

MAKE AHEAD

Meal #2

- Make brown rice
- Cut vegetables

Meal #3

- Cut vegetables

Meal #4

- Cut vegetables

Meal #5

- Cut vegetables

MENU

MONDAY ①

MUSHROOM STROGANOFF
Wilted kale and egg noodles

TUESDAY ②

BRAISED FENNEL & CANNELLINI BEANS
Spicy tomato sauce and brown rice

WEDNESDAY ③

PEPPER & ONION HOAGIES
Garlicky kale

THURSDAY ④

CAULIFLOWER PARMESAN
CANNELLINI BAKE

FRIDAY ⑤

HEARTY QUINOA
VEGETABLE STEW



October 5th

Vegetarian Shopping List

(1) Mushroom Stroganoff (2) Braised Fennel & Beans (3) Pepper & Onion Hoagies (4) Cauliflower Bake (5) Quinoa Vegetable Stew

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	mushrooms	12 ounces	baby portabella or brown	5
1,2,3,4,5	yellow onion	4		3
1,4	thyme	2 Tablespoons		1.5
1,3,4,5	kale	2 bunches		4
2,5	fennel	3 bulbs		6
3	red bell pepper	2		2
3	green bell pepper	1		1
4,5	cauliflower	1 head		3
5	carrots	3		1.5
5	celery	2 stalks		1.5
2,4	lemon	2		1

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

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,5	red wine	1 cup		2
1,4	organic cannellini beans	3-14.5 oz cans		6
2,5	organic canned tomatoes	2 cans	1-14.5 oz diced and 1-28 oz crushed	4
3	whole wheat hoagie rolls	4		3
5	quinoa	1/2 cup dry		1.5
1	egg noodles	8 ounces		3

Fresh 20 Grocery Est 59
 Cost Per Dinner 11.8
 Cost Per Serving 2.95

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	6 Tablespoons	dried oregano	1-1/2 teaspoons
	grapeseed oil	3 Tablespoons	herbes de provence	1 Tablespoon
	balsamic vinegar	splash	ground cumin	1/2 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	
	vegetable broth	3-1/2 cups	organic tomato paste	
	garlic	7 cloves	Dijon mustard or brown mustard	2 teaspoons
	kosher salt	2-1/2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/4 teaspoons	whole grain pasta PENNE	6 ounces
	cayenne pepper	1/8 teaspoon	long grain brown rice	1 cup
	paprika		whole wheat flour	3 Tablespoons

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) MUSHROOM STROGANOFF wilted kale and peppered egg noodles

DIRECTIONS

For mushroom stroganoff

1. In a medium bowl, toss the mushrooms with 1 Tablespoon of flour to coat – set aside.
2. Heat a large, nonstick sauté pan over medium heat/high. Once hot add in oil and then mushrooms. Sauté until lightly browned, about 3 minutes, stirring once. Season with salt & pepper.
3. Add in onions, Dijon, garlic and thyme. Sprinkle 2 Tablespoons of whole wheat flour over the top, stir to combine, and cook for 2-3 minutes. Watch your heat so the flour doesn't begin to burn.
4. Add wine. With a spatula or wooden spoon, gently scrape the bottom of the pan to release any flour that stuck to the pan. Cook about 1 minute to reduce the wine slightly.
5. Add in broth and kale, stir to combine, and reduce heat slightly. Simmer for 10 minutes until liquid begins to reduce and thicken.
6. Turn off the heat and stir in the sour cream.
7. 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 8 -9 minutes. Drain, and toss with olive oil and a generous amount of black pepper.

Serve warm pasta with mushroom stroganoff over the top.

INGREDIENTS

For mushroom stroganoff

12 ounces baby portabella mushrooms (or Italian brown mushrooms), wiped clean and thinly sliced, about 24-30 average sized mushrooms

1 Tablespoon whole wheat flour

2 Tablespoon grapeseed oil

½ teaspoon kosher salt

¼ teaspoon black pepper

½ medium yellow onion, thinly sliced

2 teaspoons Dijon mustard

2 garlic cloves, minced or pressed

1 Tablespoon fresh thyme leaves, removed from stem and roughly chopped (or 1 Tablespoon of Herbes de Provence)

2 Tablespoons whole wheat flour

½ cup red wine

1-½ cups low sodium vegetable broth

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

½ cup light sour cream or Greek yogurt

For peppered egg noodles

8 ounces whole wheat egg noodles

1 Tablespoon olive oil

Fresh black pepper



(2) BRAISED FENNEL AND CANNELINI BEANS spicy tomato sauce & brown rice

MAKE AHEAD

- Brown rice **see below*
- Cut vegetables

DIRECTIONS

For braised fennel and cannellini beans

1. Heat a large, nonstick sauté pan over medium heat and add oil. 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 cannellini beans, lemon juice, tomatoes, cayenne pepper, oregano, and salt & pepper – stir to combine.
3. Simmer for 10-15 minutes until vegetables are soft and beans are warmed through.

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 braised fennel and cannellini beans

- 1 Tablespoon olive oil
- 2 small fennel bulbs, root end trimmed and thinly sliced
- ½ medium yellow onion, thinly sliced
- 2 – 14.5 ounce cans organic, no salt added cannellini beans, drained and rinsed
- 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

For brown rice

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



(3) PEPPER & ONION HOAGIES

Garlicky kale

MAKE AHEAD

- Cut vegetables

DIRECTIONS

For pepper & onion hoagies

1. Preheat oven to 400 degrees.
2. Season the cut peppers and onions with cumin oregano, salt & pepper, and garlic.
3. Heat a large, nonstick sauté pan over medium/high heat and add oil. Once hot, add in peppers & onions. Saute until lightly browned, about 3 minutes, or until vegetables are softened but not limp.
4. Stir in vinegar.
5. Taste and adjust salt & pepper.
6. Line a baking sheet and arrange the bakery rolls. Evenly divide the vegetables into the bakery rolls and top with shredded cheese. Place into the preheated oven to melt the cheese and warm the rolls, about 3 minutes.

For garlicky kale

1. Heat a large, nonstick sauté pan over medium heat and add oil. Once hot, add the kale and begin to 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 pepper & onion hoagies

- 1 medium yellow onion, thinly sliced
- 2 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- ½ teaspoon ground cumin
- ½ teaspoon oregano
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 garlic cloves - minced
- 1 Tablespoon grapeseed oil
- 1 Tablespoon white wine or balsamic vinegar
- 4 whole grain bakery hoagie rolls
- 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 CANNELLINI BAKE

MAKE AHEAD

- Cut vegetables

DIRECTIONS

For cauliflower parmesan cannellini 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, thyme and cannellini beans. Stir to combine and cook for 3 minutes or until the kale is wilted – set aside.

Meanwhile

1. Heat a large pot of water with a heavy pinch of salt and bring to a boil. Add in penne pasta and boil until just under al dente, about 8 minutes. Set a timer for 3 minutes and add cauliflower florets to the pasta pot for the last 5 minutes of pasta cooking time, boiling until tender. Reserving ½ cup of the pasta water, drain the pasta and cauliflower and return to the pot.
2. Add the pasta water, onions, kale and beans to the pot and stir in lemon zest, ricotta, and ½ cup of parmesan cheese (reserve ¼ cup of the parmesan cheese for the top).
3. Spoon into prepared baking dish and 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 cannellini 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
- 1 Tablespoon fresh thyme leaves, removed from the stem and roughly chopped (or 1 Tablespoon of Herbes de Provence)
- 1 – 14.5 ounce can organic, no salt added cannellini beans, drained and rinsed
- 6 ounces whole wheat penne pasta
- ½ small head of cauliflower, stems removed and cut into small, bite size florets- about 2 cups
- 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 and add oil. 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 (you can throw in any leftover sprigs of thyme also)

2 cups low sodium vegetable broth

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

½ cup dry quinoa

1 teaspoon kosher salt

½ teaspoon black pepper



Nutrition Information

Mushroom stroganoff with wilted kale and peppered egg noodles				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	406	kcal	Fat	12.7	g
Protein	16.3	g	Saturated	1.5	g
Carbohydrate	54.2	g	Sugar	5.1	g
Sodium	379	mg	Calcium	11.9	%DV
Fiber	11.7	g	Iron	18.9	%DV
Cholesterol	2.5	mg			

Braised fennel and cannellini beans spicy tomato sauce & brown rice				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	446	kcal	Fat	5.8	g
Protein	18.3	g	Saturated	0.8	g
Carbohydrate	79.9	g	Sugar	4.5	g
Sodium	856	mg	Calcium	22.8	%DV
Fiber	16.9	g	Iron	24.6	%DV
Cholesterol	0	mg			

Pepper & onion hoagies				Serves: 4	
Serving Size: 1 hoagie + 1 cup filling					
Calories	398	kcal	Fat	15.2	g
Protein	17.8	g	Saturated	6.4	g
Carbohydrate	51.8	g	Sugar	9.4	g
Sodium	849	mg	Calcium	23.3	%DV
Fiber	6.3	g	Iron	5.3	%DV
Cholesterol	30	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 cannellini bake				Serves: 4	
Serving Size: 2 cups					
Calories	403	kcal	Fat	10.4	g
Protein	22.5	g	Saturated	4	g
Carbohydrate	60.3	g	Sugar	5.4	g
Sodium	518	mg	Calcium	38.9	%DV
Fiber	12	g	Iron	24	%DV
Cholesterol	18	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			