

PREP AHEAD OF TIME

Refried Black Beans

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- 2 15-ounce cans black beans, drained well
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper

1. Heat olive oil in a small saucepan over medium-low heat. Sauté garlic until fragrant. Pour in black beans and stir to mix with garlic. Season with oregano and pepper. Mash a portion of the beans in the saucepan, and stir to incorporate.
2. Reduce heat to low and simmer for 10-12 minutes, stirring occasionally.

Boiled Corn

- 2 ears corn, husks removed
- Water

1. Boil water in a pot. Once at a boil, add corn to the pot and cook until fork tender. Drain and cool before storing.

Roasted Beets

- 3 beets, rinsed and dried
- 1-2 Tablespoons olive oil

1. Preheat oven to 375°F.
2. Rub beets with olive oil. Wrap beets in foil. Roast in oven for 30-50 minutes (depending on size), until cooked through.

MENU:

MONDAY ①

- Black Bean Tostadas
- Corn & Avocado Salad

TUESDAY ②

- Roasted Beet Salad
- Toast Points

WEDNESDAY ③

- Swiss Chard Quesadilla
- Fruit Salsa

THURSDAY ④

- Brown Rice Pasta
- Tomato Basil Sauce
- Side Salad

FRIDAY ⑤

- Roasted Tomato Soup
- Grilled Cheese Toast



March 2nd

Vegetarian Shopping List

This Week: 1-Black Bean Toastadas; 2-Roasted Beet Salad; 3-Swiss Chard Quesadillas; 4-Brown Rice Pasta; 5-Tomato Soup

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2	beets	3		2.5
1	corn	2 ears		1.5
3	Swiss chard	1 1/2 bunches		3
2, 3, 4	onions	4	at least 2 1/2 yellow, 1/2 red	2
3	kiwi	2		1
3	cilantro	1 bunch		1.5
2	arugula	6 cups		4
1, 4, 5	roma tomatoes	16		8
5	celery	2 stalks		1
1, 4	romaine lettuce	2 heads		3
1, 3	avocados	4		4
4	basil	10 leaves		2
1, 2	navel oranges	4 medium		3

Recipe #	Dairy	Quantity	Notes	Est Cost
3, 5	raw milk cheddar cheese	2 cups	4 ounces ; shredded	8
1, 2	low fat plain Greek yogurt	1 cup		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 5	100% whole grain bakery bread	1 loaf		4
1	corn tortillas	6		2.5
3	whole wheat tortillas	8		3
1	black beans	2 15-oz. cans		3
2	whole walnuts	1 cup		4

Fresh 20 Grocery Est 62
 Cost Per Dinner 12.4
 Cost Per Serving 3.1

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoons	dried oregano	1/2 teaspoon
	grapeseed oil		dried thyme	1/2 teaspoon
	balsamic vinegar	1 Tablespoon	ground cumin	7/8 teaspoon
	white wine vinegar	1 2/3 Tablespoons	raw honey	3 1/2 teaspoons
	vegetable broth	2 1/2 cups	organic tomato paste	2 Tablespoons
	garlic	6 cloves	Dijon mustard or brown mustard	2 1/2 teaspoons
	kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2 3/8 teaspoons	brown rice pasta	16 ounces
	cayenne pepper	1/4 teaspoon	long grain brown rice	
paprika		whole wheat flour		

BLACK BEAN TOSTADA

corn and avocado salad

DIRECTIONS

Make Ahead

- Refried Black Beans
- Boiled Corn

For black bean tostada

1. Preheat oven to 350°F. Toast corn tortillas in oven until crispy, about 2-3 minutes.
2. Spread refried black beans on each tortilla. Return to oven and bake for 3-4 minutes.
3. Top with shredded lettuce, cheese and Greek yogurt.

For corn and avocado salad

1. Whisk white wine vinegar, orange juice, and raw honey until well incorporated.
2. Drizzle in olive oil, whisking as you drizzle.
3. Season with cumin, salt, and cayenne.
4. Toss corn kernels and cubed avocados with dressing.

INGREDIENTS

For black bean tostada

- 6 corn tortillas
- Refried black beans, already made
- 1 head romaine lettuce, shredded
- 2/3 cup raw milk cheddar, shredded
- ½ cup low fat plain Greek yogurt

For corn and avocado salad

- 1 Tablespoon white wine vinegar
- 1 Tablespoon fresh orange juice
- 1 teaspoon raw honey
- ½ Tablepoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- 2 ears boiled corn, kernels sliced from cob
- 2 avocados, cored and sliced into cubes

ROASTED BEET SALAD

toast points

DIRECTIONS

Make Ahead

- Roasted Beets

For roasted beet salad

1. Peel and slice roasted beets into rounds. Set aside.
2. Whisk Greek yogurt, Dijon mustard, and honey together in a small bowl. Season with salt and pepper. Drizzle in olive oil and whisk until well incorporated.
3. Toss arugula, red onions, and walnuts with dressing. Top salad with sliced beets and orange wedges.

For toast points

1. Preheat oven to 375°F.
2. Brush sliced bread with olive oil and spread on a baking sheet. Toast for 5-6 minutes.
3. Sprinkle with salt and thyme once removed from oven.

INGREDIENTS

For roasted beet salad

- Roasted beets, already made
- ½ cup low fat plain Greek yogurt
- 1 ½ teaspoons Dijon mustard
- 1 teaspoon raw honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 Tablespoon olive oil
- 6 cups arugula leaves
- ¼ red onion, thinly sliced
- 3 oranges, peeled and sliced into wedges
- 1 cup whole walnuts, chopped

For toast points

- ½ loaf 100% whole grain bakery bread, sliced into triangles
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon dried thyme

DIRECTIONS

For fruit salsa

1. Mix olive oil, vinegar, honey, cumin, salt, and pepper in a small bowl. Pour dressing over sliced kiwi and cilantro. Refrigerate until further use.

For Swiss chard quesadillas

1. Preheat oven to 375°F. Spread tortillas on two baking sheets and heat for a minute. Remove from oven and set aside.
2. Heat oil in a sauté pan over medium heat. Sauté onions for a minute.
3. Add chard and sauté for 3 minutes. Stir in tomato paste; season with black pepper and cumin.
4. Pour in broth and reduce heat to low.
5. Cover with lid and simmer until chard has cooked down. Set aside mixture.
6. Spread chard and tomato mixture on one tortilla; top with ¼ cup of cheese and another tortilla. Arrange the tortillas on baking sheets and heat through for 3-4 minutes, until cheese has melted.
7. Slice quesadillas in quarters and serve with slices of avocado on the side.

INGREDIENTS

For fruit salsa

- ½ Tablespoon olive oil
- 2 teaspoons white wine vinegar
- ½ Tablespoon honey
- 1/8 teaspoon ground cumin
- 1/8 teaspoon black pepper
- 2 fresh kiwi, chopped
- ¼ cup cilantro, chopped

For Swiss chard quesadillas

- 1 Tablespoon olive oil
- ½ onion, chopped
- 1 ½ bunches Swiss chard, chopped
- 2 Tablespoons tomato paste
- ¼ teaspoon black pepper
- ¼ teaspoon ground cumin
- ¼ cup low sodium vegetable broth
- 8 whole wheat tortillas
- 1 cup raw milk cheddar cheese, shredded
- 2 avocados, cored and slice in strips

DIRECTIONS

For brown rice pasta

1. Cook pasta according to package instructions.
2. Drain well and set aside.

For tomato basil sauce

1. Heat olive oil in a medium saucepan over medium heat.
2. Sauté onions for 2 minutes.
3. Add tomatoes and sauté for 2-3 minutes. Fold in basil.
4. Pour in vegetable broth; season with salt and pepper.
5. Bring sauce to a boil, stirring occasionally. Once at a boil, reduce heat to low. Cover the saucepan with lid, leaving a slight opening. Simmer for 12-14 minutes, until liquids reduce and tomatoes are cooked down.

For side salad

1. Pour olive oil, balsamic vinegar, Dijon mustard, and black pepper in a well-sealed container and shake until incorporated.
2. Toss romaine lettuce and red onions with dressing. Serve with tomato basil brown rice pasta.

INGREDIENTS

For brown rice pasta

1 16-ounce package brown rice pasta
(shape of your choice)

For tomato basil sauce

1 ½ Tablespoons olive oil
1 medium yellow onion, chopped
8 Roma tomatoes, chopped
10 basil leaves, sliced crosswise
¼ cup low sodium vegetable broth
½ teaspoon kosher salt
¼ teaspoon black pepper

For side salad

2 Tablespoons olive oil
1 Tablespoon balsamic vinegar
1 teaspoon Dijon mustard
½ teaspoon black pepper
1 head romaine lettuce, chopped
crosswise
¼ red onion, thinly sliced

ROASTED TOMATO SOUP

grilled cheese toast

DIRECTIONS

For roasted tomato soup

1. Preheat the oven to 375° F.
2. Lightly grease a large baking sheet with a tablespoon of olive oil.
3. Arrange the tomatoes, skin side down, on one half of baking sheet lined with parchment or foil. On other side, place onion, celery and unpeeled garlic.
4. Lightly coat the tomatoes and onions with 2 Tablespoons of olive oil. Sprinkle entire sheet with salt and roast in oven for 30 minutes. Check once or twice to make sure onions are not burning. Turn them if necessary.
5. Transfer all roasted ingredients to a food processor or blender. Add one cup of stock. Puree on medium until fairly smooth. Add as much or as little of the additional stock until you reach a desired consistency. You might have to work in batches depending on the size of your equipment.
6. Pour soup into medium stockpot and heat on medium for 10 minutes. Season with black pepper.

For grilled cheese toast

1. Preheat broiler.
2. Brush each slice of bread on one side with olive oil. Arrange on small baking sheet. Top each slice with ½ cup cheese. Sprinkle with black pepper. Broil for 2-3 minutes or until cheese melts and starts to brown.

INGREDIENTS

For roasted tomato soup

- 1 + 2 Tablespoons olive oil
- 8 Roma tomatoes, cut in half
- 1 large onion, quartered
- 2 ribs celery, roughly chopped
- 5 cloves garlic, unpeeled
- 1 teaspoon kosher salt
- 2 cups low sodium vegetable broth, warmed
- ½ teaspoon black pepper

For grilled cheese toast

- 4 slices 100% whole grain bakery bread
- 1 Tablespoon olive oil
- ¾ cup raw milk cheddar cheese, shredded
- ¼ teaspoon black pepper