

## PREP GUIDE

### MEAL #1

- Make arugula gremolata *\*see Meal #1 for recipe*

### MEAL #2

- 2 cups cooked quinoa *\* see recipe below*

### MEAL #3

- Roast beets *\*see below for recipe*
- Cook whole wheat pasta *\*see directions below*
- Cut vegetables:
  - 1 medium onion, sliced thin

### MEAL #4

- Cut vegetables:
  - 1 medium onion, diced
  - 1 red bell pepper, diced

### MEAL #5

- Cut vegetables:
  - 3/4 pound Brussels sprouts, trimmed and sliced extra thin
  - 1 red bell pepper, sliced thinly
- 3 cups cooked quinoa *\*see recipe below*
- Make orange chipotle dressing, can be make up to 3 days ahead *\* see Meal #5 for recipe*

#### Quinoa (Meal #2 & #5)

2 ½ cups dry quinoa  
 ½ teaspoon kosher salt  
 5 cups water

Bring water to a boil with salt and add in quinoa, cover with a lid, and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed. Store in an airtight container; makes 5 cups.

#### Roasted Beets (Meal #3)

1 pound yellow beets, peeled and cut into small wedges  
 1 Tablespoon olive oil  
 1/4 teaspoon kosher salt  
 1/4 teaspoon black pepper

1. Heat oven to 400 degrees.
2. Toss beets with oil, salt and pepper. Roast in oven for 30-40 minutes until browned on some spots. Store in airtight container until dinner night.

#### For cooked whole wheat pasta (Meal #3)

12 ounces whole wheat pasta

Bring a large pot of salted water to a boil. Add pasta and cook according to package instructions. Drain and store in airtight container.

## MENU

### MONDAY ①

GREMOLATA  
 PORTOBELLO PITAS  
 Sunchokes and Zucchini

### TUESDAY ②

ORANGE PECAN CHICKPEAS  
 Quinoa  
 Sautéed Spinach

### WEDNESDAY ③

BET AND GOAT CHEESE PASTA

### THURSDAY ④

WHITE BEAN PORTOBELLO SOUP  
 Toasted Pita Triangles

### FRIDAY ⑤

SHAVED BRUSSELS  
 SPROUT QUINOA  
 Orange Chipotle Dressing



VEGETARIAN January 17, 2014

# Shopping List

(1) Gremolata Portobellos (2) Orange Chickpeas (3) Beet/Goat Cheese Pasta (4) White Bean Soup (5) Brussels Sprout Quinoa

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3	yellow beets	1 pound		1.5
1	sunchokes	1 pound		4
1,4	zucchini	4		4
1,4	portobello mushroom caps	8		10
1,5	parsley	1 bunch		1.5
1,5	arugula	1 head	need about 1-1/2 cups	4
1	lemons	2		1
2,5	oranges	3		1.5
2,4	baby spinach	10 ounces		6
3,4	onion	2		1
4,5	red bell pepper	2		2
5	brussels sprouts	3/4 pound		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3	goat cheese crumbles	1/4 cup + 2oz.		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	quinoa	2-1/2 cups		2
2	garbanzo beans (chick peas)	2 cans	14.5 ounces each	4
2,3,5	pecan pieces	1 cup		4
4,5	chipolte peppers in adobo	2 peppers	(canned)	2
4	white beans	1 can	14.5 ounce	2
4	whole wheat pita	8		4
5	sun dried tomatoes	1/4 cup		1

Fresh 20 Grocery Est 61.5  
 Cost Per Dinner 12.3  
 Cost Per Serving 3.075

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 Tblsp + 1 tsp	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1-1/2 Tablespoons
	veggie broth: low sodium	4-1/2 cups	organic tomato paste	2 Tablespoons
	garlic	15 cloves	Dijon mustard or brown mustard	2 teaspoons
	kosher salt	3-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	12 ounces
	cayenne pepper		long grain brown rice	
paprika		whole wheat flour		

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# (1) GREMOLATA PORTOBELLO PITAS

## sunchokes, zucchini and pitas

*Sunchokes, also known as Jerusalem artichokes, are knobby, potato-like tubers. The skin is edible, but you can peel them if you prefer. If you can't find them in your local market you can substitute russet potatoes.*

### MADE AHEAD

- Make arugula gremolata up to 24 hours ahead \* see recipe below

### DIRECTIONS

#### *For sunchokes*

1. Heat oven to 400 degrees.
2. Toss sunchokes with oil, salt & pepper and spread on a baking sheet.
3. Cook for about 35-40 minutes, turning occasionally.

#### *For zucchini*

1. Toss zucchini with oil, salt, and pepper and spread on baking sheet in a single layer.
2. Place in 400 degree oven with sunchokes and cook about 30-40 minutes, turning occasionally.
3. Remove from oven and reserve half of the zucchini for Meal #4.
4. Drizzle remaining zucchini with vinegar before serving.

### Meanwhile

#### *For Portobello pitas*

1. Heat a large skillet over medium-high heat. Season portobellos with salt and pepper.
2. Add oil to pan, when oil is hot add portobellos and cook about 5-7 minutes per side (in two batches if necessary).
3. Remove from heat and let rest 5 minutes. Save half the portobellos for Meal #4.
4. Slice remaining portobellos and fill pita halves. Top with goat cheese crumbles and arugula gremolata. Save ½ cup of gremolata for Meal #3.

#### *For arugula gremolata*

Combine all ingredients and store in airtight container in refrigerator.

### INGREDIENTS

#### *For sunchokes*

1 pound sunchokes, washed and cut into large cubes  
1½ Tablespoons olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper

#### *For zucchini*

4 zucchini, cut into thin circles  
1 Tablespoon olive oil  
¼ teaspoon kosher salt  
Dash of black pepper  
1 Tablespoon balsamic vinegar

#### *For Portobello pitas*

8 portobello mushroom caps, cleaned and stems removed (*for two meals*)  
1 teaspoon kosher salt  
½ teaspoon black pepper  
1 Tablespoon grapeseed oil  
2 ounces goat cheese, crumbled  
4 whole wheat pitas, warmed and cut in half

#### *For arugula gremolata*

½ cup minced parsley  
½ cup arugula, chopped fine  
Zest of 2 lemons  
4 cloves garlic, minced  
Dash of kosher salt



## (2) ORANGE PECAN CHICKPEAS quinoa and sautéed spinach

### MADE AHEAD

- 2 cups cooked quinoa\* *see prep guide for recipe*

### DIRECTIONS

#### *For orange pecan chickpeas*

1. Whisk together ingredients for sauce.
2. Heat a saucepan over medium heat. Add chickpeas and sauce.
3. Cook until chickpeas are warmed through and sauce is slightly reduced. Toss with pecan pieces just before serving.

#### *For sautéed spinach*

1. Heat a large, non-stick skillet over medium heat.
2. When pan is hot add oil and garlic. When garlic is starting to brown add in spinach.
3. Toss spinach with oil and garlic and sprinkle salt and pepper.
4. Spinach is done when completely wilted, about 2-3 minutes.

#### Meanwhile

#### *For quinoa*

To re-heat on dinner night, add 2 Tablespoons water to cooked quinoa and heat on stovetop, stirring with a fork to fluff.

### INGREDIENTS

#### *For orange pecan chickpeas*

#### *For sauce:*

Juice of 1 orange, about  $\frac{1}{3}$  cup  
Zest of 1 orange  
1 teaspoon Dijon mustard  
1 Tablespoon maple syrup  
1 teaspoon olive oil  
 $\frac{1}{4}$  teaspoon kosher salt  
Dash of black pepper

2 (14.5 oz.) cans garbanzo beans  
(chickpeas), drained and rinsed  
2 Tablespoons pecan pieces

#### *For sautéed spinach*

1 Tablespoon olive oil  
4 cloves garlic, minced  
8 ounces baby spinach leaves, about  
4 large handfuls  
 $\frac{1}{4}$  teaspoon kosher salt  
Dash of black pepper

#### *For quinoa*

2 cups cooked quinoa\* *see prep  
guide for recipe*

### MADE AHEAD

- Cut vegetables: onion
- Roasted beets *\*see prep guide*
- 12 ounces cooked whole wheat pasta *\*see prep guide*
- ½ cup arugula gremolata *\*see Meal #1 for recipe*

### DIRECTIONS

*For beet and goat cheese pasta*

1. Heat a large, non-stick skillet over medium heat.
2. When pan is hot, add oil and onions and cook until soft; about 3-5 minutes.
3. Add beets and broth and cook over medium heat until liquid is reduced by half. Add in cooked pasta and stir to heat through.
4. Turn off heat and add gremolata, goat cheese, and pecan pieces; serve warm.

### INGREDIENTS

*For beet and goat cheese pasta*

- 1 Tablespoon olive oil
- 1 onion, sliced thin
- 1 pound roasted yellow beets  
*\* see prep guide for recipe*
- ½ cup organic, low-sodium vegetable broth
- 12 ounces whole wheat pasta,  
cooked *\* see prep guide*
- ½ cup arugula gremolata *\*see Meal #1 for recipe*
- ¼ cup goat cheese, crumbled
- ¼ cup pecan pieces



## (4) WHITE BEAN PORTOBELLO SOUP

toasted pita triangles

### MADE AHEAD

- Cut vegetables: onion, bell pepper
- Roasted zucchini \* *see Meal #1 for recipe*
- 4 cooked Portobello mushroom caps \* *see Meal #1 for recipe*

### DIRECTIONS

#### *For white bean portobello soup*

1. Heat oil in a large pot over medium heat. When oil is hot, add the onion, garlic and bell pepper. Cook for 3-5 minutes until softened.
2. Add in zucchini, mushrooms and salt. Stir in tomato paste and chipotle pepper.
3. Add broth and beans and simmer for 20 minutes. Turn off heat and add spinach leaves.

#### *For toasted pita triangles*

1. Preheat oven to 375 degrees.
2. Brush pita with olive oil and cut each round into four pieces.
3. Arrange in a single layer on a baking sheet and bake until lightly toasted, about 5-10 minutes. Serve warm with White Bean Portobello Soup.

### INGREDIENTS

#### *For white bean portobello soup*

- 1 Tablespoon olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced
- 2 roasted zucchinis, diced \**see Meal #1 for recipe*
- 4 cooked Portobello mushroom caps, cut into bite sized pieces \* *see Meal #1 for recipe*
- ¼ teaspoon kosher salt
- 2 Tablespoons tomato paste
- 1 chipotle pepper in adobo sauce, minced
- 4 cups organic, low-sodium vegetable broth
- 1 (14.5 ounce) can no-salt added white beans
- 2 ounces baby spinach leaves, about 1 large handful

#### *For toasted pita triangles*

- 4 whole wheat pita rounds
- ½ Tablespoon olive oil



## (5) SHAVED BRUSSELS SPROUT QUINOA

### orange chipotle dressing

#### MADE AHEAD

- Cut vegetables: Brussels sprouts, bell pepper
- 3 cups cooked quinoa \* *see prep guide*
- Make orange chipotle dressing, can be made up to 3 days ahead \* *see recipe below*

#### DIRECTIONS

##### *For shaved Brussels sprout quinoa*

1. In a large, non-stick skillet over medium heat add olive oil. When oil is hot add garlic and cook for 1-2 minutes. Add brussels sprouts, salt and pepper. Cook until sprouts are wilted and starting to brown, about 5-7 minutes.
2. Add in bell pepper, and cook an additional 2 minutes. Add sun-dried tomatoes and quinoa and cook until just warm; transfer to a large serving bowl.
3. Add arugula, pecans and orange chipotle dressing to bowl with brussels sprouts and toss to combine.

##### *For orange chipotle dressing*

1. In small saucepan, combine all ingredients except for parsley. Heat on medium low to a simmer for 2 minutes, whisking occasionally.
2. Turn off heat and add parsley.

#### INGREDIENTS

##### *For shaved Brussels sprout quinoa*

- 1 Tablespoon olive oil
- 3 cloves garlic, sliced very thin
- $\frac{3}{4}$  pound brussels sprouts, root end trimmed and sliced very thin
- $\frac{1}{4}$  teaspoon kosher salt
- Dash of black pepper
- 1 red bell pepper, sliced thin
- $\frac{1}{4}$  cup chopped sun-dried tomatoes
- 3 cups cooked quinoa \* *see prep guide*
- 2 ounces arugula, about 1 large handful
- $\frac{1}{2}$  cup pecan pieces

##### *For orange chipotle dressing*

- 1 chipotle pepper in adobo, minced
- Zest of 1 orange
- Juice of 2 oranges, about  $\frac{2}{3}$  cup
- 1 teaspoon Dijon mustard
- 1 Tablespoon olive oil
- $\frac{1}{2}$  Tablespoon honey
- 1 Tablespoon balsamic vinegar
- 1 teaspoon chopped parsley



# Nutrition Information

Arugula gremolata portobellos				Serves: 4	
Serving Size: 1 prepared cap + 1 pita					
Calories	238	kcal	Fat	5.9	g
Protein	10.1	g	Saturated	2	g
Carbohydrate	40.4	g	Sugar	3	g
Sodium	636	mg	Calcium	5.4	%DV
Fiber	6.3	g	Iron	16	%DV
Cholesterol	6	mg			

Sunchokes				Serves: 4	
Serving Size: 1/2 cup					
Calories	128	kcal	Fat	5.1	g
Protein	2.3	g	Saturated	0.7	g
Carbohydrate	19.8	g	Sugar	11	g
Sodium	251	mg	Calcium	1.6	%DV
Fiber	1.8	g	Iron	22	%DV
Cholesterol	0	mg			

Zucchini				Serves: 4	
Serving Size: 1/4 cup					
Calories	44	kcal	Fat	2.2	g
Protein	2	g	Saturated	0.4	g
Carbohydrate	5.4	g	Sugar	4.3	g
Sodium	75	mg	Calcium	2.6	%DV
Fiber	1.6	g	Iron	3.4	%DV
Cholesterol	0	mg			

Orange pecan chickpeas				Serves: 4	
Serving Size: 1/2 cup					
Calories	253	kcal	Fat	10	g
Protein	11.8	g	Saturated	0.6	g
Carbohydrate	29.9	g	Sugar	8	g
Sodium	758	mg	Calcium	4.4	%DV
Fiber	5.4	g	Iron	11	%DV
Cholesterol	0	mg			

Sautéed spinach				Serves: 4	
Serving Size: 1/4 cup					
Calories	48	kcal	Fat	3.4	g
Protein	1.5	g	Saturated	0.5	g
Carbohydrate	3	g	Sugar	0	g
Sodium	167	mg	Calcium	5.9	%DV
Fiber	1.4	g	Iron	10	%DV
Cholesterol	0	mg			



<b>Quinoa</b>				<b>Serves: 4</b>	
Serving Size: 1/2 cup					
Calories	156	kcal	Fat	2.6	g
Protein	6	g	Saturated	0	g
Carbohydrate	27.3	g	Sugar	0	g
Sodium	5.7	mg	Calcium	2.4	%DV
Fiber	3	g	Iron	11	%DV
Cholesterol	0	mg			

<b>Beet and goat cheese pasta</b>				<b>Serves: 4</b>	
Serving Size: 2 cups					
Calories	451	kcal	Fat	12	g
Protein	16.7	g	Saturated	2.6	g
Carbohydrate	76.6	g	Sugar	11	g
Sodium	258	mg	Calcium	8.8	%DV
Fiber	11.1	g	Iron	25	%DV
Cholesterol	6	mg			

<b>White bean portobello soup</b>				<b>Serves: 4</b>	
Serving Size: 1 3/4 cup					
Calories	334	kcal	Fat	8.8	g
Protein	18.6	g	Saturated	1.1	g
Carbohydrate	46.1	g	Sugar	10	g
Sodium	900	mg	Calcium	21	%DV
Fiber	14.5	g	Iron	25	%DV
Cholesterol	0	mg			

<b>Toasted pita triangles</b>				<b>Serves: 4</b>	
Serving Size: 1 pita					
Calories	185	kcal	Fat	3.4	g
Protein	6.3	g	Saturated	0.5	g
Carbohydrate	35.2	g	Sugar	0.5	g
Sodium	341	mg	Calcium	1	%DV
Fiber	4.7	g	Iron	11	%DV
Cholesterol	0	mg			

<b>Shaved Brussels sprout quinoa with orange chipotle dressing</b>				<b>Serves: 4</b>	
Serving Size: 1 3/4 cup + 2 tablespoons dressing					
Calories	423	kcal	Fat	20	g
Protein	12.1	g	Saturated	1.9	g
Carbohydrate	52.6	g	Sugar	12	g
Sodium	218	mg	Calcium	11	%DV
Fiber	10.3	g	Iron	26	%DV
Cholesterol	0	mg			