

## PREP GUIDE

### MEAL #1

- Marinate tofu \* *see recipe below*

### Marinated tofu

4 garlic cloves, minced or pressed  
 ¼ cup olive oil  
 1 Tablespoon dried oregano  
 1 lemon, zested and juiced  
 ½ teaspoon kosher salt  
 ½ teaspoon black pepper  
 2 containers fresh extra firm tofu, about 12-14 ounces each block, cut into slices

Place garlic, olive oil, oregano, lemon zest and juice, and salt & pepper in a reusable container that is non-reactive and mix to combine. Add tofu and marinate in the refrigerator for 20 minutes or up to 24 hours.

### MEAL #2

- Make pesto \* *see recipe below*

### MEAL #3

- Cut vegetables
  - 1 bell pepper, cut into thin slices

### Pesto (for Meals #2, #3 & #5 optional #4)

½ cup grated parmesan cheese, 2 ounces  
 3 cups basil leaves, about 3 big handfuls  
 ½ lemon, zested and juiced to yield 2 Tablespoon of juice  
 ¼ teaspoon black pepper  
 1 cup pine nuts or walnuts  
 3 cloves garlic, whole  
 ½ teaspoon kosher salt  
 ¼ cup olive oil and/or ¼ cup water

In the bowl of a food processor combine parmesan cheese, basil, lemon juice & zest, pepper, walnuts, garlic, 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 1-1/2 cups.

### MEAL #5

- Roasted red peppers \* *see directions, Meal #5*

## MENU

### MONDAY ①

GARLIC TOFU  
 Massaged kale

### TUESDAY ②

PESTO PENNE  
 Grilled grapes

### WEDNESDAY ③

PESTO PIZZA  
 Cantaloupe

### THURSDAY ④

TOFU SALAD PITAS  
 Green beans and bell pepper sticks

### FRIDAY ⑤

PORTOBELLO CAPRESE  
 Avocado Caesar salad



Vegetarian July 19, 2013  
**Shopping List**

(1) Garlic Tofu w/ Kale (2) Pesto Penne (3) Pesto Pizza (4) Tofu Salad Pitas (5) Portabello Caprese

| Recipe #  | Vegetables & Fruit          | Quantity      | Notes                              | Est Cost |
|-----------|-----------------------------|---------------|------------------------------------|----------|
| 1,2,3,4,5 | lemon                       | 4             |                                    | 2        |
| 1         | tofu, extra firm            | 2 containers  | 12-14 oz each, organic             | 6        |
| 1         | curly kale                  | 1 large bunch |                                    | 2        |
| 1,5       | avocado                     | 2             |                                    | 1.5      |
| 1,2,3,5   | beefsteak tomato            | 5             |                                    | 4        |
| 2,4       | fresh green beans           | 1 pound       |                                    | 3        |
| 2,4       | red grapes                  | 1-1/2 pounds  |                                    | 4        |
| 3,4,5     | bell pepper, red            | 4             |                                    | 4        |
| 1,3       | cantaloupe                  | 1             |                                    | 3        |
| 4         | green onion                 | 3             |                                    | 1.5      |
| 5         | portobello mushroom cap, lg | 4             |                                    | 5        |
| 5         | romaine lettuce             | 1 head        |                                    | 2        |
| 2,3,4,5   | fresh basil leaves          | 3 cups        | 2-3 bunches (save 8 leaves for #5) | 3        |

| Recipe # | Dairy                  | Quantity  | Notes                                 | Est Cost |
|----------|------------------------|-----------|---------------------------------------|----------|
| 3, 5     | fresh mozzarella       | 16 ounces | half will be shredded and half sliced | 6        |
| 4        | plain greek yogurt     | 1/2 cup   |                                       | 2        |
| 2,3,4,5  | grated parmesan cheese | 3/4 cup   | <i>about 3 ounces</i>                 | 3        |

| Recipe # | Bakery/Misc          | Quantity | Notes                      | Est Cost |
|----------|----------------------|----------|----------------------------|----------|
| 2        | cannellini beans     | 1 can    | 14.5 ounces, no salt added | 4        |
| 3,4      | whole wheat pita     | 6        |                            | 2        |
| 2,3,4,5  | pine nuts or walnuts | 1 cup    |                            | 3        |

Fresh 20 Grocery Est                    61  
 Cost Per Dinner                         12.2  
 Cost Per Serving                         3.05

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

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



# (1) GARLIC TOFU

## massaged kale

### MAKE AHEAD

- Marinate tofu (can be marinated on dinner night or up to 24 hours in advance)

Place garlic, olive oil, oregano, lemon zest and juice, and salt & pepper in a non-reactive container and mix to combine. Add tofu slices and marinate in the refrigerator for 20 minutes or up to 24 hours.

### DIRECTIONS

*Dinner night*

*For tofu*

1. Heat outdoor grill.
2. Remove tofu from the marinade and discard liquid.
3. Place the tofu strips onto the preheated grill and cook for about 3-4 minutes per side, rotating often so they don't burn. Serve half of the tofu with kale salad.
4. Reserve remaining tofu for Meal #4. Store cooled tofu in a Ziploc bag or airtight container in the refrigerator.

*Cooking indoors? Preheat your oven to 450 degrees and place tofu on a foil lined baking sheet. Cook for 8 minutes, turning after 5 minutes.*

*For kale*

1. Place kale in a large serving bowl.
2. Combine olive oil, salt, and lemon juice and add to kale.
3. With clean hands, massage kale for a few minutes, or until leaves are soft and tender. This is a great job for kids!
4. Add the mashed avocado and give one more quick "massage."
5. Sprinkle with black pepper and serve immediately with sliced beefsteak tomato and melon wedges.

### INGREDIENTS

*For marinade*

4 garlic cloves, minced or pressed  
¼ cup olive oil  
1 Tablespoon dried oregano  
1 lemon, zested and juiced  
½ teaspoon kosher salt  
½ teaspoon black pepper  
2 containers fresh extra firm tofu, about 12-14 ounces each block, cut into slices  
(optional add ½ teaspoon of cayenne or pepper flakes to tofu for heat)

*For kale*

1 large bunch curly kale, de-stemmed and torn or chopped into pieces  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
1 Tablespoon fresh lemon juice  
1 ripe avocado, peeled, pitted & mashed  
¼ teaspoon black pepper

1 medium beefsteak tomato, sliced

*Note: My parents used to sprinkle a little salt to bring out the flavor of our Midwestern tomatoes, but ripe summer tomatoes don't need it!*

½ cantaloupe, cut into wedges

Check out this cool blog for a step by step kale tutorial:

<http://www.fortheloveoffoodblog.com/how-to-make-massaged-kale-salad/>



## (2) PESTO PENNE grilled grapes

### MAKE AHEAD

- Pesto \* *see prep guide for recipe*

### DIRECTIONS

#### *For pesto pasta*

1. Cook pasta according to package instructions; drain (do not rinse).
2. Toss cooked pasta with pesto, chopped green beans, cannellini beans and tomato.

#### *For grilled grapes*

1. Brush each small cluster of grapes with olive oil.
2. Grill over medium heat on a covered grill for 3-4 minutes.

### INGREDIENTS

#### *For pesto pasta*

8 ounce whole wheat penne  
2/3 cup prepared pesto \* *see prep guide for recipe*  
1 cup chopped fresh green beans  
1 – 14.5 ounce can cannellini beans, drained and rinsed  
1 medium beefsteak tomato, chopped

1 pound red grapes in clusters



### (3) PESTO PIZZA cantaloupe

#### MAKE AHEAD

- Pesto \* *see prep guide*
- Cut vegetables: slice bell pepper

#### DIRECTIONS

##### *For pizza*

1. Preheat oven to 350 degrees or heat an outdoor grill.
2. Brush oil on both sides of pita and bake/grill for 5 minutes until slightly crisp.
3. Remove pita from oven and spread with 2 Tablespoons of pesto. Arrange a layer of bell pepper and tomato over pesto and top with mozzarella cheese.
4. Place back in oven (or on grill, watch carefully so pita doesn't burn) for 5-8 minutes until cheese is melted.
5. Serve with cantaloupe wedges.

#### INGREDIENTS

##### *For pizza*

- 4 whole wheat pita rounds
- 2 Tablespoons olive oil
- ½ cup prepared pesto \**see prep guide*
- 1 red bell pepper, cut into thin slices
- 1 medium beefsteak tomato, thinly sliced
- 8 ounces fresh mozzarella cheese, shredded
  
- ½ cantaloupe melon, cut into wedges



## (4) TOFU SALAD PITAS

green beans and bell pepper sticks

### PREP AHEAD

- 3 cups grilled tofu, cut into ½ inch cubes \* *from Meal #1*

### DIRECTIONS

#### *For tofu salad*

1. Mix yogurt, olive oil, salt, pepper and paprika in a small bowl.
2. Toss cooked tofu (cubed) with yogurt dressing and fold in green onions and grapes. Chill until ready to serve.
3. Fill each pita pocket with 1 cup of tofu salad.
4. Serve with fresh veggies and (if leftover) a side of pesto for dipping.

### INGREDIENTS

#### *For tofu salad*

½ cup plain Greek yogurt  
3 Tablespoons olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
¼ teaspoon paprika  
3 green onions, finely chopped  
(white and green parts)  
1 cup red grapes, halved  
3 cups grilled tofu, cut into ½ inch  
cubes \* *from Meal #1*

2 whole wheat pita rounds, cut in  
half thru the middle to make 4  
pockets

½ pound green beans, washed and  
trimmed  
1 red bell pepper, cut into slices  
(optional) leftover pesto for dipping



## (5) PORTOBELLO CAPRESE

### avocado Caesar salad

#### DIRECTIONS

##### *For roasted red peppers*

1. Rinse peppers and dry.
2. Place peppers over an open flame (directly on the stove top flame, barbeque, broiler, or in a sauté pan over high heat).
3. Char on all sides (don't worry if it turns black and burns). Place into a Ziploc bag and steam for 10 minutes.
4. Remove from bag and peel off the skin over the sink. Remove stem and seeds and cut each pepper into four pieces. Store in the refrigerator in airtight container.

##### *For caprese*

1. Wipe clean tops of mushrooms; remove stem and gills (with a spoon).
2. Slice each mushroom in half creating 2 thin circles each.
3. Cut each tomato into 4 slices.
4. Heat olive oil in medium skillet on high heat.
5. Place mushroom caps in pan and grill for 2 minutes per side.
6. Place one grilled mushroom slice on dinner plate. Top with a slice of mozzarella and spread with 1 Tablespoon of pesto.
7. Next, place a tomato slice, a basil leaf and finally roasted red pepper.
8. Repeat layers and place mushroom cap on top.

##### *For salad*

1. Whisk dressing ingredients together in a medium serving bowl until smooth.
2. Toss in romaine and serve chilled.

#### INGREDIENTS

##### *For roasted red peppers*

2 red bell peppers

##### *For caprese*

4 large Portobello mushroom caps

2 beefsteak tomatoes

1 teaspoon olive oil

4 Tablespoons pesto

8 ounces fresh mozzarella, cut into 8 slices

8 fresh basil leaves

##### *for Caesar dressing*

1 avocado, pitted, peeled & mashed

½ cup olive oil

¼ cup Parmesan cheese, grated

2 Tablespoons white wine vinegar

1 Tablespoon lemon juice

1 garlic clove, pressed or minced

¼ teaspoon kosher salt

¼ teaspoon black pepper

1 head romaine lettuce, torn into bite-sized pieces



# Nutrition Information

| Garlic tofu                                       |      |      | Serves: 4 |     |     |
|---|------|------|-----------|-----|-----|
| Serving Size: About 4 ounces prepared tofu slices |      |      |           |     |     |
| Calories  | 168  | kcal | Fat       | 13  | g   |
| Protein   | 11.5 | g    | Saturated | 1.6 | g   |
| Carbohydrate                                      | 4.2  | g    | Sugar     | 0.9 | g   |
| Sodium  | 133  | mg   | Calcium   | 21  | %DV |
| Fiber   | 1.1  | g    | Iron      | 13  | %DV |
| Cholesterol                                       | 0    | mg   |           |     |     |

| Massaged kale       |     |      | Serves: 4 |     |     |
|---------------------|-----|------|-----------|-----|-----|
| Serving Size: 1 cup |     |      |           |     |     |
| Calories            | 126 | kcal | Fat       | 9.1 | g   |
| Protein             | 3.2 | g    | Saturated | 1.3 | g   |
| Carbohydrate        | 11  | g    | Sugar     | 2.5 | g   |
| Sodium              | 156 | mg   | Calcium   | 9.8 | %DV |
| Fiber               | 4   | g    | Iron      | 8.1 | %DV |
| Cholesterol         | 0   | mg   |           |     |     |

| Cantaloupe                  |     |      | Serves: 4 |     |     |
|-----------------------------|-----|------|-----------|-----|-----|
| Serving Size: 1 large wedge |     |      |           |     |     |
| Calories                    | 35  | kcal | Fat       | 0   | g   |
| Protein                     | 0.9 | g    | Saturated | 0   | g   |
| Carbohydrate                | 8.3 | g    | Sugar     | 8   | g   |
| Sodium                      | 16  | mg   | Calcium   | 0.9 | %DV |
| Fiber                       | 0.9 | g    | Iron      | 1.2 | %DV |
| Cholesterol                 | 0   | mg   |           |     |     |

| Pesto penne   |      |      | Serves: 4 |     |     |
|---|------|------|-----------|-----|-----|
| Serving Size: 1 1/4 cup (pesto made with pine nuts and olive oil) |      |      |           |     |     |
| Calories  | 492  | kcal | Fat       | 21  | g   |
| Protein   | 18.9 | g    | Saturated | 2.8 | g   |
| Carbohydrate  | 62   | g    | Sugar     | 3.8 | g   |
| Sodium  | 444  | mg   | Calcium   | 17  | %DV |
| Fiber   | 11   | g    | Iron      | 27  | %DV |
| Cholesterol   | 4    | mg   |           |     |     |

| Grilled grapes        |      |      | Serves: 4 |     |     |
|-----------------------|------|------|-----------|-----|-----|
| Serving Size: 1/2 cup |      |      |           |     |     |
| Calories              | 78   | kcal | Fat       | 0   | g   |
| Protein               | 0.8  | g    | Saturated | 0   | g   |
| Carbohydrate          | 20.5 | g    | Sugar     | 18  | g   |
| Sodium                | 2.3  | mg   | Calcium   | 1.1 | %DV |
| Fiber                 | 1    | g    | Iron      | 2.3 | %DV |
| Cholesterol           | 0    | mg   |           |     |     |



| <b>Pesto pizza</b>   |      |      |           | <b>Serves: 4</b> |     |
|--|------|------|-----------|------------------|-----|
| Serving Size: 1 pita pizza (pesta made with pine nuts and olive oil) |      |      |           |                  |     |
| Calories   | 480  | kcal | Fat       | 26               | g   |
| Protein  | 24.3 | g    | Saturated | 8.2              | g   |
| Carbohydrate   | 41.9 | g    | Sugar     | 4.1              | g   |
| Sodium   | 372  | mg   | Calcium   | 45               | %DV |
| Fiber  | 6.3  | g    | Iron      | 17               | %DV |
| Cholesterol  | 32   | mg   |           |                  |     |

| <b>Cantaloupe</b>           |     |      |           | <b>Serves: 4</b> |     |
|-----------------------------|-----|------|-----------|------------------|-----|
| Serving Size: 1 large wedge |     |      |           |                  |     |
| Calories                    | 35  | kcal | Fat       | 0                | g   |
| Protein                     | 0.9 | g    | Saturated | 0                | g   |
| Carbohydrate                | 8.3 | g    | Sugar     | 8                | g   |
| Sodium                      | 16  | mg   | Calcium   | 0.9              | %DV |
| Fiber                       | 0.9 | g    | Iron      | 1.2              | %DV |
| Cholesterol                 | 0   | mg   |           |                  |     |

| <b>Tofu salad pitas</b> |      |      |           | <b>Serves: 4</b> |     |
|-------------------------|------|------|-----------|------------------|-----|
| Serving Size: 1/2 pita  |      |      |           |                  |     |
| Calories                | 389  | kcal | Fat       | 25               | g   |
| Protein                 | 18.1 | g    | Saturated | 3.1              | g   |
| Carbohydrate            | 30.6 | g    | Sugar     | 8.5              | g   |
| Sodium                  | 565  | mg   | Calcium   | 26               | %DV |
| Fiber                   | 4.1  | g    | Iron      | 20               | %DV |
| Cholesterol             | 0    | mg   |           |                  |     |

| <b>Green beans and bell pepper sticks</b> |      |      |           | <b>Serves: 4</b> |     |
|---|------|------|-----------|------------------|-----|
| Serving Size: 3/4 cup (without pesto)     |      |      |           |                  |     |
| Calories                                  | 30.3 | kcal | Fat       | 0                | g   |
| Protein                                   | 1.4  | g    | Saturated | 0                | g   |
| Carbohydrate                              | 6.4  | g    | Sugar     | 3.6              | g   |
| Sodium                                    | 5    | mg   | Calcium   | 2.4              | %DV |
| Fiber                                     | 2.4  | g    | Iron      | 4.2              | %DV |
| Cholesterol                               | 0    | mg   |           |                  |     |

| <b>Portobello caprese</b>   |      |      |           | <b>Serves: 4</b> |     |
|---|------|------|-----------|------------------|-----|
| Serving Size: 1 prepared mushroom cap (pesto made with pine nuts and olive oil) |      |      |           |                  |     |
| Calories  | 299  | kcal | Fat       | 19               | g   |
| Protein   | 20.7 | g    | Saturated | 4.6              | g   |
| Carbohydrate  | 12.6 | g    | Sugar     | 7.6              | g   |
| Sodium  | 504  | mg   | Calcium   | 47               | %DV |
| Fiber   | 4    | g    | Iron      | 6.6              | %DV |
| Cholesterol   | 19   | mg   |           |                  |     |

| <b>Avocado Caesar salad</b> |     |      |           | <b>Serves: 4</b> |     |
|-----------------------------|-----|------|-----------|------------------|-----|
| Serving Size: 1 1/4 cup     |     |      |           |                  |     |
| Calories                    | 238 | kcal | Fat       | 24               | g   |
| Protein                     | 2.3 | g    | Saturated | 3.9              | g   |
| Carbohydrate                | 5   | g    | Sugar     | 0.8              | g   |
| Sodium                      | 207 | mg   | Calcium   | 7.8              | %DV |
| Fiber                       | 3.3 | g    | Iron      | 4.6              | %DV |
| Cholesterol                 | 4   | mg   |           |                  |     |