

PREP AHEAD OF TIME

**Salsa Verde**

*Tomatillos are green tomato-like vegetables with paper-thin husks, available at Latin American markets and some supermarkets. You can also use young green tomatoes.*

- 1 ¼ pounds tomatillos
- ½ cup chopped white onion
- 1 teaspoon raw honey
- 1/8 + ½ teaspoon kosher salt
- ½ cup cilantro
- 1 clove garlic
- 2 teaspoons lime juice

1. Shuck tomatillos by removing papery husk. Rinse tomatillos to get rid of the sticky residue.
2. Fill 4-5 quart pot three-quarters full with water, add one-eighth teaspoon salt and boil over medium-high heat.
3. When water comes to a boil, add tomatillos and boil for five minutes. Remove from water.
4. Add tomatillos, onions, sugar, remaining salt, cilantro, garlic and lime juice in blender or food processor and blend until smooth. Set aside 12 ounces to be used in chilaquiles.

**Brown Rice**

- 3 cups water
- ½ teaspoon kosher salt
- 1 ½ cups brown rice

1. Pour water, salt, and rice in a saucepan.
2. Bring to a boil. Once at a boil, reduce heat to a low simmer. Cover and cook for 25 minutes.
3. Remove from heat and allow to sit, covered, for an additional five minutes. Once cool, divide into 2 equal portions and store in airtight container. Refrigerate for later use.

**Sauteed Onion Mix**

- 1 Tablespoon olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, finely chopped
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons tomato paste

1. Heat olive oil in sauté pan over medium heat.
2. Sauté onions for 2 minutes.
3. Add garlic and parsley; sauté until fragrant.
4. Reduce heat to low. Stir in tomato paste and cook for one minute. Transfer to airtight container and refrigerate for later use.

MENU

**MONDAY ①**

Stuffed Cabbage Rolls  
Tangerine Salad

**TUESDAY ②**

Herbed Quinoa Cakes  
New Potatoes

**WEDNESDAY ③**

Pozole  
Whole Grain Bread Sticks

**THURSDAY ④**

Three Pepper Farfalle  
Kale Salad

**FRIDAY ⑤**

Vegetarian Chilaquiles  
Corn Tortilla Chips  
Black Beans



Vegetarian March 23rd

# Shopping List

This Week: 1 - Stuffed Cabbage; 2 - Herbed Quinoa Cakes; 3 - Pozole; 4 - Three Pepper Farfalle; 5 - Chilaquiles

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
5	tomatillos	1 1/4 pounds		3
1, 2, 3, 4, 5	onions	6	1 white; 5 yellow	4
3, 5	cilantro	1 bunch		1.5
4, 5	bell peppers	3	1 red, 1 green, 1 yellow	4.5
2, 3, 5	limes	3		1.5
1, 2, 4	parsley	1 bunch		1.5
1, 4	roma tomatoes	6		3
1	cabbage	1 head		3
1, 3	crimini mushrooms	18 ounces		5
1	tangerines	4		2
4, 5	kale	2 bunches		4
2	gold potatoes	7		3
3	corn	3 ears		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 4	parmesan cheese, grated	3/4 cup	plus 2 Tablespoons optional	3.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 2	eggs	6		3
2	quinoa	1 1/2 cups		2
2, 3	100% whole grain bread	7 slices		4
5	corn tortillas	3	6 to 8 inches	2
5	firm tofu	2 packages		5
5	black beans	1 15-oz. can		1.5

Fresh 20 Grocery Est 60  
 Cost Per Dinner 12  
 Cost Per Serving 3

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoons	dried oregano	1/2 teaspoon
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	1 1/2 teaspoons	ground cumin	1 teaspoon
	white wine vinegar	1 Tablespoon	raw honey	2 1/3 Tablesp
	vegetable broth	3 cups	organic tomato paste	4 Tablespoons
	garlic	11 cloves	Dijon mustard or brown mustard	
	kosher salt	2 1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3 1/4 teaspoons	whole grain past FAREFALLE	16 ounces
	cayenne pepper	3/8 teaspoon	long grain brown rice	1 1/2 cups
	paprika	1/2 teaspoons	whole wheat flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# STUFFED CABBAGE ROLLS

*tangerine salad*

## DIRECTIONS

### Made Ahead

- Sautéed Onions
- Brown Rice (1 ½ cups)

### *For stuffed cabbage rolls*

1. Preheat oven to 375°F.
2. Heat olive oil in saucepan over medium heat.
3. Sauté onions for 1-2 minutes. Add garlic and sauté until fragrant.
4. Add tomatoes and sauté for 2 minutes.
5. Stir in tomato paste, vegetable broth, honey, vinegar, kosher salt and pepper. Bring to boil.
6. Once at a boil, cover saucepan with lid and reduce heat to low. Simmer until liquids reduce and sauce is at a syrup-like consistency. Remove tomato sauce from heat and set aside.
7. Bring water in a pot to boil. Once at a boil, reduce heat to medium. Blanch cabbage leaves in hot water for 1-2 minutes, just until they are pliable. Remove from water and set aside.
8. Combine sautéed onion mix with crimini mushrooms, brown rice, and egg until well incorporated.
9. Spread 3 of the smaller blanched leaves across an 8x8 casserole dish. Set aside for now.
10. Take a blanched cabbage leaf and scoop a little of the mushroom and rice mixture into the center. Fold two opposite sides in and roll up from unfolded side to create a stuffed roll.
11. Line cabbage rolls – total of 9 – in the dish. Pour tomato sauce across the rolls. Cover with foil.
12. Bake for 35 minutes. Remove foil and bake for another 10 minutes. Pierce one cabbage roll with a knife to see if pork has cooked through.

### *For orange salad*

1. Whisk oil, vinegar, honey, and black pepper in a small bowl.
2. Toss tangerine wedges and parsley leaves with dressing.

## INGREDIENTS

### *For stuffed cabbage rolls*

- 1 Tablespoon olive oil
- ½ medium yellow onion, chopped
- 2 cloves garlic
- 4 Roma tomatoes, roughly chopped
- 1 Tablespoons tomato paste
- ¼ cup vegetable broth
- 1 ½ Tablespoons raw honey
- 1 Tablespoon white wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Water
- 12 cabbage leaves, carefully removed from head so that they are intact
- Sautéed onions, see prep
- 10 ounces crimini mushrooms, sliced
- 1 ½ cups brown rice, see prep
- 2 eggs
- 1 Tablespoon olive oil (optional)

### *For tangerine salad*

- 1 Tablespoon olive oil
- 1 Tablespoon white wine vinegar
- 1 teaspoon raw honey
- ½ teaspoon black pepper
- 4 tangerines, sliced into wedges
- 2 Tablespoons fresh parsley leaves, chopped



# HERBED QUINOA CAKES

*new potatoes*

## DIRECTIONS

### *For herbed quinoa cakes*

1. Preheat oven to 375°F.
2. Rinse quinoa. Place rinsed quinoa, water and salt in pan.
3. Heat pan over medium heat and bring to a boil. Cover, reduce the heat and simmer for 25 minutes.
4. In a food processor, break bread cubes into crumbs. Spread on a baking sheet and toast until light brown. Set aside once done until ready for use.
5. Remove quinoa from heat and place in bowl to cool to room temperature.
6. In a large bowl, mix onion, garlic, parsley, lime juice and zest, parmesan cheese, bread crumbs, black pepper and quinoa.
7. Beat the eggs and add to mixture. Mixture should be thoroughly moist. If not, add water 2 tablespoons at a time until moist and mixture sticks together well.
8. Scoop out mixture and form patties that are 4 inches across and about 1 1/2 inches thick.
9. In a large skillet over medium-low, heat olive oil. Add patties and brown for 4 to 5 minutes on each side. Low heat helps the patties retain moisture. After browning, place on paper towels to drain excess oil.

### *For new potatoes*

1. Fill stockpot with water and bring to boil. Add potatoes and cook until fork tender (when a fork can easily pierce through a potato).
2. Drain potatoes of water and allow to cool slightly. Slice into rounds. Toss potato rounds with oil and season with salt, paprika, and pepper. If desired, sprinkle with Parmesan cheese.

## INGREDIENTS

### *For herbed quinoa cakes*

- 1 ½ cups quinoa
- 2 ¼ cups water
- ½ teaspoon kosher salt
- 3 slices 100% whole grain bakery bread, sliced into large cubes (yields 1 cup bread crumbs)
- 1 medium onion, fine chopped
- 4 cloves garlic, fine chopped
- 2 Tablespoons fresh parsley, chopped
- 1 Tablespoon lime juice
- ½ Tablespoon lime zest
- ½ cup grated parmesan cheese
- ½ teaspoon black pepper
- 4 large eggs, beaten
- 2 Tablespoons olive oil

### *For new potatoes*

#### Water

- 7 gold potatoes
- 1 ½ Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon paprika
- ½ teaspoon black pepper
- Optional: 2 Tablespoons grated Parmesan cheese, to top potatoes (if using Parmesan cheese, reduce salt to ¼ teaspoon)

## DIRECTIONS

- Brown Rice (1 ½ cups)

### *For pozole*

1. Heat olive oil in a medium saucepan over medium heat. Sauté onions for 2-3 minutes.
2. Add garlic and sauté until fragrant. Add jalapeno and sauté for 1-2 minute. Add mushrooms and sauté for 2-3 minutes, until cooked down.
3. Add corn kernels and sauté for one minute. Season with cumin, oregano, cayenne pepper, salt, and black pepper.
4. Pour in broth and water. Increase heat to high and bring to a boil. Stir and reduce heat to low and simmer for 5 minutes.
5. Stir in brown rice and heat through for 1-2 minutes.
6. Serve with cilantro leaves and lime wedges as garnish.

### *For whole grain bread sticks*

1. Preheat oven to 375°F.
2. Brush bread with oil and sprinkle with Herbes de Provence.
3. Slice bread into strips and arrange on a baking sheet. Toast in the oven for 4-5 minutes, or until crispy.

## INGREDIENTS

### *For pozole*

- 1 ½ Tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1 jalapeno pepper, deseeded and finely chopped (use half if)
- 8 ounces crimini mushrooms
- 3 ears fresh corn, kernels sliced off
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 cups low sodium vegetable broth
- 1 cup water
- 1 ½ cups cooked brown rice, see prep
- ½ cup fresh cilantro leaves
- 1 lime, sliced into wedges as garnish

### *For whole grain bread sticks*

- 4 slices 100% whole grain bread
- 1 ½ Tablespoons olive oil
- 1 teaspoon Herbes de Provence



# THREE PEPPER FARFALLE

*kale salad*

## DIRECTIONS

*For three pepper farfalle*

1. Bring water to a boil. Cook farfalle according to package.
2. Heat olive oil in a saucepan and sauté onions for 2-3 minutes.
3. Add bell peppers and sauté for 2 minutes, until softened.
4. Add tomatoes, tomato paste, and broth.
5. Cover and reduce heat to low. Simmer for 12-15 minutes, or until liquids are reduced. Season with black pepper and cayenne pepper.
6. Fold in parsley. Combine sauce and pasta in a large serving bowl. Cover with grated Parmesan.

*For kale salad*

1. Whisk oil, vinegar, and black pepper together in a small bowl.
2. Toss chopped kale with dressing.

## INGREDIENTS

*For three pepper farfalle*

16 ounces whole grain farfalle pasta  
(penne can be used here too)

1 ½ Tablespoons olive oil

1 onion, sliced

1 red bell pepper, cored and sliced

1 green bell pepper, cored and sliced

1 yellow pepper, cored and sliced

2 Roma tomatoes, chopped

1 Tablespoon tomato paste

¾ cup low sodium vegetable broth

½ teaspoon black pepper

1/8 teaspoon cayenne pepper

2 Tablespoons finely chopped fresh  
parsley

¼ cup grated Parmesan cheese

*For kale salad*

1 Tablespoon olive oil

1 ½ teaspoons balsamic vinegar

1 teaspoon raw honey

½ teaspoon black pepper

1 bunch kale, chopped

## DIRECTIONS

Made Ahead

- Salsa Verde

*For corn tortilla chips*

1. Preheat oven to 325° Fahrenheit.
2. Brush each tortilla on both sides with olive oil.
3. Line tortillas on a baking sheet. Bake for 5-7 minutes or until crisp.
4. Remove from oven. Once cooled, roughly chop and set aside in a bowl to be served as garnish for chilaquiles.

*For chilaquiles*

1. Heat 1 Tablespoon olive oil in pan over medium heat.
2. Sauté onions and minced garlic until onions are soft, about 2-3 minutes.
3. Add kale and sauté for 1-2 minutes.
4. Add diced tofu and salsa verde to pan; sauté for 4 minutes. Stir gently so as to not break tofu pieces. Season with salt if desired. [Pour in broth if the mixture is too dry.]
5. Add black beans and heat through for about 1-2 minutes before it is ready for serving.
6. Serve in bowls with garnish of corn tortilla crisps.

## INGREDIENTS

*For corn tortilla chips*

- 3 corn tortillas (6 to 8 inches)
- 1 Tablespoon olive oil

*For vegetarian chilaquiles*

- 1 Tablespoon olive oil
- ½ white onion, diced
- 2 cloves garlic, minced
- 2 cups kale, hard stems removed and leaves chopped
- 2 packages firm tofu, drained well and diced to bite-size pieces
- 12 ounces salsa verde, see prep
- Optional: ¼ teaspoon kosher salt
- Optional: ¼ cup low sodium vegetable broth
- 1 15-ounce can black beans, drained