

PREP GUIDE - The items listed below can be prepared at the beginning of the week to save time on meal night.

Meal #1

- Make pesto ** recipe below*
- Make breadcrumbs ** recipe below*
- Cut vegetables:
 - 2 medium sweet potatoes, peeled and cut into large dice (nuggets)
 - ½ medium yellow onion, finely chopped
 - ¼ cup fresh Italian parsley, roughly chopped
 - 3 medium carrots, peeled and shredded

Meal #2

- 2 cups brown rice pilaf ** recipe below*
- Cut vegetables:
 - 2 cups broccoli florets, chopped into small, bite size pieces
 - 2 medium carrots, cut into ¼" slices

Meal #3

- 16 tofu balls ** see Meal #1*

Meal #4

- Cut vegetables:
 - 4 cups cauliflower florets, cut into small bite size pieces
 - 2 cups broccoli florets, cut into small bite size pieces

Meal #5

- Make salad dressing
- Cut vegetables:
 - 1 small head of cauliflower, cut into 6 cups of florets
 - ½ medium yellow onion, diced

Pesto (for Meals #1 & #3)

½ cup parmesan cheese grated, 2 ounces	1 cup walnuts, toasted
3 cups baby spinach leaves, about 3 big handfuls	3 cloves garlic, whole
¼ bunch of fresh Italian parsley, large stems removed	Zest of 1 lemon
½ lemon, juiced to yield 2 – 3 Tablespoon of juice	½ teaspoon kosher salt
¼ teaspoon black pepper	½ cup olive oil or ¼ cup olive oil and ¼ cup water

In the bowl of a food processor combine parmesan cheese, spinach, parsley, lemon juice, pepper, walnuts, garlic, zest and salt. Pulse until the mixture becomes a thick paste. You may need to remove the lid and give it a stir to get it moving. Turn the processor on high and stream in the olive oil and/or water. Store covered in the refrigerator until dinner night. Makes 2 cups.

Bread Crumbs (Meal #1 & #4)

Toast 2 whole wheat hamburger buns or 4 slices of 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 2 cups.

Brown Rice Pilaf (Meal #2)

1 Tablespoon olive oil	¼ onion, cut into small dice
1 cup brown rice	2 cups water or low sodium vegetable broth
½ teaspoon kosher salt (only if using water)	

Heat a small pot with oil and add in the onion. Sweat the onion for 2-3 minutes or until it has softened and become translucent. Add in the rice and stir to combine. Add the broth, cover and bring to a boil, then reduce to a simmer. Cook the rice for 25 minutes or until the rice is tender. Remove the lid and steam for an additional 5 minutes. Store the rice in an airtight container until dinner night.

MENU

MONDAY ①

PESTO TOFU BURGERS
Sweet potato nuggets

TUESDAY ②

LEMON BROCCOLI PILAF

WEDNESDAY ③

SPAGHETTI AND PESTO TOFU BALLS
Spinach & fresh tomato

THURSDAY ④

HERB CRUSTED TOFU
Cannellini cauliflower veggie mix

FRIDAY ⑤

CREAMY CAULIFLOWERS SOUP
Chopped spinach salad



(1) PESTO TOFU BURGERS

sweet potato nuggets

MADE AHEAD

- ¼ - ½ cup pesto * *See prep guide*
- 1 cup bread crumbs * *See prep guide*
- Cut vegetables: sweet potato, onion, parsley, carrot

For sweet potato nuggets

1. Preheat oven to 450 degrees and adjust oven rack to the top third.
2. Toss cut potatoes with olive oil and kosher salt and place on a foil-lined baking sheet. Roast for 20-25 minutes or until the potatoes are tender and slightly browned.

For pesto tofu burgers

1. In a large bowl combine breadcrumbs, eggs, onion, parsley, shredded carrots, oregano, zest, garlic, Dijon, and salt & pepper - mix well. Add in crumbled tofu and mix until just combined.
2. Lay out a large piece of plastic wrap or foil and divide tofu mixture into two equal portions. Form one half into 16 golf ball size tofu balls and store in a Ziploc for later in the week. Form the other half of the tofu into 4 equal size patties for the burgers.
3. Heat a large sauté pan or grill pan over medium heat. Once hot add in the grapeseed oil and then the burgers. Cook the burgers for 8-10 minutes per side until they are cooked through and browned on each side. Just before placing the burgers on the buns, spread 1 – 2 Tablespoons of pesto over the top of each burger.
4. Toast buns and garnish each burger with some fresh spinach leaves and a slice of tomato.

**For vegan option omit eggs in the tofu mixture, press and shape into tofu patties and place in a preheated oven at 350 F for 15-20 minutes or until browned. The tofu burgers will not be firm and will break easily. Transfer to buns carefully with flat spatula. Omit cheese in pesto- see prep guide.*

INGREDIENTS

For sweet potato nuggets

2 medium sweet potatoes, peeled and cut into large dice (nuggets)
1 Tablespoon olive oil
½ teaspoon kosher salt

For pesto tofu burgers

1 cup whole wheat bread crumbs *
see prep guide
2 large organic, free range eggs
½ medium yellow onion, finely chopped
¼ cup fresh Italian parsley, roughly chopped
3 medium carrots, peeled and shredded
1 Tablespoon dried oregano
1 lemon, zested
2 cloves garlic, minced or pressed
1 Tablespoon Dijon mustard
1 teaspoon kosher salt
½ teaspoon ground black pepper
2 – 14 oz packages extra firm, organic tofu, drained, pressed for excess water and crumbled (*for 2 meals*)
1 Tablespoon grapeseed oil
¼ - ½ cup pesto * *see prep guide*
4 whole wheat hamburger buns
1 cup baby spinach leaves
1 tomato, sliced to yield 4 slices

MADE AHEAD

- 2 cups brown rice pilaf * *see prep guide*
- Cut vegetables: broccoli, carrots

DIRECTIONS

For lemon broccoli pilaf

1. On dinner night, reheat the brown rice pilaf in a medium saucepot over low heat with 1 Tablespoon of water. Warm the rice through - about 5-10 minutes.

Meanwhile

2. Add grapeseed oil to a large sauté pan on medium/high heat. Once oil is hot add broccoli, carrots and garbanzo beans. Sauté for 8-10 minutes or until veggies are tender.
3. Fold veggie/bean mixture into the rice with lemon juice and salt and pepper. Serve warm and garnish with chopped walnuts and parsley.

INGREDIENTS

For lemon broccoli pilaf

2 cups cooked brown rice pilaf * *see prep guide*
1 tablespoon grapeseed oil
2 cups broccoli florets, chopped into small, bite size pieces
2 medium carrots, cut into ¼" slices
2- 14.5 ounce cans garbanzo beans, drained and rinsed
1 lemon, juiced
1/2 teaspoon kosher salt
Pinch of black pepper

Garnish

Walnuts and parsley



(3) SPAGHETTI & PESTO-BALLS

spinach and fresh tomato

MADE AHEAD

- 16 tofu balls * See Meal #1
- ¾ cup pesto * See prep guide

DIRECTIONS

For spaghetti & pesto tofu balls

1. Preheat oven to 425 degrees and line a baking sheet with parchment or foil. Place tofu balls onto the baking sheet and bake for 15-18 minutes or until golden.

Meanwhile

2. Bring a large pot of water with a heavy pinch of salt to a boil. Add spaghetti and boil for 8-10 minutes or until al dente. Drain, reserving ¾ cup of pasta water, and return to the pot.
3. Add pesto, pasta water, spinach and tomatoes to the pot of spaghetti. Season with fresh black pepper and toss with tongs.
4. Once the tofu balls come out of the oven, toss them (gently) in with the hot pasta and serve warm. Garnish with freshly grated parmesan cheese.

**Vegan option- tofu balls will not be firm to touch, gently place on baking sheet. Garnish with chopped walnuts or roasted pumpkin or sunflower seeds instead of cheese.*

INGREDIENTS

For spaghetti & pesto tofu balls

16 made-ahead tofu balls * see Meal #1 for recipe

8 ounces whole wheat spaghetti

¾ cup pesto * see prep guide

¾ cup pasta water

2 cups baby spinach leaves, about 2 handfuls

3 Roma tomatoes, cut into small dice

Black pepper to taste

Garnish

Parmesan cheese, grated



(4) HERB CRUSTED TOFU cannellini cauliflower veggie mix

MADE AHEAD

- 1 cup whole wheat bread crumbs * *see prep guide*
- Cut vegetables: cauliflower, broccoli

DIRECTIONS

For herb crusted tofu

1. Preheat oven to 425 degrees and adjust the oven rack to the upper third. Line a baking sheet with parchment or foil.
2. In a medium bowl, combine the breadcrumbs, parsley, thyme, zest, garlic, paprika, olive oil, and a pinch of kosher salt & pepper. Stir to combine and set aside.
3. In a small bowl, combine olive oil, Dijon mustard and salt & pepper. Brush each piece of tofu, front and back, with mustard mixture and then press into the bread crumbs to coat.
4. Lay tofu onto the baking sheet and place into preheated oven for 30-40 minutes or until tofu is golden and cooked.

For cannellini cauliflower veggie mix

1. Heat a medium sauce pot with about 2 inches of water. Bring to a boil and add cauliflower and broccoli. Cover with a lid and steam for 5 minutes or until the vegetables are tender.
2. Drain water, turn the heat down to low, and add in beans, garlic, parsley, lemon juice, olive oil and salt and pepper. Stir to combine and warm the beans through, about 2 – 3 minutes.

INGREDIENTS

For herb crusted tofu

1 cup whole wheat bread crumbs *
see prep guide
¼ bunch fresh, flat leaf Italian
parsley, roughly chopped
1 Tablespoon fresh thyme; leaves
removed from stem and roughly
chopped
1 lemon, zested (*reserve juice for
cannellini cauliflower veggie mix*)
2 garlic cloves, minced or pressed
1 teaspoon paprika
1 Tablespoon olive oil
Pinch of kosher salt & black pepper
1 Tablespoon olive oil
1 Tablespoon Dijon mustard
1 teaspoon kosher salt
½ teaspoon black pepper
1 – 14 oz package of extra firm,
organic tofu, drained and cut into ½
inch slices

For cannellini cauliflower veggie mix

4 cups cauliflower florets, cut into
small bite size pieces
2 cups broccoli florets, cut into small
bite size pieces
1- 14.5 ounce can organic, no salt
added cannellini beans, drained and
rinsed
1 clove of garlic, minced or pressed
¼ bunch of fresh flat leaf Italian
parsley, chopped
1 Tablespoon lemon juice
2 Tablespoon olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper



(5) CREAMY CAULIFLOWER SOUP

chopped spinach salad

MADE AHEAD

- Make salad dressing
- Cut vegetables: cauliflower, onion

DIRECTIONS

For creamy cauliflower soup

1. Heat a soup pot over medium heat and add in olive oil. Once the oil is hot add in the cauliflower, onion, and potato. Sprinkle with salt and sweat the vegetables for 2 – 3 minutes or until the onions are tender and translucent.
2. Add in the garlic, fresh thyme, broth, water, and salt & pepper. Simmer for 10-15 minutes or until the cauliflower and potatoes are very tender. Transfer soup in several batches to a blender and carefully blend until smooth. *Be careful to hold the lid down tightly with a towel, pressure can build when blending hot liquids.* Pour blended soup back into the pot and add white wine vinegar. If soup is too thick adjust consistency with water or broth. The soup should be on the thicker side, like thick pancake batter or creamy potato soup.
3. Serve warm and garnish with fresh black pepper, a drizzle of olive oil, and parmesan cheese.

For chopped spinach salad

In a large salad bowl, toss to combine spinach leaves, radicchio, tomatoes, and cucumbers. Serve with your choice of pantry dressing.

INGREDIENTS

For creamy cauliflower soup

2 Tablespoons olive oil
1 small head of cauliflower, cut into 6 cups of florets
½ medium yellow onion, diced
1 - 8 ounce russet potato, peeled and cut into medium dice
Kosher salt
1 clove garlic, minced or pressed
1 Tablespoon fresh thyme, finely chopped
4 cups low sodium vegetable broth
1 cup water
1 ½ teaspoons kosher salt
Pinch of black pepper
1 teaspoon white wine vinegar or sherry vinegar

Garnish

Black pepper
Olive oil
Parmesan cheese

For chopped spinach salad

4 cups baby spinach leaves, about 4 handfuls, roughly chopped
1 small head of radicchio, cut into shreds
1 tomato, cut into small dice
1 cucumber, peeled and cut small dice
Your choice of pantry dressing
(www.thefresh20.com/pantrydressings)



Nutrition Information

Pesto tofu burger				Serves: 4	
Serving Size: 1 tofu burger + 2 tablespoons pesto					
Calories	651	kcal	Fat	38.4	g
Protein	26.5	g	Saturated	5.7	g
Carbohydrate	56.9	g	Sugar	10	g
Sodium	1,111	mg	Calcium	37.2	%DV
Fiber	8.3	g	Iron	29.5	%DV
Cholesterol	55	mg			

Sweet potato nuggets				Serves: 4	
Serving Size: 1/2 sweet potato					
Calories	111	kcal	Fat	3.5	g
Protein	1.8	g	Saturated	0.5	g
Carbohydrate	18.6	g	Sugar	5.8	g
Sodium	279	mg	Calcium	3.4	%DV
Fiber	3	g	Iron	3.6	%DV
Cholesterol	0	mg			

Lemon broccoli pilaf				Serves: 6	
Serving Size: 1 1/2 cup					
Calories	408	kcal	Fat	8.1	g
Protein	15.4	g	Saturated	0.8	g
Carbohydrate	77.1	g	Sugar	4	g
Sodium	677	mg	Calcium	11.9	%DV
Fiber	12.9	g	Iron	22.8	%DV
Cholesterol	0	mg			

Spaghetti & pesto tofu balls with spinach and tomatoes				Serves: 4	
Serving Size: 1 1/4 spaghetti + 4 tofu balls					
Calories	661	kcal	Fat	34	g
Protein	30.5	g	Saturated	5.5	g
Carbohydrate	70.1	g	Sugar	9.8	g
Sodium	824	mg	Calcium	41	%DV
Fiber	11.7	g	Iron	39	%DV
Cholesterol	55.3	mg			

Herb crusted tofu				Serves: 4	
Serving Size: 2 1/2 inch tofu slices					
Calories	143	kcal	Fat	9.3	g
Protein	7.9	g	Saturated	1.2	g
Carbohydrate	9.1	g	Sugar	1.5	g
Sodium	490	mg	Calcium	12.9	%DV
Fiber	1.4	g	Iron	10.2	%DV
Cholesterol	0	mg			

Cannellini cauliflower veggie mix				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	190	kcal	Fat	7.6	g
Protein	8.9	g	Saturated	1	g
Carbohydrate	22.9	g	Sugar	2.8	g
Sodium	530	mg	Calcium	11.2	%DV
Fiber	8.1	g	Iron	12	%DV
Cholesterol	0	mg			

Creamy cauliflower soup				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	170	kcal	Fat	7.3	g
Protein	6.3	g	Saturated	1.1	g
Carbohydrate	21.9	g	Sugar	4.7	g
Sodium	849	mg	Calcium	5.6	%DV
Fiber	4.3	g	Iron	6.7	%DV
Cholesterol	0	mg			

Chopped spinach salad				Serves: 4	
Serving Size: 1 1/2 cup (no dressing)					
Calories	25	kcal	Fat	0	g
Protein	1.7	g	Saturated	0	g
Carbohydrate	4.6	g	Sugar	1.7	g
Sodium	31	mg	Calcium	4.2	%DV
Fiber	1.7	g	Iron	7	%DV
Cholesterol	0	mg			