



VEGETARIAN FEBRUARY 3RD

PREP AHEAD OF TIME

ROAST SQUASH (for Wednesday & Friday)

- 3 medium butternut squash, halved lengthwise and seeds removed
 - 2 Tablespoons olive oil
1. Pre-heat oven to 425 degrees F.
 2. Arrange squash on a foil lined baking sheet, flesh side up.
 3. Roast for 45 minutes to 1 hour until fork tender. (For faster roasting time, peel squash completely and cut into small cubes. Place on baking sheet and roast for 25 minutes.)
 4. Scoop flesh out of 4 halves of squash and store in airtight container for Friday's bisque.
 5. Cut the other 2 halves into sliced half rounds and store for Wednesday night's sandwich.

MENU:

MONDAY ①

Crockpot Barley Stew
Braised Carrots & Parsnips

TUESDAY ②

Kale Risotto
Granny Smith Apples

WEDNESDAY ③

Open-Faced Butternut Squash
Sandwich
Sautéed Kale

THURSDAY ④

BBQ Mushroom Sandwiches
Granny Apple Slaw

FRIDAY ⑤

Butternut Apple Bisque
Crouton Salad



Vegetarian February 3rd

Shopping List

1-Crockpot Stew 2-Kale Risotto 3-Butternut Sandwich 4-BBQ Mushroom Sandwiches 5-Butternut Apple Bisque

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 5	carrots	9 medium		3
1	parsnips	4	SUB: turnips or 1 fennel bulb	4
1	celery	2 stalks		1
1	sage	1 bunch		1.5
2, 3	kale	2.5 bunches		3
2, 4, 5	granny smith apples	9		4.5
3, 5	butternut squash	3 medium		4
4	button mushrooms	16 oz.		5
4	cabbage	1/2 head		2
5	lime	1		0.5
3	fresh seasonal berries	1 pint		3
5	green leaf lettuce	1 head	4 cups	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 5	grated parmesan	2/3 cup	Parmiggiano-Reggiano	3
1	organic 2% milk	1 cup		2
4	plain Greek yogurt	1/2 cup	nonfat	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	pearl barley	2 cups		3
2	arborio rice	2 cups		3
2	dry white wine	1/3 cup	buy inexpensive bottle for cooking	3
3, 4, 5	whole wheat bakery bread	10-14 slices	SUB: gluten free bread	5

Fresh 20 Grocery Est	53
Cost Per Dinner	10.6
Cost Per Serving	2.65

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 Tablespoons	vegetable broth	12-13 cups
	grape seed oil	3-1/2 Tablespoons	organic butter	1 Tablespoon
	garlic	4 cloves		
	onions (yellow)	2 medium	tomato paste	6 ounces
	cumin	1 teaspoon	Dijon mustard	1 Tablespoon
	sea salt	5-1/2 teaspoons	white wine vinegar	3 Tablespoons
	black pepper	3 teaspoons	honey	2 Tablespoons
	cayenne pepper	1-1/4 teaspoons	pantry dressing	1/4 cup
	hungarian paprika	3/4 teaspoon	flour	1 Tablespoon

CROCKPOT BARLEY STEW

braised carrots and parsnips

INSTRUCTIONS

1. Combine salt, black pepper, paprika, cumin, and cayenne pepper in a small bowl.
2. In a large pan, heat the grapeseed oil over medium-high heat and brown onions, carrots, parsnip, and celery. Sprinkle with seasoning mix. Cook 3-5 minutes until browned.
3. Transfer vegetables and sage into bottom of crock pot. Pour in uncooked barley and broth and set Crockpot to low if slow cooking more than 5 hours OR high if cooking in 3-5 hours.
4. Cover and leave to cook. Each time the lid is removed, the temperature drops dramatically. Stew is done when pearl barley is tender.

If you do not have a Crockpot available, use a Dutch oven or a heavy bottom pot to brown the vegetables. Add sage and broth, cover and place in oven on 275 degrees for 3 hours.

INGREDIENTS

- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- ½ teaspoon Hungarian paprika
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 2 Tablespoons grape seed oil
- 1 yellow onion, roughly chopped
- 8 medium carrots, peeled and chopped
- 4 medium parsnips, peeled and chopped
- 2 ribs/stalks celery, ends trimmed and cut into fourths
- 8 sage leaves, chopped
- 2 cups pearl barley
- 4 cups vegetable broth

SUBSTITUTE FOR PARSNIP:

Use turnips or 1 fennel bulb



KALE RISOTTO

granny smith apples

INSTRUCTIONS

In a medium sauté pan, heat olive oil over medium heat. Add rice and smashed garlic; cook, stirring, 1 minute.

Add wine and stir until absorbed. Add in $\frac{1}{2}$ cup broth and stir frequently until broth is absorbed. Continue simmering and adding broth, about $\frac{1}{2}$ cup at a time, stirring constantly and letting each addition be absorbed before adding next, until rice is creamy-looking but still al dente (it should be the consistency of thick soup), about 15 minutes.

Stir in kale and another $\frac{1}{2}$ cup broth. Season risotto with kosher salt and black pepper. While risotto is still creamy, stir in Parmesan cheese.

Serve immediately with apples wedges for dessert.

INGREDIENTS

1 Tablespoon olive oil

2 cups Arborio rice (12 ounces)

2 garlic cloves, peeled and smashed but left whole

$\frac{1}{3}$ cup dry white wine

4 cups vegetable broth

1 bunch kale, rinsed and cut into 1" cubes

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ cup grated Parmigiano-Reggiano (3/4 ounce)

4 Granny Smith apples, cored and cut into wedges



OPEN-FACED BUTTERNUT SQUASH SANDWICH

sautéed kale and berries

INSTRUCTIONS

For open-faced butternut squash sandwich

1. Heat butter and olive oil in a small pot. Pour in flour, stirring to mix until light golden brown and flour smell is gone, about two minutes.
2. Stir in warm milk, mixing to incorporate with butter mixture.
3. Season with salt and pepper.
4. Toast bread in toaster until golden brown.
5. Top each slice with roasted butternut squash rounds.
6. Drizzle gravy on top of each sandwich.

For sautéed kale

1. Heat oil in a large sauté pan over medium high heat.
2. Sauté onions for 2 minutes.
3. Add chopped kale and sauté until cooked down, about 5 minutes.
4. Season with salt.

Serve with 1/3 cup fresh berries.

INGREDIENTS

For open-faced butternut squash sandwich

- 1 Tablespoon olive oil
- 1 Tablespoon organic butter
- 1 Tablespoon whole wheat flour
- 1 cup organic 2% milk, warmed
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 medium butternut squash (baked—see prep), peeled, sliced in half-rounds
- 4 slices thick-cut whole wheat bakery bread

For sautéed kale

- 1 ½ Tablespoons grape seed oil
- ¼ medium onion, chopped
- 1 ½ bunches kale, chopped crosswise
- ½ teaspoon salt

- 1 pint fresh seasonal berries, rinsed



BBQ MUSHROOM SANDWICHES

granny apple slaw

INSTRUCTIONS

1. Heat olive oil over low heat. Sauté mushrooms and garlic for 3-4 minutes.
2. Combine Dijon, tomato paste, white wine vinegar, honey and cayenne pepper in a medium stockpot. Add broth.
3. Mix sauce with mushrooms.
4. Salt and pepper to taste.
5. Prepare sandwiches with mushroom filling. Can be served open face with only one piece of bread if desired.

For slaw

1. Whisk yogurt, vinegar, honey, salt, black pepper, and cayenne together until well incorporated. If desired, whisk in drops of water to thin out the dressing to the preferred consistency.
2. Stir to coat sliced apples and cabbage with dressing.

INGREDIENTS

- 1 Tablespoon olive oil
- 16 oz button mushrooms, sliced
- 1 clove garlic, minced or pressed
- 1 Tablespoon Dijon mustard
- 6 oz Tomato paste
- 2 Tablespoons white wine vinegar
- 2 Tablespoons honey
- ½ teaspoon cayenne pepper
- 1 cup vegetable broth
- Kosher salt to taste
- Black pepper to taste

4-8 slices whole wheat bakery bread

For slaw

- ½ cup of fat free yogurt
- 1 Tablespoon white wine vinegar
- 1 Tablespoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne
- Water
- 3 Granny Smith apples, cored and thinly sliced
- ½ head of cabbage, shredded

INSTRUCTIONS

MAKE AHEAD – ROAST SQUASH

- 2 medium butternut squash, halved lengthwise and seeds removed
1. Pre-heat oven to 425 degrees F.
 2. Arrange squash on a foil lined baking sheet, flesh side up.
 3. Brush lightly with olive oil
 4. Roast for 45 minutes to 1 hour until fork tender. (For faster roasting time, peel squash completely and cut into small cubes. Place on baking sheet and roast for 25 minutes.)
 5. Store in Ziploc bag until ready to use. Freeze if necessary.

DINNER NIGHT

1. Sauté onions and apples over medium heat in olive oil until softened (3-4 minutes). Remove from heat.
2. Puree roasted squash with 2 cups broth in a food processor until creamy.
3. Add in onion/apple sauté and continue to puree until soup is smooth.
4. Add lime juice plus 1/3 cup broth at a time until desired consistency.
5. Season with salt, paprika, and black pepper.

For salad:

1. Toss lettuce with pantry dressing and sprinkle with Parmesan.
2. Top with shredded carrots and croutons.

For croutons:

1. Rub garlic on the bottom of a small glass bowl.
2. Add olive oil to absorb garlic scent.
3. Cut bread into cubes and brush lightly with olive oil.
4. Bake at 350 degrees for 10 minutes or until bread is crisp. Remove from pan and allow to cool before storing in an airtight container for up to 4 days.

INGREDIENTS

- 1 Tablespoon olive oil
¼ medium yellow onion, roughly chopped
2 Granny Smith apples (or any green variety), peeled and cut into wedges
8 fresh sage leaves
Roasted squash, already prepared (about 4-5 cups)
1 Tablespoon olive oil
3-4 cups vegetable broth
½ lime, juiced
½ teaspoon kosher salt
¼ teaspoon Hungarian paprika
¼ teaspoon black pepper

for salad:

- 4 cups green leaf lettuce
¼ cup pantry dressing
www.thefresh20.com/pantrydressings
2 Tablespoons grated Parmesan
1 medium carrot, shredded

for croutons:

- 1 clove garlic, peeled
2 slices whole wheat bakery bread
1 Tablespoon olive oil