

PREP GUIDE

The items listed below can be prepared at the beginning of the week (unless otherwise noted) to save time on meal night. Be sure to seal in airtight containers and store in the coldest part of your refrigerator.

Meal #1

- 2 cups cooked quinoa * see recipe below
- Marinate tofu – overnight if possible
- Grate ginger
- Cut vegetables:
 - 2 carrots, peeled and shredded
 - 2 ounces snow peas, cut into thin slices
 - 1 green onion (green & white parts separate) chopped

Meal #2

- 2 cups cooked brown rice * see Meal #2 for recipe
- Cut vegetables
 - ½ red onion, finely chopped
 - 4 medium carrots, peeled and cut into ½" slices
 - 1 red bell pepper, diced

Meal #3

- 4-5 slices (14 oz) teriyaki tofu * from Meal #1
- ¼ cup teriyaki marinade/sauce * from Meal #1
- Cut vegetables:
 - 2 cups Napa cabbage, shredded
 - 2 ounces snow peas, cut into thin slices lengthwise
 - ½ red bell pepper, cut into thin strips

Meal #4

- Cut vegetables
 - ¾ red onion, cut into small dice
 - 1 ½ red bell peppers, cut into small dice
 - 1 green bell pepper, cut into small dice

Meal #5

- ½ cup cooked quinoa * see recipe below
- Grate ginger
- Cut vegetables:
 - 6 cups shredded Napa cabbage
 - 2 carrots, shredded
 - ½ red bell pepper, cut into thin strips
 - 4 ounces snow peas, cut into thin strips
 - 2 green onions (green parts), cut into thin strips *optional

Quinoa (Meal #1 & #5)

1 ¼ cup quinoa
2 ¼ cups water

Bring 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. Store in an airtight container; makes 2-1/2 cups.

MENU

MONDAY ①

TERIYAKI TOFU
Asian flavored quinoa

TUESDAY ②

BLACK BEAN & RICE SKILLET
Roasted carrots

WEDNESDAY ③

TERIYAKI TOFU BURRITO WRAPS

THURSDAY ④

CUBAN BLACK BEAN STEW
Sofrito quesadillas

FRIDAY ⑤

CHINESE CASHEW SALAD
Soy honey vinaigrette



Vegetarian February 1st

Shopping List

(1) Teriyaki Tofu (2) Black Bean & Rice Skillet (3) Teriyaki Tofu Burritos (4) Cuban Black Bean Stew (5) Chinese Cashew Salad

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	lime	2		1
1	green onion	1	+ 2 extra if using in #5	1
1,5	ginger	3"		2
1	bok choy	4		2
1,2,5	carrots	8		2.5
1,3,5	snow peas	8 ounces	chinese snow peas	2
1,3,5	cilantro	1 bunch		1.5
2,4	red onion	2		2.5
2,3,4,5	bell peppers	4 red, 1 green		5
5	navel oranges	2		2
3,5	Napa Cabbage	1 head	need 8 cups shredded	3
5	cucumber	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
2,3,4	Jack cheese	2-3/4 cups	or Mexican Blend reduced fat 2%	5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	extra firm tofu	2 blocks	14 ounces each, organic	6
1,5	quinoa	1-1/4 cups		2
2,3,4	canned black beans	5 cans	14.5 oz cans, organic, no-salt added	10
2	canned diced tomatoes	1 can	14 ounce can, organic no salt added	2
3,4	whole wheat tortillas	8	9 inch burrito size	3
5	cashew pieces (toasted)	1-1/2 cups		3

Fresh 20 Grocery Est 56.5
 Cost Per Dinner 11.3
 Cost Per Serving 2.825

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/4 cup	dried oregano	1-1/4 teaspoons
	grapeseed oil	1/2 cup	herbes de provence	
	balsamic vinegar		ground cumin	3/4 teaspoon
	white wine vinegar	5 Tablespoons	raw honey or 100% maple syrup	5 Tablespoons
	veggie broth: low sodium	1-1/2 cups	organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/4 teaspoons	soy sauce or Braggs liquid amino acid	10 Tablespoons
	black pepper	1 teaspoon	whole wheat elbow macaroni	
	cayenne pepper	1/8 teaspoon	long grain brown rice	1 cup
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) TERIYAKI TOFU

asian flavored quinoa

MADE AHEAD

- 2 cups cooked quinoa * see prep guide
- Marinate tofu – overnight if possible
- Grate ginger
- Cut vegetables: carrots, snow peas, green onion

DIRECTIONS

For teriyaki tofu

1. In a large Ziploc bag or a nonreactive container, combine vinegar, lime juice, honey, soy sauce, white of the onion, ginger, garlic, and pepper. Add in the tofu and seal the bag or cover with plastic wrap. Allow tofu to marinate for at least 20-30 minutes - overnight if possible. The longer you can marinate the better - the soy sauce needs time to salt the tofu properly.
2. Preheat your oven to 425 degrees and adjust the oven rack to the middle. Line a baking sheet with aluminum foil and lay out the tofu. Try to shake off as much marinade as possible – **reserve marinade**. Bake for 30-35 minutes, turning once or twice to avoid burning. Pour marinade into a small saucepot. Bring to a boil, then reduce to a simmer and reduce by half to use as baste. Save ¼ cup of reduced teriyaki marinade for later in the week, Meal #3.
3. During the last 10 minutes of baking, lightly brush the tofu with the reduced marinade and return to the oven to finish baking.
4. Reserve half of the baked tofu, store in an airtight container or Ziploc bag, and refrigerate for use later in the week. Serve the remaining tofu warm with bok choy and quinoa.

For bok choy

Ten minutes before the tofu is done cooking, place the bok choy onto the baking sheet in between or next to the tofu, cut side up. Brush lightly with marinade and return to the oven for the remaining 10 minutes.

For Asian flavored quinoa

1. On dinner night, reheat the quinoa in a medium sauce pot over low heat with 1 Tablespoon of water. Cover with a lid and steam until warm, fluff with a fork.
2. Add the soy sauce, vinegar, lime juice, grapeseed oil, carrots, snow peas, onion, and cilantro to the warm quinoa. Stir to combine and serve warm.

INGREDIENTS

For teriyaki tofu

2 Tablespoons white wine vinegar
½ lime, juiced to yield 1 Tablespoon lime juice
¼ cup honey
½ cup low sodium soy sauce
1 green onion, white part only, roughly chopped (save the green for quinoa)
2 inches of fresh ginger, grated to yield 1 Tablespoon
2 garlic cloves, minced or pressed
¼ teaspoon black pepper
2 – 14 ounce extra firm tofu blocks, rinsed, drained and excess water pressed out, sliced length wise into 4 to 5 slices for total of 8-10 slices (for two meals)

For bok choy

4 bok choy, root ends trimmed, cut in fourths lengthwise

For Asian flavored quinoa

2 cups cooked quinoa * see prep guide
1 Tablespoon soy sauce
1 Tablespoon white wine vinegar
½ lime, juiced to yield 1 Tablespoon lime juice
2 teaspoons grapeseed oil
2 carrots, peeled and shredded
2 ounces (1/2 cup) snow peas, cut into thin slices
1 green onion, green part only, finely chopped (white parts used in marinade)
2 Tablespoons cilantro, roughly chopped



(2) BLACK BEAN & RICE SKILLET

roasted carrots

MADE AHEAD

- 2 cups cooked brown rice * *recipe below*
- Cut vegetables: onions, red bell pepper, carrots

DIRECTIONS

For black bean & rice skillet

1. In a large, non-stick skillet heat olive oil and sauté red onions, garlic, and bell pepper until tender. Add beans, rice, and drained tomatoes and season with salt & pepper, cumin, oregano and cayenne. Simmer for 10 minutes or until warmed through. Remove from heat and sprinkle with Jack cheese before serving.

For roasted carrots

1. Preheat the oven to 450 degrees and adjust the oven rack to the upper third. Place carrots onto a baking sheet and toss with olive oil and salt & pepper.
2. Place into preheated oven and roast for 15 – 20 minutes, or until carrots are tender when pierced with a fork. The total cooking time will depend on the thickness of the carrots.

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.

INGREDIENTS

For black bean & rice skillet

- 1 Tablespoon olive oil
- ½ red onion, finely chopped
- 1 clove garlic, minced or pressed
- 1 red bell pepper, diced
- 1-1/2 cans (14.5 ounces each) organic, no salt added black beans with liquid (reserve ½ of the second can for Meal #4)
- 2 cups cooked brown rice * *see recipe at left*
- 1 -14 ounce can organic diced tomatoes, no salt added, drained
- ½ teaspoon kosher salt
- 1/8 teaspoon black pepper
- Pinch of cumin
- Pinch of oregano
- Pinch cayenne pepper
- ½ cup Jack cheese, shredded **Omit for Vegan option, add sliced avocado*

For roasted carrots

- 4 medium carrots, peeled and cut into ½" slices
- 1 Tablespoon olive oil
- Pinch of kosher salt & black pepper

MADE AHEAD

- 4-5 slices (14 oz) teriyaki tofu * *from Meal #1*
- ¼ cup teriyaki marinade/sauce * *from Meal #1*
- Cut vegetables: cabbage, snow peas, red pepper

DIRECTIONS

For teriyaki tofu burrito wraps

1. Heat a large, nonstick sauté pan over medium heat. Once hot add in the grapeseed oil and then the tofu. Break up tofu slices with a wooden spoon until they are small crumbles. Toss to coat with oil and cook for 2 -3 minutes. Add in the Napa cabbage, snow peas, beans, and red pepper. Stir to combine (tongs work best) and season with the leftover teriyaki sauce – set aside.
2. Heat tortillas carefully over a low open flame or in a sauté pan over medium heat. Tortillas can also be wrapped in a towel and microwaved for 1 minute.
3. Using a slotted spoon to remove any liquid, fill each tortilla with tofu and vegetables and a sprinkle of cilantro and cheese. Roll up and serve warm.

INGREDIENTS

For teriyaki tofu burrito wraps

- 1 Tablespoon grapeseed oil
 - 4-5 slices (14 ounces) of made ahead teriyaki tofu * *from Meal #1*
 - 2 cups Napa cabbage, shredded
 - 2 ounces, about ½ cup, snow peas, cut into thin slices lengthwise
 - 1 -14 ounce can organic, no salt added black beans, drained and rinsed
 - ½ red bell pepper, cut into thin strips
 - ¼ cup leftover teriyaki marinade/sauce * *from Meal #1*
 - 4 – 9” burrito size whole wheat tortillas
 - ¼ cup cilantro, roughly chopped
 - 1-2 Tablespoons of shredded Jack cheese, about ½ ounce
- * Optional, hot sauce of your choice, we recommend Sriracha



(4) CUBAN BLACK BEAN STEW

sofrito quesadillas

MADE AHEAD

- Cut vegetables: onion, red & green peppers

DIRECTIONS

For Cuban black bean stew

1. Heat a large soup pot over medium heat and add in oil. Once the oil is warm, add in the cut vegetables and garlic, sprinkle with salt & pepper, and season with dried oregano, cumin and white wine vinegar. Stir to combine, reduce heat to low/medium, and sweat the vegetables for 10 minutes. After 10 minutes the vegetables will be softened and the onions will be translucent. Remove about 3/4 cup of the cooked vegetables, *this is your sofrito*. Cool and set aside for the quesadillas.
2. Add the broth and 2-1/2 cans of black beans (2 full cans plus 1/2 can left over from Meal #2) to the pan of cooked vegetables. Stir to combine and add in salt and a pinch of cayenne pepper. Simmer for 5 minutes.
3. Carefully remove about half of the beans and vegetables with a slotted spoon and place into the blender (use caution: hot liquids can cause pressure to build up in the blender). Add just enough liquid to blend until fluid and smooth and return to the pot. Gently simmer while making the quesadillas. *Pressed for time and don't want to dirty the blender? Skip the blender step and serve the soup as is.*
4. Serve warm.

For sofrito 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 1/2 cup of cheese over half of the tortilla and sprinkle with sofrito. Fold over and warm through until cheese is melted, repeat with remaining tortillas.
3. Cut in half and serve warm with stew.

INGREDIENTS

For Cuban black bean stew

- 2 Tablespoons olive oil
- 3/4 red onion, cut into small dice
- 1 1/2 red bell peppers, cut into small dice
- 1 green bell pepper, cut into small dice
- 2 garlic cloves, minced or pressed
- Kosher salt & black pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon cumin
- 2 teaspoons white wine vinegar
- 1 1/2 cups low sodium vegetable broth
- 2 – 14 ounce cans organic, no salt added black beans with liquid **plus**
- 1/2 can of drained beans from Meal #2
- 1/4 teaspoon kosher salt
- Pinch of cayenne pepper

For sofrito quesadillas

- Grapeseed oil for pan
- 4 - 9" whole wheat tortillas
- 2 cups jack cheese, shredded
- 3/4 cup cooked sofrito



(5) CHINESE CASHEW SALAD

soy honey vinaigrette

MADE AHEAD

- ½ cup cooked quinoa * *see prep guide*
- Grate ginger
- Cut vegetables: cabbage, carrots, bell pepper, snow peas, green onion

DIRECTIONS

For Chinese cashew salad

In a large bowl, toss together all the salad ingredients and serve with vinaigrette on the side.

For soy honey vinaigrette

In a small bowl, combine lime juice, vinegar, soy sauce, honey, garlic, ginger and salt & pepper, whisk in the grapeseed oil in a thin stream until combined.

or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

INGREDIENTS

For Chinese cashew salad

- 6 cups shredded Napa cabbage
- ½ cup cilantro, roughly chopped
- 2 oranges, peeled and cut into slices through the middle (cross section)
- 2 carrots, shredded
- 1 small cucumber, peeled and cut into half moons
- ½ red bell pepper, cut into thin strips
- 4 ounces snow peas, cut into thin strips
- 2 green onions (green parts), cut into thin strips **optional*
- 1 ½ cups toasted cashew pieces
- ½ cup cooked quinoa * *see prep guide*

For soy honey vinaigrette

- 1 lime, juiced to yield 2 Tablespoons of juice
- 1 Tablespoon white wine vinegar
- 1 Tablespoon soy sauce
- 1 Tablespoon honey
- 1 garlic clove, minced or pressed
- 1 inch of ginger, peeled and grated to yield 1 teaspoon
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup grapeseed oil



Nutrition Information

Teriyaki tofu				Serves: 4	
Serving Size: 1/2 cup tofu + 1 bok choy					
Calories	148	kcal	Fat	6	g
Protein	12.2	g	Saturated	0.6	g
Carbohydrate	15.5	g	Sugar	11	g
Sodium	665	mg	Calcium	28	%DV
Fiber	1.8	g	Iron	17	%DV
Cholesterol	0	mg			

Asian flavored quinoa				Serves: 4	
Serving Size: 1 cup					
Calories	155	kcal	Fat	4.2	g
Protein	5.1	g	Saturated	0	g
Carbohydrate	24.7	g	Sugar	2.4	g
Sodium	182	mg	Calcium	3.6	%DV
Fiber	4	g	Iron	11	%DV
Cholesterol	0	mg			

Black beans & rice skillet				Serves: 4	
Serving Size: 1 cup					
Calories	426	kcal	Fat	11	g
Protein	16.1	g	Saturated	3.3	g
Carbohydrate	65	g	Sugar	7.3	g
Sodium	697	mg	Calcium	19	%DV
Fiber	11.4	g	Iron	19	%DV
Cholesterol	15	mg			

Roasted carrots				Serves: 4	
Serving Size: 1 carrot					
Calories	59	kcal	Fat	3.6	g
Protein	0.7	g	Saturated	0.5	g
Carbohydrate	6.9	g	Sugar	3.4	g
Sodium	50	mg	Calcium	2.4	%DV
Fiber	2	g	Iron	1.3	%DV
Cholesterol	0	mg			

Teriyaki tofu burrito wraps				Serves: 4	
Serving Size: 1 burrito					
Calories	431	kcal	Fat	16	g
Protein	23.7	g	Saturated	3.4	g
Carbohydrate	52.4	g	Sugar	12	g
Sodium	1026	mg	Calcium	39	%DV
Fiber	9.8	g	Iron	30	%DV
Cholesterol	15	mg			

Cuban black bean stew			Serves: 4		
Serving Size: 1 1/4 cup					
Calories	316	kcal	Fat	9	g
Protein	13.7	g	Saturated	1	g
Carbohydrate	41.3	g	Sugar	6.4	g
Sodium	619	mg	Calcium	9.7	%DV
Fiber	14	g	Iron	23	%DV
Cholesterol	0	mg			

Sofrito quesadillas			Serves: 4		
Serving Size: 1 quesadilla					
Calories	320	kcal	Fat	20	g
Protein	16	g	Saturated	10	g
Carbohydrate	22	g	Sugar	0	g
Sodium	510	mg	Calcium	44	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	60	mg			

Chinese cashew salad with soy honey vinaigrette			Serves: 4		
Serving Size: 2 cups + 2 tablespoons vinaigrette					
Calories	553	kcal	Fat	38	g
Protein	12.8	g	Saturated	6.1	g
Carbohydrate	47.4	g	Sugar	19	g
Sodium	322	mg	Calcium	18	%DV
Fiber	8	g	Iron	27	%DV
Cholesterol	0	mg			