 1 teaspoon crushed red pepper

For salad

- 6 cups baby spinach, washed and towel dried
- ¼ cup pantry dressing
www.thefresh20.com/pantrydressings
- ½ lemon
- 1 avocado, sliced
- 2 ribs/stalks celery, chopped

DIRECTIONS

For chickpea flatbread

1. Preheat oven to 350°F. Spread pita bread across a baking sheet. Toast for 2 minutes.
2. Puree olive oil, chickpea/garbanzo beans, salt, cayenne pepper, garlic, and onion until smooth. Spread a portion on each toasted pita bread.
3. Bake in the oven for 4-5 minutes, until chickpea/garbanzo topping is heated through.
4. Top with chopped parsley. If desired, top with sliced avocado.

For kale chips

1. Keep oven temperature to 350°F.
2. Toss kale in olive oil and, if desired, salt. Spread kale across a large baking sheet. Be careful not to crowd the baking sheet; you may need to bake in two batches or use two baking sheets.
3. Bake for 15-20 minutes.

INGREDIENTS

For chickpea flatbread

- 4 whole wheat pita rounds
- 1 ½ Tablespoons olive oil
- 1 -15-ounce can chickpea/garbanzo beans, rinsed and drained
- ¾ teaspoon kosher salt
- ¾ teaspoon cayenne pepper
- 1 clove garlic, minced
- ¼ medium onion, chopped
- 2 Tablespoons parsley, chopped
- Optional: 1 avocado, sliced

For kale chips

- 1 ½ Tablespoons olive oil
- Optional: ½ teaspoon kosher salt
- 1 ½ bunches kale, rinsed and dried

- 3 medium carrots, peeled and sliced into sticks

DIRECTIONS

Made Ahead

- Brown Rice
1. In a Dutch oven or heavy bottom stockpot, heat olive oil over medium heat.
 2. Sauté onion and garlic for 2 minutes.
 3. Add celery, bell peppers, black pepper, salt and crushed red pepper.
 4. Pour in broth; add tomatoes and black beans. Simmer for 5 minutes.
 5. Bring to a simmer before adding rice. Heat through for 1-2 minutes.

To serve, ladle 2 cups into a bowl and garnish with a ½ Tablespoon of parsley.

INGREDIENTS

- 2 Tablespoons olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, minced
- 3 ribs/stalks celery, ends trimmed and chopped
- 3 bell peppers, red, yellow or orange, sliced
- ½ teaspoon black pepper
- 1 teaspoon kosher salt
- 1 teaspoon crushed red pepper
- 2 cups vegetable broth
- 12 ounces cherry tomatoes
- 2 15-ounce cans black beans, drained and rinsed
- 3 cups cooked brown rice, already made
- 2 Tablespoons fresh parsley, chopped

BLACK BEAN SOUP

parmesan pita crisps and celery sticks

- **EASY PREP**
- **VEGETARIAN**

INSTRUCTIONS

Pre-heat oven to 350 degrees F

For black bean soup

1. Combine beans, 1 ½ cups of tomatoes, water, cumin, and black pepper in blender or food processor until liquefied. If necessary, add more water to achieve desired consistency.
2. Pour into stockpot and simmer on medium-low heat for 5 minutes.
3. Add sage. Turn heat off. Season with salt, if desired. Divide between bowls. Garnish with remaining chopped tomatoes, red onion and avocado.

Portion: 1 cup kids; 2 cups adults.

For pita crisps

1. Cut pita in half and brush with olive oil.
2. Sprinkle with Parmesan cheese and black pepper.
3. Bake in oven for 5-10 minutes or until pita is crisp like cracker.

INGREDIENTS

For black bean soup

2 -15-ounce cans black beans, rinsed and drained

1 ½ + ½ cups cherry tomatoes, quartered

1 cup water

½ teaspoon cumin

½ teaspoon black pepper

1 teaspoon fresh sage

Optional: kosher salt to taste

¼ red onion, finely chopped

½ avocado, pitted and diced

For parmesan pita crisps

2 whole wheat pita rounds

1 Tablespoon olive oil

¼ cup grated Parmesan

¼ teaspoon black pepper

4-5 celery ribs/stalks, cut into sticks