

PREP AHEAD OF TIME

Bread Crumbs

3 whole wheat English muffins

1. Preheat oven to 375°F.
2. Cut muffins in half. Toast until crispy.
3. Crumble in blender until mealy in texture. Divide into two portions— one ¼ cup and one ¾ cup – in two airtight containers.

Tomato Sauce

1 ½ Tablespoons olive oil

¼ onion, finely chopped

1 clove garlic, minced

½ pound Roma tomatoes, chopped

6 fresh basil leaves, thinly sliced

Kosher salt to taste

½ teaspoon black pepper

1. Heat olive oil in a sauce pot over medium heat, then sauté onions until softened, about 2-3 minutes. Add garlic and sauté with onions until fragrant.
2. Stir in tomatoes and bring sauce to a boil. Once boiling, reduce heat to low and simmer for 15 minutes. Stir in basil leaves and continue to simmer for an additional 10-15 minutes. [The time depends on the thickness of your pot. The thinner material your pot the less time needed to reduce the sauce to a hearty consistency.]
3. Season sauce with salt and black pepper at the end.
4. Once cool, store in airtight container and refrigerate for later use. Used for 1 recipe.

Brown Rice

1 Tablespoon grapeseed oil

¼ medium yellow onion, finely chopped

¼ teaspoon kosher salt

1 ½ cups brown rice

3 cups water

1. Heat grapeseed oil over medium low heat in a medium stockpot. Sauté onions for 2-3 minutes.
2. Season with salt. Brown the rice, stirring frequently, for 3-4 minutes.
3. Add water and bring to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes.
4. 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

Herbed Mushrooms
Scalloped Potatoes
Green Beans

TUESDAY ②

Mushroom Polenta
Steamed Asparagus

WEDNESDAY ③

Eggplant Parmesan
Steamed Green Beans

THURSDAY ④

Garden Baked Potatoes
Cannellini Salad

FRIDAY ⑤

Eggplant Pizza Bianco
Simple Salad



Vegetarian March 16th
Shopping List

This Week: 1 - Herbed Mushrooms; 2 - Mushroom Polenta; 3 - Eggplant Parmesan; 4 - Garden Baked Potatoes; 5 - Eggplant Pizza Bianco

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3	onions	1		1
3, 5	basil	1 bunch		1.5
3, 4	Roma tomatoes	1/2 pound		2
1, 2	crimini mushrooms	20 ounces		6
1	parsley	1 bunch		1
1	potatoes	7		4
1, 3	green beans	1 pound		2.5
4, 5	broccoli florets	3 1/2 cups	about 2 pounds	3
4	carrots	1		0.5
4, 5	red leaf lettuce	2 heads		3
3, 5	eggplant	2 large	or 6 medium	5
2	asparagus	1/2 pound		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1, 2	organic 2% milk	1 cup		1
1, 4	organic butter, unsalted	3 Tablespoons		1
1, 5	part skim ricotta cheese	1 cup		3
3, 5	parmesan cheese	1/2 cup	grated; plus optional 3/4 cup	3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3, 5	whole wheat English muffins	6		4
3	eggs	2		1
2	coarse cornmeal	1 1/2 cups		2
4	cannellini beans	1 14-oz. can		1.5

Fresh 20 Grocery Est 49
 Cost Per Dinner 9.8
 Cost Per Serving 2.45

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	11 Tablespoons	dried oregano	1 1/2 teaspoons
	grapeseed oil	1 Tablespoon	herbes de provence	1/2 teaspoon
	pantry dressing	3/4 cup	ground cumin	
	white wine vinegar		raw honey	
	vegetable broth	5 1/4 cups	organic tomato paste	
	garlic	1 clove	Dijon mustard or brown mustard	
	kosher salt	5 1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 3/4 teaspoons	whole grain pasta LINGUINE	
	cayenne pepper		long grain brown rice	1 1/2 cups
paprika		whole wheat flour	5 Tablespoons	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

DIRECTIONS

For herbed mushrooms

1. Preheat oven to 375° F. Toss mushrooms in olive oil. Line up close together in an 8x8 dish.
2. Stir ricotta cheese with fresh parsley, salt, pepper, and oregano.
3. Top each mushroom cap with herbed ricotta. Roast for 25-28 minutes.

For scalloped potatoes

1. Pre-heat oven to 375 degrees.
2. Grease a deep oven-proof baking dish.
3. Melt butter with olive oil in a medium stock pot. Whisk in flour, followed by vegetable broth and milk.
4. Season with salt and pepper.
5. Layer the sliced potatoes and onions.
6. Pour warmed liquid over potatoes.
7. Cover and bake for 1 hour and 10 minutes, or until potatoes are fork tender.

For steamed green beans

1. Boil water in a steamer. Once at a boil, steam green beans until bright green; about 1-2 minutes.
2. Drain and season with salt.

INGREDIENTS

For herbed mushrooms

- 2 Tablespoons olive oil
- 10 ounces crimini mushrooms, stems removed
- ½ cup part skim ricotta cheese
- 2 Tablespoons chopped fresh parsley
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano

For scalloped potatoes

- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil
- 1 Tablespoon white whole wheat flour
- 2 cups vegetable broth
- ½ cup 2% milk
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 medium Russet potatoes, peeled and thinly sliced
- ½ medium yellow onion, chopped

For steamed green beans

- Water
- ½ pound green beans
- ¼ teaspoon kosher salt

MUSHROOM POLENTA

steamed asparagus

DIRECTIONS

For mushroom polenta

1. Heat one tablespoon of olive oil in a medium sauté pan over medium heat.
2. Sauté mushrooms until cooked down. Season with a half-teaspoon each of salt and oregano. Set aside.
3. In a saucepan, combine milk and vegetable broth. Bring the liquids to boil, then stir in salt and cornmeal.
4. Stir until well incorporated and turn heat low to simmer the polenta. Continue to stir until the mixture has thickened, about 10-12 minutes.
5. Stir in a half-tablespoon of olive oil towards the end to round out the polenta.

For steamed asparagus

1. Bring water to boil in a steamer. Steam asparagus until bright green, about 2 minutes. Season with salt.

INGREDIENTS

For mushroom polenta

- 1 + ½ Tablespoons olive oil
- 10 ounces crimini mushrooms, sliced
- ½ teaspoon dried oregano
- ½ + ½ teaspoon kosher salt
- ½ cup 2% milk (substitute with vegetable broth if desired)
- 3 ¼ cups vegetable broth
- ½ teaspoon kosher salt
- 1 ½ cup coarse cornmeal

For steamed asparagus

Water

- ½ pound asparagus, ends trimmed
- ¼ teaspoon kosher salt

EGGPLANT PARMESAN

steamed green beans

DIRECTIONS

Make Ahead

- Bread Crumbs
- Tomato Sauce

For eggplant parmesan

1. Preheat oven to 375°F.
2. Toss eggplant rounds with salt. Let the eggplant sit for 10-12 minutes. Pour out liquid as the salt draws out liquids in eggplant. Use a towel to dry the eggplant rounds.
3. Arrange three dishes, each filled separately with flour, whisked eggs, and bread crumbs. Dip each round fully in flour, then whisked eggs, and finally bread crumbs.
4. Brush a baking sheet (or two) with olive oil. Arrange the breaded eggplant rounds on the baking sheet(s) and bake in the oven for 12 minutes on one side; flip each over and bake for another 8-10 minutes.
5. In an ovenproof 8x8 dish, spread a layer of tomato sauce on the bottom and top with a layer of oven-baked eggplant rounds. Repeat with alternating layers of sauce and eggplant rounds, making sure to end with sauce as the top layer. *If you are using shredded parmesan cheese, add cheese between sauce and eggplant; and end with cheese as the top layer. Bake for 12-15 minutes.

For steamed green beans

1. Boil water in a steamer. Once at a boil, steam green beans until bright green, about 1-2 minutes.
2. Drain and season with salt.

INGREDIENTS

For eggplant parmesan

- 1 large eggplant or 4 medium eggplants, sliced into thin rounds
- ½ teaspoon kosher salt
- ¼ cup whole wheat flour
- 2 eggs, whisked
- Bread crumbs, see prep
- 1 Tablespoon olive oil
- Tomato sauce, see prep
- Optional: ¾ cup shredded parmesan cheese

For steamed green beans

- Water
- ½ pound green beans
- ¼ teaspoon kosher salt

DIRECTIONS

For garden baked potatoes

1. Preheat oven to 400°F. Arrange potatoes on a baking sheet and bake for 1 hour. Meanwhile, steam broccoli for 1-2 minutes and set aside to cool.
2. Bring a saucepan of water to boil and boil broccoli florets and carrots for 1-2 minutes, or until vegetables are cooked through but not overcooked.
3. Once potatoes are ready, slice the top open lengthwise carefully, as there will be a release of steam.
4. Mix melted butter with olive oil, salt, Herbes de Provence, and black pepper.
5. Stuff potatoes with broccoli florets and carrots. Drizzle with herbed oil. Serve garden baked potatoes with simple salad.

For cannellini salad

1. Dress lettuce with basic vinaigrette.
2. Top with cannellini beans

INGREDIENTS

For garden baked potatoes

4 Russet potatoes, washed and pierced with fork a few times all over
2 cups broccoli, chopped into ½-inch pieces

Water

1 carrot, peeled and sliced into ½-inch chunks crosswise

1 Tablespoon butter, melted

2 Tablespoons olive oil

¾ teaspoon kosher salt

½ teaspoon Herbes de Provence

½ teaspoon black pepper

For cannellini salad

1 head red leaf lettuce, chopped

¼ cup basic vinaigrette

(www.thefresh20.com/pantrydressings)

1 14-ounce cannellini beans, drained

DIRECTIONS

For eggplant pizza bianco

1. Preheat oven to 375°F.
2. Toss eggplant in olive oil, oregano, and ¼ teaspoon salt. Spread rounds on a large baking sheet and roast for 10-12 minutes. Remove from oven and set aside.
3. Mix ricotta cheese with basil leaves and ½ teaspoon of salt well in a small bowl. If using, mix in parsley leaves.
4. Top each muffin half with a tablespoon of ricotta mixture, followed by two slices of eggplant. Sprinkle parmesan cheese on top.
5. Arrange mini pizzas on a large baking sheet. Bake for 10-12 minutes.

For simple salad

1. Toss red leaf lettuce and sliced broccoli with dressing.

INGREDIENTS

For eggplant pizza bianco

- ½ large eggplant, sliced into rounds
- 2 Tablespoons olive oil
- ½ teaspoon dried oregano
- ¼ + ½ teaspoon kosher salt
- ½ cup part skim ricotta cheese
- 6 basil leaves, sliced crosswise
- Optional: 1 Tablespoon chopped fresh parsley
- 4 whole wheat English muffins
- ½ cup finely shredded parmesan cheese

For simple salad

- 1 head red leaf lettuce, chopped
- 1 ½ cups broccoli, sliced
- ½ cup pantry dressing
- (www.thefresh20.com/pantrydressings)