

PREP GUIDE

This week's menu requires a little bit longer prep for making the brisket. We suggest that you plan ahead and perhaps make the brisket on Sunday for the week. So worth it!

Meal #1

- Cut vegetables:
 - 2 medium yellow onions + ¼ medium yellow onion, thinly sliced
 - 4 cups cabbage, about half of a small head of green cabbage, thinly sliced or shredded (shred remaining cabbage for Meal #3)
* before cutting cabbage pull off the whole leaves and reserve for recipe #5

Meal #2

- 1 cup whole wheat bread crumbs * recipe below

Meal #3

- 1 pound beef brisket with sauce * from meal #1
- Cut vegetables:
 - 1 cup shredded cabbage
 - 5 medium carrots, peeled and cut into ¼" coins

Meal #4

- Cut chicken: 1 pound of boneless skinless chicken breast, cut into bite size pieces
- Cut vegetables:
 - ¾ medium yellow onion, cut into small dice
 - 3 carrots, peeled and cut into ¼ inch coins
 - 3 celery stalks, cut into ¼ inch slices
 - 1 medium green Italian zucchini, cut into medium dice

Meal #5

- 2 cups cooked brown rice * recipe below
- Cut vegetables:
 - Half of a large head of green cabbage, cored and leaves removed in large pieces, about 8-10 leaves
 - ½ medium yellow onion, cut into small dice
 - 4 ounces brown Italian mushrooms finely chopped

Breadcrumbs

1 whole wheat hamburger bun or 2 slices of bread

Toast bread until crispy. Process in blender until sandy in texture. Can be made ahead and stored in an airtight container for up to a week. Makes 1 cup.

Brown rice

1 cup brown rice (to yield 2 cups)

2 cups water or broth

1/2 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. Makes 2 cups.

MENU

MONDAY ①

BBQ BRAISED BRISKET
Colcannon

TUESDAY ②

CRUNCHY FISH STICKS
Parmesan potato pea puree

WEDNESDAY ③

BRISKET SLIDERS
Buttered carrots

THURSDAY ④

CHICKEN & RICE SOUP
Fresh 20 Biscuits

FRIDAY ⑤

VEGETARIAN CABBAGE ROLLS
with tomato sauce



Classic February 8th

Shopping List

(1) BBQ Braised Brisket (2) Crunchy Fish Sticks (3) Brisket Sliders (4) Chicken & Rice Soup (5) Vegetarian Cabbage Rolls

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	beef brisket	2 pounds	(chuck or blade roast okay)	18
2	cod	1 pound		12
4	chicken breast	1 pound	boneless, skinless	10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4,5	yellow onion	4		3
1,2	Yukon gold potatoes	1 lb + 1 large		2
1,3,5	green cabbage	1 head		2
1,2	frozen organic peas	3 cups		3
2	parsley	1/2 bunch		1.5
2,4	lemon	2		1
3,4	carrots	8		3
4	celery	3 stalks		2
5	mushrooms	4 ounces		2
4	zucchini	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	nonfat or 1% organic milk	1 cup		1
1,4	organic unsalted butter	9 Tablespoons		1
2	parmesan cheese	1/2 cup	1-2 ounces	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	unsulfured molasses	1/4 cup	Buy small bottle, will use again	4
2,3	whole wheat hamurger buns	5	bakery fresh	2.5
4	baking powder	2 Tablespoons		2
5	organic crushed tomatoes	1 can	14.5 ounces, no salt added	2
4	poultry seasoning	1 Tablespoon		1

Fresh 20 Grocery Est 76
 Cost Per Dinner 15.2
 Cost Per Serving 3.8

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	1 Tablespoon	herbes de provence	1 teaspoon
	balsamic vinegar	3 Tablespoons	ground cumin	1/2 teaspoon
	white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	3 Tablespoons
	chicken or veggie broth: low sodium	6-1/4 cups	organic tomato paste	6 ounces
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	5-3/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-3/4 teaspoons	whole wheat pasta	
	cayenne pepper	pinch	long grain brown rice	1-1/2 cups
	paprika	1-1/2 teaspoons	*white* whole wheat flour	2 cups + 2 Tblsp

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BBQ BRAISED BRISKET Colcannon

MADE AHEAD

- Cut vegetables: onions, cabbage

DIRECTIONS

For bbq braised brisket (can either be cooked in crock pot or on stovetop)

1. Make BBQ sauce by whisking together tomato paste, cumin, paprika, garlic, molasses, honey, vinegar, salt & pepper, cayenne, and water or broth – set aside.
2. Trim the fat off of your brisket or ask the butcher to trim it for you at the store. Cut the brisket in half lengthwise and then again into 4 equal size pieces (this will help it cook faster). Season each side with salt & pepper.

For crock pot/slow cooker

1. Heat a large sauté pan over medium/high heat and add in grapeseed oil. Once the oil is hot (almost smoking) sear the brisket for about 3 minutes per side or until it is golden brown.
2. Remove from the pan and place into the crock pot with onions and barbeque sauce. Stir to coat and combine the meat and onions, cover, and cook on low for up to 8 hours. Remove half of the brisket and store in the extra sauce for Meal #3.

Or for stovetop

1. Heat a large Dutch oven or heavy bottomed pot over medium/high heat and add in grapeseed oil. Once the oil is hot (almost smoking) sear the brisket for about 3 minutes per side or until it is golden brown.
2. Add in the onions and pour in the barbeque sauce. Stir to combine then cover with a lid and reduce heat to low. You are looking for the liquid in the pot to gently bubble, not a roiling boil. Braise the brisket for about 2 hours or until the meat is tender and you can shred it with a fork. Remove half of the brisket and store in the extra sauce for Meal #3.

For colcannon

1. In a small saucepot cover unpeeled, cut potatoes with cold water just to cover the tops of the potatoes. Add a pinch of salt and bring to a simmer. Cook for 10-12 minutes or until the potatoes are very fork tender. Drain and return to pot.
2. While potatoes are cooking, heat a large, nonstick sauté pan over medium heat and add in the olive oil. Once the oil is hot, add in the onion and cabbage, toss to combine, and cook over medium heat for about 2 – 3 minutes. Once the cabbage begins to wilt down add in the vinegar, maple syrup, Herbes, salt and pepper. Cook for an additional 2 minutes and then turn off the heat, mix in the frozen peas, and set aside.
3. With a fork, begin to mash the cooked potatoes until creamy. Add in milk and butter and mash potatoes a bit more until the butter and milk are combined. Fold in warm cabbage and peas. Serve warm.

INGREDIENTS

For bbq braised brisket

1 - 6 ounce can organic, no salt added tomato paste
½ Tablespoon ground cumin
1 teaspoon paprika
4 garlic cloves, minced or pressed
¼ cup unsulfured molasses
2 Tablespoons honey
2 Tablespoons balsamic vinegar
¾ teaspoon kosher salt
½ teaspoon black pepper
Pinch of cayenne pepper
1 ½ cups water or low sodium chicken broth
2 pound beef brisket (for two meals)
Kosher salt & black pepper
1 Tablespoon grapeseed oil
2 medium yellow onions, cut into thin slices

For colcannon

1 pound Yukon gold potatoes, cut into large cubes
Kosher salt
1 teaspoon olive oil
¼ medium yellow onion, thinly sliced
4 cups cabbage, about half of a small head of green cabbage, thinly sliced or shredded
2 teaspoons white wine vinegar
1 Tablespoon maple syrup
½ teaspoon Herbes de Provence
½ teaspoon kosher salt
Pinch of black pepper
1 cup frozen organic peas
¼ cup organic, nonfat or 1% milk
1 Tablespoon organic butter



(2) CRUNCHY FISH STICKS

Parmesan potato pea puree

MADE AHEAD

- 1 cup whole wheat breadcrumbs * see prep guide

DIRECTIONS

For crunchy fish sticks

1. Preheat oven to 425 degrees and adjust the oven rack to the top third.
2. Line a baking sheet with foil and lay out all the fish (or chicken). Season both sides with 1 teaspoon of kosher salt – set aside.
3. On a large plate, stir to combine bread crumbs, flour, parsley, lemon zest, olive oil, paprika, and salt & pepper.
4. Press each piece of fish down lightly into the bread crumb mixture so that the crumbs will stick - set back onto baking sheet.
5. Place the baking dish into the oven and bake for 10 minutes (bake chicken for 20 minutes). Drizzle fresh lemon juice over the fish sticks before serving.

For parmesan potato pea puree

1. In the bowl of a food processor, combine the broth, parsley, warm peas, warm potato, parmesan cheese, garlic, lemon juice, Herbes and salt & pepper - pulse until combined.
2. Turn processor on to a steady speed and drizzle in olive oil until smooth, about 2-3 minutes.
3. Place the pea puree into a small sauce pot and warm on the stovetop.
4. Serve slightly warmed or at room temperature.

INGREDIENTS

For crunchy fish sticks

1 pound skinless Pacific cod or other thick fillet of firm-fleshed white fish - cut into thick 2 inch nuggets

**Substitute 1 pound chicken tenders*

1 teaspoon kosher salt

1 cup whole wheat bread crumbs * see prep guide

2 Tablespoons white whole wheat flour

¼ cup or ¼ bunch fresh, flat leaf Italian parsley, thick stems removed, finely chopped

1 lemon, zested and juiced (save juice to drizzle over cooked fish)

2 Tablespoons olive oil

½ teaspoon paprika

½ teaspoon kosher salt

Pinch of black pepper

For parmesan potato pea puree

¼ cup low sodium chicken or vegetable broth

¼ cup fresh flat leaf Italian parsley

2 cups frozen green peas, defrosted and warmed

1 - 4 ounce Yukon gold potato, peeled and steamed tender in the microwave, cut into cubes

½ cup loosely packed parmesan cheese, 2 oz

1 garlic clove, peeled

½ lemon, juiced

½ teaspoon Herbes de Provence

½ teaspoon kosher salt

½ teaspoon black pepper

¼ cup olive oil



(3) BRISKET SLIDERS

buttered carrots

MADE AHEAD

- 1 pound cooked brisket with sauce * *from Meal #1*
- Cut vegetables: cabbage, carrots

DIRECTIONS

For brisket sliders

In a small pot, warm brisket over low heat with sauce and a bit of water, if needed, to loosen the sauce. Use two forks to shred the meat and stir into the sauce.

Toast the buns in the toaster, serve with brisket, and top with cabbage or leftover arugula from last week. *If you have any leftover cheese, a sprinkle of cheese would taste great too.*

For buttered carrots

In a small saucepot, cover carrots with $\frac{1}{2}$ cup of water and bring to a simmer over low heat. Cover and steam carrots until tender. Drain and toss with olive oil/butter and salt & pepper.

INGREDIENTS

For brisket sliders

1 pound made ahead brisket **see Meal #1 for recipe*
4 whole wheat hamburger buns
1 cup shredded cabbage

For buttered carrots

5 medium carrots, peeled and cut into $\frac{1}{4}$ " coins
1 teaspoon olive oil or butter
 $\frac{1}{4}$ teaspoon kosher salt
Pinch of black pepper



(4) CHICKEN & RICE SOUP

Fresh 20 whole wheat Biscuits

MADE AHEAD

- Cut chicken: 1 pound boneless, skinless chicken breast cut into bite size pieces
- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For chicken & rice soup

1. Heat a soup pot over medium heat. Once hot add in oil, onion, carrots, and celery. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Stir in garlic and poultry seasoning and cook until fragrant, about 30 seconds.
3. Add broth, chicken and brown rice; season with salt and pepper and stir to combine. Reduce heat to a low simmer and cook for 15- 20 minutes or until rice grains are soft and tender. Add in the zucchini 5 minutes before serving.

Meanwhile

For Fresh 20 whole wheat biscuits

1. Preheat oven to 450 degrees.
2. In a small bowl combine milk and lemon juice - set aside for five minutes.
3. In a medium bowl combine the flour, baking powder, and salt.
4. With a fork or pastry cutter (or fingers) cut butter into flour until it is evenly distributed and resembles small peas. With a large spoon, stir in milk until just combined. Do not over mix; there will still be flour at the bottom of your bowl.
5. Flour a cutting board and turn the dough out onto board. Press down to flatten out to an even 3/4 inch thick.
6. Use a drinking glass or biscuit cutter to cut out biscuits. Gently gather remaining dough and press out one more time to cut the last biscuits. Discard any remaining dough after this step.
7. Place biscuits on a baking sheet and brush with milk.
8. Bake 10 to 12 minutes, until golden. Serve warm.

INGREDIENTS

For chicken & rice soup

1 Tablespoon olive oil
¾ medium yellow onion, cut into small dice
3 carrots, peeled and cut into ¼ inch coins
3 celery stalks, cut into ¼ inch slices
Kosher salt
1 garlic clove, minced or pressed
2 teaspoons of herbs de Provence (or sub 1 Tablespoon poultry seasoning if you have on hand)
6 cups low sodium chicken broth
1 pound of boneless, skinless chicken breast, cut into bite size pieces
½ cup uncooked brown rice
½ teaspoon kosher salt
¼ teaspoon black pepper
1 medium green Italian zucchini, cut into medium dice

For Fresh 20 whole wheat biscuits

¾ cup organic milk + a little extra to brush biscuit tops
½ lemon, juiced to yield 1 Tablespoon of juice
2 cups white whole wheat flour (plus little extra for cutting board)
2 Tablespoons baking powder
1 teaspoon kosher salt
1/2 cup organic unsalted butter, cold and cut into small pieces



(5) VEGETARIAN CABBAGE ROLLS

with tomato sauce

If you are tempted to skip this recipe, I strongly encourage you not to. The wonderful flavor of this vegetarian dish will not disappoint you. Don't worry if your rolls aren't perfect - it will all be fine in the end. If you have any leftover filling just scoop it on the top before you add the tomatoes.

MADE AHEAD

- 2 cups cooked brown rice * see prep guide
- Cut vegetables: cabbage, onion, mushrooms

DIRECTIONS

For vegetarian cabbage rolls

1. Preheat the oven to 425 degrees.
2. Remove 8 - 10 leaves from cabbage head. Cut off the raised part of the center vein of each cabbage leaf, but do not cut out the whole vein. Place the cabbage leaves in a microwave safe bowl with 2 Tablespoons of water and microwave on high for 5 minutes to steam; cool slightly.
3. Heat a large, nonstick sauté pan over medium heat and add oil. Once the oil is warm add the onion, mushroom, garlic, and rice. Season with oregano and salt & pepper and stir to combine. Cook for 5-6 minutes and cool slightly.
4. Place cabbage leaves on a flat surface and spoon about 1/3 cup of vegetable mixture into center of each cabbage leaf lengthwise. Fold the edges of the leaves over the mixture and roll up like a burrito. Place the cabbage rolls into a lightly oiled 9x13 inch casserole dish.
5. In a small bowl, stir to combine the tomatoes, vinegar, olive oil, garlic, and salt & pepper. Pour over the top of the cabbage rolls.
6. Cover and bake in the preheated oven for 20 minutes.
7. Garnish with parmesan cheese and serve warm.

INGREDIENTS

For vegetarian cabbage rolls

½ large head green cabbage, cored and leaves removed in large pieces, about 8-10 leaves (rest of cabbage is used in Meal #1 and #3)
1 Tablespoon olive oil
½ medium yellow onion, cut into small dice
4 ounces brown Italian mushrooms, finely chopped
2 garlic cloves, minced or pressed
2 cups cooked brown rice * see prep guide
1 teaspoon oregano
½ teaspoon kosher salt
¼ teaspoon black pepper

For tomato sauce

1 - 14.5-ounce can crushed, organic, no-salt-added tomatoes with juice
1 Tablespoon balsamic vinegar
1 Tablespoon olive oil
1 garlic clove, minced or pressed
¼ teaspoon kosher salt
Pinch of black pepper

**Optional, garnish with freshly grated parmesan cheese*



Nutrition Information

BBQ braised brisket				Serves: 4	
Serving Size: 4 ounces brisket + dressing					
Calories	346	kcal	Fat	13	g
Protein	35.3	g	Saturated	4.3	g
Carbohydrate	19.7	g	Sugar	14	g
Sodium	291	mg	Calcium	4.1	%DV
Fiber	2	g	Iron	25	%DV
Cholesterol	106	mg			

Colcannon				Serves: 4	
Serving Size: 1 cup					
Calories	243	kcal	Fat	4.4	g
Protein	5.8	g	Saturated	2.1	g
Carbohydrate	47.6	g	Sugar	18	g
Sodium	310	mg	Calcium	12	%DV
Fiber	6.2	g	Iron	14	%DV
Cholesterol	8	mg			

Crunchy fish sticks				Serves: 4	
Serving Size: 4 ounces cod					
Calories	217	kcal	Fat	8.8	g
Protein	20.1	g	Saturated	1.3	g
Carbohydrate	16.7	g	Sugar	2.5	g
Sodium	1,232	mg	Calcium	4.3	%DV
Fiber	3.3	g	Iron	7.6	%DV
Cholesterol	54	mg			

Parmesan potato pea puree				Serves: 4	
Serving Size: 1/2 cup					
Calories	242	kcal	Fat	18	g
Protein	8.4	g	Saturated	4.4	g
Carbohydrate	13	g	Sugar	0.8	g
Sodium	474	mg	Calcium	20	%DV
Fiber	3	g	Iron	11	%DV
Cholesterol	13	mg			

Brisket sliders				Serves: 4	
Serving Size: 1 slider					
Calories	520	kcal	Fat	15	g
Protein	40.5	g	Saturated	4.3	g
Carbohydrate	52.7	g	Sugar	19	g
Sodium	594	mg	Calcium	4.8	%DV
Fiber	4.4	g	Iron	30	%DV
Cholesterol	106	mg			

Buttered carrots		Serves: 4	
Serving Size: 1/2 cup			
Calories	47 kcal	Fat	1.3 g
Protein	0.8 g	Saturated	0 g
Carbohydrate	8.6 g	Sugar	4.3 g
Sodium	185 mg	Calcium	3 %DV
Fiber	2.5 g	Iron	1.6 %DV
Cholesterol	0 mg		

Chicken & rice soup		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	310 kcal	Fat	7.5 g
Protein	30.9 g	Saturated	1.4 g
Carbohydrate	28.6 g	Sugar	6.2 g
Sodium	538 mg	Calcium	7.5 %DV
Fiber	4 g	Iron	9 %DV
Cholesterol	73 mg		

Fresh 20 whole wheat biscuits		Serves: 10	
Serving Size: 1 biscuit			
Calories	173 kcal	Fat	10 g
Protein	3.9 g	Saturated	6.1 g
Carbohydrate	19 g	Sugar	1.1 g
Sodium	424 mg	Calcium	24 %DV
Fiber	2.6 g	Iron	6.6 %DV
Cholesterol	25 mg		

Vegetarian cabbage rolls with tomato sauce		Serves: 4	
Serving Size: Approx 2.5 rolls + 1/4 cup tomato sauce			
Calories	298 kcal	Fat	8.2 g
Protein	8.2 g	Saturated	1.2 g
Carbohydrate	49 g	Sugar	7.2 g
Sodium	470 mg	Calcium	7.4 %DV
Fiber	6.3 g	Iron	9.9 %DV
Cholesterol	0 mg		