

MAKE AHEAD

Meal #1

- Cut mushrooms and onions

Meal #2

- Roast red bell peppers

To roast red peppers

1. Wash and dry two red bell peppers. Over an open flame blacken the skin on all sides or you can also place them on a baking sheet and roast them under the broiler.
2. Once the peppers are black and charred on all sides, place into a zip loc bag or in a bowl covered with plastic wrap. Allow to sit for 10-15 minutes, remove from bag, and then over the sink, peel away the skin. Discard the stem and seeds and store peppers in the refrigerator for later in the week.

Meal #3

- Cut vegetables

Meal #4

- Cut vegetables
- Marinate chicken * see Meal #4 for recipe, marinate chicken overnight if time allows

Meal #5

- Bake 4 russet potatoes
- Cut vegetables

To bake potatoes

1. Preheat the oven to 450 degrees.
2. Wash potatoes and place into the preheated oven right on the rack.
3. Bake for 25-30 minutes or until fork tender.
4. If storing for later in the week, cut in half to allow cooling quickly and store in the refrigerator.

MENU

MONDAY ①

ITALIAN POLENTA MOZZARELLA BAKE
Spinach salad with pantry dressing

TUESDAY ②

SALMON

Roasted red pepper sauce &
Parmesan cannellini beans

WEDNESDAY ③

PEASANT BEAN STEW

THURSDAY ④

GREEK CHICKEN

Warm spinach & orzo salad

FRIDAY ⑤

TWICE BAKED PIZZA POTATOES
Sautéed garlicky kale



Classic January 4th

Shopping List

(1) Italian Polenta Bake (2) Salmon with Red Pepper Sauce (3) Greek Chicken (4) Peasant Bean Stew (5) Pizza Potatoes & Kale

| Recipe # | Meat / Seafood | Quantity | Notes | Est Cost |
|----------|---------------------|-----------|--------------------|----------|
| 1,3 | lean turkey sausage | 2 pounds | | 10 |
| 2 | salmon | 4 fillets | about 1-1/4 pounds | 12 |
| 4 | chicken thighs | 1 pound | | 7 |

| Recipe # | Vegetables & Fruit | Quantity | Notes | Est Cost |
|----------|---------------------|--------------|-------|----------|
| 1,5 | brown mushrooms | 6-8 ounces | | 3 |
| 1,3,5 | medium yellow onion | 2 | | 1.5 |
| 1,4 | spinach | 8-10 cups | | 3 |
| 1 | cucumber | 1 | | 1 |
| 1,3 | carrot | 4 | | 2 |
| 1,2,4,5 | red bell pepper | 4 | | 4 |
| 2,4 | lemon | 4 | | 2 |
| 2,3,5 | kale | 3 sm bunches | | 4.5 |
| 3,5 | ruset potato | 5 | | 4 |

| Recipe # | Dairy | Quantity | Notes | Est Cost |
|----------|-------------------|------------|----------|----------|
| 1,5 | mozzarella cheese | 3-1/2 cups | shredded | 4 |
| 2 | parmesan cheese | 1/4 cup | grated | 2 |

| Recipe # | Bakery/Misc | Quantity | Notes | Est Cost |
|-----------|------------------------|---------------|----------------|----------|
| 1,2,3,4,5 | Italian seasoning | 4 Tablespoons | | 2 |
| 1 | cornmeal | 1-1/2 cups | | 2 |
| 1,5 | tomato puree | 2 cans | 15 ounces each | 4 |
| 2,3 | cannellini beans | 2 cans | 15 ounces each | 4 |
| 4 | kalamata olives | 1/2 cup | | 3 |
| 3 | whole wheat orzo pasta | 1 cup | | 2 |
| 4 | diced tomatoes | 1 can | 15 ounces each | 2 |

Fresh 20 Grocery Est 79
 Cost Per Dinner 15.8
 Cost Per Serving 3.95

| PANTRY STAPLES | Pantry Essentials | Quantity | Pantry Essentials | Quantity |
|----------------|-------------------------------------|-------------------|---------------------------------------|------------|
| | olive oil | 7 Tablespoons | dried oregano | 1 teaspoon |
| | grapeseed oil | 2 Tablespoons | herbes de provence | |
| | balsamic vinegar | splash | ground cumin | |
| | white wine vinegar | | raw honey or 100% maple syrup | |
| | chicken or veggie broth: low sodium | 7 cups | organic tomato paste | |
| | garlic | 10 cloves | Dijon mustard or brown mustard | |
| | kosher salt | 2 teaspoons | soy sauce or Braggs liquid amino acid | |
| | black pepper | 1 teaspoon | pasta (see list) | |
| | cayenne pepper | | long grain brown rice | |
| paprika | 1 teaspoon | whole wheat flour | | |

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) ITALIAN POLENTA MOZZARELLA BAKE

Spinach salad with pantry dressing

MADE AHEAD

- Cut vegetables

DIRECTIONS

For polenta

1. Preheat oven to 425 degrees.
2. In a medium saucepot bring the broth, water, seasoning and salt to a boil. Slowly whisk in the cornmeal until it is well combined.
3. Reduce the heat to low and continue to stir occasionally. *Be careful and make sure to reduce your heat because the polenta will bubble like hot lava.*

Meanwhile, for filling

1. Heat a large sauté pan over medium heat. Add the sausage and brown while breaking it up into crumbles with a wooden spoon, about 3 – 4 minutes.
2. Once the sausage is browned, add in the onions and mushrooms, stir to combine, and cook for an additional 1 – 2 minutes.
3. Add in the garlic, tomato, seasoning and black pepper.
4. Lightly oil an 8x8 inch brownie pan. Begin layering by first spreading out ½ of the polenta, then half of the sausage mixture, and half of the cheese. Repeat ending with the cheese on top.
5. Place into the preheated oven and bake in the middle for 15 minutes.
6. Remove from the oven and allow to cool slightly before serving.
7. This recipe makes about 6 servings.

For spinach salad

In a medium bowl, combine salad ingredients, serve with your choice pantry dressing.

INGREDIENTS

For polenta

2 cups low sodium vegetable or chicken broth

2 cups water

1 teaspoon Italian seasoning

½ teaspoon kosher salt

1 ½ cups ground cornmeal

For filling

1 pound lean turkey sausage (sweet or spicy), removed from casings

½ medium yellow onion, cut into small dice

4 ounces of Italian brown mushrooms, wiped clean and thinly sliced

2 garlic cloves, minced or pressed

1 – 15 ounce can organic, no salt added tomato puree

1 Tablespoon Italian seasoning

¼ teaspoon black pepper

1 ½ cups mozzarella cheese, about 5 ounces

For spinach salad

4 – 6 cups of baby spinach leaves

1 cucumber, peeled and cut into half moons

1 carrot, shredded or cut into thin slices

½ red bell pepper, cut into thin slices

Your choice pantry dressing

www.thefresh20.com/pantrydressings

Roasted red pepper sauce is a simple sauce that can be made ahead of time for fish, chicken, or steak. It can also be a great base for tomato soup or spaghetti sauce. If you have any cream, and don't mind the calories, add a splash for a creamier sauce.

MADE AHEAD

- Roasted red bell peppers * see prep guide

DIRECTIONS

For roasted red pepper sauce

1. Place roasted red bell peppers into the blender with olive oil, ½ cup of broth, Italian seasoning, salt & pepper, and a squeeze of lemon juice. Puree until smooth and adjust thickness with a little more stock if necessary. Your sauce should be pourable but not chunky or watery.

For salmon

1. Lay salmon out onto a flat surface and season each side generously with salt & pepper and Italian seasoning.
2. Heat a large, nonstick sauté pan over medium/high heat and add in grapeseed oil. Once the oil is hot (almost smoking) add in salmon and cook on the first side for 3-4 minutes or until a nice golden brown crust forms. Flip salmon, pour in red pepper sauce, cover and reduce heat to low/medium - continue to cook for 3-4 minutes longer.
3. Squeeze fresh lemon juice over the top.

For parmesan cannellini beans

1. Heat a large sauté pan over medium heat. Once hot add in the oil, garlic, and the kale – stir to combine and cook until the kale is wilted down and soft.
2. Add in the beans, parmesan cheese, lemon zest & juice, and salt & pepper. Stir to combine and serve warm.

INGREDIENTS

For roasted red pepper sauce

2 roasted red bell peppers * See prep sheet
1 teaspoon olive oil
½ - ¾ cup low sodium chicken or vegetable broth
1 teaspoon Italian seasoning
¼ teaspoon kosher salt
Pinch of black pepper
Squeeze of fresh lemon juice

For salmon

4 skinless salmon fillets, about 1 ¼ pounds *Substitute 1 pound of boneless skinless chicken breasts, cut thinly into 4 fillets
Kosher salt & black pepper
2 teaspoons Italian seasoning
1 Tablespoon grapeseed oil
½ lemon, juiced

For parmesan cannellini beans

1 Tablespoon olive oil
2 cloves of garlic, minced or pressed
1 small bunch of kale, stems removed, cut into rough bite size pieces
1 – 15 oz can organic cannellini beans, drained and rinsed
¼ cup Parmesan cheese, grated
½ lemon, zested and juiced
¼ teaspoon kosher salt
Pinch of black pepper

MAKE AHEAD

- Cut vegetables

DIRECTIONS

For peasant bean stew

1. Heat a large soup pot over medium heat and add in olive oil. Once the oil is hot, add in the sausage and cook until browned, about 4 minutes. While the sausage is cooking break it up into crumbles with a wooden spoon.
2. Add in the onion, carrots, and garlic. Stir to combine and sweat the vegetables for 2 minutes.
3. Add in the broth, water, Italian seasoning, salt & pepper, kale, beans, and potato – stir to combine. Simmer over medium heat for 12-15 minutes until potato is tender and serve warm.

INGREDIENTS

For peasant bean stew

- 1 Tablespoon of olive oil
- 1 pound lean, sweet Italian turkey sausage (or spicy if you prefer), removed from casings
- 1 medium yellow onion, cut into small dice
- 3 carrots, peeled and cut into small dice
- 4 cloves of garlic, minced or pressed
- 4 cups low sodium chicken broth
- 2 cups water
- 1 Tablespoon of Italian seasoning
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 small bunch of kale, stems removed and cut into small, bite size pieces or shreds
- 1 - 14.5 can of low sodium, organic cannellini beans, drained and rinsed
- 1 – 8 ounce russet potato, peeled and cut into large dice



(4) GREEK CHICKEN

Warm spinach and orzo salad

MADE AHEAD

- Marinate chicken (*overnight if time allows*)
- Cut vegetables

DIRECTIONS

For Greek chicken

1. In a non reactive bowl or Ziploc bag, combine chicken with lemon zest & juice, oregano, paprika, olive oil, and salt & pepper. Allow the chicken to marinate for at least 20 minutes or overnight if time allows.
2. Remove the chicken from the marinade and dry lightly with paper towels. *Discard marinade.*
3. Heat a large sauté pan or a grill pan over medium/high heat and in oil. Once the oil is hot add the chicken and cook for 3-4 minutes per side or until golden brown on both sides and cooked through.

For warm spinach orzo salad

1. In a medium saucepot bring water to a boil with a heavy pinch of salt. Add in the orzo and cook until al dente, about 6-8 minutes. Drain and return orzo to the warm pot.
2. Add garlic, lemon juice & zest, spinach, red bell pepper, chopped olives, tomatoes, and Italian seasoning to the orzo and stir to combine.
3. Taste and adjust salt & pepper, serve warm.

INGREDIENTS

For Greek chicken

- 1 pound boneless skinless chicken thighs
- 1 lemon, juiced and zested
- 1 teaspoons dried oregano
- 1 teaspoon paprika
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 Tablespoon grapeseed oil

For warm spinach orzo salad

- 1 cup of orzo
- 1 clove of garlic, minced or pressed
- 1 lemon, zested and juiced
- 4 cups of baby spinach leaves, about 4 handfuls
- ½ red bell pepper, cut into small dice
- ½ cup kalamata olives, roughly chopped
- 1-14.5 ounce can organic, no salt added diced tomatoes, with liquid
- 1 teaspoon of Italian seasoning



(5) TWICE BAKED PIZZA POTATOES

Sautéed garlicky kale

MADE AHEAD

- 4 baked potatoes * *see prep guide*
- Cut vegetables

DIRECTIONS

For pizza potatoes

1. Preheat oven to 425 degrees.
2. Cut each potato in half and lightly fluff with a fork to loosen the inside - lay each potato out onto a baking sheet.
3. Layer each potato with $\frac{1}{4}$ cup of tomato puree, sprinkle with Italian seasoning, mushrooms, onions, and red bell peppers. Top each potato with $\frac{1}{2}$ cup of mozzarella cheese and place into the oven for 12- 15 minutes or until warmed through and cheese is melted.

For sautéed garlicky kale

1. Heat a large sauté pan over medium heat and add in olive oil. Once the oil is hot, add in the garlic and kale. Toss the kale with tongs to combine and sauté for 3-4 minutes or until kale is wilted and soft.
2. Season with salt & pepper and vinegar and serve warm.

Kitchen note:

You can freeze the unused portion of your tomato puree.

INGREDIENTS

For pizza potatoes

4 – 8 ounce Russet potatoes, baked
* *see prep guide*

1 cup organic, no salt added tomato puree

1 teaspoon Italian seasoning

$\frac{1}{2}$ cup Italian brown mushrooms, thinly sliced

$\frac{1}{2}$ medium yellow onion, thinly sliced

$\frac{1}{2}$ red bell pepper, thinly sliced

2 cups mozzarella cheese, shredded

For sautéed garlicky kale

2 Tablespoons olive oil

1 garlic clove, minced or pressed

1 small bunch of kale, washed, stems removed, and cut into small bite size pieces

$\frac{1}{4}$ teaspoon kosher salt

$\frac{1}{4}$ teaspoon black pepper

Splash of balsamic vinegar



Nutrition Information

| Italian polenta mozzarella bake | | | | Serves: 4 | |
|---------------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1 1/2 cup | | | | | |
| Calories | 482 | kcal | Fat | 18 | g |
| Protein | 33.7 | g | Saturated | 6.4 | g |
| Carbohydrate | 49 | g | Sugar | 7.3 | g |
| Sodium | 1234 | mg | Calcium | 34 | %DV |
| Fiber | 6 | g | Iron | 30 | %DV |
| Cholesterol | 84 | mg | | | |

| Spinach salad | | | | Serves: 4 | |
|--|-----|------|-----------|-----------|-----|
| Serving Size: 1 cup (without dressing) | | | | | |
| Calories | 39 | kcal | Fat | 0 | g |
| Protein | 2.7 | g | Saturated | 0 | g |
| Carbohydrate | 6.9 | g | Sugar | 2.3 | g |
| Sodium | 79 | mg | Calcium | 9.4 | %DV |
| Fiber | 3.3 | g | Iron | 16 | %DV |
| Cholesterol | 0 | mg | | | |

| Roasted red pepper sauce | | | | Serves: 4 | |
|-----------------------------|-----|------|-----------|-----------|-----|
| Serving Size: 2 tablespoons | | | | | |
| Calories | 35 | kcal | Fat | 1.4 | g |
| Protein | 0.8 | g | Saturated | 0 | g |
| Carbohydrate | 4.9 | g | Sugar | 3.4 | g |
| Sodium | 126 | mg | Calcium | 0.6 | %DV |
| Fiber | 1.7 | g | Iron | 2 | %DV |
| Cholesterol | 0 | mg | | | |

| Salmon | | | | Serves: 4 | |
|---|------|------|-----------|-----------|-----|
| Serving Size: 1 fillet (about 4.5 ounces) | | | | | |
| Calories | 234 | kcal | Fat | 12 | g |
| Protein | 28.3 | g | Saturated | 1.7 | g |
| Carbohydrate | 1.4 | g | Sugar | 0 | g |
| Sodium | 63 | mg | Calcium | 2.5 | %DV |
| Fiber | 0.6 | g | Iron | 6.8 | %DV |
| Cholesterol | 78 | mg | | | |

| Parmesan cannellini beans | | | | Serves: 4 | |
|---------------------------|------|------|-----------|-----------|-----|
| Serving Size: 1/2 cup | | | | | |
| Calories | 163 | kcal | Fat | 5.5 | g |
| Protein | 9 | g | Saturated | 1.4 | g |
| Carbohydrate | 20.2 | g | Sugar | 1.1 | g |
| Sodium | 460 | mg | Calcium | 18 | %DV |
| Fiber | 6.2 | g | Iron | 11 | %DV |
| Cholesterol | 4 | mg | | | |

| Peasant bean stew | | | | Serves: 4 | |
|--------------------------|------|------|-----------|------------------|-----|
| Serving Size: 1 1/2 cup | | | | | |
| Calories | 403 | kcal | Fat | 15 | g |
| Protein | 28.3 | g | Saturated | 3.1 | g |
| Carbohydrate | 39.7 | g | Sugar | 6 | g |
| Sodium | 1168 | mg | Calcium | 18 | %DV |
| Fiber | 8.5 | g | Iron | 22 | %DV |
| Cholesterol | 62 | mg | | | |

| Greek chicken | | | | Serves: 4 | |
|--------------------------------------|------|------|-----------|------------------|-----|
| Serving Size: 4 ounces chicken thigh | | | | | |
| Calories | 225 | kcal | Fat | 15 | g |
| Protein | 21.8 | g | Saturated | 2.4 | g |
| Carbohydrate | 0 | g | Sugar | 0 | g |
| Sodium | 347 | mg | Calcium | 1 | %DV |
| Fiber | 0 | g | Iron | 5.2 | %DV |
| Cholesterol | 108 | mg | | | |

| Warm spinach orzo salad | | | | Serves: 4 | |
|--------------------------------|------|------|-----------|------------------|-----|
| Serving Size: 1 cup | | | | | |
| Calories | 166 | kcal | Fat | 4.8 | g |
| Protein | 4.7 | g | Saturated | 0 | g |
| Carbohydrate | 27.5 | g | Sugar | 4.8 | g |
| Sodium | 790 | mg | Calcium | 5.3 | %DV |
| Fiber | 4.4 | g | Iron | 11 | %DV |
| Cholesterol | 0 | mg | | | |

| Twice baked pizza potatoes | | | | Serves: 4 | |
|-----------------------------------|------|------|-----------|------------------|-----|
| Serving Size: 1 1/4 cup | | | | | |
| Calories | 384 | kcal | Fat | 12 | g |
| Protein | 21.2 | g | Saturated | 7.1 | g |
| Carbohydrate | 52.3 | g | Sugar | 6.1 | g |
| Sodium | 419 | mg | Calcium | 45 | %DV |
| Fiber | 5.3 | g | Iron | 19 | %DV |
| Cholesterol | 30 | mg | | | |

| Sauteed garlicky kale | | | | Serves: 4 | |
|------------------------------|-----|------|-----------|------------------|-----|
| Serving Size: 1/2 cup | | | | | |
| Calories | 78 | kcal | Fat | 7 | g |
| Protein | 1.2 | g | Saturated | 1 | g |
| Carbohydrate | 3.6 | g | Sugar | 0.8 | g |
| Sodium | 138 | mg | Calcium | 4.7 | %DV |
| Fiber | 0.7 | g | Iron | 3.4 | %DV |
| Cholesterol | 0 | mg | | | |