

MAKE AHEAD

Meal #3

- 4 cups brown rice

2 cups long grain brown rice

3 ½ 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

SOY GLAZED TOFU STEAKS

Grilled ginger nectarines

TUESDAY ②

CURRIED NAPA CABBAGE STIR FRY

Cucumber melon salad w/ basil & mint

WEDNESDAY ③

GINGER TOFU LETTUCE WRAPS

Toasted almond brown rice w/ broccoli

THURSDAY ④

FIRECRACKER BLACK BEAN BURGERS

Melon & nectarine gazpacho

FRIDAY ⑤

NECTARINE SUMMER SALAD

Balsamic vinaigrette



Vegetarian June 15th

Shopping List

This week: 1) Soy glazed tofu 2) Curried Napa Cabbage 3) Ginger Tofu Lettuce 4) Black Bean Burgers 5) Nectarine Summer Salad

Recipe #	Proteins	Quantity	Notes	Est Cost
1, 3	extra firm tofu	2 - 15oz blocks	try www.smallplanettofu.com	8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
4, 5	tomato	2 medium		1.5
3, 5	green onion	4 stalks		1
2, 4	red onion	1 medium		1
1, 2, 3, 5	napa cabbage	2 heads	if desired sub spinach	4.5
1,2, 3, 5	carrots	5 medium		2
2, 4, 5	english cucumbers	3		2
3, 4, 5opt	butter/bibb lettuce	1 large head	12 whole leaves	3
3, 5	broccoli florets	2-1/2 cups	about 1/2 pound	2.5
2, 3, 4	fresh basil	1 large bunch	to yield 15 leaves	2
2, 4, 5	fresh mint	1 large bunch	to yield 10 leaves	2
2	lime	1		0.5
1, 3	fresh ginger	5 inch piece	to yield 3 Tablespoons grated	2
2, 4	cantaloupe	1 medium		3
1, 4, 5	nectarines or peaches	8 ripe		4.5

Recipe #	Dairy	Quantity	Notes	Est Cost
4, 5	crumbled blue cheese	1 cup	about 4 ounces	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2, 4	yellow curry powder	2-1/2 teaspoons	check bulk bins and buy quality	4
2, 3, 5	sliced almonds	1-1/4 cup		3
4	whole wheat hamburger buns	5 small	bakery made	3
2, 4	black beans	3- 15oz cans		4.5

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

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 c + 1 T	dried oregano	
	grapeseed oil	1/3 cup	herbes de provence	1 teaspoon
	balsamic vinegar	1/4 cup	ground cumin	1-1/2 teaspoons
	white wine vinegar	1 T	raw honey or 100% maple syrup	7 Tablespoons
	veggie broth: low sodium	1/4 cup	organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	2-1/2 Tablespoons
	kosher salt	2-1/2 teaspoons	soy sauce (organic, low sodium)	6-1/2 Tablespoons
	black pepper	2 teaspoons	whole grain pasta	
	cayenne pepper	1/8 teaspoon	long grain brown rice	2 cups dry
paprika	1/2 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



SOY GLAZED TOFU STEAKS

grilled honey ginger nectarines & wilted Napa cabbage

DIRECTIONS

For soy glazed tofu steaks

1. Drain the tofu and pat it dry with a paper towel. Cut the two blocks into eight evenly sized slices, pat them dry, and let them sit on a paper towel to absorb any excess moisture.
2. In a small bowl whisk to combine Dijon mustard, honey, soy sauce, grapeseed oil, garlic, ginger, and black pepper.
3. Place the tofu slices into a Ziploc bag or a non reactive bowl and cover with marinade. Set aside for at least 20 minutes and up to 1 hour.
4. Heat outdoor grill.
5. Remove the tofu slices from marinade (reserve marinade).
6. Heat the marinade in a small sauce pot over medium/high heat boil for 1 minute. Set aside. Reserve some for meal #3.
7. Grill the tofu steaks until they are nicely marked, about 2 minutes per side.

(Cooking indoors? Heat a large non-stick sauté pan over medium heat; add in 1 Tablespoon of grapeseed oil, once hot, add in tofu steaks and cook for 3-4 minutes on each side until done.)

8. Just before the tofu steaks are done, brush the marinade over both sides.
9. Reserve 4 cooled tofu steaks for Meal #3, store in a Ziploc bag or an airtight container.

For grilled peaches/nectarines

1. Brush peaches with 1 Tablespoon of reduced marinade and then grill cut side down for 2-3 minutes, or until peach begins to soften and is warmed through.

For wilted Napa Cabbage

2. Heat a large nonstick sauté pan over medium/high heat; add in oil, once hot, add in the Napa cabbage and carrots. Toss to coat with the olive oil, sauté until carrots have softened and cabbage is wilted, 3-4 minutes.
3. Toss the finished cabbage with 1 Tablespoon of marinade.
4. Reserve marinade for Meal # 3
5. Serve 1 tofu steak with warm grilled peaches and Napa cabbage.

INGREDIENTS

For soy glazed tofu steaks

- 2 – 15 ounce blocks extra firm organic tofu, (for two meals)
- 2 Tablespoons Dijon mustard
- 4 Tablespoons honey (for vegan 100% maple syrup)
- 6 Tablespoons soy sauce
- ¼ cup grapeseed oil
- 4 garlic cloves, minced
- 3 inches of ginger, peeled and grated to yield 2 Tablespoons
- ½ teaspoon black pepper

For grilled peaches/nectarines

- 4 nectarines or peaches, ripe but firm, sliced in half and pit removed
- 1 Tablespoon marinade

For wilted Napa Cabbage

- 1 Tablespoon olive oil
- ½ head of Napa cabbage*, cut thinly into shreds
- 2 carrots, grated
- 1 Tablespoon marinade

*substitute 2 bunches spinach if desired



CURRIED NAPA CABBAGE STIR-FRY

cucumber melon salad with basil & mint

DIRECTIONS

MADE AHEAD: 2 cups brown rice

For Napa cabbage stir-fry

1. In a small bowl, combine curry, cumin, paprika, and salt & pepper. Set aside.
2. Heat a large nonstick sauté pan over medium/high heat; add in oil, once hot, add in the onion and black beans, cook until soft, about 3 minutes. Add Napa cabbage, carrots, spice mix and almonds – stir to combine.
3. Cook, stirring from time to time, until the cabbage has wilted and is beginning to brown, about 6 minutes. Add the broth and cook just until it's absorbed, about 1 minute.

*For made ahead brown rice *See prep sheet for recipe*

1. Heat made ahead brown rice in a small saucepot over low heat with 2 Tablespoons of water.
2. Cover with a lid, and warm for 5-8 minutes.

For cantaloupe salad with basil & mint

1. In a medium bowl combine the cantaloupe, cucumber, lime juice, honey mint, basil, and a pinch of salt. Toss to coat and serve cold.

INGREDIENTS

For Napa cabbage stir-fry

- 2 teaspoons yellow dried curry powder
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 Tablespoons grapeseed oil
- ½ red onion, thinly sliced
- 1 – 15 oz can black beans, drained and rinsed
- ½ head Napa cabbage, chopped thinly
- 2 medium carrots, shredded
- ½ cup sliced almonds
- ¼ cup low sodium vegetable broth

For brown rice

- 2 cups made ahead brown rice *See prep sheet for recipe

For cucumber melon salad with basil & mint

- ½ ripe cantaloupe, peeled, seeded and chopped into bite sized pieces
- 1 English cucumber, cut into medium dice
- 1 lime, juiced
- 1 Tablespoon honey
Vegan: use 100% maple syrup
- 3 mint leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- 5 basil leaves, rolled together lengthwise and cut into thin slices (chiffonade)
- Pinch of kosher salt



GINGER TOFU LETTUCE WRAPS

toasted almond brown rice with broccoli

DIRECTIONS

MADE AHEAD

- 2 cups brown rice
 - 4 grilled tofu steaks
1. Heat a large nonstick sauté pan over low/medium heat. Add in tofu with reserved sauce from Meal #1. **See Meal #1 for recipe.* Stir to coat and cook for 2-3 minutes or until warm.
 2. Rinse butter lettuce cups, dry, and set aside.
 3. Toss tofu with Napa cabbage, carrots, green onion, basil.
 4. Serve tofu and vegetables inside lettuce cups with reserved sauce from Meal #1 ** See Meal #1 for recipe*

For toasted almond brown rice with chopped broccoli

1. Heat a large nonstick skillet over medium/high heat; add in oil and once the oil is hot, add in ginger and garlic, green onions, broccoli, and almonds, stir to prevent burning. Once fragrant, about 20 seconds, add in brown rice, broccoli and water - stir to combine.
2. Reduce heat, cover with a lid and cook for 5-6 minutes or until heated through.
3. Finish with soy sauce, stir to combine.

INGREDIENTS

For ginger tofu lettuce wraps

4 made ahead tofu steaks, grilled and cut into 1 inch bite size pieces
**See Meal #1 for recipe*

Reserved sauce from Meal#1 **See Soy glazed tofu steaks for recipe*

8 Butter lettuce cups

¼ Napa cabbages cut thinly into shreds

1 medium carrot, grated

1 green onion, white and green parts, thinly sliced

5 basil leaves, rolled together and cut into thin slices (chiffonade)

For toasted almond brown rice

2 Tablespoons grapeseed oil

2 inches of ginger, peeled and grated to yield 1 Tablespoon

2 garlic cloves, minced

1 green onion, green and white parts, thinly sliced

½ cup sliced almonds

2 cups made ahead cooked brown rice

2 cups broccoli florets cut into small bite sized pieces

2 Tablespoons water

2 teaspoons soy sauce



FIRECRACKER BLACK BEAN BURGERS

melon nectarine gazpacho

DIRECTIONS

For breadcrumbs

1. Cut 1 wheat bun into toaster size pieces, toast until crispy. Crumble in blender until mealy in texture. Can be made ahead and stored in an airtight container for up to a week.

For firecracker black bean burgers

1. In a large bowl, mash the beans with a potato masher or fork.
2. Add in onion, breadcrumbs, garlic, blue cheese, curry, cumin, cayenne, and salt & pepper. Mix well, and form into 4 patties. Chill to help form hold.

3. Heat outdoor grill

4. Grill burgers on foil pieces for 3 minutes on each side, careful not to turn too soon or your burger will stick. Place buns onto the grill for just a minute to toast or toast in the toaster.

(Cooking indoors? Heat a large nonstick sauté pan over medium/high heat; add in 1 Tablespoon grapeseed oil, cook burgers until done, 3 minutes per side.)

5. Serve burgers with tomato slices, whole lettuce leaves and Dijon mustard.

For melon gazpacho

1. In a blender pulse, cantaloupe, nectarine, cucumber, honey, vinegar, water, basil, mint, and salt. Blend until very smooth, refrigerate until cold.

*Optional, reserve 1-2 Tablespoons of melon, and cucumber, chop into small dice and garnish the top of the gazpacho just before serving.

INGREDIENTS

For firecracker black bean burgers

2 – 15oz cans black beans, drained
½ medium red onion, cut into small dice

1 whole wheat hamburger bun to yield ½ cup whole wheat breadcrumbs * See recipe notes

2 garlic cloves, minced

½ cup crumbled blue cheese, about 2 oz * *Can be omitted for a vegan meal*

1 teaspoon ground curry powder

½ teaspoon ground cumin

1/8 teaspoon cayenne pepper (up to ½ teaspoon for more heat)

¾ teaspoon kosher salt

½ teaspoon black pepper

4 Whole wheat hamburger buns

1 medium tomato, sliced

4 whole Butter lettuce leaves

Dijon mustard

For melon gazpacho

½ cantaloupe, peeled-seeded- and cut into large pieces

1 nectarine pit removed and cut into large pieces

1 English cucumber, cut into large pieces

1 Tablespoon honey

2 teaspoons white wine vinegar

½ cup water

5 basil leaves

2 mint leaves

¼ teaspoon kosher salt

*Optional, reserve 1-2 Tablespoons of melon, and cucumber, chop into small dice and garnish the top of the gazpacho just before serving.



NECTARINE SUMMER SALAD

balsamic vinaigrette

DIRECTIONS

For nectarine summer salad

1. In a large bowl combine Napa Cabbage, leftover butter lettuce, nectarine slices, green onions, carrots, cucumber, broccoli, mint, almonds, and tomatoes.
2. Dress with vinaigrette to taste.
3. Garnish with blue cheese.

For balsamic vinaigrette

In a small bowl combine the, garlic, honey, mustard, vinegar, Herbes, and salt & pepper. Whisk in the olive oil in a thin stream until combined.

Or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

INGREDIENTS

For nectarine summer salad

½ head of Napa cabbage, cut thinly into shreds

Any leftover butter lettuce, cut into bite size pieces

3 nectarines or peaches, pit removed, cut into large slices

2 green onions, white and green parts, thinly sliced

2 carrots, shredded

1 English cucumber, cut into thin slices

½ cup finely chopped broccoli

5 mint leaves, rolled together lengthwise and cut into thin slices (chiffonade)

¼ cup slivered almonds

1 medium tomato, cut into salad wedges

½ cup crumbled blue cheese, about 2 oz **Can be omitted for a vegan meal*

For balsamic vinaigrette

1 garlic clove, minced

1 Tablespoon honey

Vegan: use 100% maple syrup

1 teaspoon Dijon mustard

¼ cup balsamic vinegar

1 teaspoon Herbes de Provence

¾ teaspoon kosher salt

½ teaspoon black pepper

½ cup olive oil



Nutrition Information

Soy Glazed Tofu Steaks w/ Grilled Peaches & Brown Rice			Serves: 4
Serving Size: 1 4oz tofu steak w/ 4 slices peaches and 1/2 cup brown rice			
Calories	498	Fat	21
Protein	22	Saturated	3.2
Carbohydrate	52		
Sodium	951	Calcium	335
Fiber	4.5	Iron	3.6
Cholesterol	35		

Curried Napa Stir Fry w/ Spicy Cucumber Melon Salad			Serves: 4
Serving Size: 2 cups stir fry w/ 1/2 cup brown rice and 1 cup salad			
Calories	402	Fat	9
Protein	16	Saturated	2.2
Carbohydrate	85		
Sodium	775	Calcium	205
Fiber	6	Iron	1.9
Cholesterol	46		

Ginger Tofu Lettuce Wraps			Serves: 4
Serving Size: 2 wraps w/ 1/2 cup rice and 1/2 cup broccoli			
Calories	534	Fat	40
Protein	34	Saturated	6
Carbohydrate	12		
Sodium	885	Calcium	78
Fiber	3.3	Iron	2.6
Cholesterol	87		

Firecracker Curry Black Bean Burgers w/ Melon Nectarine Gazpacho			Serves: 4
Serving Size: 1 4oz patty on 1 bun w/ 2 tomato slices, lettuce & 1 cup gazpacho			
Calories	521	Fat	15
Protein	29	Saturated	3.5
Carbohydrate	74		
Sodium	795	Calcium	320
Fiber	8	Iron	2.9
Cholesterol	76		

Chopped Summer Salad w/ Balsamic Vinaigrette			Serves: 4
Serving Size: 2.5 cups salad w/ 2 TBS dressing and 1 oz of blue cheese (about 2 TBS)			
Calories	501	Fat	39
Protein	10	Saturated	9.3
Carbohydrate	31		
Sodium	450	Calcium	234
Fiber	6.4	Iron	1.5
Cholesterol	21		