

MAKE AHEAD

Meal #1

- Cut vegetables
- Brown rice & quinoa pilaf

For brown rice & quinoa pilaf

1 Tablespoon olive oil
 ¼ medium yellow onion, cut into small dice
 1 cup brown rice
 ½ cup quinoa
 3 cups water or broth
 ½ teaspoon kosher salt (only if using water)

1. Heat a medium stockpot over medium heat. Add in oil and once hot, add the onions. Sweat the onions for 2 -3 minutes or until they become soft and translucent. Add in rice and quinoa – stir to combine.
2. Pour in broth and 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. Cool and store in refrigerator until needed.

Meal #2

- 2 cups cooked farro or quinoa (for Meal #2 you can choose to make farro OR quinoa, you do not need to make both)

For farro

1 cup farro (to yield 2 cups cooked)
 2 cups water

1. Heat a pot over medium high heat; add in farro and water.
2. Cover with a lid, bring to a boil, and reduce heat to a low simmer. Cook for 30 minutes or until slightly soft, but still has a little bite. Drain any remaining liquid, then cool and store in an airtight container.

For quinoa

1 cup quinoa (to yield 2 cups cooked)
 2 cups water

1. Bring 2 cups of water to a boil and add in quinoa. Cover with a lid and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed. Cool and store in an airtight container.

Meal #4

- 3 cups cooked brown rice (see recipe on Meal #4 page)
- Cut vegetables

Meal #5

- Cut vegetables

MENU

MONDAY ①

BRAISED SAGE BUTTERNUT VEGGIES
 Brown rice & quinoa pilaf

TUESDAY ②

FARRO, CRANBERRY & WALNUT SALAD

WEDNESDAY ③

BLACK BEAN & SWEET POTATO CHILI
 White cheddar quesadillas

THURSDAY ④

SWEET PEPPER JAMBALAYA

FRIDAY ⑤

ROASTED BUTTERNUT &
 APPLE PENNE PASTA
 Sage brown butter and walnuts



Vegetarian November 9th
Shopping List

(1) Braised Sage Veggies (2) Farro/Cranberry Salad (3) Bean/Sweet Potato Chili (4) Sweet Pepper Jambalaya (5) Squah/Apple Penne

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,4	yellow onion	3		2.5
1,3	sweet potato/yam	2		2
1,5	butternut squash	2	about 12 ounces each	4
1,2	Brussels sprouts	10 ounces		4
1,5	sage leaves	7 leaves		1.5
3,4	bell peppers	5	3 red, 2 green	6.25
3	kale	1 bunch		2
3	cilantro	1 bunch		1.5
5	Honeycrisp apple	1		1
2	red leaf lettuce	1 head		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3	white cheddar cheese	1 cup	shredded	3
5	butter	4 Tablespoons		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	farro or quinoa	1 cup		2
1	quinoa	1/2 cup		1
2,5	dried cranberries	6 Tablespoons		2
2,5	walnut pieces	1 cup		4
3	canned black beans	2 cans	14.5 oz cans/organic, no salt	4
4	canned black eyed peas	2 cans	14.5 oz cans/organic, no salt	4
3	mild chili powder	1 teaspoon		1
3	6" corn tortillas	4		2

Fresh 20 Grocery Est 51.75
 Cost Per Dinner 10.35
 Cost Per Serving 2.5875

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 Tablespoons	dried oregano	4 teaspoons
	grapeseed oil	4 teaspoons	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	
	Vegetable Broth, low sodium	1-3/4 cups	organic tomato paste	1/4 cup
	garlic	6 cloves	Dijon mustard or brown mustard	
	kosher salt	3-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/4 teaspoons	whole grain pasta - penne	6 ounces
	cayenne pepper	pinch	long grain brown rice	2-1/2 cups
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BRAISED SAGE BUTTERNUT VEGGIES

brown rice & quinoa pilaf

MADE AHEAD

- Cut vegetables
- Brown rice & quinoa pilaf *see prep guide

DIRECTIONS

For braised sage butternut veggies

1. Heat a large Dutch oven or deep skillet over medium heat. Add in olive oil and once hot, add the onions, sweet potato, squash, Brussels sprouts, garlic, and sage to the pot and stir. Season the vegetables with salt & pepper and allow to sweat for 2-3 minutes or until the onions become soft and translucent.
2. Add the broth and vinegar. Cover with a lid and reduce heat to low for a bubbling simmer. Cook for 10 -12 minutes covered or until the vegetables are soft and tender.

For brown rice & quinoa pilaf

To re-heat on dinner night, add 1-2 Tablespoons water to prepared pilaf and heat on stovetop, stirring with a fork to fluff.

INGREDIENTS

For braised sage butternut veggies

- 1 Tablespoon olive oil
- 1 medium yellow onion, roughly chopped
- 1 – 8 ounce sweet potato/yam, peeled and cut into large dice
- 12 ounce butternut squash, peeled and cut into large dice – about 4 cups
- ¼ pound Brussels sprouts, root trimmed and cut in half or fourths depending on size
- 2 garlic cloves, minced or pressed
- 3 sage leaves, finely chopped (or 1 teaspoon dried sage)
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup low sodium vegetable broth
- 2 teaspoons white wine vinegar

Brown rice & quinoa pilaf * see prep guide



(2) FARRO, CRANBERRY & WALNUT SALAD

MADE AHEAD

- 2 cups cooked farro or quinoa * see prep guide

DIRECTIONS

For farro, cranberry & walnut salad

If you are making the farro/quinoa on dinner night: Skip step # 1 and add the Brussels sprouts into the cooking farro/quinoa 10 minutes before it's done. Drain the farro/quinoa and Brussels sprouts and toss in a medium bowl with remaining ingredients.

1. Heat a small pot of water and bring to a boil with a pinch of salt. Add in the sliced sprouts and boil for 2 minutes. Drain and set aside.
2. Heat a large sauté pan over medium heat and add in cooked farro or quinoa. Add olive oil, Brussels sprouts, cranberries, walnuts, balsamic vinegar, and salt & pepper and stir to combine. Cook over low heat just until the farro/quinoa is warmed through, about 4 minutes.
3. Cool slightly and then serve over cold, cut lettuce.

INGREDIENTS

For farro, cranberry & walnut salad

6 ounces Brussels sprouts, root end trimmed, and then sliced as thin as possible

2 cups cooked farro or quinoa * see prep guide

3 Tablespoons olive oil

¼ cup dried, no sugar added cranberries

¾ cup toasted walnut pieces

1 Tablespoon balsamic vinegar

½ teaspoon kosher salt

¼ teaspoon black pepper

½ head red leaf lettuce, washed and cut into small, bite size pieces



(3) BLACK BEAN & SWEET POTATO CHILI

white cheddar quesadillas

DIRECTIONS

For black bean & sweet potato chili

1. Heat a soup pot over medium heat and add in oil. Once the oil is hot, add in the onions, peppers, kale, sweet potatoes, and garlic, sprinkle with kosher salt and stir to combine. Sweat for 2-3 minutes or until the onions become soft and translucent.
2. Add in the beans with liquid, broth, water, cilantro, and remaining seasonings. Stir to combine and simmer for 12-15 minutes or until the sweet potatoes have softened.

For white cheddar quesadillas

1. Heat a small sauté pan over medium high heat. Lightly brush the pan with 1 teaspoon grapeseed oil.
2. Add a tortilla to pan and warm on both sides. Spread $\frac{1}{4}$ cup of cheese over half of the tortilla, sprinkle with chili powder and/or cilantro. Fold over and warm through until cheese is melted - repeat with remaining tortillas.
3. Cut in half and serve warm.

INGREDIENTS

For black bean & sweet potato chili

- 1 Tablespoon olive oil
- $\frac{1}{2}$ medium yellow onion, cut into small dice
- 1 red bell pepper, cut into small dice
- $\frac{1}{2}$ small bunch kale, washed and chopped into small bites, about 4 cups
- 1 – 8 ounce sweet potato/yam, peeled and cut into medium dice
- 2 garlic cloves, minced or pressed
- 2 – 14.5 ounce can organic, no salt added black beans with liquid
- 1 cup low sodium vegetable broth
- 1 cup water
- $\frac{1}{2}$ small bunch of cilantro, stems removed, roughly chopped, about $\frac{1}{4}$ cup
- 1 teaspoon white wine vinegar
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon oregano
- 1 teaspoon mild chili powder
- Pinch of cayenne pepper to taste
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper

For white cheddar quesadillas

- Grapeseed oil for pan
- 4 - 6" organic corn tortillas
- 1 cup white cheddar cheese, shredded
- Optional: chopped cilantro, sprinkle of mild chili powder



(4) SWEET PEPPER & BLACK EYED PEA JAMBALAYA

MADE AHEAD

- 3 cups cooked brown rice * see recipe below
- Cut vegetables

DIRECTIONS

For brown rice

1. Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to simmer for 25-30 minutes until all liquid has been absorbed. Remove lid and steam for an additional 5 minutes. If making ahead, cool and refrigerate in an airtight container until dinner night.

For sweet pepper & black eyed pea jambalaya

1. Heat a large, deep skillet over medium heat and add in oil. Once the oil is hot, add in the peppers, onions, oregano, and garlic. Sprinkle with kosher salt and stir to combine. Sauté the vegetables for 3- 4 minutes or until they have softened.

Meanwhile

2. In a small bowl, combine the broth/water, with tomato paste, vinegar, salt & pepper, and cayenne (optional).
3. Add in the cooked rice and black eyed peas to the skillet and pour in the tomato paste mixture. Stir to combine and cover with a lid. Reduce heat to low and cook for 3-4 minutes or until rice and peas are heated through.

INGREDIENTS

For brown rice

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

For sweet pepper & black eyed pea jambalaya

1 Tablespoon olive oil
2 red bell peppers, cut into thin slices
2 green bell peppers, cut into thin slices
½ medium yellow onion, cut into thin slices
1 Tablespoon dried oregano
2 garlic cloves, minced or pressed
½ cup low sodium vegetable broth or water
¼ cup organic, no salt added tomato paste
1 Tablespoon white wine or sherry vinegar
½ teaspoon kosher salt
¼ teaspoon black pepper
Pinch of cayenne pepper (optional)
3 cups cooked brown rice
2 - 14.5 ounce cans organic, no salt added black eyed peas, drained and rinsed



(5) ROASTED BUTTERNUT & APPLE PENNE PASTA

with sage brown butter and walnuts

MADE AHEAD

- Cut vegetables

DIRECTIONS

For roasted butternut & apple penne pasta

1. Preheat oven to 450 degrees.
2. Heat a large pot of water with a heavy pinch of salt and bring to a boil. Add in pasta and cook until just under al dente, about 8 minutes. Reserving $\frac{1}{2}$ cup of pasta water, drain pasta and set aside.

Meanwhile

3. On a baking sheet, toss squash and apple with 1 Tablespoon of olive oil, lightly sprinkle with kosher salt.
4. Roast the squash and apples in the pre heated oven for 12-15 minutes or until the squash is tender. The smaller you cut your squash, the faster they will roast.
5. Heat a large sauté pan over low heat and add in the butter, olive oil, and sage. Stir to combine and allow the butter to melt. As it begins to bubble, you will see it start to brown and smell nutty. Give it just a few seconds to completely brown, but not burn, then add in balsamic vinegar, roasted squash, apples, walnuts, cranberries, pasta, pasta water, and salt & pepper. Toss with tongs to combine and serve warm.

Kitchen note:

For a vegan meal exclude butter and substitute a total of 3 Tablespoons of olive oil.

INGREDIENTS

For roasted butternut & apple penne pasta

- 6 ounces whole wheat penne
- 12 ounce butternut squash, peeled and cut into medium dice – about 4 cups
- 1 medium Honey Crisp Apple, peeled and cut into medium dice
- 1 Tablespoon olive oil
- 4 Tablespoons of unsalted, organic butter * *see kitchen note*
- 1 teaspoon olive oil
- 4 Sage leaves or 1 $\frac{1}{2}$ teaspoons ground sage
- 1 Tablespoon balsamic vinegar
- $\frac{1}{4}$ cup toasted walnut pieces
- 2 Tablespoons dried, no sugar added cranberries
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground pepper



Nutrition Information

Braised sage butternut veggies, brown rice & quinoa pilaf				Serves: 4	
Serving Size: 1 cup					
Calories	218	kcal	Fat	4.7	g
Protein	5.7	g	Saturated	0.7	g
Carbohydrate	39.9	g	Sugar	4.7	g
Sodium	228	mg	Calcium	7	%DV
Fiber	4.6	g	Iron	9.6	%DV
Cholesterol	0	mg			

Farro, cranberry & walnut salad				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	431	kcal	Fat	25	g
Protein	12.1	g	Saturated	2.8	g
Carbohydrate	41.9	g	Sugar	1.6	g
Sodium	298	mg	Calcium	9.1	%DV
Fiber	7.2	g	Iron	13	%DV
Cholesterol	0	mg			

Black bean & sweet potato chili				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	405	kcal	Fat	5.1	g
Protein	22.6	g	Saturated	0.9	g
Carbohydrate	70.8	g	Sugar	9.1	g
Sodium	437	mg	Calcium	18	%DV
Fiber	21.9	g	Iron	34	%DV
Cholesterol	0	mg			

Cheese Quesadillas				Serves: 4	
Serving Size: 1 -6" tortilla					
Calories	282	kcal	Fat	20	g
Protein	15.4	g	Saturated	10	g
Carbohydrate	12	g	Sugar	0.2	g
Sodium	391	mg	Calcium	42	%DV
Fiber	1.5	g	Iron	1.6	%DV
Cholesterol	60	mg			

Sweet pepper & black eyed peas jambalya				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	562	kcal	Fat	6.6	g
Protein	16.1	g	Saturated	1.2	g
Carbohydrate	110	g	Sugar	16	g
Sodium	326	mg	Calcium	31	%DV
Fiber	17.2	g	Iron	26	%DV
Cholesterol	0	mg			

**Roasted butternut & apple penne pasta
with sage brown butter and walnuts**

Serves: 4

Serving Size: 1 3/4 cup

Calories	419	kcal	Fat	21	g
Protein	9.1	g	Saturated	8.4	g
Carbohydrate	56.6	g	Sugar	9.6	g
Sodium	382	mg	Calcium	10	%DV
Fiber	8.3	g	Iron	16	%DV
Cholesterol	31	mg			