

MAKE AHEAD

Meal # 2

- 2 cups cooked brown rice
- Cut vegetables
- Peel & grate ginger

For brown rice

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

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.

Meal #3

- Cut vegetables

Meal #5

- Cut vegetables

MENU

MONDAY ①

LEMON DIJON ASPARAGUS
Pasta with garlic & tomatoes

TUESDAY ②

GINGER PEANUT VEGETABLE STIR FRY
Brown rice

WEDNESDAY ③

VEGETARIAN TORTILLA SOUP
Black bean quesadillas

THURSDAY ④

SPAGHETTI with FRESH TOMATO
SAUCE
Broiled Italian zucchini

FRIDAY ⑤

"CALABASA" VEGGIE CASSEROLE



Vegetarian December 7th
Shopping List

(1) Lemon Dijon Asparagus (2) Ginger Vegetable Stir Fry (3) Veg. Tortilla Soup (4) Spaghetti/Fresh Tomato Sauce (5) Veggie Casserole

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	asparagus	2 pounds		6
1	lemon	1		0.5
1,4	flat leaf Italian parsley	1 small bunch		1.5
1,4	tomato	3		4
2,3,4,5	medium yellow onion	3		2.5
2	ginger	3" piece		1.5
2,3	red bell pepper	3		4.5
2,3,4	carrots	7		3
1,2	green beans	12 ounces		3
2	fresh snow peas	2 cups		3
3	celery	3		2
3,4,5	zucchini	8		5
3,5	cilantro	1 small bunch		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	white cheddar	2-1/4 cups	shredded	4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	pulp free orange juice	1/3 cup		2
2	smooth peanut butter	1 Tablespoon		1
2	peanuts-unsalted	1 cup		3
3	black beans	1 can	14.5 oz can, no salt added	2
3	mild chili powder	1 Tablespoon		1
3,5	corn tortillas	12		3
5	diced tomatoes	1 can	14.5 oz can, no salt added	2
2	crushed red pepper	1/2 teaspoon		0.5

Fresh 20 Grocery Est 57
 Cost Per Dinner 11.4
 Cost Per Serving 2.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 Tablespoons	dried oregano	4-1/2 teaspoons
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	2 teaspoons	ground cumin	2 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	
	veggie broth: low sodium	7 cups	organic tomato paste	6 Tablespoons
	garlic	9 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	3 teaspoons	soy sauce or Braggs liquid amino acid	2 tablespoons
	black pepper	2 teaspoons	whole wheat pasta (spaghetti)	14 ounces
	cayenne pepper	1/4 teaspoon	long grain brown rice	1 cup
	paprika	1 Tablespoon	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LEMON DIJON ASPARAGUS

pasta with garlic & tomatoes

DIRECTIONS

For lemon Dijon asparagus

1. Preheat oven to 425 degrees.
2. Gently wash asparagus and pat dry. Trim ends (non-flower/spear end) by either bending the end to see where it snaps easily or using a knife to cut off about 1 ½ to 2 inches. This part of the asparagus is too fibrous and tough to enjoy.
3. Toss asparagus, olive oil, salt, and garlic on a large baking sheet. Bake for 12 minutes or until crisp-tender.
4. Combine remaining 2 teaspoons oil, lemon peel and juice, mustard, and pepper in a small bowl, stirring with a whisk. Arrange asparagus on a platter; drizzle juice mixture over asparagus. Sprinkle with parsley.
5. Serve warm with pasta.

For pasta

1. In a medium stock pot, bring water to a boil with a heavy pinch of salt. Add spaghetti. Cook pasta for 6 minutes and then add green beans to the pasta pot. Continue cooking until the pasta is done. Drain the pasta and beans together.
2. Return pasta & beans to the hot pot and immediately toss with olive oil, salt & black pepper, tomatoes, garlic, and parsley.

INGREDIENTS

For lemon Dijon asparagus

2 pounds fresh asparagus, trimmed-see notes in step #1 (whole frozen asparagus may be substituted)
½ tablespoon olive oil
½ teaspoon salt
2 garlic cloves, minced
2 teaspoons olive oil
1 teaspoon grated lemon peel
½ lemon, juiced to yield about 2 Tablespoons of juice
1 teaspoon Dijon mustard
¼ teaspoon black pepper
2 tablespoons parsley, roughly chopped

For pasta

8 ounces whole wheat spaghetti
½ pound green beans, trimmed and cut in half
1 Tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 medium tomato, cut into small dice
1 garlic clove, minced or pressed
¼ cup flat leaf Italian parsley, chopped and loosely measured



(2) GINGER PEANUT VEGETABLE STIR FRY

brown rice

MADE AHEAD

- 2 cups cooked brown rice * see prep guide
- Cut vegetables
- Peel and grate ginger

DIRECTIONS

For ginger vegetable stir fry

1. Combine first six ingredients in a bowl, mix well and set aside.
2. Heat a large, non-stick sauté pan over medium/ high heat. Add oil and once hot add in onion, garlic, ginger, and salt & pepper. Stir to mix and cook until fragrant and flavors have combined, about 1 minute.
3. Turn the heat down to low and add in red bell peppers, carrots, green beans, snow peas and peanuts. Cook for 3-4 minutes or until the vegetables have softened, but are still a little crisp. Finish with peanut butter sauce and toss lightly to combine.

For brown rice

1. Warm cooked rice over low heat in a small sauce pot with 1 Tablespoon of water for about 5 -6 minutes or until warmed through. Fluff with a fork.

Serve ginger peanut vegetable stir fry over ½ cup of brown rice per person.

Recipe Notes: Ginger can be purchased in the produce section of your local grocery store. It is a root that can be bought in pieces by weight. Peel the ginger with a vegetable peeler and then grate on either a micro plane or the fine blade of a cheese grater.

INGREDIENTS

For ginger vegetable stir fry

- 1/3 cup orange juice (pulp-free)
- ¼ cup water
- 2 tablespoons low sodium soy sauce
- 1 tablespoon smooth peanut butter
- ½ teaspoon crushed red pepper (optional)
- 1 Tablespoon grapeseed oil
- ¼ medium yellow onion, finely chopped
- 2 garlic cloves, minced
- 3 inch piece of fresh ginger peeled and grated to yield 1 Tablespoon (*see recipe notes*)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 red bell peppers, thinly sliced
- 2 medium carrots, grated or thinly sliced into matchsticks
- 4 oz green beans, about 1 full cup, thinly sliced in half and then again lengthwise.
- 2 cups fresh snow peas, washed and dried
- 1 cup unsalted peanuts

- 2 cups cooked brown rice * see prep guide



(3) VEGETARIAN TORTILLA SOUP

black bean quesadillas

MAKE AHEAD

- Cut Vegetables

DIRECTIONS

For vegetarian tortilla soup

1. Heat a large soup pot over medium heat and add in oil. Once the oil is hot add in the onions, carrots, celery, red bell pepper, garlic, paprika, chili powder, oregano, and cumin. Sprinkle with kosher salt and sweat the vegetables for 3 minutes or until the onions are softened and translucent.
2. Stir in tomato paste and then add the broth.
3. Add the cilantro, and salt & pepper. Simmer over medium heat for 20 minutes.
4. Five minutes before the soup is done, add in the zucchini and tortilla strips.

For black bean 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 the pan and warm on both sides. Spread ¼ cup of cheese over half of the tortilla, sprinkle with black beans (*reserve the rest of the beans for meal #5). Fold over and warm through until cheese is melted, repeat with remaining tortillas.
3. Cut in half and serve warm.

This makes a generous 4 servings with at least 2 servings leftover for lunch. It's all veggies so load up!

* Store the rest of the beans in an airtight container for Meal #5.

INGREDIENTS

For vegetarian tortilla soup

2 Tablespoons olive oil
1 medium yellow onion, cut into small dice
3 medium carrots, peeled and cut into ¼ inch coins
3 celery stalks, cut into ½ inch slices
1 red bell pepper, cut into small dice
2 garlic cloves, minced or pressed
1 Tablespoon of sweet or smoky paprika
1 Tablespoon of mild chili powder (*if you are extra sensitive to spice, start with only 2 teaspoons - 1 Tablespoon is still very mild*)
1 teaspoon ground oregano
1 teaspoon ground cumin
Kosher salt
2 Tablespoons tomato paste
5 cups of low sodium vegetable broth
¼ bunch of cilantro, whole to be removed later, or roughly chopped
1 teaspoon kosher salt
½ teaspoon black pepper
2 green Italian zucchini, cut into ½ inch coins or if your zucchini are large, cut in half lengthwise and then into ½ inch half-moons
2 – 6 inch organic corn tortillas, cut in half and then into thin strips

For black bean quesadillas

Grapeseed oil for pan
4 - 6" organic corn tortillas
1 cup white cheddar cheese, shredded
1-14.5 ounce can organic black beans, no salt added – drained and rinsed



(4) SPAGHETTI with FRESH TOMATO SAUCE

broiled Italian zucchini

DIRECTIONS

For fresh tomato sauce

1. Heat a large, non-stick sauté pan over medium heat; add oil, and once hot add in onion and carrot. Stir to combine and sweat the vegetables until onions are translucent and soft, about 3 minutes.
2. Add in tomatoes, parsley, broth, tomato paste, garlic, oregano, vinegar, and salt & pepper, stir to combine. Reduce heat and simmer for 20 minutes.
3. Taste and adjust salt & pepper.
4. Serve warm over spaghetti.

For spaghetti

1. Bring a large pot of water with a heavy pinch of salt to a boil.
2. Add in pasta and cook until al dente, 8-10 minutes.
3. Drain and serve warm with fresh tomato sauce.

For broiled Italian zucchini

1. Preheat oven to broil and line a baking sheet with foil. Adjust the oven rack to the top third (not directly under broiler, one notch down).
2. Trim the root ends off the zucchini and slice in half lengthwise. Lay out onto a lined baking sheet.
3. Drizzle with olive oil and season with salt & pepper and oregano. Toss to coat.
4. Broil for 8-10 minutes or until zucchini is lightly browned and cooked through. *Check at 4 minutes to prevent burning.*
5. Drizzle warm zucchini with balsamic vinegar.

Serve 3 ounces of warm pasta with 1 cup of tomato sauce and 2 zucchini halves.

INGREDIENTS

Fresh tomato sauce

- 2 Tablespoons olive oil
- ½ medium yellow onion, chopped
- 2 carrots, finely chopped
- 2 large tomatoes, chopped, about 4 cups
- ¼ cup fresh Italian flat leaf parsley, roughly chopped
- 2 cups vegetable broth, low sodium
- 4 Tablespoons organic tomato paste
- 2 garlic cloves, minced
- 2 teaspoons of oregano
- 1 teaspoon balsamic vinegar
- ½ teaspoon kosher salt
- ¾ teaspoon black pepper

For spaghetti

- 6 oz whole wheat spaghetti pasta

For broiled Italian zucchini

- 4 medium green Italian zucchini
- 1 Tablespoon olive oil
- ¼ teaspoon kosher salt
- Sprinkle of black pepper
- ¼ teaspoon oregano
- 1 teaspoon balsamic vinegar

** Zucchini can be topped with any leftover cheese you may have such as mozzarella or parmesan*

MAKE AHEAD

- Cut Vegetables

DIRECTIONS

For Calabasa veggie casserole

1. Preheat the oven to 425 degrees.
2. Prepare a small, oven proof baking dish by brushing lightly with olive oil. An 8"x8", 9"x9" or any small lasagna pan is fine. *I used an 8x8" brownie pan.*
3. In a small bowl, combine tomatoes, cayenne pepper, oregano, cumin, and cilantro.
4. Heat a large, nonstick sauté pan over medium heat. Add in the oil and once hot add the onions and the zucchini. Sauté the vegetables for 2-3 minutes, just until softened and lightly browned. Remove from heat and set aside. (This is to remove the moisture from the zucchini so the casserole isn't soggy.)
5. Begin layering ½ of the corn tortillas, ½ of the sliced zucchini and onion mixture, ½ of the beans, and ½ cup of the grated cheese, and then pour half of the tomato mixture over the top. Repeat layers starting with tortillas and finishing with tomato mixture- top with cheese.
6. 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.

INGREDIENTS

For Calabasa veggie casserole

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

¼ teaspoon cayenne pepper *
Optional

1 teaspoon dried oregano

1 teaspoon dried cumin

¼ small bunch cilantro, roughly chopped

1 Tablespoon olive oil

½ medium yellow onion, cut into small dice

2 medium Italian green zucchini, root ends trimmed and cut into thin slices

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

Black beans, drained and rinsed (leftover from meal #3)

1-¾ cups white cheddar cheese, grated



Nutrition Information

Lemon dijon asparagus				Serves: 4	
Serving Size: 1 cup					
Calories	90	kcal	Fat	4.3	g
Protein	5.5	g	Saturated	0.7	g
Carbohydrate	12.3	g	Sugar	5	g
Sodium	283	mg	Calcium	7.6	%DV
Fiber	6.1	g	Iron	29	%DV
Cholesterol	0	mg			

Angel hair pasta with garlic & tomatoes				Serves: 4	
Serving Size: 3/4 cup					
Calories	254	kcal	Fat	4.4	g
Protein	9.8	g	Saturated	0.7	g
Carbohydrate	48.5	g	Sugar	3.8	g
Sodium	132	mg	Calcium	5.6	%DV
Fiber	6.8	g	Iron	15	%DV
Cholesterol	0	mg			

Ginger peanut vegetable stir-fry				Serves: 4	
Serving Size: 1 cup					
Calories	349	kcal	Fat	24	g
Protein	14.2	g	Saturated	3.6	g
Carbohydrate	24.7	g	Sugar	12	g
Sodium	755	mg	Calcium	9.1	%DV
Fiber	8.5	g	Iron	18	%DV
Cholesterol	0	mg			

Brown rice				Serves: 4	
Serving Size: 1/2 cup (with low sodium broth)					
Calories	191	kcal	Fat	3	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.4	g
Sodium	33	mg	Calcium	3.1	%DV
Fiber	1.6	g	Iron	8.7	%DV
Cholesterol	0	mg			

Vegetarian tortilla soup				Serves: 4	
Serving Size: 3/4 cup					
Calories	182	kcal	Fat	8	g
Protein	6.9	g	Saturated	1.2	g
Carbohydrate	22.8	g	Sugar	11	g
Sodium	714	mg	Calcium	9.1	%DV
Fiber	5.9	g	Iron	9.6	%DV
Cholesterol	0	mg			

Black bean quesadillas				Serves: 4	
Serving Size: 1 corn & cheese tortilla					
Calories	175	kcal	Fat	10	g
Protein	9	g	Saturated	6.1	g
Carbohydrate	12.6	g	Sugar	0.4	g
Sodium	186	mg	Calcium	23	%DV
Fiber	2.1	g	Iron	3.4	%DV
Cholesterol	30	mg			

Spaghetti with fresh tomato sauce				Serves: 4	
Serving Size: 1/2 cup spaghetti + 1/2 cup tomato sauce					
Calories	251	kcal	Fat	7.6	g
Protein	8.6	g	Saturated	1.1	g
Carbohydrate	40.8	g	Sugar	6.5	g
Sodium	310	mg	Calcium	4.8	%DV
Fiber	5.8	g	Iron	12	%DV
Cholesterol	0	mg			

Broiled Italian zucchini				Serves: 4	
Serving Size: 1 zucchini					
Calories	86	kcal	Fat	4.4	g
Protein	3.9	g	Saturated	0.7	g
Carbohydrate	10.3	g	Sugar	8.3	g
Sodium	149	mg	Calcium	5.2	%DV
Fiber	3.2	g	Iron	6.8	%DV
Cholesterol	0	mg			

Calabasa veggie casserole				Serves: 4	
Serving Size: 3/4 cup					
Calories	425	kcal	Fat	17	g
Protein	21.7	g	Saturated	8.3	g
Carbohydrate	49.6	g	Sugar	8.9	g
Sodium	514	mg	Calcium	37	%DV
Fiber	13.7	g	Iron	18	%DV
Cholesterol	37	mg			