

MAKE AHEAD

Meal #4

- Brown Rice **see directions below*

Meal #5

- Bake potatoes

For brown rice

- 1 cup brown rice
- 2 cups water or broth
- ½ teaspoon kosher salt (only if using water)

For brown rice

1. Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes.
2. To re-heat on dinner night add 2 Tablespoons water to prepared rice and heat on stovetop, stirring with a fork to fluff.

MENU

MONDAY ①

TACOS de "PAPA"
Pinto beans

TUESDAY ②

CREAMY PASTA PRIMAVERA

WEDNESDAY ③

CHEESY TOMATO TORTILLA BAKE

THURSDAY ④

BRAISED TOFU & SPANISH RED
PEPPER SAUCE
Brown rice

FRIDAY ⑤

STUFFED VEGGIE POTATOES
Cheddar cheese sauce



September 21st

Vegetarian Shopping List

(1) Tacos (2) Pasta Primavera (3) Tomato Tortilla Bake (4) Braised Tofu/Spanish Red Pepper Sauce (5) Stuffed Veggie Potatoes

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|--------------------|--------------|--------------------------|----------|
| 1,3,4 | yellow onion | 3 | | 2.25 |
| 1,5 | russet potatoes | 7 | | 3.5 |
| 1 | iceberg lettuce | 1/2 head | | 1.5 |
| 1 | tomato | 1 | | 1 |
| 2,5 | broccoli | 6 cups | | 4.5 |
| 1,2,4,5 | red bell pepper | 7 | | 7 |
| 3 | cilantro | 1/4 bunch | add the rest to a salad! | 1.5 |
| 2,5 | carrots | 3 | | 1.5 |
| 4 | tofu | 1 pound | | 3 |
| 4 | thyme leaves | 1 Tablespoon | | 1.5 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|----------------------|------------|-----------------------------|----------|
| 1,3,5 | white cheddar cheese | 2 cups | shredded | 5 |
| 2 | parmesan cheese | 1/2 cup | plus additional for garnish | 3 |
| 2,5 | cream | 1-1/2 cups | | 2 |
| 1,3 | low fat sour cream | 1/2 cup | or greek yogurt | 1.5 |

| Recipe # | | Quantity | Notes | Est Cost |
|----------|-------------------------------|----------------|-------|----------|
| 1,3 | organic corn tortillas- 6" | 14 | | 3 |
| 1,3 | organic pinto beans | 2-14.5 oz cans | | 3 |
| 2,4 | white wine (Chardonnay) | 3/4 cup | | 3 |
| 3 | organic diced canned tomatoes | 1-14.5 oz can | | 1.75 |

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

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

DIRECTIONS

For tacos de papa

1. Heat a large, non-stick sauté pan over medium/high heat; add in oil, and once hot, add onion, potatoes and red bell peppers. Stir with a sprinkle of salt and sauté until onions are soft and translucent, 2-3 minutes.
2. Add in garlic, oregano, cumin, and tomato paste, salt & pepper and stir to combine. Sauté over medium heat until potatoes are cooked through, 7-10 minutes.
3. Reserve ½ of the potato/vegetables mixture for Meal #3. Store cooled potatoes in a Ziploc bag or airtight container.
4. Warm tortillas on the stovetop over a low open flame or wrap in a damp towel and microwave for 15-20 seconds.
5. Serve 2 tacos per person filled with potato mixture, lettuce, tomatoes. Garnish with a sprinkle of cheese and a dollop of sour cream or Greek yogurt

For pinto beans

1. In small sauce pot, heat beans with cumin and oregano and simmer over low heat for 5-6 minutes. Taste and adjust salt & pepper.

For a vegan meal, leave out cheese & sour cream

INGREDIENTS

For tacos de papa

- 2 Tablespoons olive oil
- 1 medium yellow onion, chopped
- 3 - 8 ounce Russet potato peeled and cut into small dice (For 2 meals)
- 2 red bell peppers, cut into small dice
- 2 garlic cloves, minced or pressed
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 2 Tablespoons tomato paste
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

8 – 6" corn tortillas

½ small iceberg lettuce, cut into shreds

1 medium tomato, cut into small dice

½ cup white cheddar cheese, grated

4 Tablespoons low fat sour cream or Greek yogurt

For pinto beans

1 – 15 ounce can organic pinto beans

1 teaspoon cumin

Pinch of dried oregano

Pinch of kosher salt & black pepper

DIRECTIONS

For creamy pasta primavera

1. Bring a large pot of water to a boil with a heavy pinch of salt.

Meanwhile

2. Cut all your vegetables and set aside.
3. Heat a large, nonstick sauté pan over low/medium heat. Whisk together the cream, parmesan cheese, broth, wine, and salt & pepper. Simmer gently for about 5 minutes. The cream will begin to thicken and create the sauce. Be careful not to boil or the cream will break. Taste and adjust seasoning.
4. Add pasta to boiling water and set a timer for 7 minutes. At 7 minutes, add the vegetables in with the boiling pasta and cook for an additional 3-4 minutes or until they are soft and the pasta is al dente.
5. Drain and gently toss into the thickened sauce, tongs work best.
6. Serve warm with grated parmesan.

For a vegan option

Instead of cream, substitute;

¼ cup olive oil,

2 garlic cloves minced or pressed,

1 Tablespoon fresh thyme leaves removed from the stems and roughly chopped

¼ cup white wine,

¼ cup pasta water.

1. Heat a large, nonstick sauté pan over medium heat; add in olive oil, garlic and thyme. Stir until fragrant, about 15 seconds.
2. Transfer pasta and vegetables to the sauté pan and toss through with pasta water and white wine.
3. Season with salt & pepper.

INGREDIENTS

For creamy pasta primavera

- 2 cups broccoli florets cut into small 1 inch bite size pieces
- 2 carrots, peeled and cut into ¼" inch thin pieces
- 1 red bell pepper, cut into 1" bite size pieces
- 1 cup of heavy cream
- ½ cup parmesan cheese, grated and loosely measured
- ½ cup low sodium vegetable broth
- ¼ cup white wine
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 8 ounces whole wheat linguine noodles

Grated parmesan for garnish

MADE AHEAD

- Potatoes * *See Meal #1*

DIRECTIONS

For cheesy tomato tortilla bake

1. Preheat the oven to 425 degrees.
2. Prepare a small, oven proof baking dish by brushing lightly with olive oil. An 8x8, 9x9 or any small lasagna pan. *I used an 8x8" brownie pan.*
3. In a small bowl, combine tomatoes, cayenne pepper, oregano, cumin, chopped cilantro, and onions.
4. Begin layering $\frac{1}{2}$ of the corn tortillas, $\frac{1}{2}$ of the made ahead potato mixture, $\frac{1}{2}$ of the beans, and $\frac{1}{2}$ cup of the grated cheese, pour half of the tomato mixture over the top and then repeat starting with a another layer of tortillas and finishing with tomatoes and then top with the cheese.
5. Cover loosely with foil and place into the preheated oven for 20 minutes, remove foil and bake for an additional 10 minutes or until the top is bubbly and the cheese is melted.
6. Serve warm with a dollop of sour cream or Greek yogurt

INGREDIENTS

For cheesy tomato tortilla bake

1 - 14.5 ounce can organic tomatoes, diced with their juice

$\frac{1}{4}$ teaspoon cayenne pepper *

Optional

1 teaspoon dried oregano

1 teaspoon dried cumin

$\frac{1}{4}$ small bunch cilantro, roughly chopped

$\frac{1}{4}$ medium yellow onion, cut into small dice

6 – 6" organic corn tortillas stacked and cut into tortilla chip size pieces

Potato mixture * *See Meal #1 for recipe*

1 – 14.5 ounce cans organic pinto beans, drained and rinsed

1 cup white cheddar cheese, grated

4 Tablespoons light sour cream or Greek yogurt



BRAISED TOFU IN SPANISH RED PEPPER SAUCE

brown rice

MADE AHEAD

- 2 cups cooked brown rice * see prep guide for directions

DIRECTIONS

For braised tofu in Spanish red pepper sauce

1. Heat a large, nonstick sauté pan over medium/high heat. Season drained tofu with salt, pepper & paprika. Add 1 Tablespoon grapeseed oil to pan and sear tofu for about 2 minutes per side or until nicely golden. Remove from pan and set aside.
2. Add 2 Tablespoons olive oil to the sauté pan and then onions and peppers. Sprinkle with a pinch of kosher salt and sweat until soft and translucent, about 2 minutes.
3. Add to the onions, garlic, thyme, wine, vinegar, and broth – stir to combine.
4. Reduce heat to low and add the tofu back to the pan. Simmer uncovered for 15 minutes.

Serve tofu over ½ cup of brown rice with vegetables and sauce.

INGREDIENTS

For braised tofu in Spanish red pepper sauce

- 1 pound firm tofu drained well and cut into 4 thick slices (pat dry before seasoning)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 teaspoons paprika
- 1 Tablespoon grapeseed oil
- 2 Tablespoons olive oil
- 1 medium yellow onion, thinly sliced
- 3 red bell peppers, thinly sliced
- 3 garlic cloves, minced or pressed
- 1 Tablespoon fresh thyme, leaves removed from stems and roughly chopped
- ½ cup white wine
- 1 Tablespoon of red wine vinegar or white wine vinegar (*Sherry vinegar if you have it on hand tastes the best*)
- ½ cup low sodium vegetable broth



STUFFED VEGGIE POTATOES

cheddar cheese sauce

MADE AHEAD

- Bake potatoes

DIRECTIONS

For baked potatoes

1. Preheat oven to 450 degrees.
2. In a small bowl, toss clean potatoes with olive oil and then sprinkle with kosher salt.
3. Place potatoes into preheated oven and bake for 25-30 minutes or until fork tender. Remove from oven and allow to cool slightly. Potatoes can bake directly on rack.
4. If potatoes have been made ahead, cut open into a t shape and place into a microwave safe bowl. Heat on high for 2-3 minutes to warm.

For vegetables

1. Place cut vegetables into a microwave safe bowl with lid and 2 Tablespoons of water. Microwave on high for 4 minutes or until broccoli is bright green and peppers are softened.

For cheese sauce

1. Heat a small sauce pot over medium heat and bring the cream and $\frac{1}{4}$ cup of water to a simmer. Reduce the cream a bit, about 4 minutes. Add in shredded cheese and black pepper and whisk to combine until smooth. Remove from heat and keep warm.

Cut each potato down the middle into a t shape and push open from the bottom. Fill with a heaping serving of vegetables and a drizzle of cheese sauce. A child's serving is half a potato, so you might have 1 extra potato left over for lunch.

For a vegan option leave out cheese sauce and serve with vegetables tossed in olive oil and a dash of balsamic vinegar.

INGREDIENTS

For stuffed veggie potatoes

- 1 Tablespoon olive oil
- Sprinkle of kosher salt
- 4 – 8 ounce Russet potatoes, scrubbed and cleaned
- 4 cups broccoli florets
- 1 red bell pepper, cut into small bite size pieces
- 1 carrot, root ends trimmed-peeled and cut into $\frac{1}{4}$ "thin slices"

For cheese sauce

- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup white cheddar cheese
- Pinch of black pepper



Nutrition Information

| Tacos de "PAPA" | | | Serves: 4 | | |
|---|------|------|-----------|------|-----|
| Serving Size: 2 - 6" corn tortillas + 1/4 potato & veggie filling | | | | | |
| Calories | 389 | kcal | Fat | 18.9 | g |
| Protein | 13.3 | g | Saturated | 6.8 | g |
| Carbohydrate | 43.9 | g | Sugar | 7.4 | g |
| Sodium | 395 | mg | Calcium | 32.8 | %DV |
| Fiber | 7.6 | g | Iron | 11.2 | %DV |
| Cholesterol | 35 | mg | | | |

| Pinto beans | | | Serves: 4 | | |
|-----------------------|------|------|-----------|-----|-----|
| Serving Size: 1/4 cup | | | | | |
| Calories | 83 | kcal | Fat | 0 | g |
| Protein | 5 | g | Saturated | 0 | g |
| Carbohydrate | 15.6 | g | Sugar | 1.6 | g |
| Sodium | 115 | mg | Calcium | 3.5 | %DV |
| Fiber | 5.8 | g | Iron | 8.2 | %DV |
| Cholesterol | 0 | mg | | | |

| Creamy pasta primavera | | | Serves: 5 | | |
|------------------------|------|------|-----------|------|-----|
| Serving Size: 1 cup | | | | | |
| Calories | 402 | kcal | Fat | 19.8 | g |
| Protein | 12.2 | g | Saturated | 12.6 | g |
| Carbohydrate | 39.6 | g | Sugar | 4.4 | g |
| Sodium | 399 | mg | Calcium | 12.4 | %DV |
| Fiber | 9.8 | g | Iron | 12 | %DV |
| Cholesterol | 71 | mg | | | |

| Cheesy tomato tortilla bake | | | Serves: 4 | | |
|--|------|------|-----------|------|-----|
| Serving Size: 1 cup with 1 tablespoon low-fat sour cream | | | | | |
| Calories | 470 | kcal | Fat | 15.7 | g |
| Protein | 22.8 | g | Saturated | 7.3 | g |
| Carbohydrate | 62.5 | g | Sugar | 6.9 | g |
| Sodium | 653 | mg | Calcium | 39.2 | %DV |
| Fiber | 14.6 | g | Iron | 19.8 | %DV |
| Cholesterol | 43 | mg | | | |

| Braised tofu in Spanish red pepper sauce with brown rice | | | Serves: 4 | | |
|--|------|------|-----------|------|-----|
| Serving Size: 4 ounces tofu (About 1 thick slice tofu) + 1/2 cup brown rice | | | | | |
| Calories | 453 | kcal | Fat | 16.4 | g |
| Protein | 16.9 | g | Saturated | 1.6 | g |
| Carbohydrate | 51.6 | g | Sugar | 7.2 | g |
| Sodium | 296 | mg | Calcium | 20.3 | %DV |
| Fiber | 6.3 | g | Iron | 21.1 | %DV |
| Cholesterol | 0 | mg | | | |

| Stuffed veggie potatoes with cheddar cheese sauce | | | Serves: 4 | |
|---|------|------|-----------|----------|
| Serving Size: 1 potato with 3/4 cup veggies + 1 tablespoon cheddar cheese sauce | | | | |
| Calories | 452 | kcal | Fat | 23.1 g |
| Protein | 14.5 | g | Saturated | 12.6 g |
| Carbohydrate | 47.3 | g | Sugar | 6.2 g |
| Sodium | 272 | mg | Calcium | 27.8 %DV |
| Fiber | 7.5 | g | Iron | 15.4 %DV |
| Cholesterol | 70 | mg | | |