

MAKE AHEAD

Meal # 1 & # 4

- Cut vegetables

Meal # 2

- Brown rice pilaf

For brown rice pilaf

- 1 Tablespoons olive oil
- ½ medium yellow onion, cut into small dice
- ½ pound sliced white mushrooms (about 8-10 mushrooms)
- 1 garlic clove, minced
- 1 cup brown rice
- 2 cups low sodium vegetable broth
- ½ cup toasted walnuts
- ½ cup chopped dried apricots

1. Heat a medium saucepot with a lid over medium heat; add in oil and once hot add in onion. Sweat onion until soft and translucent, about 3 minutes.
2. Stir in mushrooms, garlic and rice and then add in broth.
3. Bring to boil, cover, and reduce heat to simmer for 25 - 30 minutes until liquid has been absorbed. Uncover and steam for an additional 5 minutes. Store pilaf in the refrigerator until dinner night. * Toss with walnuts and apricots on dinner night.

MENU

MONDAY ①

THANKSGIVING HARVEST BAKE

TUESDAY ②

NUTTY BROWN RICE PILAF
Honey roasted carrots

WEDNESDAY ③

MEXI MAC 'n CHEESE

THURSDAY ④

HOMESTYLE NOODLE SOUP
Cheddar drop biscuits

FRIDAY ⑤

"Breakfast for Dinner"
CINNAMON PANCAKES
Maple apples & cranberries



Vegetarian October 26th

Shopping List

(1) Thanksgiving Harvest Bake (2) Nutty Rice Pilaf (3) Mac 'n' Cheese (4) Homestyle Noodle Soup (5) Cinnamon Pancakes

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|--------------------|---------------|---|----------|
| 1,2,4 | carrot | 12 | about 2 pounds | 3 |
| 1,4 | celery | 6 stalks | | 2 |
| 1,4 | swiss chard | 1 large bunch | | 2 |
| 1,2,3,4 | onion (yellow) | 3 | | 3 |
| 1,4 | sweet potato | 3 large | | 4 |
| 2,3 | white mushrooms | 1 pound | About 18-20 mushrooms | 4 |
| 3 | broccoli florets | 4 cups | | 3 |
| 5 | apples | 2 | sweet/tart: Honeycrisp, Granny Smith, Jonagold or Braebun | 3 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|----------------------|------------|---------|----------|
| 1,3,5 | eggs | 6 | | 3 |
| 3,4,5 | half and half | 2 cups | organic | 3 |
| 3,4 | white cheddar cheese | 1-3/4 cups | grated | 4 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|----------|-----------------------|--------------|----------------------------|----------|
| 1 | whole wheat baguette | 1 | | 3 |
| 1 | nutmeg | 1/4 teaspoon | | 0.5 |
| 1,5 | dried cranberries | 1/2 cup | no sugar added | 2 |
| 2,5 | walnuts | 1 cup | | 4 |
| 2 | dried apricots | 1/2 cup | | 2 |
| 3 | mild chili powder | 1 Tablespoon | | 1 |
| 3 | canned diced tomatoes | 1 can | 14.5 oz can, no-salt added | 2 |
| 4 | baking soda | 1 Tablespoon | | 1 |
| 5 | baking powder | 2 teaspoons | | 1 |
| 5 | ground cinnamon | 1 teaspoon | | 0.5 |

Fresh 20 Grocery Est 51
 Cost Per Dinner 10.2
 Cost Per Serving 2.55

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|--------------------------|-----------------|-------------------------------|--------------|
| | olive oil | 1/2 cup | dried oregano | 1/2 teaspoon |
| | grapeseed oil | | herbes de provence | 2 teaspoons |
| | balsamic vinegar | | ground cumin | 1 teaspoon |
| | white wine vinegar | | raw honey or 100% maple syrup | 1/2 cup |
| | veggie broth: low sodium | 8 cups | organic tomato paste | |
| | garlic | 2 cloves | | |
| | kosher salt | 3-1/2 teaspoons | | |
| | black pepper | 3/4 teaspoon | whole wheat macaroni | 9 ounces * |
| | cayenne pepper | | long grain brown rice | 1 cup |
| | paprika | | whole wheat flour | 3 3/4 cups |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MADE AHEAD

- Cut vegetables

DIRECTIONS

For Thanksgiving harvest bake

1. Preheat oven to 425 degrees and prepare a 9"x13" baking dish by lightly brushing with olive oil.
2. Heat a large, nonstick sauté pan over medium heat; add in oil, and once hot, add in the onions, carrots, celery and Swiss chard. Stir to combine and sweat for 2-3 minutes or until the vegetables begin to soften and the onions are translucent.
3. Add in the bread, stir to combine, and season with nutmeg, salt & pepper.
4. Pour in the broth/water and add in the sweet potato and cranberries. Turn off the heat and stir in the egg completely.
5. Spread into prepared casserole dish and bake uncovered for 15-18 minutes or until the top of the bread is lightly golden brown.
6. Serve warm.

Serves 4 with a least 2 extra servings for leftovers.

Kitchen Note: Leftover bread can be used for sandwiches or frozen for breadcrumbs.

INGREDIENTS

For Thanksgiving harvest bake

2 Tablespoons olive oil
½ medium yellow onion, cut into small dice
3 medium carrots, cut into small dice
3 stalks of celery, cut into small dice
2 cups Swiss chard, thick stems removed, roughly chopped
½ whole wheat baguette, stale and cut into 1 inch cubes, about 4 cups
** see kitchen note*
¼ teaspoon nutmeg
½ teaspoon kosher salt
¼ teaspoon black pepper
1-1/2 cups low sodium vegetable broth
½ cup water
2 sweet potatoes/yams, peeled and cut into very small cubes
¼ cup dried cranberries, no sugar added
1 large organic egg **Omit for vegan option.*



(2) NUTTY BROWN RICE PILAF

Honey roasted carrots

MADE AHEAD

- Brown rice pilaf * *see prep guide*

DIRECTIONS

For brown rice pilaf

On dinner night, reheat rice in a small pot over low heat with 1 Tablespoon of water. Steam the rice with the lid on for about 4 minutes then fluff with a fork. Add toasted walnuts and dried apricots before serving (*see prep guide for quantities*).

For honey roasted carrots

1. Preheat oven to 450 degrees and place rack into the center of the oven.
2. Line a baking sheet with parchment or rub lightly with oil. Toss cut carrots with olive oil, honey, herbs, and salt & pepper.
3. Spread carrots evenly on baking sheet and roast in the oven for 12-15 minutes or until they are tender.

INGREDIENT

For brown rice pilaf

2 cups brown rice pilaf, made ahead
**see prep guide*

For honey roasted carrots

6 medium carrots, peeled and cut into ¼ inch slices

1 Tablespoon olive oil

2 Tablespoons honey

2 teaspoons Herbes de Provence

½ teaspoon kosher salt

Pinch of black pepper

DIRECTIONS

For stovetop mexi mac 'n cheese

1. Bring a large pot of water to a boil with a heavy pinch of kosher salt.
2. In a medium bowl, combine eggs, half and half, cumin, oregano and salt & pepper - set aside.
3. Add macaroni to boiling water and cook until just under aldente - about 7 minutes. Drain and place macaroni back into hot pot over very low heat.

Meanwhile

4. Heat a large sauté pan over medium heat; add in oil and once hot add the onions, mushrooms and tomatoes. Season with chili powder, cumin, and salt & pepper – stir to combine until cooked through, about 5-6 minutes. Turn off heat and set aside.
5. Into the pot of warm, drained macaroni add in half of the egg mixture and half of the cheese. Stir slowly and constantly until cheese begins to melt, about 1 minute.
6. Add in the rest of the egg mixture and the remaining cheese. Gently stir over low heat for about 5 minutes until velvety and creamy.
7. Turn off the heat and stir in the cooked onions, mushrooms, and tomatoes and broccoli. Allow the macaroni to sit for approximately 3-4 minutes; this will help the sauce to thicken slightly.

INGREDIENTS

For stovetop mexi mac 'n cheese

- 3 large organic eggs
- ½ cup half and half
- ½ teaspoon dried cumin
- ½ teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 ounces whole wheat elbow macaroni
- 1 Tablespoon olive oil
- ½ medium yellow onion, cut into small dice
- ½ pound (about 8-10) white mushrooms, cleaned and sliced
- 1 – 14.5 ounce can diced tomatoes, no salt added, drained
- 1 Tablespoon mild chili powder
- ½ teaspoon dried cumin
- ¼ teaspoon kosher salt
- Pinch of black pepper
- 1 ½ cups of white cheddar cheese, grated
- 4 cups broccoli florets, steamed and cut into very small bite size pieces



(4) HOMESTYLE NOODLE SOUP

Cheddar drop biscuits

MADE AHEAD

- Cut vegetables

DIRECTIONS

For homestyle noodle soup

1. Heat a soup pot over medium heat. Once hot, add in oil, onion, carrots, celery, sweet potato and Swiss chard. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Stir in garlic and cook until fragrant, about 30 seconds.
3. Pour in broth/water, add in noodles, and season with salt and pepper. Stir to combine and reduce heat to a low simmer. Simmer for 10-15 minutes or until noodles are soft and tender.

Meanwhile

For cheddar drop biscuits

1. Preheat oven to 450 degrees and prepare a baking sheet by lightly brushing with olive oil.
2. In a Pyrex measuring cup, combine the olive oil, half and half, and water.
3. In a small bowl, combine the flour, baking soda, and kosher salt. Mix the wet ingredients into the dry ingredients and stir with a wooden spoon until *just combined*.
4. With a large serving spoon, scoop out small biscuits and gently place them onto the baking sheet. Sprinkle cheddar cheese over the top of each biscuit and place into the preheated oven for 8-10 minutes or until golden brown and cooked through. Makes 12 biscuits

INGREDIENTS

For homestyle noodle soup

1 Tablespoon olive oil
 $\frac{3}{4}$ medium yellow onion, cut into small dice
3 carrots, peeled and cut into $\frac{1}{4}$ inch coins
3 celery stalks, cut into $\frac{1}{4}$ inch slices
1 sweet potato, peeled and cubed
 $\frac{1}{2}$ bunch Swiss chard, stems removed, roughly chopped
1 garlic clove, minced or pressed
4 cups low sodium vegetable broth
2 cups warm water
3 ounces whole wheat macaroni
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper

For cheddar drop biscuits

2 Tablespoons olive oil
 $\frac{1}{2}$ cup half and half
 $\frac{1}{2}$ cup water
2 cups whole wheat flour
1 $\frac{1}{2}$ teaspoons baking soda
 $\frac{1}{2}$ teaspoon kosher salt
3 Tablespoons white cheddar, shredded **Optional, omit to make vegan*

DIRECTIONS

For cinnamon pancakes

1. In a medium bowl, whisk together flour, baking powder, salt, and cinnamon.
2. In a separate bowl, whisk together eggs, syrup, water, and half and half.
3. Slowly whisk the eggs into the dry ingredients until fully combined. Allow the batter to sit for 5 minutes to thicken. If the batter becomes too thick, add 1 -2 Tablespoons of additional water.
4. Heat a nonstick sauté pan or a pancake griddle over medium heat. Pour $\frac{1}{4}$ cup portions of batter onto hot pan. Carefully flip the pancakes when bubbles appear on top. Cook for an additional 1 minute.

For maple apples & cranberries

1. Heat a medium sauté pan over medium heat and add apples, water, syrup, walnuts, cranberries and a pinch of cinnamon. Stir to combine and cook for 3-4 minutes or until apples soften. Remove from heat and serve over pancakes with maple syrup.

INGREDIENTS

For cinnamon pancakes

- 1 $\frac{3}{4}$ cups whole wheat flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 2 large organic eggs
- 2 Tablespoons of maple syrup
- $\frac{1}{2}$ cup of water
- 1 cup half and half or milk

For maple apples & cranberries

- 2 sweet/tart apples such as Honeycrisp, Granny Smith, Jonagold or Braeburn... peeled, cored, and cut into medium dice
- 2 Tablespoons water
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{4}$ cup dried, unsweetened cranberries
- Pinch of cinnamon

- Maple syrup