

## MAKE AHEAD

- ROAST CHICKEN (see separate page)
  - BROWN RICE to yield 5 cups
    - 2-1/2 cups long grain brown rice
    - 5 cups water (or broth)
    - 1/2 teaspoon kosher salt (only if using water)
1. Pour all ingredients into a medium stockpot. Bring to boil, cover and reduce heat to simmer for 25 minutes until liquid has absorbed.
  2. To re-heat on dinner night. Add 2-3 Tablespoons water to prepared rice and heat on stovetop, stirring to fluff.

## MENU

### MONDAY ①

Perfect Roast Chicken  
Citrus Brown Rice  
Roasted Asparagus

### TUESDAY ②

Crab Avocado  
Chopped Vegetable Salad

### WEDNESDAY ③

Spicy Hummus Platter  
Vegetable Sticks  
Warm Tortillas

### THURSDAY ④

Chicken Lettuce Cups  
Ginger Fried Rice

### FRIDAY ⑤

Parmesan Ham Quesadilla  
Fresh Strawberries  
Honey Yogurt Dip



May 11th

# Shopping List

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1, 4	organic whole chickens	2	approx 3.5 pounds each	22
2	fresh crab meat	8 ounces	canned okay	7
5	low sodium, lean deli ham	1 pound	try Applegate Farms	9

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
4	butter lettuce	1 head		1.5
2, 5	red leaf lettuce	1 head	save at least 4 whole pieces	1.5
2, 3, 4	carrots	7 medium		2
1, 2, 3, 4	zucchini	5 medium		4
1, 4	fresh asparagus	2 pounds	about 24 spears	5
1, 2, opt 3	lemon	4 medium	for juice and zest	2
2, 3	celery	3 stalks/ribs		1.5
2, 5	tomatoes	2 medium		1.5
2	avocado	2 medium		2
4	fresh ginger	2 inch piece	to yield 3 teaspoons grated	1
5	fresh strawberries	1 pound		3
4	fresh cilantro	1 small bunch		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2, 5	plain Greek yogurt	1-1/4 cup		1.5
2, 5	Parmesan Regiano	2 cups	4-5 ounces, grated	4
1, 3	crumbled feta	1 cup		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3, 5	corn tortillas	12	small	3
2, 3	garbanzo beans	2- 15oz can	also known as chick peas	3

Fresh 20 Grocery Est 78.5  
 Cost Per Dinner 15.7  
 Cost Per Serving 3.925

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	2/3 cup	herbes de provence	1 Tablespoon
	balsamic vinegar	2 Tablespoons	ground cumin	1/4 teaspoon
	white wine vinegar	1/4 cup	raw honey or 100% maple syrup	4 Tablespoons
	chicken or vegetable broth	4 ounces	organic tomato paste	
	garlic	8 cloves	Dijon mustard	6 teaspoons
	kosher salt	5-1/2 teaspoon	soy sauce or Braggs liquid amino acid	4 Tablespoons
	black pepper	3-1/2 teaspoon	whole wheat pasta	
	cayenne pepper	1 teaspoon	long grain brown rice	2-1/2 cups
	paprika	2 teaspoons		

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

## For roast chicken

*If you have the time, pull chickens from the refrigerator about 20 minutes before cooking. A room temperature chicken will cook faster, rather than placing a cold bird in the oven. Don't be afraid of the high temp; it seals in juices and creates a golden skin.*

1. Preheat oven to 500°F and place the oven rack in the middle of the oven.
2. Remove any neck or liver pieces from chicken cavity.
3. Rinse chickens in cold water, pat dry and place on aluminum foil lined baking sheet (*not flat cookie sheet*) or set side by side in a large roasting pan.
4. In a small bowl, combine the olive oil, salt & pepper, paprika, Herbes de Provence.
5. Place lemon halves and 2 cloves of garlic inside the cavity of the chicken.
6. Use hands or pastry brush to evenly coat both chickens with olive oil mixture.
7. Roast 15 minutes in the preheated oven, then reduce heat to 450°F and continue roasting 15 minutes.
8. Baste chicken with pan drippings, reduce heat to 425°F and continue roasting 30 minutes. Chicken is done when internal juice is clear and the temperature between the thigh and cavity is at least 155°, let stand 10 minutes.
9. Slice breast and thighs off both chickens, then remove both the legs and wings, divide 2 Ziploc bags.
  - 2 breasts, 2 thighs, 4 wings, 4 legs for one dinner
  - 2 breasts shredded for second dinner

For a video of carving chicken visit <http://youtu.be/lyrkjvr23Qc>

## INGREDIENTS

### For Roast Chicken

- 2 organic or free range whole chickens
- 3 Tablespoons olive oil
- 3 teaspoons kosher salt
- 2 teaspoons black pepper
- 2 teaspoons paprika
- 1 Tablespoon Herbes de Provence
- 4 cloves garlic
- 2 medium lemons cut in half



# PERFECT ROASTED CHICKEN

## citrus rice and roasted asparagus

### DIRECTIONS

*MAKE AHEAD: Roast chicken*

*Dinner Night:*

1. Heat one whole roasted chicken plus extra wings and legs on a lined baking pan for on 325°F for 10 -15 minutes.

*For citrus rice*

2. In a small sauce pot with a lid, bring the broth to a boil with the clove of garlic.
3. Turn off the heat, remove garlic clove.
4. Stir in the prepared brown rice, zucchini, lemon zest, lemon juice, pepper, and olive oil.
5. Fold in the feta cheese. Let sit five minutes covered.
6. Taste and adjust for salt & pepper.

*\* Optional, reserve any leftover rice for meal #2 side salad.*

*For roasted asparagus*

1. Line a baking sheet with aluminum foil and preheat oven to 450°, place the oven rack into the top third.
2. Toss the asparagus on the baking sheet with olive oil, season with salt and pepper.
3. Place into the preheated oven and roast for 10 minutes.
4. Serve ½ asparagus warm with chicken and ½ cup chicken and ½ cup citrus rice. Store half asparagus in an airtight container for other dinners.

### INGREDIENTS

*For roast chicken*

Meat from 1 whole chicken plus 2 extra wings and 2 extra legs

*For citrus rice*

½ cup gluten free chicken or vegetable broth (reduced sodium)

1 garlic clove, peeled and smashed

2 cups prepared brown rice

1 medium zucchini (Italian squash), chopped into small pieces.

1 lemon, juiced plus zest

¼ teaspoon black pepper

1 Tablespoon olive oil

½ cup crumbled feta cheese

*\* Optional, save any leftover rice for meal #2 side salad*

*For roasted asparagus*

2 pounds of fresh asparagus, rinsed and root ends trimmed at natural breaking point

2 Tablespoons olive oil

½ teaspoon kosher salt

½ teaspoon black pepper



# CRAB AVOCADO BOATS

chopped vegetable salad

Crab is a rich, caloric protein so a little goes a long way. It can be found fresh in containers near the fish department or on the shelf (canned) next to tuna.

## DIRECTIONS

### *For Crab boats*

1. In a small bowl combine the yogurt, mustard, cayenne pepper, lemon juice, and salt & pepper – stir to combine. Add in the crab and celery and gently fold together. Chill until ready to serve.
2. Pile a 1/3 cup scoop of crab salad into the middle of a half avocado.
3. Serve with large serving of chopped veggie salad.

### *For salad*

1. In a small bowl combine the olive oil, balsamic vinegar, Dijon, and salt & pepper, whisk to combine.
2. Toss all vegetables and any leftover brown rice with dressing. Serve cold.

## INGREDIENTS

### *For crab boats*

- 2 Tablespoons plain Greek yogurt
- 1 teaspoon GF Dijon brown mustard
- 1/4 teaspoon cayenne pepper
- ½ lemon, juiced (1 Tablespoon)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 8 ounces crab meat, drained and picked through (ask grocery for fresh packed containers near fish)
- 1 celery stalk finely chopped
- 2 avocado, pitted and halved

### *For salad*

- ¾ head red leaf lettuce (save the other ¼ as whole leaves)
- 1 medium tomato, chopped
- 1 medium zucchini, chopped
- 2 medium carrots, chopped or shredded
- 1 – 15oz can garbanzo beans, rinsed and drained
- \* Optional, leftover brown rice

### *Balsamic dressing*

- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 2 teaspoons GF Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper



## SPICY FETA HUMMUS PLATTER

### vegetable sticks and warm tortillas

This vegetarian meal stands on its own, but you could also serve it with a bit of leftover chicken.

#### DIRECTIONS

##### *For hummus platter*

1. In the bowl of a food processor, combine chickpeas, garlic, zest & lemon juice, cumin, cayenne, and salt & pepper. Pulse the chick peas until a paste forms, about 30 seconds.
2. Slowly stream in the olive oil and run the processor until the hummus is smooth.
3. Taste and adjust salt & pepper.
4. Fold in feta cheese, reserving some for the top as garnish.
5. Serve hummus in a bowl with a drizzle of olive oil and feta cheese.
6. Serve with carrots, celery, zucchini, and asparagus and warmed corn tortillas.

#### INGREDIENTS

##### *For hummus platter*

- 1 15 oz can garbanzo beans, rinsed and drained
- 1 clove garlic, minced
- 1 medium lemon, zest and juice
- 1/4 tsp ground cumin
- 1/8 tsp cayenne
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1/2 cup crumbled feta cheese, (reserve some for garnish)
- 1/3 cup olive oil
- 4 small corn tortillas, warmed
- 4 medium carrots peeled and cut into large matchsticks for dipping.
- 2 celery stalks, rinsed and cut into large matchsticks for dipping
- 2 medium green Italian zucchini rinsed and cut into large matchsticks for dipping
- 8 spears roasted asparagus, cold (leftover)



# CHINESE CHICKEN LETTUCE CUPS

## ginger fried rice and leftover asparagus

### DIRECTIONS

#### *For Chinese chicken lettuce cups*

1. Shred chicken and set aside in a medium bowl.
2. Rinse butter lettuce cups, dry, and set aside.
3. Toss chicken with shredded carrots, zucchini, and cilantro.
4. Add in  $\frac{1}{4}$  cup of dressing and toss to coat.
5. Serve chicken and vegetables inside lettuce cups with extra dressing on the side.

#### *For ginger fried rice*

1. Heat a large nonstick skillet over medium/high heat; add in oil and once the oil is hot, add in ginger and garlic, stir to prevent burning. Once fragrant, about 20 seconds, add in brown rice. Stir to combine the rice, add asparagus and cook for 5-6 minutes or until heated through.
2. Finish with soy sauce.
3. Taste and adjust salt.
4. Serve warm with lettuce cups and any leftover asparagus (cold or reheated)

#### *For ginger soy dressing*

1. In a small bowl whisk together the soy sauce, vinegar, mustard, honey, garlic, ginger, and peppers.
2. Whisk in grapeseed oil in a thin stream until combined.
3. Taste and adjust for salt & pepper as desired.

### INGREDIENTS

#### *For Chinese chicken lettuce cups*

- 3 cups shredded chicken (from two roasted chicken breast and two thighs)
- 8 butter lettuce leaf cups (1 head)
- 1 medium carrot shredded or thinly cut into matchsticks.
- 1 medium zucchini, shredded or thinly cut into matchsticks
- $\frac{1}{2}$  cup fresh cilantro, washed, then roughly chopped

#### *For ginger fried rice*

- 3 cups prepared brown rice (see prep)
- 2 Tablespoons grapeseed oil
- 2 teaspoons grated ginger
- 2 garlic cloves – minced
- 4 spears roasted asparagus, chopped
- 2 teaspoons gluten free soy sauce (reduced sodium)

#### *For ginger soy dressing*

- 2 Tablespoons gluten free soy sauce
- $\frac{1}{4}$  cup white wine vinegar
- 1 teaspoon gluten free Dijon mustard
- 2 Tablespoons honey or 100% maple syrup
- 1 clove garlic, minced
- 1 teaspoon ginger, peeled & grated
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon cayenne pepper
- $\frac{1}{2}$  cup grapeseed oil



## PARMESAN HAM QUESADILLAS strawberries and honey yogurt dip

### DIRECTIONS

#### *For Parmesan ham wrap*

1. Preheat oven to 375 degrees.
2. Brush tortillas (on one side) with olive oil.
3. Lightly spread Dijon mustard over the dry face of each tortilla. Lay tortillas out onto a lined baking sheet olive oil side down.
4. Place ham and then sprinkle cheese onto each tortilla. Top with tomato, then cover with another tortilla.
5. Place into the preheated oven for 5-6 minutes or until cheese melts and ham is warmed.
6. Remove from oven and serve on top of lettuce leaf. Serve warm with dip and strawberries.

#### *For yogurt dip*

1. In a small bowl combine yogurt and honey, mix well.
2. Serve chilled with fresh strawberries.

### INGREDIENTS

#### *For Ham wrap*

- 2 Tablespoons olive oil
- 8 small corn tortillas
- 2 teaspoons gluten free Dijon mustard
- 1 pound deli ham, thinly sliced (low sodium, free of nitrates)
- 1 cup Parmesan cheese, grated
- 1 medium tomato, chopped
- 4 red leaf lettuce leaves (whole)
  
- 1 pound fresh strawberries, rinsed

#### *For honey yogurt dip*

- 1 cup plain Greek yogurt
- 2 Tablespoons honey



Gluten Free May 11th

# Nutrition Information

<b>Roast Chicken, Citrus Rice, Asparagus</b>		<b>Serves 4</b>	
Serving Size: 1/4 roast chicken, 1/2 cup rice, 4-5 asparagus spears			
Calories	513	Fat	21g
Protein	40g	Saturated	5.6g
Carbohydrate	43g		
Sodium	667mg	Calcium	116mg
Fiber	8.9g	Iron	5.1mg
Cholesterol	154mg		

<b>Crab Avocado, Chopped Vegetable Salad</b>		<b>Serves 4</b>	
Serving Size: 1/2 avocado with 1/3 cup crab, 1-1/2 cups chopped salad			
Calories	500	Fat	25g
Protein	28g	Saturated	6g
Carbohydrate	47g		
Sodium	1227mg	Calcium	364mg
Fiber	11.8g	Iron	4.7mg
Cholesterol	69g		

<b>Hummus Vegetable Platter</b>		<b>Serves 4</b>	
Serving Size: 1 tortilla, 1/2 cup hummus and unlimited veggies			
Calories	572	Fat	26g
Protein	19g	Saturated	5.8g
Carbohydrate	69g		
Sodium	596mg	Calcium	176mg
Fiber	14.7g	Iron	5.4mg
Cholesterol	16mg		

<b>Chinese Chicken Lettuce Cups</b>		<b>Serves 5</b>	
Serving Size: 1.5 lettuce cups, 1/2+ cup rice			
Calories	562	Fat	32g
Protein	46g	Saturated	4g
Carbohydrate	20g		
Sodium	620mg	Calcium	63mg
Fiber	2.5g	Iron	3.5mg
Cholesterol	115mg		

<b>Ham Qusadilla with Strawberries</b>		<b>Serves 4</b>	
Serving Size: 1 quesadilla, 1/2 cup berries, 1/4 cup dip			
Calories	503	Fat	18g
Protein	39g	Saturated	7.2g
Carbohydrate	48g		
Sodium	994mg	Calcium	417mg
Fiber	6.3g	Iron	4mg
Cholesterol	86mg		