VEGETARIAN December 6, 2013

PREP GUIDE

MEAL #1

- Blanch broccoli rabe **see directions below*

MEAL #2

- No prep needed

MEAL #3

- Cut vegetables:
  - 1 yellow onion, diced
  - 1 bell pepper diced
  - 1 zucchini, diced

MEAL #4

- Cut vegetables:
  - ½ cup scallions, chopped

MEAL #5

- Cut vegetables:
  - ½ cup scallions, chopped
  - 1 bell pepper, diced

For Blanched Broccoli Rabe (Meal #1 & Meal #4)
2 bunches of broccoli rabe

Trim the bottom 2-3 inches off of stems and discard. Bring a large pot of salted water to a boil. Add broccoli and cook for 2-3 minutes; drain well and pat dry. Leave half the broccoli whole for Meal #1 and roughly chop the other half for Meal #4. Refrigerate in an airtight container until dinner night.

MENU

MONDAY ①
LEMON PEPPERCORN TEMPEH
Rutabaga Fries
Maple Broccoli Rabe

TUESDAY ②
MUSTARD RICOTTA PORTOBELLOS
Roasted Brussels Sprouts
Lemon Pasta

WEDNESDAY ③
TEMPEH CHILI

THURSDAY ④
WALNUT RABE PASTA

FRIDAY ⑤
RUTABAGA HASH

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Shopping List

(1) Lemon Tempeh (2) Mustard Ricotta Portobellas (3) Tempeh Chili (4) Walnut Rabe Pasta (5) Rutagaba Hash

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	broccoli rabe	2 bunches		7
1,5	rutabaga	2-1/2 pounds	can substitute potatoes	2
2,5	brussels sprouts	2 pounds		6
2,3,5	cilantro	1 lg bunch	need 11 Tablespoons chopped	1.5
1,2,4	lemon	4		2
2,4	parsley	1/2 bunch	need 3 Tablespoons chopped	1.5
3	yellow onion	1		0.5
3,5	bell pepper	2	red or green	2
3	zucchini	1		1
3,4	tomatoes	4		4
3,4,5	scallions	2 lg bunches	need 1-1/4 cups chopped	2
5	apple	1		0.5
2	portobello mushrooom caps	4 medium		6

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4	ricotta cheese	1 cup		3
5	eggs	4	large, organic	2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	chili powder	1/2 teaspoon		0.5
3,5	kidney or pinto beans	3 cans	14.5 ounces, no salt added	6
3	crushed tomatoes	1 can	28 ounces	3
1,3	tempeh	2 (8 oz) pkgs		6
4	walnuts	1/2 cup		3

Fresh 20 Grocery Est	59.5
Cost Per Dinner	11.9
Cost Per Serving	2.975

	Pantry Essentials	Quantity	Pantry Essentials	Quantity
PANTRY STAPLES	olive oil	8 Tablespoons	dried oregano	
	grapeseed oil	1-1/2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1-3/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	veggie broth: low sodium	1 cup	organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	1-1/2 Tablespoons
	kosher salt	2-3/4 teaspoons	soy sauce or Braggs liquid aminos	
	black pepper	2 teaspoons	whole grain pasta	1-1/2 pounds
	cayenne pepper	1/8 teaspoon	long grain brown rice	
	paprika	1-1/2 teaspoons	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) LEMON PEPPERCORN TEMPEH

rutabaga fries and maple broccoli rabe

MADE AHEAD

- Blanch broccoli rabe **see prep guide*

DIRECTIONS

For lemmon peppercorn tempeh

1. In a large bowl or Ziploc bag, mix the lemon juice, olive oil, paprika, garlic, pepper, and salt. Add the tempeh strips and stir or toss until they are coated evenly. Let sit for 25-30 minutes in the marinade while you prepare the rutabaga and broccoli.
2. Heat a large skillet over medium-high heat and add grapeseed oil. When oil is hot, sear tempeh strips on each side for about 3 minutes or until golden brown.
3. Serve half the tempeh with rutabaga fries and broccoli rabe, and save half the tempeh for Meal #3.

For rutabaga fries

1. Heat oven to 425 degrees.
2. Mix grapeseed oil and olive oil in a large bowl and add rutabaga fries; toss to coat. Spread fries in a single layer on a baking sheet. In a small bowl, mix salt, pepper, cayenne, cumin and paprika; sprinkle seasoning mix over fries. Roast for 35-45 minutes until edges are browning.
3. Save half the fries for Meal #5.

For maple broccoli rabe

In a medium bowl, toss blanched broccoli rabe and garlic with oil and season with salt and pepper. Place on a baking sheet and put in 425 degree oven with rutabaga fries for the last 15 minutes of cooking time. Drizzle with syrup before serving.

INGREDIENTS

For lemon peppercorn tempeh

1 lemon, juiced
1 Tablespoon olive oil
1 teaspoon paprika
2 cloves garlic, crushed or minced
1 teaspoon black pepper
¼ teaspoon kosher salt
2 (8 ounce) packages organic tempeh, cut into ¼ inch strips
½ Tablespoon grapeseed oil

For rutabaga fries

1 Tablespoon grapeseed oil
1 Tablespoon olive oil
2 ½ pounds rutabaga, peeled and cut into french fries
¾ teaspoon kosher salt
¼ teaspoon black pepper
Dash of cayenne, optional
Dash of cumin
¼ teaspoon smoked paprika

For maple broccoli rabe

1 bunch of broccoli rabe, blanched **see prep guide*
3 cloves garlic, sliced thin
1 Tablespoon olive oil
¼ teaspoon kosher salt
Dash black pepper
½ Tablespoon maple syrup

(2) MUSTARD-RICOTTA PORTOBELLOS

brussels sprouts and lemon pasta

DIRECTIONS

For brussels sprouts

1. Heat oven to 400 degrees.
2. Toss brussels sprouts with oil, salt and pepper and place in a single layer on a baking sheet.
3. Cook 25-30 minutes until leaves are starting to brown.
4. Save half the brussels sprouts for Meal #5.

For mustard-ricotta portobellos

1. Mix together Dijon, ricotta, cilantro and syrup.
2. Toss or brush the mushroom caps with the olive oil, and sprinkle with salt and pepper.
3. Place portobellos upside down in a lightly oiled baking dish and fill each with ¼ of the Dijon-ricotta mixture, spreading evenly. Bake in the 400 degree oven for 15-20 minutes.

For lemon pasta

1. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, according to package directions.
2. Drain and put back in pot. Add lemon and parsley.
3. Save half the pasta for Meal #4.

INGREDIENTS

For brussels sprouts

2 pounds brussels sprouts, stems cut off, cut in half
2 Tablespoon olive oil
1 teaspoon kosher salt
¼ teaspoon black pepper

For mustard-ricotta portobellos

1½ Tablespoons Dijon mustard
½ cup low-fat ricotta cheese
2 Tablespoons chopped cilantro
½ Tablespoon maple syrup
4 medium Portobello mushroom caps, stems removed
1 Tablespoon olive oil
Dash of kosher salt and black pepper

For lemon pasta

1½ pounds whole wheat spaghetti or any long pasta
2 lemons, zested and juiced
2 Tablespoons chopped parsley

(3) TEMPEH CHILI

MADE AHEAD

- 8 ounces cooked tempeh ** see Meal #1*
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For tempeh chili

1. Heat a large pot over medium heat and add oil.
2. Once oil is hot, add onion, garlic, bell pepper, and zucchini. Cook for about 3 minutes then add tomatoes, cumin, chili powder, smoked paprika, and cayenne. Cook for an additional 2 minutes.
3. Add remaining ingredients, cover, and cook on low for at least 20 minutes and up to 4 hours.
4. Garnish with scallions.

Crockpot instructions
Omit oil and add all ingredients into crockpot, reducing the broth to 1/2 cup. Cook on low for 6-8 hours.

INGREDIENTS

For tempeh chili

½ Tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
1 bell pepper, diced
1 zucchini, diced
2 tomatoes, diced
1 ½ teaspoons cumin
½ teaspoon chili powder
¼ teaspoon smoked paprika
Dash of cayenne, optional
8 ounces cooked tempeh, cut into bite sized pieces **see Meal #1 for recipe*
2 (14.5 ounce) cans organic, no salt added kidney or pinto beans, rinsed and drained
1 cup organic, low sodium vegetable broth
1 (28 ounce) can crushed tomatoes
½ cup chopped cilantro

Garnish:
¼ cup chopped scallions

(4) WALNUT RABE PASTA

MADE AHEAD

- Chopped, blanched broccoli rabe * *see prep guide*
- 12 ounces cooked lemon pasta * *see Meal #2*
- Cut vegetables: scallions

DIRECTIONS

For walnut rabe pasta

1. Heat a large, non-stick skillet over medium heat and add oil.
2. Once oil is hot, add garlic and cook until lightly browned. Add chopped broccoli rabe and cook over medium heat until warmed through - about 5 minutes. Add scallions, tomatoes, walnuts, cooked pasta and pepper.
3. Remove from heat and stir in ricotta, lemon zest and parsley.

** Kitchen note: To toast walnuts on the stove, heat a frying pan over medium high heat. Once hot, add walnuts and toast in a dry pan, stirring frequently until walnuts start to brown, about 5 minutes.*

INGREDIENTS

For walnut rabe pasta

½ Tablespoon olive oil
3 cloves garlic, thinly sliced
1 bunch blanched broccoli rabe, chopped * *see prep guide*
½ cup chopped scallions
2 tomatoes, diced
½ cup walnuts, toasted * *see kitchen note*
12 ounces cooked lemon pasta * *see Meal #2 for recipe*
¼ teaspoon black pepper
½ cup low-fat ricotta cheese
1 lemon, zested
1 Tablespoon chopped parsley

(5) RUTABAGA HASH

MADE AHEAD

- Cut vegetables: scallions, bell pepper
- Rutabaga fries **see Meal #1 for recipe*
- Roasted brussel sprouts **see Meal #2 for recipe*

DIRECTIONS

For rutabaga hash

1. Heat a large, nonstick skillet over medium heat and add in olive oil.
2. When oil is hot, add scallions, apple and bell pepper and cook for 2 minutes. Add rutabaga, brussel sprouts, and beans and cook for 5-7 minutes until heated through. Remove from heat and add cilantro, syrup, salt, and pepper.
3. Divide hash on to serving plates and return pan to heat. Add olive oil, fry eggs to your liking, and place on top of hash.

INGREDIENTS

For rutabaga hash

½ Tablespoon olive oil
½ cup chopped scallions
1 apple, diced
1 bell pepper, diced
1 ¼ pounds rutabaga fries, chopped * *from Meal #1*
1 pound roasted brussel sprouts * *from Meal #2*
1 (15 ounce) can organic no salt added kidney or pinto beans, rinsed and drained
1 Tablespoon chopped cilantro
1 Tablespoon maple syrup
¼ teaspoon kosher salt
Dash of black pepper
1 teaspoon olive oil
4 large, organic eggs

Nutrition Information

Lemon peppercorn tempeh					Serves: 4
Serving Size: 1/2 cup (5-grain tempeh)					
Calories	153	kcal	Fat	7.9	g
Protein	9.2	g	Saturated	1.2	g
Carbohydrate	12.9	g	Sugar	1.1	g
Sodium	70	mg	Calcium	5.4	%DV
Fiber	5.9	g	Iron	6.6	%DV
Cholesterol	0	mg			

Rutabaga fries					Serves: 4
Serving Size: 1/2 cup					
Calories	81	kcal	Fat	3.7	g
Protein	1.7	g	Saturated	0.4	g
Carbohydrate	11.5	g	Sugar	7.9	g
Sodium	213	mg	Calcium	6.7	%DV
Fiber	3.5	g	Iron	4.2	%DV
Cholesterol	0	mg			

Maple broccoli rabe					Serves: 4
Serving Size: 1/4 cup					
Calories	47	kcal	Fat	3.5	g
Protein	0.8	g	Saturated	0.5	g
Carbohydrate	3.9	g	Sugar	1.9	g
Sodium	131	mg	Calcium	1.7	%DV
Fiber	0.6	g	Iron	1.3	%DV
Cholesterol	0	mg			

Mustard ricotta portobellos					Serves: 4
Serving Size: 1 portobello prepared					
Calories	100	kcal	Fat	5.3	g
Protein	6.2	g	Saturated	1.5	g
Carbohydrate	8.1	g	Sugar	5.7	g
Sodium	222	mg	Calcium	5.6	%DV
Fiber	1.7	g	Iron	2.3	%DV
Cholesterol	10	mg			

Brussels Spouts					Serves: 4
Serving Size: 1/2 cup					
Calories	79	kcal	Fat	3.7	g
Protein	3.8	g	Saturated	0.5	g
Carbohydrate	10.2	g	Sugar	2.5	g
Sodium	274	mg	Calcium	4.8	%DV
Fiber	4.3	g	Iron	8.9	%DV
Cholesterol	0	mg			

Lemon pasta					Serves: 4
Serving Size: 1 1/4 cup					
Calories	301	kcal	Fat	1.3	g
Protein	12.8	g	Saturated	0	g
Carbohydrate	66.7	g	Sugar	3.8	g
Sodium	8	mg	Calcium	5.1	%DV
Fiber	8.3	g	Iron	18.2	%DV
Cholesterol	0	mg			

Tempeh chili					Serves: 4
Serving Size: 1 3/4 cup (with kidney beans)					
Calories	482	kcal	Fat	12.3	g
Protein	26.5	g	Saturated	1.6	g
Carbohydrate	71.1	g	Sugar	23.2	g
Sodium	708	mg	Calcium	26	%DV
Fiber	22.3	g	Iron	41.4	%DV
Cholesterol	0	mg			

Walnut rabe pasta					Serves: 4
Serving Size: 1 1/2 cup					
Calories	477	kcal	Fat	14.3	g
Protein	20.6	g	Saturated	2.4	g
Carbohydrate	79.4	g	Sugar	8.4	g
Sodium	98	mg	Calcium	16.8	%DV
Fiber	12.5	g	Iron	25.6	%DV
Cholesterol	10	mg			

Rutabaga hash					Serves: 4
Serving Size: 1 3/4 cup					
Calories	410	kcal	Fat	16	g
Protein	18.5	g	Saturated	2.9	g
Carbohydrate	52.1	g	Sugar	23.8	g
Sodium	745	mg	Calcium	21.8	%DV
Fiber	15.3	g	Iron	29.4	%DV
Cholesterol	186	mg			