

MAKE AHEAD

Cilantro Rice (to yield 2 cups cooked)

2 Tablespoons olive oil
 ¼ medium yellow onion, chopped
 1 cup brown rice
 1/8 bunch cilantro, finely chopped
 1 garlic clove, minced
 1/4 teaspoon kosher salt
 2 cups low sodium vegetable broth

1. Heat a small saucepot over medium heat and add in olive oil.
2. Add in onion and begin to sweat until the onion becomes soft and translucent, 2-3 minutes.
3. Add in rice and stir to coat in the olive oil, toast the rice for 3 minutes.
4. Add in cilantro, garlic, salt, and broth. Stir to combine and cover with a lid. Bring to a boil and then reduce to a simmer and cook for 20 minutes.

Farro

3 cups farro (to yield 6 cups cooked)
 4 ½ cups water

1. Heat a large spaghetti pot over medium high heat; add in 3 cups of farro and 4 ½ cups of water.
2. Cover with a lid and bring to a boil and then reduce heat to a low simmer and cook for 30 minutes, or until slightly soft but still has a little bite.
3. Split cooled farro into two for meal # 3 and meal # 5. Store in a Ziploc bag or an airtight container.

MENU

MONDAY ①

Bean Taco Salad
 Creamy Cilantro Dressing

TUESDAY ②

Oven Roasted Eggplant
 Rosemary Cannellini Beans with Kale
 and Tomatoes

WEDNESDAY ③

Rosemary Farro with Red Grapes and
 Radicchio

THURSDAY ④

Black Bean Tostadas
 Cilantro Rice

FRIDAY ⑤

Fried Farro with Crispy Fried Egg and
 Kale

Vegetarian Shopping List

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1, 3, 4, 5	yellow onion	2	medium	1.5
1, 2	lime	2		1
1, 4	cilantro	1 bunch	to yield 3 Tablespoons chopped	1.5
1, 4	Haas avocado	3 large	ripe	3
1, 4	Romaine lettuce	3 heads		5
1	corn on the cobb	2 ears		1.5
1, 2, 4	tomato	4 medium	on the vine or hot house	4
2, 3	rosemary	1 bunch	to yield 2 Tablespoons	2
2	red grapes	1 pound	seedless	5
2, 5	kale	2 bunches	sub: spinach	4
2	Italian eggplant	2 medium		4
3	radicchio	1/4 pound		4
Recipe #	Dairy	Quantity	Notes	Est Cost
1, 4	plain Greek yogurt	2 cups		2
1, 4	white cheddar cheese	4 oz		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1, 3	corn tortillas	4 - 6"	4 optional for #1	3
1, 4	black beans	2 -15 oz cans		3
3, 5	farro	4 cups dry		3
1	pinto beans	1-15 oz can		2
2	cannelini beans	2 -15 oz cans		4
5	eggs	4		2

Fresh 20 Grocery Est 59

Cost Per Dinner 11.4

Cost Per Serving 2.85

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	14 Tablespoon	dried oregano	2 teaspoon
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar	3 Tablespoons	ground cumin	1.25 Tablespoons
	white wine vinegar	1 teaspoon	raw honey or 100% maple syrup	
	vegetable broth	3 Cups	organic tomato paste	1/4 cup
	garlic	11 cloves	Dijon mustard or brown mustard	
	kosher salt	6 Tablespoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 1/2 teaspoons	whole grain pasta	
	cayenne pepper	1/8 teaspoon	long grain brown rice	1 cup
paprika	1 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



BEAN TACO SALAD

creamy cilantro dressing

DIRECTIONS

For beans

1. Heat a large non-stick sauté pan over medium/high heat; add in oil, and once hot, add onion. Stir onions with salt & cayenne, then sauté until soft and translucent, 2-3 minutes.
2. Add in black & pinto beans, garlic, oregano, cumin, and tomato paste, stir to combine. Simmer over low heat until warmed through 5-6 minutes.

For creamy cilantro dressing

1. In a bowl of a food processor combine yogurt, lime juice, cilantro, avocado, garlic clove, olive oil, and salt & pepper, pulse until smooth. If dressing is too thick add in water a Tablespoon at a time to desired consistency.
2. Taste before adding salt & pepper, serve with taco salad.

For salad

In a large bowl toss together, lettuce, corn, cilantro, tomato, avocado, and cheese.

Serve with warm beans, and creamy cilantro dressing with optional chips* on the side.

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender. Cool, then with a knife, cut downwards from top to bottom to remove kernels for salad.

**To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning. Cool, then with a knife, cut downwards from top to bottom to remove kernels for salad.

**Optional tortilla chips (You may have tortillas left over; here is a great way to add crunch to your salad.)*

1. Preheat oven to 425 degrees.
2. Line a baking sheet and lay out tortillas, brush with oil on both sides and place into oven for 5-8 minutes, or until they are lightly browned and crispy. Sprinkle with salt and set aside.

INGREDIENTS

For spicy beans

- 2 Tablespoons olive oil
- 1 medium yellow onion, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne
- 1- 15 oz can black beans, drained
- 1- 15 oz can pinto beans, drained
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- 1 Tablespoon ground cumin
- ¼ cup tomato paste (about 4 oz)
- 1 teaspoon black pepper

For creamy cilantro dressing

- 1 cup Greek yogurt
- 1 lime, juiced
- ¼ bunch of cilantro, roughly chopped
- 1 Haas avocado, peeled and pit removed
- 1 garlic clove, cut in half
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

For salad

- 2 heads of romaine lettuce washed and dried, chopped into bite size pieces
- 2 ears of corn, cooked and kernels removed. (See recipe notes)
- ¼ bunch of cilantro, roughly chopped
- 1 medium tomato, chopped
- 1 large Haas avocado, diced
- ½ cup white cheddar cheese, shredded (2-3oz)



OVEN ROASTED EGGPLANT

rosemary cannellini beans with kale & tomatoes

DIRECTIONS

For oven roasted egg plant

1. Preheat oven to 425 degrees and line a baking sheet with parchment or foil.
2. Cut eggplant in half lengthwise and then again in half lengthwise. Each eggplant will yield 4 slices.
3. Lay eggplant out onto the baking sheet and brush both sides with olive oil, sprinkle with salt & pepper.
4. Roast in the oven 15-20 minutes.
5. Drizzle warm eggplant with balsamic vinegar.
6. Serve warm

For rosemary cannellini beans with kale and tomatoes

1. Heat a medium saucepot over medium heat and add in olive oil.
2. Add in onion and begin to sweat until the onion becomes soft and translucent, about 3 minutes.
3. Add in the rosemary and garlic, stir to combine. Once fragrant, about 30 seconds, add in kale and tomatoes and lime juice. Stir to combine and cook until kale is wilted and tender, about 3-4 minutes.
4. Add in cannellini beans, salt & pepper, and broth. Stir to combine and simmer over low heat for 10 minutes.
5. Taste and adjust salt & pepper.
6. Serve warm

INGREDIENTS

For oven roasted eggplant

- 2 medium Italian eggplants, rinsed and end trimmed
- 2 Tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon balsamic vinegar

For beans with kale and tomatoes

- 2 Tablespoons olive oil
- ¼ medium yellow onion, chopped
- 1 Tablespoon fresh rosemary, finely chopped
- 1 garlic clove, minced
- 1 small bunch of kale, washed and chopped into bite sized pieces, about 4 cups (spinach can be substituted)
- 2 medium tomatoes, chopped
- 1 lime, juiced to yield 1 Tablespoon
- 2 - 15 oz can cannellini beans, drained and rinsed
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 cup low sodium vegetable broth



ROSEMARY FARRO red grapes and radicchio

MADE AHEAD

- Farro

DIRECTIONS

For rosemary farro with red grapes and radicchio

1. Preheat your oven to 425 degrees.
2. Heat a large oven proof nonstick sauté pan or cast iron skillet over medium/high heat; add in oil, when the oil is hot, but not smoking, add in the farro, season with salt & pepper.
3. Cook the farro to warm through for 2-3 minutes. Add in grapes, radicchio, garlic, onions, rosemary, and vinegar, 2 additional Tablespoons of olive oil, and salt and pepper, stir to combine.
4. Cook the grapes and onions over medium heat just until the onions begin to soften, about 2 minutes.
5. Place into the preheated oven for 10-12 minutes or until grapes are softened and radicchio is wilted.
6. Taste and adjust salt & pepper, if desired.
7. Serve warm.

INGREDIENTS

For oven roasted rosemary farro with red grapes and radicchio

- 1 Tablespoon olive oil
 - 4 cups pre-cooked farro
 - ½ teaspoon kosher salt
 - ¼ teaspoon black pepper
 - 1 pound red grapes, about 4 cups, washed (seedless)
 - 1-2 pieces radicchio, about 2 cups chopped into large pieces
 - 1 garlic clove, minced
 - ½ medium yellow onion, thinly sliced
 - 1 Tablespoon fresh rosemary, finely chopped
 - 2 Tablespoons balsamic vinegar
 - 2 Tablespoons of olive oil
- * Optional, add a handful of crumbled walnuts and or crumbled blue cheese or feta.



BLACK BEAN TOSTADAS

cilantro rice

MADE AHEAD

- Cilantro rice

DIRECTIONS

For black bean tostadas

1. Preheat oven to 425 degrees.
2. Line a baking sheet and lay out tortillas, brush with oil on both sides and place into oven for 5-8 minutes, or until they are lightly browned and crispy. Sprinkle with salt and set aside.
3. Heat a medium sauce pot over low heat and combine black beans, garlic, cumin, and cayenne.
4. Simmer for 10 minutes then puree until smooth with an immersion blender or food processor, set aside. Allow bean to cool slightly so they will thicken up enough to spread.
5. Assemble tostadas by starting with a spread of black beans, ¼ cup turkey meat and then pile high the lettuce, tomato, cilantro, and a sprinkle of cheese.
6. Garnish with ¼ of avocado and a dollop of our version of sour cream, thick Greek yogurt.
7. Serve 1 tostada each with ½ cup of cilantro rice.

For cilantro rice

Heat a small saucepot with rice over low temperature with 2 Tablespoons of water.

Cover with a lid and warm for 10-12 minutes.

INGREDIENTS

For black bean tostadas

- 4 -6" corn tortillas
- 2 Tablespoons grapeseed oil
- ½ teaspoon kosher salt
- 1 - 15oz can black beans, drain half of the liquid
- 1 garlic clove
- ¼ teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1 head of romaine lettuce, chopped thinly
- 2 medium tomatoes, chopped
- 1/4 bunch cilantro, roughly chopped
- 4 oz white cheddar cheese, grated – about 1 cup
- 1 Haas avocado, diced
- 1 cup plain, Greek yogurt

For cilantro rice

- 2 cups cilantro rice (make ahead)

DIRECTIONS

MADE AHEAD

- Farro

For fried farro

1. Heat a large nonstick sauté pan over medium/high heat; add in oil, and once hot, add in the onion.
2. Sauté onions until they become soft and lightly brown on the edges, about 2 minutes.
3. Add the garlic, and farro, stir to combine and coat with olive oil and onions. Stir to fry farro for 3-4 minutes.
4. Add in kale and season with salt & pepper, stir to combine.
5. Reduce heat to low and cook kale until soft and tender 2-3 minutes.

Meanwhile

For fried egg

1. Heat a small nonstick sauté pan over medium heat; once hot add in oil, then crack egg into pan.
2. Eggs can be cooked together or 1 at a time.
3. Cook egg until all of the white has solidified and the edges of the egg become crispy.
4. Season the eggs with a sprinkle of salt and pepper; serve 1 egg each over 1 cup of warm fried farro.

INGREDIENTS

For fried farro

- 2 Tablespoons olive oil
- 1/4 medium yellow onion, chopped
- 1 garlic clove, minced
- 4 cups pre-made farro
- 1 small bunch of kale, washed and chopped into bite size pieces (spinach can be substituted)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For crispy fried eggs

- 4 eggs
- 1 Tablespoon olive oil
- Salt & Pepper to taste

** Optional – Do you have any fresh ginger? Sauté a teaspoon of fresh grated ginger with the garlic for even more flavor.*



Vegetarian

Nutrition Information

Bean Taco Salad		Serves: 4	
Serving Size: 1.5 cups beans, 1/4 c dressing, 2 cups salad			
Calories	579	Fat	22
Protein	30	Saturated	5.3
Carbohydrate	78		
Sodium	795	Calcium	320
Fiber	21	Iron	6.9
Cholesterol	18		

Oven Roasted Eggplant w/ Rosemary Cannelini Beans		Serves: 4	
Serving Size: 2 slices eggplant w/ 2 cups cannellini bean mixture			
Calories	398	Fat	15
Protein	16	Saturated	2.1
Carbohydrate	48		
Sodium	1050	Calcium	236
Fiber	14	Iron	3.9
Cholesterol	1.2		

Rosemary Farro w/ Red Grapes & Radicchio		Serves: 4	
Serving Size: 3 cups farro mixture w/ 1/2 cup Wilted Radicchio on top			
Calories	529	Fat	10
Protein	15	Saturated	1.4
Carbohydrate	91		
Sodium	314	Calcium	105
Fiber	8	Iron	2.1
Cholesterol	0		

Black Bean Tostados w/ Cilantro Rice		Serves: 4	
Serving Size: 1 corn tortilla w/ 1/2 c beans, 2 TBS cheese, 2 TBS Greek yogurt + 1/2 c rice			
Calories	648	Fat	33
Protein	39	Saturated	8.7
Carbohydrate	56		
Sodium	470	Calcium	231
Fiber	10	Iron	5.2
Cholesterol	97		

Crispy Farro w/ Kale & Crispy Egg		Serves: 4	
Serving Size: 2 cups farro/kale mixture w/ 1 egg on top			
Calories	526	Fat	15
Protein	22	Saturated	3
Carbohydrate	71		
Sodium	515	Calcium	159
Fiber	7	Iron	2.9
Cholesterol	186		