

Next week Christmas arrives and the year draws to an end. This week features an Irish stew in honor of my grandmother who passed recently. It's important to remember the traditions and customs left behind by loved ones. And if you don't have any, I hope you will consider making some so memories can be shared for generations to come.

Merry Christmas!

Melissa

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 medium yellow onion, cut into small dice
 - 6 medium carrots, peeled and cut into large dice
 - 4 ribs of celery, cut into 1 inch slices
 - 2 parsnips, peeled and cut into large dice

MEAL #4

- Cut vegetables:
 - ½ medium yellow onion, thinly sliced
 - 1 cup broccoli florets, chopped
- Cook potato

MEAL #5

- Cut vegetables:
 - 2 cups broccoli florets, chopped
 - 1 medium carrot, shredded or chopped

MENU

MONDAY ①

IRISH STEW

TUESDAY ②

SEE BLOG FOR HEALTHY HOLIDAY APPS

WEDNESDAY ③

MERRY CHRISTMAS

THURSDAY ④

ALL DAY FRITTATA
Shaved Carrot Salad

FRIDAY ⑤

BROCCOLI LINGUINI
Side Salad



Shopping List

(1) Irish Stew (2) See blog for app recipes! (3) Merry Chrstimas (4) All Day Frittata (5) Broccoli Linguini

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	yellow onion	2		1.5
1,4,5	carrots	10		3
1	celery	4 ribs		2
1,4	parsnips	3		3
1,4	russet potatoes	3		1.5
1	fresh thyme sprigs	4		1.5
4,5	lemon	2		1
4,5	broccoli florets	3 cups		1.5
5	romaine lettuce	1 head		2
5	cherry tomatoes	1/2 cup		1

Recipe #	Dairy	Quantity	Notes	Est Cost
4	organic eggs	6		3
4	low fat, organic milk	1/2 cup		1.5
5	parmesan cheese	3 Tablespoons		1.5
4	colby-jack cheese	1/2 cup		1.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	Guinness beer	12 ounces		2
1	Kidney beans, canned	14.5 oz.		2
1	Barley, pearled	1 cup		1

Fresh 20 Grocery Est 30.5
 Cost Per Dinner 10.2
 Cost Per Serving 2.55

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	4 Tablespoons	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	1 teaspoon	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	Veggie broth: low sodium	3 cups	organic tomato paste	1/4 cup
	garlic	2 cloves	Dijon mustard or brown mustard	1 Tablespoon
	kosher salt	2 teaspoons	soy sauce or Braggs liquid aminos	
	black pepper	1 teaspoon	whole grain linguini	12 ounces
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

This is a great meal to make during the holidays. The recipe makes enough for leftovers. Try preparing on Sunday and enjoy all week.

MADE AHEAD

- Cut vegetables: onion, carrot, celery, parsnips

DIRECTIONS

For Irish stew

1. Heat a large Dutch oven or a heavy bottom soup pot over medium heat; once hot, add oil.
2. Place the cut vegetables, tomato paste, Dijon, garlic, salt and pepper in the pot. Stir to combine and cook for 3-4 minutes.
3. Add in beer, broth, water, thyme sprigs, kidney beans and pearled barley.
4. Bring to a boil, cover with a lid, and reduce the heat slightly. Keep the liquid to a low boil and cook for 30 minutes. Discard any thyme stems floating at the top before serving.

INGREDIENTS

For Irish Stew

- 1 Tablespoon grapeseed oil
- 1 medium yellow onion, cut into small dice
- 6 medium carrots, peeled and cut into large dice
- 4 ribs of celery, cut into 1 inch slices
- 2 parsnips, peeled and cut into large dice
- 2 (8 ounce) russet potatoes peeled and cut into large dice
- ¼ cup tomato paste
- 1 Tablespoon Dijon mustard
- 2 garlic cloves, minced
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 (12 ounce) dark stout (vegan) or 1 ½ cups of red wine (sub broth)
- 2 cups low sodium vegetable broth
- 1 14.5 oz. can, kidney beans, drained and rinsed
- 1 cup water
- 4 sprigs of fresh thyme
- 1 cup pearled barley, rinsed

The day after a holiday can be exhausting. I plan on making this frittata and letting everyone serve themselves when the mood hits them.

MADE AHEAD

- Cook potato
- Cut vegetables: onion, broccoli

DIRECTIONS

For all day frittata

1. Preheat the oven to BROIL and adjust the oven rack to the top third (not the very top, but 1-2 below).
2. In a medium bowl, whisk to combine lemon zest, eggs, milk, and salt & pepper.
3. Heat a large, nonstick, oven-proof sauté pan over medium heat; add in oil and once hot add onion. Sauté the onion, stirring often, for 5-6 minutes or until very soft and lightly browned around the edges.
4. Add in cooked potatoes and broccoli and stir to combine. With a spatula, move the vegetables to distribute evenly.
5. Reduce heat to low and pour in egg mixture. Carefully pull the cooked sides in towards the center to allow uncooked egg to flow to the outside edge. Continue to cook until very little moisture remains on the top, about 3 – 4 minutes.
6. Sprinkle with cheese and place under the broiler for an additional 3-5 minutes until slightly browned and puffed.

For shaved carrot salad

1. In a medium bowl, combine carrot and parsnip strips. Toss lightly with olive oil, balsamic vinegar, and salt & pepper.

INGREDIENTS

For all day frittata

- 1 lemon, zested
- 6 large, organic eggs
- ½ cup low fat, organic milk
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons olive oil
- ½ medium yellow onion, thinly sliced
- 1 large russet potato, peeled, cooked and cut into medium dice (can be steamed or microwaved)
- 1 cup broccoli florets, chopped
- ½ cup Colby-Jack cheese, shredded

Shaved carrot salad

- 3 carrots, peeled then shaved with a peeler to create long thin strips
- 1 parsnip, peeled then shaved with a peeler to create long thin strips
- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Sprinkle of kosher salt & black pepper



(5) BROCCOLI LINGUINI

Side salad

Bowl dinners are big hits in our house. This dish is wonderful with basil but works well with fresh thyme as well.

MADE AHEAD

- Cut vegetables: broccoli, carrot

DIRECTIONS

For broccoli linguine

1. In a large stock pot, bring 4 quarts of water to a boil with 2 teaspoons of salt.
2. Cook pasta according to package instructions adding broccoli in the last 2 minutes of cooking. *This is a great technique for keeping it a simple, one pot meal.*
3. Drain pasta and broccoli, do not rinse. Return to pot, and toss pasta with olive oil, Parmesan, broth, salt & pepper, and lemon juice. Kitchen tongs work best when tossing pasta.

Kitchen note: For a heartier meal, add in any nuts you have in the pantry--toasted. Pine nuts or walnuts would work well.

For side salad

In a small bowl, combine lettuce, tomatoes, and carrots, toss to combine. Serve with pantry dressing.

INGREDIENTS

For broccoli linguine

12 oz whole wheat linguine
2 cups broccoli florets, chopped
1 Tablespoon olive oil
3 Tablespoons Parmesan, grated
1 cup low sodium vegetable broth
½ teaspoon kosher salt
¼ teaspoon black pepper
½ lemon, juiced to yield 1
Tablespoon

Side salad

1 head of romaine lettuce, roughly
chopped
½ cup cherry tomatoes
1 medium carrot, shredded or
chopped

¼ cup Pantry dressing of your choice
(www.thefresh20.com/pantrydressings/)



Nutrition Information

Irish stew				Serves: 5	
Serving Size: 1 1/2 cup					
Calories	457	kcal	Fat	8.9	g
Protein	12.8	g	Saturated	1	g
Carbohydrate	77.6	g	Sugar	11	g
Sodium	738	mg	Calcium	12	%DV
Fiber	16.1	g	Iron	19	%DV
Cholesterol	0	mg			

All day frittata				Serves: 4	
Serving Size: 1 cup					
Calories	282	kcal	Fat	19	g
Protein	15.2	g	Saturated	6.5	g
Carbohydrate	14.9	g	Sugar	4.3	g
Sodium	595	mg	Calcium	21	%DV
Fiber	2.6	g	Iron	10	%DV
Cholesterol	293	mg			

Shaved carrot salad				Serves: 4	
Serving Size: 1/2 cup					
Calories	78	kcal	Fat	3.6	g
Protein	0.9	g	Saturated	0.5	g
Carbohydrate	11.4	g	Sugar	4.4	g
Sodium	41	mg	Calcium	3	%DV
Fiber	3.1	g	Iron	2.2	%DV
Cholesterol	0	mg			

Broccoli linguini				Serves: 4	
Serving Size: 2 cups					
Calories	363	kcal	Fat	5.9	g
Protein	15.8	g	Saturated	1.4	g
Carbohydrate	68.4	g	Sugar	4.3	g
Sodium	341	mg	Calcium	11	%DV
Fiber	8.9	g	Iron	20	%DV
Cholesterol	3	mg			

Side salad				Serves: 4	
Serving Size: 1 cup (without dressing)					
Calories	29	kcal	Fat	0	g
Protein	1.5	g	Saturated	0	g
Carbohydrate	6.2	g	Sugar	3.2	g
Sodium	20	mg	Calcium	3.2	%DV
Fiber	2.5	g	Iron	4.4	%DV
Cholesterol	0	mg			