

PREP AHEAD OF TIME

Bread Crumbs

1 whole grain deli roll, sliced into 4 toaster size pieces (yields ½ cup bread crumbs)

1. Toast bread until golden brown and dry.
2. In a food processor, process into mealy crumbs.
3. Store in airtight container and refrigerate for later use.

Lentils

5 cups water

1 ½ cups lentils

½ teaspoon oregano

¼ teaspoon kosher salt

1. Place water, lentils, oregano, and salt in a pot. Bring to a boil.
2. Cook for 30 minutes, stirring occasionally, until lentils are tender, but not mushy. Do not overcook.

MENU

MONDAY ①

Black Bean and Walnut Croquettes
Quinoa
Fresh Strawberries

TUESDAY ②

Lemon Broiled Tofu
Broccoli Gratin
Coleslaw

WEDNESDAY ③

Asparagus Quiche
Salad

THURSDAY ④

Asian Tofu Wraps
Bean Salad
Zucchini Slices

FRIDAY ⑤

Garden Vegetable Stovetop Quinoa
Lentils
Fresh Sliced Fruit



Vegetarian April 6th

Vegetarian Shopping List

This Week: 1 -Black Bean/Walnut Croquettes; 2 - Lemon Broiled Tofu; 3 - Asparagus Quiche; 4 - Asian Tofu Wraps; 5 - Veggie Quinoa

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	organic strawberries	16 ounces		4
5	fresh fruit your choice	1 pound		4
1, 4	green onions	8 stalks		2
1, 2, 3	parsley	1 bunch		1.5
2	lemons	2		1
2, 5	broccoli florets	2 pounds	6 cups	4
3	asparagus	12 spears	1 bunch	3
3, 4	green leaf lettuce	2 heads	can substitute Bibb or romaine	3
4	ginger	1 piece		0.5
5	baby spinach	1 bunch	2 cups	1.5
4, 5	zucchini	2 med/large		2
4	red cabbage	1/2 head	ask produce manager to cut	2
4, 5	carrots	4 medium		2

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 3	raw milk cheddar cheese	8 ounces	2 cups shredded	5
3	organic milk	9 Tablespoons		1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	walnut pieces	3/4 cup		3
1, 4	black beans	3 15-oz. cans		4.5
1, 5	dry quinoa	2 cups		3
1	whole wheat deli roll	1 medium	for breadcrumbs	1
2	extra firm tofu	2 14 oz boxes		5
3	eggs	4		2
5	lentils	1 1/2 cups		3

Fresh 20 Grocery Est 58
 Cost Per Dinner 11.6
 Cost Per Serving 2.9

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	3/4 cup	dried oregano	1 teaspoon
	grapeseed oil	2 1/3 Tablespoons	herbes de provence	1/2 teaspoon
	pantry dressing	1/2 cup	ground cumin	1/2 teaspoon
	white wine vinegar	3 Tablespoons	raw honey OR 100% maple syrup	2+ Tablespoons
	vegetable broth	4 1/4 cups	organic tomato paste	
	garlic	3 cloves	Dijon mustard or brown mustard	
	kosher salt	2 3/4 teaspoons	low sodium soy sauce or Bragg's	3 Tablespoons
	black pepper	2 1/2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	
	paprika	1/2 teaspoon	whole wheat flour	2 1/4 cups

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



BLACK BEAN AND WALNUT CROQUETTES

quinoa

DIRECTIONS

Made Ahead

- Bread Crumbs

For black bean and walnut croquettes

1. In a food processor, combine walnuts, green onions, garlic and parsley; process until finely ground. Add black beans, one tablespoon of grapeseed oil, flour, and pepper. Process until smooth.
2. Use your hands to shape mixture into 16 2-3" round ovals. Place bread crumbs in a shallow dish. Dredge croquettes in the crumbs until coated. Refrigerate for 20 minutes
3. In a large skillet, heat the remaining tablespoon of oil over medium heat. Add the croquettes and cook until browned, about 5 minutes per side. Serve immediately.

For quinoa

1. Pour quinoa and broth in a saucepan.
2. Stir and simmer for 22-25 minutes.
3. Season with black pepper and cumin.

Note: If you don't have a food processor, grind walnuts to a fine consistency in a blender. Mince green onions, garlic and parsley and add to walnuts. Add black beans and use a potato ricer or masher, or a large metal spoon to mash beans into walnut mixture. Add oil, flour and pepper and continue to mash.

Serving Size:

- 4 croquettes
- 1/3 cup quinoa
- 2/3 cup sliced strawberries

INGREDIENTS

For black bean and walnut croquettes

- ¾ cup walnut pieces
- 3 stalks green onions, chopped
- 3 cloves garlic
- 3 Tablespoons fresh parsley, chopped
- 8 ounces black beans, rinsed
- 1 + 1 Tablespoons grapeseed oil
- ½ cup whole wheat flour
- ½ teaspoon black pepper
- ½ teaspoon kosher salt
- ½ cup bread crumbs (see prep)

For quinoa

- ¾ cup dry quinoa
- 1- 1/2 cups low sodium vegetable broth
- ½ teaspoon black pepper
- ½ teaspoon cumin

16 ounces fresh strawberries, washed and sliced



LEMON BROILED TOFU

broccoli gratin and red cabbage coleslaw

DIRECTIONS

For lemon broiled tofu

1. Drain tofu. Wrap each block in 3 paper towels and place a heavy plate on top of it. Let sit for 5 minutes.
2. Prepare sauce by whisking water, lemon juice, soy sauce, garlic, parsley, and olive oil in a small bowl.
3. Meanwhile, preheat oven to broil.
4. Cut each tofu block into 24 squares. Slice each block length-wise into 3 slices, about 1-inch thick. Cut each slice into 4 squares, then each square in half to make 24 pieces. Thinly coat a rimmed baking dish with grapeseed oil.
5. Dip each piece of tofu in lemon mixture and place on pan.
6. Broil for 10 min, or until tofu is lightly browned.
7. Remove pan and pour remaining sauce over tofu (no need to turn it).
8. Return tofu to oven and broil 5 more minutes, until tofu is golden brown.
9. Remove from oven. Put half of tofu aside to cool; store in an airtight container for use in another recipe. Serve remainder with broccoli gratin.

For broccoli gratin

1. Reduce oven temperature to 350 degrees.
2. Arrange broccoli on a baking sheet. Season with black pepper.
3. Sprinkle with cheese. Bake in oven for 8-10 minutes, until cheese is melted and slightly golden.

For coleslaw

1. Combine cabbage, green onions and carrot in a medium bowl.
2. Toss with pantry dressing.
3. Sprinkle with black pepper.

INGREDIENTS

For lemon broiled tofu

- 2 14-ounce boxes extra firm tofu
- 1/2 cup water
- 2 lemons, juiced
- 3 Tablespoons low sodium soy sauce
- 4 garlic cloves, minced
- 2 Tablespoons chopped fresh parsley
- 2 teaspoons olive oil
- 1/2-1 teaspoon grapeseed oil, for greasing broiler pan

For broccoli gratin

- 4 cups broccoli florets, chopped
- 1/4 teaspoon black pepper
- 4 ounces raw milk cheddar cheese, shredded

For coleslaw

- 1/4 head red cabbage, shredded
- 2 green onions, chopped
- 1 carrot, shredded
- 1/4 pantry dressing of your choice
www.thefresh20.com/pantrydressings
- black pepper to taste

DIRECTIONS

Preheat oven to 425° F.

For crust

1. In a 5-qt bowl, combine flour and salt.
2. Mix in ice cold water, olive oil, honey, and milk to form dough.
3. Press dough into a 9x13" baking dish, forming a ½-inch crust on bottom of dish.
4. Bake for 5 minutes.

For filling

1. Whip eggs and milk together. Add oregano and black pepper.
2. Gently stir in cheese and asparagus.
3. Remove shell from oven. Use a tablespoon to lightly press down any puffs. Lower heat to 350°F.
4. Pour filling into the shell and return the tart to the oven. Bake for 20-25 minutes, or until the filling is firm.

For salad

Combine lettuce and parsley. Toss with dressing. Top with avocado. Best served chilled.

INGREDIENTS

For crust

- 1 ¾ cups whole wheat flour
- ½ teaspoon kosher salt
- ½ cup ice cold water
- ½ cup olive oil
- 1 Tablespoon honey
- 1 Tablespoon organic milk

For filling

- 4 eggs
- ½ cup organic milk
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- 4 ounces raw milk cheddar cheese, shredded
- 12 asparagus spears, cleaned and chopped into ½-inch pieces
- Substitutions: Any firm shredded cheese can be used in place of cheddar. Broccoli or zucchini can be used in place of asparagus.

For salad

- ½ head of lettuce, chopped
- ¼ cup fresh parsley, finely chopped
- ¼ cup pantry dressing
(www.thefresh20.com/pantrydressings)
- 1 avocado, pit removed and sliced

DIRECTIONS

For tofu wraps

1. Heat olive oil in a pan over medium heat. Sauté ginger and green onions for 3 minutes.
2. Add lemon tofu, salt, and black pepper. Cook until heated through, about 3-4 minutes, turning tofu halfway through cooking.
3. Place a lettuce leaf on a plate, put a handful of shredded cabbage and add 3 tofu triangles, along with green onion and ginger mixture from pan.
4. Top with shredded carrots.
5. Wrap it up! Repeat process to make 8 lettuce wraps. You can eat with your hands or you can chop up the lettuce and eat with a fork.

For bean salad

1. Whisk together vinegar, honey (or maple syrup), oil, and salt in a medium bowl until well combined.
2. Mix in beans to coat.
3. Chill until ready to serve.

For zucchini slices

1. Whisk vinegar and honey in a small bowl.
2. Drizzle dressing over cucumber slices.

INGREDIENTS

For tofu wraps

- 1 Tablespoon olive oil
 - 1 Tablespoon fresh ginger, grated
 - 3 green onions, minced
 - 24 Lemon Broiled Tofu Squares (already prepared)
 - $\frac{1}{4}$ teaspoon kosher salt
 - $\frac{1}{2}$ teaspoon black pepper
 - 8 leaves green leaf lettuce, washed with leaves intact
 - $\frac{1}{4}$ head red cabbage, shredded
 - 2 medium carrots, shredded
- Substitutions: Can substitute Bibb or romaine for green leaf.

For bean salad

- 2 Tablespoons white wine vinegar
- 1 Tablespoon honey or maple syrup
- 1 Tablespoon olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- 2 15-ounce cans reduced sodium black beans, drained and rinsed

For zucchini slices

- 1 medium zucchini, sliced
- 1 Tablespoon white wine vinegar (drizzle over cucumbers)
- 1 teaspoon raw honey



Garden Vegetable Stovetop Quinoa

lentils and fresh fruit

DIRECTIONS

Made Ahead

- Lentils

For garden vegetable stovetop quinoa

1. Heat olive oil in a medium saucepan over medium heat.
2. Sauté onion, carrots and celery for 1-2 minutes.
3. Add broccoli; sauté for 2 minutes.
4. Add quinoa and stir to incorporate.
5. Season with Herbes de Provence, paprika, and black pepper.
6. Pour in broth. Bring everything to a boil, stirring every once in a while to prevent anything from sticking.
7. Once at a boil, cover saucepan with a lid and reduce heat to low.
8. Simmer for 20 minutes.
9. Uncover and stir in kale; cook until 5 minutes until kale has wilted.
10. Serve 1-1/2 cups with ½ cup lentils and fresh fruit.

INGREDIENTS

For garden vegetable stovetop quinoa

- 1 ½ Tablespoons olive oil
- ¼ red onion, chopped
- 1 medium carrot, chopped crosswise
- 2 ribs/stalks celery, chopped
- 2 cups chopped broccoli florets
- 1 -1/4 cups dry quinoa
- 1 teaspoon Herbes de Provence (may sub oregano)
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- 3 cups low sodium, vegetable broth, warmed
- 2 cups kale, shredded

- 3-4 cups re-heated lentils (see prep)

- 1 pound fresh fruit of your choice, sliced