

MAKE AHEAD

- **BROWN RICE** to yield 3 cups
 - 1-1/2 cups long grain brown rice
 - 3 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

Lemon CousCous
Roasted Asparagus
Fresh Fruit

TUESDAY ②

Chopped Vegetable Salad

WEDNESDAY ③

Spicy Hummus Platter
Vegetable Sticks
Warm Pita

THURSDAY ④

Tofu Lettuce Cups
Ginger Fried Rice

FRIDAY ⑤

Orzo Salad
Fresh Strawberries
Honey Yogurt Dip



May 11th

Shopping List

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	avocado	1 medium		1
	carrots	7 medium		2.5
	red bell pepper	1 medium		1
	fresh basil	1 bunch	to yield one cup	1.5
	zucchini	6 medium		3
	red onion	1 small		1
	cucumber	1 medium		1
	tomato	2 medium		2
	butter lettuce	2 heads		3
	fresh asparagus	2 pounds		6
	fresh strawberries	1 pound		3
	your choice fresh fruit	1 pound		3
	fresh ginger root	2 inch piece	to yield 3 teasppons grated	1
	lemon	3 medium	for juice and zest	1.5

Got it!	Dairy	Quantity	Notes	Est Cost
	plain Greek yogurt	1 cup		1.5
	crumbled feta	1-1/2 cup		3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	firm organic tofu	1 box		3
	garbanzo beans,	3- 15oz can	also known as chick peas	4.5
	orzo pasta	12 ounces		2
	whole wheat pita	4 rounds		3
	whole wheat couscous	1 cup		2

Fresh 20 Grocery Est 49.5
 Cost Per Dinner 9.9
 Cost Per Serving 2.475

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	2/3 cup	dried oregano	
	grapeseed oil	1/3 cup	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	1/4 teaspoon
	white wine vinegar	1/4 cup + 1 T	raw honey or 100% maple syrup	4+ Tablespoon
	vegetable broth	12 ounces	organic tomato paste	
	garlic	7 cloves	Dijon mustard	3 teaspoons
	kosher salt	2-3/4 teaspoon	soy sauce	3 Tablespoons
	black pepper	2-1/4 teaspoon	whole wheat pasta	
	cayenne pepper	1/2 teaspoon	long grain brown rice	1-1/2 cups dry
	paprika			

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



LEMON COUSCOUS

roasted asparagus and fresh fruit

DIRECTIONS

For lemon couscous

1. In a small sauce pot with a lid, bring the broth to a boil with the clove of garlic.
2. Turn off the heat, stir in the couscous, and cover with the lid. Allow the couscous to absorb the liquid, about 10 minutes.
3. Remove the garlic clove and lightly fluff the couscous with a fork.
4. Stir in the zucchini, lemon zest, lemon juice, black pepper, and olive oil.
5. Fold in the feta cheese.
6. Taste and if desired, adjust for salt & pepper.

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 of the asparagus warm with ¾ cup lemon couscous. Store half asparagus in an airtight container for other dinners.
5. Enjoy fresh fruit after dinner.

INGREDIENTS

For lemon couscous

- 12oz low sodium vegetable broth
- 1 garlic clove
- 1 cup whole wheat couscous
- 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 (omit if vegan)

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

- 1 pound fresh fruit of your choice



CHOPPED VEGETABLE SALAD

DIRECTIONS

For salad

1. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon, and salt & pepper, and shredded basil.
2. Toss all vegetables with dressing.
3. Fold in garbanzos.
4. Serve chilled.

INGREDIENTS

Balsamic dressing with basil

- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup shredded fresh basil

1 head butter leaf lettuce, chopped

1 medium tomato, chopped

1 medium bell pepper

2 medium zucchini, chopped

2 medium carrots, chopped or shredded

½ small red onion, chopped

1 avocado, pitted and diced

1 – 15oz can garbanzo beans, rinsed and drained



SPICY FETA HUMMUS PLATTER

vegetable sticks and warm pita

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. Fold in feta cheese, reserving some for the top as garnish.
4. Serve hummus in a bowl with a drizzle of olive oil and feta cheese.
5. Serve with warm pita, carrots, cucumber, zucchini, and asparagus.

INGREDIENTS

For hummus platter

- 2 15 oz can garbanzo beans, rinsed and drained
- 2 clove garlic, minced
- 1 medium lemon, zest and juice
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/3 – 1/2 cup olive oil
- 1/2 cup crumbled feta cheese*, (reserve some for garnish)
- 4 whole wheat pita, warmed
- 4 medium carrots peeled and cut into large matchsticks for dipping.
- 1/2 cucumber, peeled and cut into sticks or rounds
- 2 medium green Italian zucchini rinsed and cut into large matchsticks for dipping
- 8 spears roasted asparagus, cold (leftover)

*omit for vegan



TOFU LETTUCE CUPS

ginger fried rice

DIRECTIONS

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.

For lettuce cups

1. Toss tofu in 1/3 cup dressing and set aside in a medium bowl.
2. Rinse butter lettuce cups, dry, and set aside.
3. Toss tofu with shredded carrots, zucchini, and basil.
4. Serve tofu 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 and cook for 5-6 minutes or until heated through.
2. Finish with soy sauce.
3. Serve warm with lettuce cups.

INGREDIENTS

For ginger soy dressing

- 2 Tablespoons soy sauce
- ¼ cup white wine vinegar
- 1 teaspoon Dijon mustard
- 2 Tablespoons honey or 100% maple syrup
- 1 clove garlic, minced
- 1 teaspoon ginger, peeled & grated
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ cup grapeseed oil

For lettuce cups

- 1 box firm organic tofu, cut into 1" cubes
- 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
- ½ cup fresh basil, 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
- 2 teaspoons soy sauce (reduced sodium)



ORZO SALAD

strawberries and honey yogurt dip

DIRECTIONS

1. Whisk together dressing ingredients until creamy and smooth.
2. Cook orzo according to package directions. Drain thoroughly.
3. In a large bowl, combine orzo, onion, cucumber, tomato, feta cheese, and fresh basil.
4. Pour dressing in the bowl of orzo. Mix well. Serve chilled with strawberries and yogurt dip.

For yogurt dip

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

INGREDIENTS

For dressing:

- ½ teaspoon honey
- 2 ½ Tablespoons olive oil
- 1 Tablespoon white wine vinegar
- 1 Tablespoon lemon juice
- 1 clove garlic, minced
- ¾ teaspoon salt
- ½ teaspoon black pepper

For salad:

- 12 ounces orzo pasta
- ½ small red onion, chopped
- ½ cucumber, seeded and chopped
- 1 tomato, chopped
- ½ cup feta cheese
- ½ cup fresh basil, finely chopped

1 pound fresh strawberries, rinsed

For honey yogurt dip

- 1 cup plain Greek yogurt
- 2 Tablespoons honey



Nutrition Information

Lemon Couscous, Asparagus Serves 4

Serving Size: 1-1/2 cup couscous, 5 asparagus spears, 1/4 pound fruit			
Calories	392	Fat	10g
Protein	16g	Saturated	2.3g
Carbohydrate	78g		
Sodium	539mg	Calcium	96mg
Fiber	9.9g	Iron	3mg
Cholesterol	26mg		

Chopped Vegetable Salad Serves 4

Serving Size: 2-1/2 cups chopped salad			
Calories	398	Fat	15g
Protein	13g	Saturated	2g
Carbohydrate	44g		
Sodium	339mg	Calcium	110mg
Fiber	14g	Iron	4.8mg
Cholesterol	0mg		

Hummus Vegetable Platter Serves 4

Serving Size: 1 pita, 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		

Tofu Lettuce Cups, Ginger Rice Serves 4

Serving Size: 1.5 lettuce cups, 3/4 cup rice			
Calories	445	Fat	22g
Protein	28g	Saturated	3g
Carbohydrate	30g		
Sodium	580mg	Calcium	63mg
Fiber	2.5g	Iron	3.5mg
Cholesterol	63mg		

Orzo Salad Serves 4

Serving Size: 1-1/2 cups, 1/2 cup berries, 1/4 cup dip			
Calories	480	Fat	12g
Protein	19	Saturated	3g
Carbohydrate	48g		
Sodium	665mg	Calcium	110mg
Fiber	6.3g	Iron	4mg
Cholesterol	86mg		