

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 2 pounds kuri squash, peeled, seeded and cubed
- 2 cups cooked brown rice * *see recipe below*
- Make red pepper pesto **see recipe below*

MEAL #2

- Cut vegetables:
 - ½ medium onion, sliced thinly
 - 1 small zucchini, sliced thinly
 - 1 carrot, sliced thinly
 - 1 red bell pepper, sliced thinly
- Cook spaghetti squash **see Meal #2 for recipe*

MEAL #3

- Cut vegetables:
 - 1 medium onion, diced
 - 1 small zucchini, diced

MEAL #4

- Cut vegetables:
 - 1 medium onion, diced
 - 3 carrots, diced
 - 3 celery stalks, diced
- 2 cups cooked brown rice **see recipe below*

MEAL #5 * *no prep needed*

For Brown Rice (Meals #1 & #4)

2 cups brown rice
 4 cups water or broth
 ½ teaspoon salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmer for 25-35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 4 cups.

For Red Pepper Pesto (Meals #1 & #5)

3 red bell peppers, seeded
 ¼ cup olive oil
 2 Tablespoons balsamic vinegar
 4 cloves garlic
 1 bunch of basil

Combine in food processor until combined, refrigerate until needed.

MENU

MONDAY ①

EDAMAME WITH DILL
 Roasted Squash and Red Pepper Rice

TUESDAY ②

VEGETABLE SCRAMBLE
 Spaghetti Squash

WEDNESDAY ③

CURRY COUSCOUS

THURSDAY ④

AVGOLEMONO SOUP
 (Greek Egg and Lemon Soup)

FRIDAY ⑤

MUSHROOM WALNUT BALLS
 Spaghetti Squash



VEGETARIAN January 24, 2014

Shopping List

(1) Edamame with Dill (2) Vegetable Scramble (3) Curry Couscous (4) Avgolemono Soup (5) Mushroom Walnut Balls

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,5	red bell peppers	4		4
1,5	basil leaves	1 bunch		1.5
1,4	edamame (frozen, shelled)	6 cups		9
1,2,4	fresh dill	small bunch		1.5
1,3	kuri squash	2 pounds	can sub butternut squash	3
2,3,4,5	onion	4		3
2,3	zucchini	2 small		2
2,4	carrot	5		1
2,5	spaghetti squash	4 pounds		5
3,4	lemon	3		1.5
4	celery stalks	3		1
4	kale	1 sm bunch		2
5	brown mushrooms	12 ounces		5

Recipe #	Dairy	Quantity	Notes	Est Cost
2,4,5	organic eggs	12		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,3,5	walnut pieces	2-3/4 cups		13
3	curry powder	1/2 teaspoon		0.5
3,5	medjool dates	1/2 cup		3
3	kalamata olives	1/4 cup		2
3,5	couscous	1-1/2 cups		1.5

Fresh 20 Grocery Est 63.5
 Cost Per Dinner 12.7
 Cost Per Serving 3.175

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	9 1/2 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	3/4 teaspoon
	balsamic vinegar	2 Tablespoons	ground cumin	dash
	white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	
	veggie broth: low sodium	5-3/4 cups	organic tomato paste	
	garlic	16 cloves	Dijon mustard or brown mustard	
	kosher salt	1-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2 cups
	paprika	1/4 teaspoon	whole wheat flour	1/2 Tablespoon

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) EDAMAME WITH DILL

roasted squash and red pepper rice

MADE AHEAD

- Cut vegetables: squash
- 2 cups cooked brown rice * *see prep guide*
- 1/3 cup red pepper pesto * *see prep guide for recipe*

DIRECTIONS

For edamame with dill

1. Boil or steam edamame, according to package directions. Drain and rinse with cold water; pat dry. *Save 3 cups of edamame for Meal #4.*
2. In a small bowl, whisk together salt, fresh dill, black pepper, white wine vinegar, and olive oil.
3. Toss with remaining edamame. Chill if desired.

For roasted squash

1. Heat oven to 375 degrees.
2. Toss all ingredients together on baking sheet and cook for about 30 minutes until tender and lightly browned.
3. Save half for Meal #3.

For red pepper rice

To re-heat brown rice on dinner night add 2 Tablespoons water to cooked rice and heat on stovetop, stirring with a fork to fluff. Stir in 1/3 cup of red pepper pesto (save remaining pesto for Meal #5). Divide red pepper rice into four individual serving bowls and top with roasted squash. Serve with edamame.

INGREDIENTS

For edamame with dill

6 cups frozen, shelled edamame *
for two meals
¼ teaspoon kosher salt
2 teaspoons chopped fresh dill
Dash of black pepper
2 teaspoons white wine vinegar
2 teaspoons olive oil

For roasted squash

2 pounds kuri squash (or butternut squash) peeled, seeded and cut into 1 inch cubes * *for two meals*
1½ Tablespoon olive oil
¼ teaspoon kosher salt
Dash black pepper

For red pepper rice

2 cups cooked brown rice * *see prep guide*
⅓ cup red pepper pesto * *see prep guide for recipe*



(2) VEGETABLE SCRAMBLE spaghetti squash

MADE AHEAD

- Cut vegetables: onion, zucchini, carrot, bell pepper
- Cook spaghetti squash * *see directions below*

DIRECTIONS

For vegetable scramble

1. In a medium bowl, whisk together eggs. Set aside.
2. Heat the olive oil in a sauté pan over medium-high heat. Once hot, add onion, zucchini, carrot, bell pepper, garlic, and salt and pepper. Cook 5-7 minutes, until vegetables have softened.
3. Lower heat to medium-low and add eggs. Stir scrambled-egg mixture over medium-low heat until eggs are no longer runny.
4. Garnish with fresh dill and serve with spaghetti squash

For spaghetti squash

1. Heat oven to 375 degrees.
2. Cut squash in half lengthwise and remove seeds. Put in a baking dish, cut side down, with 1/4 cup of water and bake for 35 minutes until tender.
3. Cool and scrape out flesh into strands. Save half the cooked squash for Meal #5 and use half for tonight's meal (see directions below).

On dinner night

1. Heat a large, non-stick skillet over medium heat; add oil when hot.
2. Add onion and garlic and cook for 3-5 minutes until onion is softened then add walnuts.
3. Add cooked spaghetti squash and stir until heated through.

INGREDIENTS

For vegetable scramble

8 medium, organic eggs
1 Tablespoon olive oil
½ medium onion, thinly sliced
1 small zucchini, thinly sliced
1 carrot, thinly sliced
1 red bell pepper, thinly sliced
3 cloves garlic, minced
Kosher salt & Black pepper
1 Tablespoon chopped fresh dill

For spaghetti squash

4 pounds spaghetti squash * *for two meals*

½ Tablespoon olive oil
½ medium onion, thinly sliced
2 cloves garlic, minced
1 cup walnut pieces

MADE AHEAD

- Cut vegetables: onion, zucchini
- Cooked squash cubes *see Meal #1 for recipe

DIRECTIONS

For curry couscous

1. Add the olive oil to a large stockpot over medium heat. When oil is hot, add the onion and garlic.
2. Cook for 2-3 minutes until onion is softened, then add zucchini, curry powder, paprika, salt, and pepper. Cook for 3 minutes.
3. Add in squash, dates, olives, lemon zest and broth.
4. Bring to a boil then stir in couscous. Cover, remove from heat, and let sit 5 minutes. Add walnuts and fluff before serving.

INGREDIENTS

For curry couscous

- ½ Tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 small zucchini, diced
- ½ teaspoon curry powder
- ¼ teaspoon paprika
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 pound cooked squash cubes * see Meal #1 for recipe
- ¼ cup chopped medjool dates
- ¼ cup kalamata olives, pitted and chopped
- Zest of 1 lemon (save juice for Meal #4)
- 1 ¾ cups organic, low-sodium vegetable broth
- 1 cup dry couscous
- ½ cup walnut pieces, toasted

Avgolemono is a Mediterranean soup made with eggs and lemon. We've made our version a hearty dinner with the addition of rice and edamame.

MADE AHEAD

- Cut vegetables: onion, carrots, celery
- 3 cups cooked edamame **see Meal #1 for recipe*
- 2 cups cooked brown rice **see prep guide*

DIRECTIONS

For avgolemono soup

1. Heat a large pot over medium heat and add the oil. When oil is hot add the onion, carrot, celery, kale, garlic, salt, and pepper. Cook for about 2 minutes. Add flour and cook an additional 2 minutes.
2. Add vegetable broth and lemon juice and cook at a low simmer for 5-10 minutes.
3. Whisk the 2 egg yolks in a bowl, and then add a small amount of warm soup to the bowl, whisking constantly. Add the whisked eggs to the soup pot with the edamame and rice and cook until heated through.
4. Turn off heat and add dill. Garnish with lemon slices.

INGREDIENTS

For avgolemono soup

- 1 Tablespoon olive oil
- 1 medium onion, diced
- 4 carrots, diced
- 3 celery stalks, diced
- 1 small bunch kale, chopped
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- ½ Tablespoon whole wheat flour
- 4 cups organic low-sodium vegetable broth
- Juice of 2 lemons, about ⅓ cup
- 2 egg yolks
- 3 cups cooked edamame ** see Meal #1*
- 2 cups cooked brown rice ** see prep guide*
- 2 tablespoons chopped dill
- 1 lemon sliced, for garnish



(5) MUSHROOM WALNUT BALLS

spaghetti squash

MADE AHEAD

- Red pepper pesto * *see prep guide for recipe*
- Cooked spaghetti squash * *see Meal #2*

DIRECTIONS

For mushroom walnut balls

1. Heat oven to 400 degrees and line a baking sheet with parchment or foil.
2. Combine onion, garlic, mushrooms, walnuts, Herbes, cumin, dates, salt, and pepper in a food processor until finely ground, almost pureed. *If you do not have a food processor you can chop the ingredients very fine.*
3. In a medium bowl, combine mushroom-walnut mixture with couscous and eggs; let sit 5-10 minutes.
4. Form mixture into golf ball size balls (about 20), and put on a baking sheet. Cook for about 15 minutes until dark brown.
5. Toss cooked meatballs with red pepper pesto and serve over spaghetti squash.

For spaghetti squash

To re-heat, add 2 Tablespoons water to cooked squash and heat over medium-low heat until warmed through.

INGREDIENTS

For mushroom walnut balls

½ medium onion
2 cloves garlic
12 ounces brown mushrooms, such as baby portabellas
1 cup walnut pieces
¾ teaspoon Herbes de Provence
Dash of cumin
5 pitted medjool dates
¼ teaspoon kosher salt
Dash of black pepper
½ cup dry couscous
2 eggs
1 cup red pepper pesto **see prep guide for recipe*

For spaghetti squash

4 cups cooked strands of spaghetti squash* *see Meal #2*



Nutrition Information

Edamame with dill				Serves: 4	
Serving Size: 3/4 cup					
Calories	164	kcal	Fat	8.3	g
Protein	12.7	g	Saturated	1	g
Carbohydrate	11.6	g	Sugar	2.6	g
Sodium	131	mg	Calcium	7.4	%DV
Fiber	6.1	g	Iron	15	%DV
Cholesterol	0	mg			

Roasted squash				Serves: 4	
Serving Size: 1/2 cup					
Calories	73	kcal	Fat	2.6	g
Protein	1.1	g	Saturated	0.4	g
Carbohydrate	13.3	g	Sugar	2.5	g
Sodium	66	mg	Calcium	5.5	%DV
Fiber	2.3	g	Iron	4.5	%DV
Cholesterol	0	mg			

Red pepper rice				Serves: 4	
Serving Size: 1/2 cup					
Calories	193	kcal	Fat	7.8	g
Protein	3.3	g	Saturated	1.1	g
Carbohydrate	27.4	g	Sugar	3.5	g
Sodium	9	mg	Calcium	2.3	%DV
Fiber	3.1	g	Iron	4.8	%DV
Cholesterol	0	mg			

Vegetable scramble				Serves: 4	
Serving Size: 3/4 cup					
Calories	209	kcal	Fat	13	g
Protein	13.9	g	Saturated	3.6	g
Carbohydrate	8.5	g	Sugar	4.6	g
Sodium	160	mg	Calcium	7.9	%DV
Fiber	2.1	g	Iron	12	%DV
Cholesterol	372	mg			

Spaghetti squash				Serves: 4	
Serving Size: 1 cup					
Calories	276	kcal	Fat	21	g
Protein	9.1	g	Saturated	1.4	g
Carbohydrate	20	g	Sugar	7	g
Sodium	40	mg	Calcium	7.5	%DV
Fiber	5.7	g	Iron	9.6	%DV
Cholesterol	0	mg			

Curry couscous				Serves: 4	
Serving Size: 1 cup					
Calories	460	kcal	Fat	15	g
Protein	11.6	g	Saturated	1.7	g
Carbohydrate	74.7	g	Sugar	21	g
Sodium	292	mg	Calcium	12	%DV
Fiber	8.5	g	Iron	13	%DV
Cholesterol	0	mg			

Avgolemeono soup				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	394	kcal	Fat	13	g
Protein	21.2	g	Saturated	2.3	g
Carbohydrate	51.7	g	Sugar	9.8	g
Sodium	289	mg	Calcium	20	%DV
Fiber	11.8	g	Iron	25	%DV
Cholesterol	92	mg			

Mushroom walnut balls				Serves: 4	
Serving Size: 5 balls					
Calories	522	kcal	Fat	28	g
Protein	19	g	Saturated	2.8	g
Carbohydrate	53.7	g	Sugar	24	g
Sodium	199	mg	Calcium	7.9	%DV
Fiber	8.9	g	Iron	17	%DV
Cholesterol	93	mg			