GLUTEN FREE October 5th

MAKE AHEAD

Meal #1
- Slice sirloin

Meal #2
- Cut vegetables
- Make brown rice

Meal #3
- Bake Potatoes
  - 4 Russet potatoes
  - 1 Tablespoon olive oil

    1. Heat oven to 400 degrees.
    2. Pierce potatoes with fork in several areas.
    3. Place on foil lined baking sheet and bake for 45 minutes to 1 hour. Cool and store in airtight container for up to 3 days.

Meals #3, #4, #5
- Cut vegetables

MENU

MONDAY ①
BEEF STROGANOFF
Wilted kale & rice noodles

TUESDAY ②
TILAPIA & BRAISED FENNEL
Spicy tomato sauce and brown rice

WEDNESDAY ③
STEAK & PEPPER STUFFED POTATO
Garlicky kale

THURSDAY ④
CAULIFLOWER PARMESAN
SAUSAGE BAKE

FRIDAY ⑤
HEARTY QUINOA
VEGETABLE STEW

Gluten Free October 5th

Shopping List

(1) Beef Stroganoff (2) Tilapia & Braised Fennel (3) Steak & Pepper Stuffed Potatoes (4) Cauliflower Bake (5) Quinoa Vegetable Stew

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	top sirloin	2 pounds		22
2	tilapia	1 pound		10
4	chicken sausage	1/2 pound		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	mushrooms (button or brown)	6 ounces	about 6-8 avg sized	3
1,2,3,4,5,	yellow onion	4		2.5
1,3,4,5	kale	2 bunches		3
2,4	lemon	2		1
2,5	fennel	3 bulbs		4
3	bell peppers	2	1 red, 1 green	2
4,5	cauliflower	1 head		3
5	carrots	3		1
5	celery	2 stalks		2
3	russet potatoes	4 medium		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1	low fat sour cream	1/2 cup	or greek yogurt	1
4	parmesan cheese	3/4 cup	about 3 ounces	3
3	white cheddar	1 cup	*shredded*	3
4	low fat part skim ricotta	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	organic tomatoes	2 cans	14.5 oz can diced + 28 oz can crushed	4
5	quinoa	1/2 cup dry	check for gluten free!	2
1,5	red wine	1 cup		2
1	cornstarch	1-1/2 Tbsp		0.5
1	rice noodles	4 ounces		3
			Fresh 20 Grocery Est	80
			Cost Per Dinner	16
			Cost Per Serving	4

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	5 Tablespoons	dried oregano	1-1/2 teaspoons
	grapeseed oil	4 Tablespoons	herbes de provence	3 Tablespoons
	balsamic vinegar	splash	ground cumin	1/2 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	
	chicken or veggie broth: gluten free	4.5 cups	organic tomato paste	
	garlic	7 cloves	G-free Dijon mustard or brown mustard	2 teaspoons
	kosher salt	3 teaspoons		
	black pepper	1-1/2 teaspoons		
	cayenne pepper	1/8 teaspoon	long grain brown rice	1 cup
	paprika			

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) BEEF STROGANOFF
wilted kale and rice noodles

MAKE AHEAD

- Cut sirloin into slices

DIRECTIONS

For beef stroganoff

1. Cut meat thinly and then separate half of the meat into a Ziploc bag for Meal #3.
2. Season the remaining meat with salt & pepper and lightly toss to coat – set aside.
3. Heat a large, nonstick sauté pan over medium/high heat. Once hot add in oil and then meat. Saute the meat until lightly browned, about 3 minutes, stirring once.
4. Add in mushrooms, onion, Dijon, garlic, Herbes, and stir to combine and cook for 2-3 minutes.
5. Combine cornstarch and wine together.
6. Add wine/cornstarch. With a spatula or wooden spoon, gently scrape the bottom of the pan to release any cornstarch that stuck to the pan. Cook about 1 minute to slightly reduce the wine.
7. Add in broth and kale, stirring to combine. Reduce heat slightly and simmer for 10 minutes - liquid will begin to reduce and thicken.
8. Turn off the heat and stir in the sour cream.
9. Taste and adjust seasoning.

For peppered egg noodles

1. Heat a large pot of water with a heavy pinch of salt, bring to a boil.
2. Add in noodles and boil until al dente, about 3-4 minutes. Drain and toss with oil and a generous amount of black pepper.

Serve warm noodles with beef stroganoff over the top.

INGREDIENTS

For beef stroganoff

2 pounds of top sirloin (for two meals) trimmed and cut into 2" x ¼" slices (boneless, skinless chicken breast can be substituted, 2 breasts cut half to make 4 pieces)

½ teaspoon kosher salt

¼ teaspoon black pepper

2 Tablespoon grapeseed oil

6 ounces button mushroom, wiped clean and thinly sliced (or Italian brown mushrooms) – about 6-8 average sized mushrooms

½ medium yellow onion, thinly sliced

2 teaspoons gluten free Dijon mustard

2 garlic cloves, minced or pressed

1 Tablespoon of Herbes de Provence

1 ½ Tablespoons cornstarch

½ cup red wine

1 ½ cups gluten free chicken broth

3 cups kale, rinsed and stems removed, cut into small, bite size pieces

½ cup light sour cream or Greek yogurt

For rice noodles

4 ounces rice noodles

½ Tablespoon grapeseed oil

Fresh black pepper

(2) TILAPIA & BRAISED FENNEL
spicy tomato sauce and brown rice

MAKE AHEAD

- Brown Rice **directions below*
- Cut vegetables

DIRECTIONS

For tilapia with braised fennel

1. Heat a large, nonstick sauté pan over medium heat. Add in oil, and once hot add the fennel and onion. Saute, stirring often, for 7 – 10 minutes or until the fennel is soft and caramel in color around the edges
2. Add in the lemon juice, tomatoes, cayenne pepper, oregano, and salt & pepper – stir to combine.
3. Lay fish (or chicken) over the top and gently spoon some of the tomatoes and fennel over the top.
4. Cover with a lid, reduce heat to a simmer, and cook for 10 minutes or until fish is opaque and easily breaks apart with a fork. Cooking time will depend on the thickness of your fish or chicken.

For chicken

Season the chicken with salt and pepper. Heat a large, nonstick sauté pan, add oil, and once hot sear chicken on both sides for 2 minutes. Remove from the pan, set aside, and continue with step #1

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.

INGREDIENTS

For tilapia with braised fennel

1 Tablespoon olive oil
2 small fennel bulbs, root end trimmed and thinly sliced
½ medium yellow onion, thinly sliced
½ lemon, juiced
1 – 14.5 ounce can organic, no salt added, diced tomatoes
1/8 teaspoon cayenne pepper or a pinch of red pepper flakes
1 teaspoon oregano
½ teaspoon kosher salt
¼ teaspoon black pepper
1 pound tilapia fillets or any other skinless white fish fillet of your choice *(*substitute 1 pound boneless, skinless chicken breast, about 2 breasts cut into 4 slices lengthwise)*

For brown rice

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

(3) STEAK & PEPPER STUFFED POTATO
Garlicky kale

MAKE AHEAD

- Sliced sirloin **from Meal #1*
- Cut vegetables
- Baked potatoes

DIRECTIONS

For steak and pepper stuffed potato

1. Preheat oven to 375 degrees.
1. Season the steak with cumin, oregano, salt & pepper, and garlic.
2. Heat a large, nonstick sauté pan over medium/high heat. Add oil and once hot add in steak. Sauté steak about 2 minutes until lightly browned.
3. Add in the onion and peppers, and season with salt & pepper. Pour in broth, stir to combine and cook for 3-5 minutes or until the vegetables have softened and the meat is cooked through. Stir in vinegar.
4. Taste and adjust salt & pepper.
5. Line a baking sheet and arrange potatoes. Evenly divide the steak and vegetables (heavy on the veggies) over the potatoes and top with shredded cheese. Place into the preheated oven to melt the cheese and reheat potatoes about 5-7 minutes.

For garlicky kale

1. Heat a large, nonstick sauté pan over medium heat. Add in oil and once hot add the kale and toss with the olive oil.
2. Cook for about 3 – 4 minutes then add in the garlic, splash of balsamic, and salt & pepper – toss to combine, serve warm.

INGREDIENTS

For steak & pepper stuffed potato

1-¼ pounds top sirloin, trimmed and thinly sliced ** from Meal #1*

½ teaspoon ground cumin

½ teaspoon oregano

½ teaspoon kosher salt

¼ teaspoon black pepper

2 garlic cloves - minced

1 Tablespoon grapeseed oil

1 medium yellow onion, thinly sliced

1 red bell pepper, thinly sliced

1 green bell pepper, thinly sliced

½ teaspoon salt

¼ teaspoon black pepper

½ cup gluten free chicken or vegetable broth

1 Tablespoon white wine or balsamic vinegar

4 russet potatoes, baked and cut in half lengthwise

1 cup white cheddar, grated

For garlicky kale

1 Tablespoon olive oil

1 small bunch of kale, rinsed, stems trimmed, and cut into small bite size pieces

1 garlic clove, minced or pressed

Splash of balsamic vinegar

Sprinkle of kosher salt & black pepper

(4) CAULIFLOWER PARMESAN SAUSAGE BAKE

MAKE AHEAD

- Cut vegetables

DIRECTIONS

For cauliflower parmesan sausage bake

1. Preheat oven to 425 degrees.
2. Prepare a small baking casserole dish by coating lightly with olive oil. A 9”x9” or 8”x8” brownie pan works perfectly.
3. Heat a large, nonstick sauté pan over medium heat. Once hot add in oil and then the onions, kale, garlic, salt, Herbes and sliced sausage. Stir to combine and cook for 3 minutes or until the kale is wilted – set aside.

Meanwhile

1. Heat a medium pot of water with a heavy pinch of salt and bring to a boil. Set a timer for 5 minutes and add cauliflower florets to the pot, boiling until tender. Drain the cauliflower and return to the pot.
2. Add the broth, onions, kale, and sausage to the pot and stir in lemon zest, ricotta, and ½ cup of the parmesan cheese, (reserve ¼ cup of the parmesan cheese for the top).
3. Spoon into prepared baking dish, sprinkle with remaining ¼ cup of parmesan, and cover with foil. Bake for 15 minutes, remove foil, and bake for an additional 5 minutes or until cheese is melted and bubbly.

Makes 4 adult size servings.

This meal can be made 2-3 days ahead and refrigerated until dinner night.

INGREDIENTS

For cauliflower parmesan sausage bake

1 Tablespoon olive oil

½ medium yellow onion, diced

3 cups kale, rinsed and cut into small, bite sized pieces

1 garlic clove, minced or pressed

½ teaspoon kosher salt

1 Tablespoon of Herbes de Provence

1 pound chicken sausage, (kielbasa or bratwurst will work also) cut into ¼” slices

½ small head of cauliflower, stems removed, and cut into small, bite size florets - about 2 cups

½ cup gluten free chicken or vegetable broth

1 lemon zested

1 cup low fat, part skim ricotta cheese

¾ cup parmesan cheese, grated and loosely packed, about 2 ounces

– divided

(5) HEARTY QUINOA VEGGIE STEW

MAKE AHEAD

- Cut vegetables

DIRECTIONS

For hearty quinoa veggie stew

1. Heat a large soup/stock pot over medium heat. Add oil and once hot, add the onions, fennel, carrots, celery, cauliflower, and kale. Sweat for 3-4 minutes with a sprinkle of kosher salt, until the onions and fennel are soft and translucent.
2. Add in the wine, garlic, Herbes, broth, tomatoes, quinoa, and salt & pepper – stir to combine and simmer for 15 minutes or until the quinoa and cauliflower are tender.

INGREDIENT

For hearty quinoa veggie stew

2 Tablespoons olive oil

1 medium yellow onion, cut into medium dice

1 fennel bulb, trimmed and cut into medium dice

3 carrots, peeled and cut into ½" pieces

2 celery stalks, cut into ½" pieces

½ small head of cauliflower, trimmed and cut into small, bite size florets, about 2 cups

2 cups kale, stems removed and tender leaves roughly chopped, about 2 handfuls

½ cup red wine

1 garlic clove, minced or pressed

1 Tablespoon Herbes de Provence

2 cups gluten free chicken broth

1 – 28 ounce can organic, no salt added, crushed tomatoes with juice

½ cup dry quinoa ***make sure your quinoa is packaged in a gluten free facility

1 teaspoon kosher sat

½ teaspoon black pepper

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Nutrition Information

Beef Stroganoff					Serves: 4
Serving Size: 1 1/2 cup (prepared with lowfat Greek yogurt)					
Calories	404	kcal	Fat	22.3	g
Protein	30.7	g	Saturated	6.8	g
Carbohydrate	14.8	g	Sugar	3.9	g
Sodium	426	mg	Calcium	14.3	%DV
Fiber	2.4	g	Iron	17.9	%DV
Cholesterol	88	mg			

Rice Noodles					Serves: 4
Serving Size: 2 ounces/each about 1.5 cup					
Calories	192	kcal	Fat	0	g
Protein	2	g	Saturated	0	g
Carbohydrate	44	g	Sugar	0	g
Sodium	33	mg	Calcium	7	%DV
Fiber	2	g	Iron	0.2	%DV
Cholesterol	0	mg			

Tilapia & braised fennel spicy tomato sauce and brown rice					Serves: 4
Serving Size: 1- 4 ounce fillet + 1/2 cup spicy tomato sauce + 1/2 cup brown rice					
Calories	381	kcal	Fat	6.9	g
Protein	30	g	Saturated	1.4	g
Carbohydrate	51.4	g	Sugar	4.5	g
Sodium	441	mg	Calcium	11.3	%DV
Fiber	7.4	g	Iron	15.5	%DV
Cholesterol	56.7	mg			

Steak & Pepper Stuffed Potatoes					Serves: 4
Serving Size: 1 potato + 3/4 cup filling					
Calories	490	kcal	Fat	23.6	g
Protein	32.3	g	Saturated	9.7	g
Carbohydrate	39.8	g	Sugar	6.8	g
Sodium	922	mg	Calcium	20.4	%DV
Fiber	4.4	g	Iron	2	%DV
Cholesterol	92	mg			

Garlicky Kale					Serves: 4
Serving Size: 1/2 cup					
Calories	56	kcal	Fat	3.7	g
Protein	1.7	g	Saturated	0.5	g
Carbohydrate	5.3	g	Sugar	1.1	g
Sodium	21.8	mg	Calcium	6.9	%DV
Fiber	1	g	Iron	4.9	%DV
Cholesterol	0	mg			

Cauliflower parmesan sausage bake				Serves: 4	
Serving Size: 2 cups					
Calories	374	kcal	Fat	17.2	g
Protein	23.5	g	Saturated	6.3	g
Carbohydrate	37.4	g	Sugar	6.2	g
Sodium	973	mg	Calcium	32	%DV
Fiber	6.3	g	Iron	14.8	%DV
Cholesterol	81	mg			

Hearty quinoa veggie stew				Serves: 4	
Serving Size: 1 3/4 cup					
Calories	298	kcal	Fat	8.8	g
Protein	9.5	g	Saturated	1.2	g
Carbohydrate	43.9	g	Sugar	12.8	g
Sodium	718	mg	Calcium	17.1	%DV
Fiber	10.7	g	Iron	18.5	%DV
Cholesterol	0	mg			