

MAKE AHEAD

Walnut parsley pesto

Meal #1, #4

- 1 cup walnuts, toasted
- 4 garlic cloves
- 1 lemon zested and juiced to yield 2 Tablespoons of juice
- 1/8 teaspoon cayenne pepper
- 1 ½ packed cups of flat leaf Italian parsley
- 1 ½ packed cups basil leaves
- 1 cup Parmesan cheese, grated
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¾ cup olive oil

1. In the bowl of a food processor, combine, walnuts, garlic, lemon zest, lemon juice, cayenne pepper, parsley, basil, cheese, salt & pepper – pulse until well blended.
2. Turn on processor to a steady speed and stream in olive oil until smooth, about 1 minute
3. Store in an airtight container in the refrigerator.

Lentils

Meal #2

- 5 cups water
- 1 ½ cups brown lentils
- ¼ teaspoon kosher salt

1. Place water, lentils, 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.

Brown Rice

Meal #4

- 1 cup long grain brown rice
- 2 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.

MENU

MONDAY ①

CRSIPY TOFU

Walnut pesto and sundried tomato pasta

TUESDAY ②

SPICED VEGETABLE PILAF

Honey Peaches

WEDNESDAY ③

BROCCOLI/YOGURT FARFALLE

Cantaloupe basil salad

THURSDAY ④

STUFFED ROASTED PEPPERS

FRIDAY ⑤

CHOPPED ITALIAN SALAD

With radicchio and cannellini beans



Vegetarian Shopping List

Recipes: 1) Crispy Tofu walnut pesto and sundried tomato pasta 2) Spiced vegetable pilaf with honey peaches 3) Broccoli & yogurt farfalle with cauliflower salad 4) Stuffed roasted peppers with pesto pea rice 5) Chopped Italian salad with radicchio and cannellini beans

| Recipe # | Proteins | Quantity | Notes |
|----------|------------------|----------------|---|
| 1 | extra firm tofu | 2-(286 g) Tofu | Look for tofu coagulated with Calcium Sulfate to provide additional calcium in diet. (See "Ingredients" on package) |
| 1 | walnuts | 1.25 cup | Buy in bulk if available |
| 2 | brown lentils | 1.5 cups | Buy in bulk if available |
| 5 | cannellini beans | 1-15 oz can | |

| Recipe # | Vegetables & Fruit | Quantity | Notes |
|----------|-------------------------------|--------------|----------------------------------|
| 1 | lemon | 1 | |
| 1 | flat leaf parsley | 3 bunches | |
| 1 | basil leaves | 2 bunches | 1 bunch yields approx. 15 leaves |
| 1 | frozen or fresh petite peas | 1.5 cup | |
| 1 | sun dried tomatoes | 1/2 cup | |
| 1, 2 | red onion | 2 medium | |
| 2 | carrots | 6 large | |
| 2 | peaches | 4 medium | medium ripe |
| 3,5 | cantaloupe | 1 medium | |
| 4 | asparagus | 1.5 pound | |
| 4,5 | cherry tomatoes | 1.5 cup | |
| 5 | radicchio | 1 head | |
| 5 | iceberg lettuce | 1 small head | look for firm outer leaves |
| 5 | Bell peppers (red and orange) | 3 each | |

| Recipe # | Dairy | Quantity | Notes |
|----------|---------------------------|----------|-------------------------------------|
| 1,3 | parmesan cheese, grated | 3 cups | cold/refrigerated section of market |
| 3 | lowfat plain greek yogurt | 1 cup | |

| Recipe # | Bakery/Misc | Quantity | Notes |
|----------|--------------------------|----------|-------|
| 5 | whole wheat dinner rolls | 4 | |

Fresh 20 Grocery Est
 Cost Per Dinner
 Cost Per Serving

| STAPLES | Pantry Essentials | Quantity | Pantry Essentials |
|---------|--------------------|----------|-------------------------------|
| | olive oil | 2 cup | dried oregano |
| | grapeseed oil | 2 tbsp | herbes de provence |
| | balsamic vinegar | 1/4 cup | ground cumin |
| | white wine vinegar | | raw honey or 100% maple syrup |
| | vegetable broth | 3 cups | organic tomato paste |

| | | | |
|---------------|----------------|-----------|---------------------------------------|
| PANTRY | garlic | 10 cloves | Dijon mustard or brown mustard |
| | Kosher salt | 3.5 tsp | soy sauce or Braggs liquid amino acid |
| | black pepper | 3.5 tsp | whole grain pasta |
| | cayenne pepper | 1/8 tsp | long grain brown rice |
| | paprika | 1/4 tsp | whole wheat flour |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

arian: July 6th

ing List

antaloupe basil

| Est Cost |
|----------|
| \$5.00 |
| \$6.00 |
| \$1.25 |
| \$1.99 |

| Est Cost |
|----------|
| \$0.40 |
| \$1.00 |
| \$1.25 |
| \$1.75 |
| \$1.25 |
| \$1.50 |
| \$2.00 |
| \$1.75 |
| \$3.25 |
| \$4.00 |
| \$3.00 |
| \$4.00 |
| \$1.25 |
| \$2.00 |

| Est Cost |
|----------|
| \$4.50 |
| \$3.00 |

| Est Cost |
|----------|
| \$2.00 |

\$52.14

10.428

2.607

| Qty |
|---------|
| 1 tsp |
| 2 tsp |
| 1/4 cup |

1 tsp

20 oz

2 cup



Crispy Tofu

walnut pesto and sun dried tomato pasta

MAKE AHEAD: PESTO

DIRECTIONS

1. Remove tofu from package and drain tofu in a colander. Next, place tofu on a clean kitchen towel, wrap and gently press out excess liquid. Removing excess liquid allows for crisper tofu when pan fried. Do this for approximately 10 minutes.
2. Unwrap tofu from kitchen towel and slice horizontally into 4 large pieces, then each into 4 for a total of 16 squares.
3. Heat a nonstick sauté pan over medium/high heat adding grapeseed oil.
4. Add garlic to heated sauté pan, turn frequently to not burn garlic. Remove garlic from pan, keep oil for tofu.
5. Add tofu to sauté pan & add salt and pepper, cover and cook until edges are brown and firm. Roughly 5-7 mins on each side.
6. Prepare a plate with 1-2 paper towels, to be used to drain oil from tofu. Remove tofu from sauté pan onto plate with paper towels.
7. Serve with walnut pesto and sun dried tomato pasta.

For walnut parsley pesto

1. In the bowl of a food processor, combine, walnuts, garlic, lemon zest, lemon juice, cayenne pepper, parsley, basil, cheese, salt & pepper – pulse until well blended.
2. Turn on processor to a steady speed and stream in olive oil until smooth, about 1 minute. If your pesto is too thick you can add more olive oil or water.
3. Can be stored in an airtight container in the refrigerator. Reserve leftover pesto for Meal # 4.

For walnut pesto and sundried tomato pasta

1. Fill a large pasta pot with water and two heavy pinches salt, bring to a boil; add in pasta, cook for 8 minutes or until al dente. Drain and pour into a large mixing bowl.
2. Allow pasta to cool slightly, and then add in peas, sundried tomatoes, walnuts, onion, and pesto – stir to combine.
3. Garnish with freshly grated parmesan cheese and torn basil.

INGREDIENTS

For crispy tofu

2 (285 g) packets of extra firm tofu
4 garlic cloves, thinly sliced
2 tablespoons grapeseed oil
1/2 teaspoon kosher salt
1/2 teaspoon black pepper

For walnut parsley pesto

1 cup walnuts, toasted
4 garlic cloves
1 lemon zested and juiced to yield 2 tablespoons of juice
Dash of cayenne pepper
1 ½ packed cups of fresh flat leaf Italian parsley, thick stems removed
1 ½ packed cups fresh basil leaves
1 cup Parmesan cheese, grated
½ teaspoon kosher salt
½ teaspoon black pepper
¾ cup olive oil

For walnut pesto and sundried tomato pasta

8 oz whole wheat shell pasta
1 cup frozen or fresh petite green peas, if frozen thawed
¼ cup sun dried tomatoes; re hydrated (by soaking in warm water) and roughly chopped
2 tablespoons walnuts, toasted and roughly chopped
1/8 medium red onion, cut into small dice
1 cup made ahead walnut parsley pesto

Garnish with grated parmesan cheese and basil leaves



SPICED VEGETABLE PILAF

with honey peaches

Make ahead

Lentils – See Prep Guide

DIRECTIONS

Grilled vegetables

1. Prepare grill to medium heat.
2. Cut carrots lengthwise into 6-8 wedges. Quarter peppers and onions, chop asparagus into thirds. Drizzle olive oil over vegetables, add sprinkle of kosher salt, black pepper & cumin; mix with hands. Cut peaches into halves. Place all on grill until tender (15-20 mins). Keep peaches warm on grill after cooking by turning off flames and covering until served.

Cooking indoors? Heat oven to 390 F. Place vegetables on baking sheet, drizzle with olive oil salt, pepper and cumin. Bake until tender (20-25 mins) Place peaches on separate baking sheet, bake at same time. Turn off oven and keep peaches warm in oven until ready to serve.

For Pilaf –prepare while vegetables roast in oven

1. Heat olive oil in dutch oven. Add brown rice to toast for 2 minutes and add paprika.
2. Pour in vegetable stock or water, cover with lid and simmer for 25-30 mins or until rice is tender and liquid is absorbed.
3. Once rice is cooked, lower heat and mix in lentils and roasted vegetables to the mix and sprinkle with walnuts before serving.

Honey peaches

After grilled or baked, drizzle honey and serve.

INGREDIENTS

For roasting vegetables

6 large carrots
1 medium red onion
2 bell peppers
5-6 asparagus spears
4 teaspoons olive oil
2 teaspoons cumin
1/2 teaspoon black pepper
Dash of kosher salt

For pilaf

2 teaspoon olive oil
¼ teaspoon paprika
1 cup long grain brown rice
3 cups vegetable broth or water
1 ½ cups cooked brown lentils, drained
¼ cup chopped walnuts

For honey peaches

4 medium peaches
1/2 cup honey

Optional: Garnish with ¼ cup chopped walnuts.



ASPARAGUS & YOGURT FARFALLE

cantaloupe basil salad

DIRECTIONS

1. Bring a large pot of water to a boil and add in 2 heavy pinches of salt. Add in farfalle and boil for 7 minutes, add in the asparagus and cook for 2 minutes longer. At this point the pasta should be al dente and the asparagus should be tender.
2. Reserve $\frac{1}{2}$ cup of water to finish pasta - drain and set aside
3. Heat olive oil in a large deep skillet over medium heat. Remove from heat and stir in Greek yogurt and parmesan cheese. Season yogurt with salt and pepper.
4. In same deep skillet, add farfalle, asparagus and reserve pasta water and cook over low heat. Toss until the sauce coats pasta.
5. Serve and garnish with extra parmesan cheese (optional).

For cantaloupe

1. In a medium bowl stir to combine the melon and basil, chill.
2. Just before serving, drizzle olive oil and add a dash of salt.

INGREDIENTS

- 1 pound of whole wheat farfalle
- $\frac{1}{2}$ pound asparagus, root end trimmed and cut diagonally into thin 1 inch pieces
- 1 tablespoons olive oil
- 1 cup plain lowfat thick Greek yogurt
- $\frac{3}{4}$ cup grated parmesan cheese
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- Optional garnish: $\frac{1}{4}$ cup parmesan cheese, grated

For cantaloupe

- $\frac{1}{2}$ cantaloupe melon, peeled-seeded-cut into bite size pieces or melon balls
- 5 basil leaves rolled together lengthwise and cut into thin slices (chiffonade)
- Drizzle of olive oil
- Dash of sea salt



STUFFED ROASTED PEPPERS with pesto pea rice

DIRECTIONS

MADE AHEAD

2 cups cooked brown rice

¼ cup walnut pesto * See prep sheet for recipe

For pesto rice

1. Heat a large nonstick sauté pan over medium heat; add in oil, and once hot, add the onion, and asparagus – stir to combine and sauté 2-3 minutes.
2. Add in the brown rice and peas and 2 tablespoons of water, stir to combine and cook over medium heat until warmed through, 2-3 minutes.
3. Remove from heat, cool slightly and mix in walnut pesto, cherry tomatoes, parmesan cheese, chopped basil and parsley, and pepper.

For stuffed peppers (after pesto rice is assembled)

1. Wash and pat dry each pepper. Stuff peppers: cut around stem from one pepper, remove and set aside. Discard seeds and membrane from inside. Keep stem intact to use while cooking.
2. Spoon some pesto rice filling into the pepper, do not overfill. Repeat with each pepper.
3. Take about 1 foot of kitchen string and top each pepper with the stem/cap while wrapping ends of string several times around the pepper to secure the filling. Tie end in knot and repeat with three other peppers.
4. Heat outdoor grill. Barbeque stuffed peppers on moderate heat for about 12-15 minutes, turning gently until each pepper is browned.
*String may get charred, do not worry as it will not affect the peppers.

Cooking indoors? Preheat your oven to 425 degrees and adjust the oven rack to the middle. Line a baking sheet and place each tied pepper on top. Bake each side 6-8 minutes, turning once or twice to avoid burning.

INGREDIENTS

For pesto rice

2 tablespoons olive oil

¼ medium red onion, cut into small dice

½ pound asparagus, root end trimmed and cut diagonally into thin 1 inch pieces

½ cup fresh or frozen green peas, thawed if frozen

2 cups made ahead brown rice

¼ cup walnut pesto * See prep sheet for recipe

½ cup cherry tomatoes

¼ cup parmesan cheese

½ teaspoon black pepper

Handful of each – basil and parsley, chopped

2 red peppers

2 yellow peppers



CHOPPED ITALIAN SALAD

radicchio, walnuts, parmesan

DIRECTIONS

For chopped Italian salad

1. In a large bowl combine all the salad ingredients, toss with vinaigrette to taste.

For the vinaigrette

In a small bowl mix together vinegar, garlic, oregano, Dijon, salt & pepper - slowly whisk in the olive oil in a thin stream until smooth.

Or

Mix all the ingredients in a jar with a lid (Mason jar) and shake well.

Serve salad with melon slices and whole wheat dinner rolls

INGREDIENTS

For chopped Italian salad

- 1 head of radicchio, cut thinly into shreds and chopped
- 1 small head of iceberg lettuce, thinly sliced and chopped
- 6 ounces cherry tomatoes cut in half, about 1 cup
- ¼ cup sun dried tomatoes, (rehydrated in warm water) and roughly chopped
- 1/8 medium red onion, cut into small dice
- 1- 15 oz can cannellini beans, drained and rinsed
- ¼ cup parmesan cheese, grated
- ¼ cup chopped walnuts

For the vinaigrette

- 1/4 cup red wine vinegar or balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1/3 cup olive oil

For cantaloupe

- 1 small cantaloupe cut into slices or melon balls, chilled
- 4 whole wheat dinner rolls



Nutrition Information

| Crispy Tofu | | Serves: 4 | |
|-------------------------|----------|------------------|--------|
| Serving Size: 4 squares | | | |
| Calories | 195 kcal | Fat | 15 g |
| Protein | 14.3 g | Saturated | 1.4 g |
| Carbohydrate | 4 g | Sugar | 0.7 g |
| Sodium | 258 mg | Calcium | 26 %DV |
| Fiber | 0.7 g | Iron | 15 %DV |
| Cholesterol | 0 mg | | |

| Walnut Pesto and Sundried Tomato | | Serves: 4 | |
|---|----------|------------------|--------|
| Serving Size: 5.5 oz | | | |
| Calories | 457 kcal | Fat | 34.5 g |
| Protein | 12 g | Saturated | 5.6 g |
| Carbohydrate | 30 g | Sugar | 3.5 g |
| Sodium | 360 mg | Calcium | 18 %DV |
| Fiber | 5.6 g | Iron | 20 %DV |
| Cholesterol | 9 mg | | |

| Spiced Vegetable Pilaf | | Serves: 4 | |
|-------------------------------|----------|------------------|---------|
| Serving Size: 1.5 Cup | | | |
| Calories | 332 kcal | Fat | 13 g |
| Protein | 12 g | Saturated | 1.6 g |
| Carbohydrate | 45.8 g | Sugar | 11 g |
| Sodium | 85 mg | Calcium | 9.4 %DV |
| Fiber | 13.1 g | Iron | 23 %DV |
| Cholesterol | 0 mg | | |

| Honey Peaches | | Serves: 4 | |
|------------------------------|----------|------------------|---------|
| Serving Size: 1 medium peach | | | |
| Calories | 186 kcal | Fat | 0 g |
| Protein | 1.5 g | Saturated | 0 g |
| Carbohydrate | 49 g | Sugar | 47 g |
| Sodium | 1.7 mg | Calcium | 1.2 %DV |
| Fiber | 2.3 g | Iron | 3.1 %DV |
| Cholesterol | 0 mg | | |

| Asparagus & Yogurt Farfalle | | Serves: 4 | |
|--|----------|------------------|--------|
| Serving Size: 1.5 cup | | | |
| Calories | 541 kcal | Fat | 10 g |
| Protein | 29.4 g | Saturated | 3.9 g |
| Carbohydrate | 90 g | Sugar | 7.2 g |
| Sodium | 511 mg | Calcium | 29 %DV |
| Fiber | 10.6 g | Iron | 31 %DV |
| Cholesterol | 18.2 mg | | |

| Cantaloupe Basil Salad | | Serves: 4 | |
|-------------------------------|---------|------------------|---------|
| Serving Size: 1/2 cup | | | |
| Calories | 50 kcal | Fat | 2 g |
| Protein | 0.88 g | Saturated | 0 g |
| Carbohydrate | 8.3 g | Sugar | 8 g |
| Sodium | 16 mg | Calcium | 1 %DV |
| Fiber | 1 g | Iron | 1.4 %DV |
| Cholesterol | 0 mg | | |

| Stuffed Roasted Peppers with pesto pea rice | | Serves: 4 | |
|--|----------|------------------|--------|
| Serving Size: 1 stuffed pepper/each | | | |
| Calories | 400 kcal | Fat | 19.5 g |
| Protein | 16.1 g | Saturated | 5.2 g |
| Carbohydrate | 44 g | Sugar | 9.8 g |
| Sodium | 645 mg | Calcium | 30 %DV |
| Fiber | 8.3 g | Iron | 21 %DV |
| Cholesterol | 17.6 mg | | |

| Chopped Italian Salad with radicchio, walnuts, parmesan | | Serves: 4 | |
|---|----------|------------------|--------|
| Serving Size: 1 cup tossed with dressing, 1 whole wheat dinner roll | | | |
| Calories | 452 kcal | Fat | 22 g |
| Protein | 14.2 g | Saturated | 3.7 g |
| Carbohydrate | 52.6 g | Sugar | 18 g |
| Sodium | 588 mg | Calcium | 22 %DV |
| Fiber | 11.1 g | Iron | 21 %DV |
| Cholesterol | 4.4 mg | | |