

PREP AHEAD OF TIME

Pesto

- 2 bunches fresh basil
- 1/2 cup walnuts (substitute with pine nuts)
- 2-3 garlic cloves (use 1-2 if your family is sensitive to garlic)
- 1/2 cup finely shredded Parmesan-Reggiano
- 1/2 cup olive oil, plus 1-2 Tablespoons for adjusting consistency
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

1. Purée basil, walnuts, garlic, parmesan, 1/2 (or 1/4) cup olive oil, salt, and black pepper in blender or food processor until mixture forms a thick, paste-like sauce.
2. Check on the consistency of the sauce. If preferred, mix in 1-2 Tablespoons of oil or broth for a smoother consistency.
3. Set aside two portions – 1/3 cup and 2/3 cup – in two different containers. To prevent top from turning brown, place a layer of plastic directly on top of pesto and then seal with lid. The 2/3 cup portion will be used for the pesto pasta; the 1/3 cup portion will be used later in the week for black bean burgers

Nuts may be omitted. If so, use only 1/3 cup olive oil.

Brown Rice

- 4 cups water
- 1/2 teaspoon kosher salt
- 2 cups dry 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, store in airtight container and refrigerate for later use. Used in two recipes.

Bread Crumbs

- 2 100% whole grain bakery wheat rolls, sliced into strips (yields 1 cup bread crumbs)

1. Preheat oven to 375°F.
2. In a food processor, process bread cubes into crumbs. Spread on a baking sheet and toast until light brown.
3. Allow to cool. Store in airtight container and refrigerate for later use. Can be stored for up to a month.

MENU

MONDAY ①

- Fennel & Mushrooms
- Sautéed Spinach

TUESDAY ②

- Pesto Pasta
- Citrus Salad

WEDNESDAY ③

- Veggie Fajitas
- Red Rice

THURSDAY ④

- Pesto Black Bean Burgers
- Fruit Salad
- Zucchini Sticks

FRIDAY ⑤

- Chopped Salad
- Orange Wedges



Vegetarian March 30th

Shopping List

This Week: 1 - Fennel & Mushrooms; 2 - Pesto Pasta; 3 - Veggie Fajitas; 4 - Pesto Black Bean Burgers; 5 - Chopped Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2, 4	basil	2 bunches		3
1, 2, 3, 5	onion	2	1 yellow; 1/2 red	1.5
1, 5	button mushrooms	1 pound		3
1	parsley	1 bunch		1.5
1, 5	baby spinach	1-1/4 pound	about 8 cups	4
5	tomatoes	1 medium		1
3, 5	bell peppers	4	3 red; 1 yellow	4
3, 5	avocados	3		3
4, 5	green leaf lettuce	2 heads		3
3, 4	zucchini/Italian squash	3 medium		3
2	navel orange	4 medium		3
4, 5	granny smith apples	2 medium	any variety okay	2

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 4	Parmesan-Reggiano	5 ounces	used for pesto	5
3, 4	greek yogurt, nonfat, plain	1 1/2 cups		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	walnuts	1/2 cup	used for pesto	3
4	100% whole grain rolls	2	check bakery dept	2
3	whole wheat tortillas	4	6 inches	3
4	rolled oats	1 cup	not quick	1.5
1, 4	beans	5 15-oz. cans	cannellini (3); black (2)	6
4	eggs	2		1

Fresh 20 Grocery Est \$ 55.50
 Cost Per Dinner \$ 11.10
 Cost Per Serving \$ 2.78

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	12 Tablespoons	dried oregano	
	grapeseed oil	4 Tablespoons	herbes de provence	1/2 teaspoon
	pantry dressing	1/4 cup	ground cumin	1-1/2 teaspoons
	white wine vinegar	1 1/2 teaspoons	raw honey or 100% maple syrup	2.5 Tablespoons
	vegetable broth	1 cup	organic tomato paste	
	garlic	4 cloves	Dijon mustard or brown mustard	
	kosher salt	3 1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3 teaspoons	whole grain pasta: LINGUINE	10 ounces
	cayenne pepper	5/8 teaspoon	long grain brown rice	
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



SPINACH & MUSHROOMS

brown rice

QUICK MEAL: 15 Minutes

DIRECTIONS

Make Ahead

- Brown rice

For spinach and mushrooms

1. Combine salt, cumin, black pepper, paprika, and cayenne pepper. Set aside.
2. In a skillet, heat olive oil over medium heat. Add onions and sauté for 2 minutes.
3. Add garlic to skillet and sauté until fragrant.
4. Add mushrooms and cook for 2-3 minutes.
5. Add spinach. Sprinkle seasoning mix throughout. Pour in broth and beans. Add fresh parsley. Cook 3-4 minutes until liquid is reduced.
6. Transfer to serving bowl and serve with $\frac{1}{2}$ cup brown rice.

INGREDIENTS

For spinach and mushrooms

- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{8}$ teaspoon cayenne pepper
- 2 Tablespoons olive oil
- $\frac{1}{2}$ yellow onion, sliced
- 2 cloves garlic, minced or pressed
- $\frac{1}{2}$ pound button mushrooms, sliced
- 1 pound baby spinach, thoroughly washed (about 5-6 cups)
- $\frac{1}{2}$ cup low sodium vegetable broth
- 2 15-ounce can cannellini beans, rinsed and drained (great northern white beans okay)
- $\frac{1}{4}$ cup freshly chopped parsley

- 2 cups prepared brown rice (make ahead)



PESTO PASTA

citrus salad

QUICK MEAL: 15 MINUTES

VEGAN

Al dente translated is "to the tooth," which means the noodles should still have a slight bite to them. I tell my kids if they can split the linguine using just their tongues then mamma overcooked the pasta!

MAKE AHEAD (see prep)

- Pesto sauce (2/3 cup)

DIRECTIONS

For pesto pasta

1. Boil water for pasta in large stockpot. Cook pasta according to package instructions. Do not overcook.
2. Drain pasta but do not rinse. Toss immediately with pesto sauce and tomatoes.
3. Black pepper to taste

For citrus salad

1. Arrange lettuce and oranges on a serving platter. Top with red onions. Drizzle pantry dressing over oranges. Chill until ready to serve.

INGREDIENTS

For pesto pasta

- 10 ounces whole wheat linguine
- 2/3 cup pesto sauce (make ahead)
- 1 medium tomato, chopped
- black pepper to taste

For citrus salad

- ½ head green leaf lettuce, chopped
- ¼ red onion, finely chopped
- 2 navel oranges, peeled and divide into wedges
- ¼ cup pantry dressing (balsamic vinaigrette)

Everyone can build their own fajitas!

ALREADY MADE

- Brown Rice

DIRECTIONS

1. Heat oil in a large skillet over high heat.
2. Add the bell peppers and onion. Cook, stirring frequently until peppers are hot, but still slightly crisp, about 5 minutes.
3. Season fajitas with cumin, cayenne pepper, salt, and black pepper. Reduce heat to low. Stir in parsley and zucchini.
4. Combine tomato paste liquid and rice. Reheat on stovetop for 3 minutes. Stir before serving.
5. Warm tortillas (wrapped in damp paper towels) in microwave for 30 seconds.
6. Arrange warm tortillas, fajita mix, and avocado on a large serving platter.
7. Place 1 cup plain Greek yogurt in a small serving dish for topping.
8. Load one tortilla with vegetables, avocado and Greek yogurt.

Serve extra fajita mix on the side.

Serve with ½ cup red rice per serving.

INGREDIENTS

- 2 Tablespoons grapeseed oil
- 2 red bell pepper, cored and cut into strips
- 1 yellow bell pepper, cored and cut into strips
- ½ medium onion, cut into long slices
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons fresh parsley, finely chopped
- 1 medium zucchini, chopped
- 1 Tablespoon tomato paste mixed with ½ cup vegetable broth or water
- 2 cups cooked rice (make ahead)
- 4 whole wheat tortillas (6")
- 1 avocado (slice when ready to eat to prevent browning)
- 1 cup Greek yogurt, plain, nonfat



PESTO BLACK BEAN BURGERS

fruit salad & zucchini sticks

DIRECTIONS

Made Ahead

- Pesto Sauce (1/3 cup)
- Bread Crumbs

For pesto black bean burgers

1. Preheat oven to 350°F.
2. Mix rolled oats, black beans, bread crumbs, eggs, salt, and black pepper together in a large prep bowl until well incorporated. Form four patties from mix and set aside on a plate.
3. Heat grapeseed oil in oven-safe griddle or skillet over medium heat. Sear black bean patties on one side for 2-3 minutes.
4. Flip patties over and finish by baking in oven, about 20 minutes. Remove patties and let rest for 3-4 minutes.
5. Wrap each burger in lettuce and top with 1 Tablespoon pesto.

For fruit salad

1. Whisk yogurt and honey (or syrup) together until well mixed.
2. Arrange apples in a medium serving bowl.
3. Drizzle sweetened yogurt over the fruit.

Serve burgers with ½ cup each of fruit and zucchini.

INGREDIENTS

For pesto black bean burgers

- 1 cup rolled oats (not instant)
- 2 15-ounce cans black beans, rinsed, drained and slightly smashed
- ½ cup bread crumbs (make ahead)
- 2 eggs
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons grapeseed oil
- 1/3 cup pesto sauce (see prep)
- 6-8 leaves green leaf lettuce

For fruit salad

- ½ cup Greek yogurt
- 2 Tablespoons honey or 100 percent maple syrup
- 2 Granny Smith apples, cored and sliced into chunks

For zucchini sticks

- 2 medium zucchini/Italian squash, ends removed and cut into sticks



VEGETABLE CHOPPED SALAD

orange wedges

DIRECTIONS

For chopped salad

1. Whisk oil, vinegar, raw honey, salt, black pepper, and Herbes de Provence together in a small bowl until well incorporated.
2. Toss lettuce, baby spinach, mushrooms, bell pepper, red onions, and garbanzo beans with dressing.
3. Top with avocado. Serve salad with oranges.

INGREDIENTS

For chopped salad

- 2 Tablespoons olive oil
- 1-1/2 teaspoons white wine vinegar
- 1 teaspoon raw honey
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon Herbes de Provence
- ½ head green leaf lettuce, chopped
- 1 bunch baby spinach, washed well
- ½ pound button mushrooms, sliced
- 1 red bell pepper, chopped
- ¼ red onion, finely chopped
- 1 15-ounce cans cannellini beans, drained
- 2 avocados, cored and sliced into large dice

- 2 navel oranges, cut into quarters