

**PREP GUIDE****MEAL #1**

- ¼ red onion, finely chopped (about 1 Tablespoon)

**MEAL #2**

- ¼ red onion, finely chopped (about 1 Tablespoon)
- Make pantry dressing

**MEAL #3**

- Make crepe batter up to 2 days in advance\* *see recipe below*
- 1 bell pepper, chopped
- 4 peaches or nectarines; pitted, sliced & frozen
- Make pantry dressing

**MEAL #4**

- Hard boil eggs
- ¼ red onion, finely chopped (about 1 Tablespoon)

**MEAL #5**

- ¼ red onion, finely chopped (about 1 Tablespoon)

**Crepe Batter** (Meal #3)

1 cup whole wheat white flour  
1 cup organic milk  
2 large eggs

Whisk together flour, milk and eggs until well blended and no lumps. Set in fridge for 30 minutes or up to 2 days tightly covered.

**MENU****MONDAY ①**

CHICKEN TOSTADAS  
Tomato Salsa and  
Fire Roasted Zucchini

**TUESDAY ②**

LINGUINI WITH CLAMS  
Cucumber Salad

**WEDNESDAY ③**

HAM AND CHEESE CREPES  
Bell Pepper Salad and  
Peach Smoothie

**THURSDAY ④**

CHEF SALAD  
Frozen Raspberries

**FRIDAY ⑤**

AVOCADO TOASTS  
Black Bean Salad



Classic July 5th

# Shopping List

(1) Chicken Tostadas (2) Linguini with Clams (3) Ham & Cheese Crepes (4) Chef Salad (5) Avocado Toasts & Black Bean Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	organic chicken breast	2	about 1 pound, boneless	10
2	little neck clams	30	or manila clams	16
3,4	sliced deli ham	1 pound		10

Recipe #				Est Cost
1,2,4,5	red onion	1		1
1,2,4,5	cherry or grape tomatoes	4 pints		10
1,2,5	fresh parsley	1 sm bunch		1.5
1,4,5	lime	2		1
1	italian zucchini	2		2
2	cucumber	1		1
3,4	green leaf lettuce	2 heads		3
3	bell pepper	1		1
3	nectarines or peaches	4		2.5
4	raspberries	1 pint		3
5	avocado	2 - used on Friday so not too ripe when purchased		2

Recipe #		Quantity	Notes	Est Cost
1,3	unsalted butter	3 Tablespoons	plus add'l optional 1 Tbl. in #4	2
3,4	organic milk	3-1/2 cups		3
3,4	eggs	6		3
1, 3,4,5	Monterey jack cheese	3 cups	shredded (can be optional)	4

Recipe #		Quantity	Notes	Est Cost
5	black beans	2 cans	14.5 oz each, no salt added	4
1,5	corn tortillas, 6"	8	optional: 4 add'l for Meal #4	2

Fresh 20 Grocery Est 82  
 Cost Per Dinner 16.4  
 Cost Per Serving 4.1

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

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



# (1) GRILLED CHICKEN TOSTADAS

tomato salsa & fire roasted zucchini

## MADE AHEAD

- Cut vegetables: onion

## DIRECTIONS

### *For grilled chicken tostadas*

1. In a large, plastic baggie, shake chicken breasts, 1 Tablespoon olive oil, 1 Tablespoon lime juice (save other Tablespoon for salsa), cayenne, salt, and pepper until chicken is well coated. Set aside for five minutes and make the salsa.
2. Heat outdoor grill over medium-high heat and brush with remaining oil. Once hot, place chicken over flames for 4-5 minutes until desired char is visible. Turn chicken over, reduce heat to medium, and add zucchini (see below) to grill. Close the lid and cook chicken for about eight additional minutes. Chicken is done when juices run clear.
3. Remove from heat, tent with foil, and let sit for five minutes.
4. Warm tortillas on the grill over a low flame until crisp. If desired, brush a little butter over the warm tostadas.
5. Serve one tostadas per person loaded with chicken, salsa, cheese and zucchini.
6. Save the 4 extra tostadas, wrapped in a paper towel and foil, for later in the week.

### *For tomato salsa*

In a small bowl, combine onion, tomatoes, parsley, olive oil, lime juice and salt & pepper – stir to combine.

### *For fire roasted zucchini*

1. Brush zucchini with olive oil and sprinkle halves with seasonings.
2. Place on grill with chicken, cut side down, for about eight minutes.
3. Remove from heat and let cool slightly.
4. Chop into a medium dice and use on tostadas.

## INGREDIENTS

### *For grilled chicken tostadas*

2 organic chicken breasts (1 pound boneless)  
2 Tablespoons olive oil  
1 lime, juiced (2 Tablespoons)  
¼ teaspoon cayenne pepper  
½ teaspoon kosher salt  
½ teaspoon black pepper  
8 – 6" corn tortillas  
1 Tablespoon unsalted butter - *optional*  
½ cup Monterey jack cheese, shredded

### *For tomato salsa*

¼ red onion, finely chopped (about 1 Tablespoon)  
1 pint cherry or grape tomatoes, 2 cups (cut in half)  
¼ bunch fresh parsley, roughly chopped  
1 Tablespoon olive oil  
1 Tablespoon lime juice  
Pinch of kosher salt and black pepper  
\* *Optional pinch of cayenne pepper*

### *For fire roasted zucchini*

Olive oil (for brushing zucchini)  
2 medium Italian zucchini, ends trimmed, cut in half lengthwise  
¼ teaspoon kosher salt  
½ teaspoon black pepper  
½ teaspoon paprika



## (2) LINGUINI WITH CLAMS

### cucumber salad

#### MADE AHEAD

- Cut vegetables: onion
- Make pantry dressing

#### DIRECTIONS

##### *For linguini with clams*

1. Bring a large pot of water with a heavy pinch of salt to a boil.
2. Scrub clams under cold running water and brush off shells to remove any caked-on mud. *We use littleneck or manila clams because they contain less grit and do not require more cleaning than this.*
3. Place clams, stock, and cayenne pepper in a deep, 10 to 12-inch skillet. Cover and bring to boil over high heat.
4. Continue to boil, shaking pan a few times, until clams begin to open, 3-5 minutes.
5. Transfer clams and liquid to a heat proof bowl.
6. Add pasta to boiling water and cook according to package (al dente).
7. Add oil to skillet. Once oil is hot add garlic and cook over medium-low heat for about 3 minutes.
8. Add tomatoes, raise heat to high, and sauté until tomatoes soften- about 2 minutes.
9. Add clams back to pan and cover; cook until all clams open, 1 to 2 minutes. Discard any unopened clams.
10. Drain pasta; do not rinse. Transfer to skillet and toss a little at a time.
11. Stir in parsley.
12. Season with salt and pepper to taste and serve immediately.

##### *For cucumber salad*

Combine salad ingredients in a medium bowl and toss with pantry dressing of your choice.

#### INGREDIENTS

##### *For linguini with clams*

30 little neck clams (substitute 1 cooked chicken breast, diced)  
2 cups chicken stock  
¼ teaspoon cayenne pepper  
8 oz whole wheat linguine  
2 Tablespoons olive oil  
2 cloves garlic, minced or pressed  
1 pint cherry or grape tomatoes, sliced in half  
2 Tablespoons fresh minced parsley  
Kosher salt and black pepper

##### *For cucumber salad*

1 cucumber, peeled and cut into dice or half moons  
¼ red onion, finely chopped (about 1 Tablespoon)  
¼ teaspoon paprika  
½ cup pantry dressing of your choice ([www.thefresh20.com/pantrydressings.com](http://www.thefresh20.com/pantrydressings.com))



## (3) HAM AND CHEESE CREPES

bell pepper salad & peach smoothie

### MADE AHEAD

- Make crepe batter
- Chop bell pepper
- Pit, peel and freeze peaches/nectarines
- Make pantry dressing

### DIRECTIONS

*For ham and cheese crepes*

Whisk together flour, milk and eggs until well blended and no lumps remain. Set in fridge for 30 minutes or up to 2 days tightly covered.

### DINNER NIGHT

1. Gently stir batter if ingredients have separated. If desired, add salt.
2. Heat a 9- to 10-inch nonstick skillet over medium-high heat.
3. Heat a drop of butter in pan and swirl to reach edges.
4. Pour ¼ cup of batter into pan, lift pan off burner, and tilt slightly to swirl batter and cover bottom.
5. Once your crepe is formed, let it cook for 1-2 minutes. To flip the crepe, loosen edge with a spatula and, with fingertips on top, slide it toward you until you can grab edge and flip.
6. Add ¼ cup cheese and 2 slices of ham onto middle of crepe. Cook until there are some lightly browned spots.
7. With the back of a spoon, smear a small amount of Dijon mustard on interior sides of crepe.
8. Fold one third of crepe over the middle. Repeat with other side to wrap ingredients inside. Place cooked crepe on plate and cover to keep warm.
9. Repeat process with remaining batter. Should yield 4-8 crepes, depending on size and thickness.
10. Serve crepes warm with side salad and additional Dijon mustard.

### KITCHEN NOTE:

*The first crepe is usually a disaster because the heat is uncertain. Don't sweat it; the rest will turn out fine! Use of a good nonstick pan will eliminate the need to butter the pan for the crepes (we tested with Anolon).*

*For bell pepper salad*

Combine salad ingredients in a medium bowl and toss with your choice of pantry dressing.

*For peach smoothie dessert*

Place all ingredients into blender. Blend on high for 30 seconds until smooth and frosty. Pour ½ cup into glass and enjoy.

### INGREDIENTS

*For ham and cheese crepes*

1 cup whole wheat white flour  
1 cup organic milk  
2 large eggs  
2 Tablespoons unsalted butter  
1 cup Monterey jack cheese, shredded  
½ pound sliced ham (*Columbus farm-to-table brand is a good quality*)  
1 Tablespoon Dijon mustard

*For bell pepper salad*

1 head (4 cups) green leaf lettuce, chopped  
1 bell pepper, chopped  
¼ cup pantry dressing  
[www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)

*For peach smoothie dessert*

4 nectarines or peaches, pitted, sliced and frozen  
2 cups milk  
2 Tablespoons honey - *optional*  
pinch of salt (*trust us*)



## (4) CHEF'S SALAD

### Frozen raspberries

#### MADE AHEAD

- Hard boiled eggs
- Cut vegetables: onion

#### DIRECTIONS

##### *For chef's salad*

1. Place lettuce in a large serving bowl.
2. Layer the salad ingredients over the lettuce in any pattern you like.
3. Chill until dinnertime.
4. Everyone can make his or her own salad bowl and add dressing individually.
5. Serve with a warm buttered tortilla on side (optional).

##### *For dressing*

*\*Note: This dressing is thin but tasty.*

1. Combine milk and vinegar and let sit for 2 minutes.
2. Add remaining ingredients in a shaker or whisk together in a bowl.
3. Chill.
4. Add to salads individually.

##### *For raspberries*

1. Place raspberries in freezer before dinner.
2. Serve in a communal bowl and linger at the table for a conversation.

#### INGREDIENTS

##### *For chef's salad*

1 head green leaf lettuce, washed and chopped  
1 cup Monterey jack cheese, shredded  
½ pound lean deli ham, sliced into thin strips  
4 eggs, hard-boiled, cut into quarters  
1 cup cherry tomatoes, halved

##### *Optional: buttered tortillas*

4 corn tortillas  
1 Tablespoon unsalted butter

##### *For dressing*

½ cup milk  
1 Tablespoon white wine vinegar  
2 Tablespoons olive oil  
¼ red onion, finely chopped (1 Tablespoon)  
¼ teaspoon kosher salt  
½ teaspoon black pepper

1 pint raspberries



## (5) AVOCADO "TOASTS" black bean salad

*This could be considered a perfect summer meal. Simple, balanced and ready to eat in less than 10 minutes. If you have a few slices of fresh wheat bread you could use that instead of tortillas.*

### MADE AHEAD

- 4 corn tortilla tostadas \*see Meal #1
- Cut vegetables: onion

### DIRECTIONS

#### *For avocado "toasts"*

1. Mash avocado and combine with lime juice.
2. Spread  $\frac{1}{4}$  of mashed avocado mixture over pre-made tostada.
3. Top with a little cheese and a sprinkle of salt and pepper.

#### *For black bean salad*

1. Combine beans, tomatoes, red onion, parsley, olive oil, cumin, salt and black pepper in a medium serving bowl.
2. Cover and chill until ready to serve.

### INGREDIENTS

#### *For avocado "toasts"*

2 ripe avocados, pitted  
2 teaspoons fresh lime juice  
4 corn tortillas (6" size) made into tostadas \*see Meal #1  
 $\frac{1}{2}$  cup grated Monterey jack cheese  
kosher salt  
black pepper

#### *For black bean salad*

2 -14.5 ounce cans black beans, rinsed and drained  
1 pint cherry or grape tomatoes, cut in half  
 $\frac{1}{4}$  red onion, finely chopped (about 1 Tablespoon)  
2 Tablespoons freshly chopped parsley  
1 teaspoon olive oil  
 $\frac{1}{8}$  teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{2}$  teaspoon black pepper



# Nutrition Information

Grilled chicken tostadas with tomato salsa & fire roasted zucchini				Serves: 4	
Serving Size: 1 loaded tostada					
Calories	378	kcal	Fat	19	g
Protein	31.8	g	Saturated	4.8	g
Carbohydrate	21.3	g	Sugar	6.6	g
Sodium	625	mg	Calcium	17	%DV
Fiber	4.6	g	Iron	10	%DV
Cholesterol	88	mg			

Linguini with clams and cucumber salad				Serves: 4	
Serving Size: 1 cup prepared linguini with clams + 1/4 cup cucumber salad (without dressing)					
Calories	345	kcal	Fat	8.5	g
Protein	20.3	g	Saturated	1.2	g
Carbohydrate	50	g	Sugar	5	g
Sodium	420	mg	Calcium	7.5	%DV
Fiber	5.9	g	Iron	21	%DV
Cholesterol	20	mg			

Ham and cheese crepes with bell pepper salad & peach smoothie dessert				Serves: 4	
Serving Size: 2 crepes + 1 cup salad (without dressing) + 3/4 cup smoothie					
Calories	550	kcal	Fat	22	g
Protein	32.9	g	Saturated	11	g
Carbohydrate	58.5	g	Sugar	33	g
Sodium	941	mg	Calcium	47	%DV
Fiber	6.6	g	Iron	13	%DV
Cholesterol	124	mg			

Chef's salad with frozen raspberries				Serves: 4	
Serving Size: 1 1/2 cup salad with 1 tablespoon dressing (without tortillas) + 1/2 cup raspberries					
Calories	381	kcal	Fat	25	g
Protein	27.7	g	Saturated	8.7	g
Carbohydrate	13.7	g	Sugar	5.8	g
Sodium	960	mg	Calcium	30	%DV
Fiber	4.9	g	Iron	14	%DV
Cholesterol	248	mg			

Avocado "toasts" with black bean salad				Serves: 4	
Serving Size: 1 prepared "toast" + 3/4 cup black bean salad					
Calories	423	kcal	Fat	18	g
Protein	16.7	g	Saturated	4.2	g
Carbohydrate	49.5	g	Sugar	4.4	g
Sodium	751	mg	Calcium	21	%DV
Fiber	17.2	g	Iron	23	%DV
Cholesterol	15	mg			