

## PREP GUIDE

### Meal #1

- Cut vegetables:
  - 1 large onion, thinly sliced
  - 2 parsnips, cut into medium dice
  - 3 carrots, cut into medium dice

### Meal #2

- Make pantry dressing of your choice

### Meal #3

- Cut vegetables:
  - ½ medium yellow onion, cut into small dice
  - 3 celery stalks, cut into small dice
  - 1 medium parsnip, peeled and cut into small dice

### Meal #4

- Make enchilada sauce \* see Meal #4 for recipe

### Meal #5

- Bake potatoes \* see directions below

### Bake potatoes

4 – 8 ounce russet potatoes skin on and scrubbed clean

Preheat your oven to 450 degrees. Bake potatoes on rack for 25-30 minutes or until fork tender. Wait and cut potatoes on dinner night or they will turn black.

## MENU

### MONDAY ①

GREENS & BEANS  
Roasted parsnips & potatoes

### TUESDAY ②

GARLIC LINGUINI with FRESH  
TOMATOES  
Garden salad

### WEDNESDAY ③

BLACK BEAN & CORN CHOWDER  
Warm corn tortillas

### THURSDAY ④

CORN & KALE ENCHILADAS  
Black beans

### FRIDAY ⑤

TEX MEX SALSA STUFFED POTATOES



Vegetarian March 8th

# Shopping List

(1) Greens & Beans 2) Garlic Linguini (3) Black Bean & Corn Chowder (4) Corn & Kale Enchiladas (5) Tex Mex Potatoes

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3	parsnip	3		3
1,2	carrots	4		2
1,3,5	russett potato	7		4
1,3	onion	2		1
1	collard greens	1 large bunch	approx. 5 cups	2
2	lemon	1		0.5
2,4	kale	1-1/2 pounds	need 10 cups (3 large bunches)	4.5
2,5	tomatoes, roma or on the vine	5	small/medium	3
2	red leaf lettuce	1 large head	need 6 cups	2
3	celery	3		1.5
3,4,5	cilantro	1 bunch		1.5
3,5	lime	2		1
3,4,5	frozen organic corn	6 cups		3

Recipe #	Dairy	Quantity	Notes	Est Cost
4,5	2% Mexican blend cheese	4-1/2 cups		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	crushed red pepper flakes	1 teaspoon		0.5
1	cannellini beans	2	14.5 ounces, no salt added, organic	4
2	white wine	1/4 cup	buy a mini bottle or sub broth	3
3,4	corn tortillas	16		3
3,4	mild chili powder	3 Tablespoons		2
3,4,5	canned black beans	6 cans	14.5 ounce cans, no salt added, orga	9

Fresh 20 Grocery Est      54.5  
 Cost Per Dinner          10.9  
 Cost Per Serving          2.725

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	4 tablespoons	dried oregano	2 teaspoons
	grapeseed oil	2 tablespoons	herbes de provence	1 Tablespoons
	balsamic vinegar		ground cumin	1-13/4 teaspoons
	white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	1 tablespoon
	veggie broth: low sodium	12 cups	organic tomato paste	1/4 cup (4 oz)
	garlic	10 cloves	Dijon mustard or brown mustard	
	kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	2-1/2 teaspoons	whole wheat linguini	8 oz
	cayenne pepper	1/8 teaspoon	long grain brown rice	
paprika	1/2 teaspoon	whole wheat white flour	6 Tablespoons	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

# (1) GREENS & BEANS

## roasted parsnips & potatoes

*The key to fast roasting vegetables is to cut them all the same size. Start the Greens & Beans then the parsnips & potatoes to have all ready at the same time for a delicious winter meal.*

### MADE AHEAD

- Cut vegetables: onion, parsnips, carrots

### DIRECTIONS

#### *For the Greens & Beans*

1. In a large skillet with a lid, heat grapeseed oil on medium/low heat. Once hot add onions and cook until browned and slightly sticking to the skillet - about 6-8 minutes. Add garlic and cook an additional 2 minutes. Add collard greens and toss gently until wilted.
2. Add vegetable broth, vinegar, honey and crushed red pepper. Cook until greens are tender, about 25 minutes.
3. Remove from heat, add cannellini beans, and toss until beans are mixed in thoroughly. Season with salt and pepper and serve warm with roasted veggies.

#### *For roasted parsnips & potatoes*

1. Preheat oven to 450 degrees.
2. Line a baking sheet with aluminum foil and toss parsnips, carrots and potatoes with olive oil, Herbes and salt & pepper.
3. Place into the preheated oven and roast for 20 minutes or until fork tender.

### INGREDIENTS

#### *For the Greens & Beans*

- 2 Tablespoons grapeseed oil
- 1 large onion (red or white), thinly sliced
- 4 garlic cloves, minced
- 5 cups collard greens, center rib and stems removed; leaves chopped
- 3/4 cup low sodium vegetable broth
- 2 teaspoons white wine vinegar (cider vinegar may be used)
- 1 Tablespoon honey
- 1 teaspoon red pepper flakes, crushed (use less to reduce heat)
- 2 – 14.5 ounce cans cannellini beans, no salt added, drained and rinsed
- 1/2 teaspoon kosher salt
- 1 teaspoon black pepper

#### *For roasted parsnips & potatoes*

- 2 parsnips, cut into medium dice
- 3 carrots, cut into medium dice
- 2 – 8 ounce russet potatoes, washed and cut into medium dice
- 2 Tablespoon olive oil
- 2 teaspoons Herbes de Provence
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper



## (2) GARLIC LINGUINE garden salad

*If you don't want to use alcohol in this dish feel free to substitute low sodium vegetable broth. If you don't want to open a whole bottle of wine, try purchasing a four pack of mini bottles that you can keep in the pantry for cooking.*

### MADE AHEAD

- Pantry dressing of your choice

### DIRECTIONS

#### *For garlic linguine*

1. Bring a large pot of water with two heavy pinches of kosher salt to a boil. Add linguini and cook for about 8 minutes or until al dente. Drain and set aside.
2. Heat a large sauté pan over medium heat and add ¼ cup of olive oil to the pan; once warm, add in white wine, garlic, cayenne, lemon zest & juice, and salt & pepper. Stir to combine and simmer for 1 minute.
3. Turn up the heat slightly and add in kale, cooked pasta and tomatoes – toss to combine (tongs work best). Cook for 2 minutes or until kale is wilted and the pasta is hot.

#### *For garden salad*

1. Toss all the salad ingredients in a medium bowl and serve with pantry dressing of your choice.

### INGREDIENTS

#### *For garlic linguine*

8 oz whole wheat linguini  
¼ cup olive oil  
¼ cup white wine (you can also substitute low sodium vegetable broth)  
3 garlic cloves, minced  
Pinch of cayenne pepper  
1 lemon, zested and juiced to yield 2 Tablespoons of juice  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
4 cups of kale, about 4 handfuls roughly chopped  
3 tomatoes, cut into small dice

#### *For garden salad*

6 cups red leaf lettuce, roughly chopped  
1 tomato, cut into wedges  
1 carrot, grated or cut into ¼" coins

Pantry dressing of your choice  
([thefresh20.com/pantrydressings](http://thefresh20.com/pantrydressings))



## (3) BLACK BEAN & CORN CHOWDER

warm corn tortillas

### MADE AHEAD

- Cut vegetables: onion, celery, parsnip

### DIRECTIONS

*For black bean & corn chowder*

1. Heat a soup pot over medium heat. Once hot add in 1 Tablespoon of oil and onion, celery, parsnip, corn, potato, garlic, chili powder, oregano, and cumin (optional cayenne pepper). Stir to combine and sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Add in flour, stir to combine, and cook for 1 minute longer. This will create a thick, paste-like roux that will thicken the chowder.
3. Pour in warm broth and season with salt & pepper and lime juice. Stir to combine. Bring to a simmer and add in the black beans. Cook for 10 - 15 minutes or until potatoes and parsnips are tender. If chowder is too thick at this point, add in water or broth to adjust consistency. The chowder should be on the thicker side.
4. Serve with warm tortillas and garnish with cilantro and lime wedges.
5. Serves 5.

### INGREDIENTS

*For black bean & corn chowder*

1 Tablespoon olive oil  
½ medium yellow onion, cut into small dice  
3 celery stalks, cut into small dice  
1 medium parsnip, peeled and cut into small dice  
4 cups organic frozen corn  
1 – 8 ounce russet potato cut into small dice  
2 garlic cloves, minced or pressed  
1 Tablespoon mild chili powder (don't worry - this is not spicy)  
1 teaspoon dried oregano  
¼ teaspoon cumin  
Pinch of cayenne pepper \* *optional*  
Kosher salt  
2 heaping Tablespoons white whole wheat flour  
5 cups low sodium vegetable broth – warmed  
1 teaspoon kosher salt  
Pinch of black pepper  
½ lime, juiced to yield 1 teaspoon of juice  
3- 14.5 ounce cans of black beans, no salt added, drained and rinsed  
  
4 - 6" corn tortillas, warmed

*Garnish*

¼ bunch of cilantro, roughly chopped  
1 lime, cut into wedges



## (4) CORN & KALE ENCHILADAS

### black beans

*This meal can be made 2-3 days ahead and refrigerated until dinner night. Serving size is two enchiladas per person; you will have 4 enchiladas left over. Try to resist eating them!*

#### MADE AHEAD

- Enchilada Sauce \* steps 3-6 below

#### DIRECTIONS

##### *For corn & kale enchiladas*

1. Heat a large, nonstick sauté pan over medium heat and add in oil. Once the oil is hot add the kale and corn. Cook until kale is wilted and most of the moisture has cooked out, about 4 – 6 minutes.
2. Remove the kale and corn from the pan and set aside on a plate lined with paper towels to absorb any remaining moisture.

##### Meanwhile

1. Preheat oven to 400 degrees.
2. Lightly oil 9x13 inch baking dish and set aside.
3. In a small bowl, mix tomato paste, cumin, oregano, garlic and salt & pepper – stir to combine and set aside.
4. Heat a large, nonstick sauté pan over medium heat. Add in oil, flour, and chili powder; stir to combine until it becomes a thick paste. Add in tomato paste mixture and stir to combine.
5. Slowly add in hot vegetable broth while whisking to dissolve the flour mixture. Continue whisking while adding in all the broth.
6. Reduce heat to a simmer and cook for 10 minutes. Remove from the heat and allow cooling slightly.
7. In a medium bowl, combine cooked kale & corn, 1 cup of cheese, and 1 cup of sauce.
8. Stack tortillas and wrap in damp paper towels or a clean dish towel; microwave on high for 2 minutes.
9. Spoon 1 cup of enchilada sauce on the bottom of the prepared baking dish.
10. Fill each tortilla with a heaping 1/4 cup of filling; roll up tightly and arrange, seam side down, in prepared baking dish.
11. Pour remaining sauce over the top of the enchiladas and sprinkle with remaining 1/2 cup of cheese.
12. Cover with foil and place into the preheated oven for 10 minutes. Remove the foil and bake uncovered for 5 additional minutes to melt the cheese. Serve 2 enchiladas per person. Garnish with fresh cilantro.

##### *For black beans*

1. In a small saucepot warm beans with liquid and seasoning. Simmer for 5 minutes and serve warm.

#### INGREDIENTS

##### *For corn & kale enchiladas*

Splash of olive oil  
6 cups kale leaves, about 4 handfuls, roughly chopped with stems removed  
1 cup frozen organic corn  
1/4 cup (4 oz) organic, no salt added tomato paste  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 garlic clove, minced or pressed  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
3 Tablespoons olive oil  
1/4 cup white whole wheat flour  
2 Tablespoons mild chili powder (or ground New Mexico chili powder of your choice)  
3 1/2 cups low sodium vegetable broth, heated  
1 1/2 cups loosely packed, low fat (2%), white cheddar cheese (or Mexican blend), shredded, 1/2 cup reserved for top  
12 - 6" organic corn tortillas  
1/4 bunch fresh cilantro, roughly chopped

##### *For black beans*

2 -14.5 ounce can organic, no salt added black beans  
1/4 teaspoon of dried cumin  
Pinch of salt & black pepper



## (5) TEX MEX SALSA STUFFED POTATOES

### MADE AHEAD

- Bake potatoes

### DIRECTIONS

*For Tex Mex salsa stuffed potatoes*

*If cooking potatoes on dinner night:*

1. Preheat your oven to 450 degrees. Bake potatoes on rack for 25-30 minutes or until fork tender.
2. In a small bowl, combine cilantro, corn, black beans, cheese, tomato, salt & pepper, and lime juice. Stir to combine.
3. Slice each potato down the center in the shape of a t. Fluff the insides of the potato with a fork and fill with salsa. Place on a lined baking sheet and put back into oven for 5 minutes or until the cheese is melted and bubbly.

*If reheating potatoes on dinner night:*

1. Preheat oven to 425 degrees. Pierce potatoes with a fork and place into the preheated oven for 10-12 minutes or until warmed through the center.
2. In a small bowl combine cilantro, corn, black beans, cheese, tomato, salt & pepper, and lime juice. Stir to combine.
3. Slice each potato down the center in the shape of a t. Fluff the insides of the potato with a fork and fill with salsa. Place on a lined baking sheet and put back into oven for 5 minutes or until the cheese is melted and bubbly.

### INGREDIENTS

*For Tex Mex salsa stuffed potatoes*

4 – 8 ounce russet potatoes, skin on and scrubbed clean

¼ bunch of fresh cilantro leaves, roughly chopped

1 cup organic frozen corn kernels, defrosted and drained

1 – 14.5 ounce can organic, no salt added black beans, drained and rinsed

1 cup low fat (2%), Mexican blend cheese, shredded

1 roma tomato, diced

¼ teaspoon kosher salt

Pinch black pepper

½ lime, juiced

Serving suggestion!

Pour half cup of any warmed leftover chowder in a bowl and place stuffed potato on top. It's a great pairing!



# Nutrition Information

Greens & beans				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	310	kcal	Fat	7.7	g
Protein	15	g	Saturated	0.7	g
Carbohydrate	41.3	g	Sugar	6	g
Sodium	771	mg	Calcium	24	%DV
Fiber	12.7	g	Iron	19	%DV
Cholesterol	0	mg			

Roasted parsnips & potatoes				Serves: 4	
Serving Size: 1 cup					
Calories	221	kcal	Fat	7.2	g
Protein	3.7	g	Saturated	1	g
Carbohydrate	37.6	g	Sugar	6.4	g
Sodium	296	mg	Calcium	5.7	%DV
Fiber	6.2	g	Iron	8.7	%DV
Cholesterol	0	mg			

Garlic linguini				Serves: 4	
Serving Size: 1 cup					
Calories	420	kcal	Fat	19	g
Protein	12.5	g	Saturated	2.4	g
Carbohydrate	53.3	g	Sugar	5.7	g
Sodium	415	mg	Calcium	12	%DV
Fiber	12.8	g	Iron	20	%DV
Cholesterol	0	mg			

Garden salad				Serves: 4	
Serving Size: 1 1/2 cup					
Calories	20	kcal	Fat	0	g
Protein	1	g	Saturated	0	g
Carbohydrate	3.9	g	Sugar	1.9	g
Sodium	25	mg	Calcium	2.3	%DV
Fiber	1.3	g	Iron	3.6	%DV
Cholesterol	0	mg			

Black bean & corn chowder				Serves: 5	
Serving Size: 1 1/2 cup					
Calories	485	kcal	Fat	6.5	g
Protein	21	g	Saturated	0.7	g
Carbohydrate	87.2	g	Sugar	8.2	g
Sodium	958	mg	Calcium	14	%DV
Fiber	18.7	g	Iron	29	%DV
Cholesterol	0	mg			



Kale & corn enchiladas with black beans				Serves: 6	
Serving Size: 2 enchiladas + 1/3 cup black beans					
Calories	448	kcal	Fat	15	g
Protein	20.6	g	Saturated	4.1	g
Carbohydrate	60	g	Sugar	5.3	g
Sodium	741	mg	Calcium	46	%DV
Fiber	13.5	g	Iron	28	%DV
Cholesterol	15	mg			

Tex mex salsa stuffed potatoes				Serves: 4	
Serving Size: 1 stuffed potato					
Calories	378	kcal	Fat	5.9	g
Protein	17.1	g	Saturated	2.8	g
Carbohydrate	66.1	g	Sugar	4.3	g
Sodium	513	mg	Calcium	34	%DV
Fiber	9.3	g	Iron	21	%DV
Cholesterol	15	mg			