

PREP GUIDE

MEAL #1

- 2 cups cooked brown rice * *see recipe below*
- Cut vegetables:
 - 8-10 ounces Brussels sprouts, cut in half

MEAL #2

- Make pantry dressing
- Cut vegetables:
 - 2 carrots, peeled & shredded
 - ¼ red onion, thinly sliced

MEAL #3

- No prep needed

MEAL #4

- 3 cups cooked brown rice * *see recipe below*
- Cut vegetables:
 - ½ red onion, diced
 - 2 medium carrots, peeled and shredded
 - 2 green onions, chopped
 - ½ head cabbage, chopped

MEAL #5

- No prep needed

For Brown Rice (Meal #1 & #4)

2 ½ cups brown rice

5 cups water or gluten-free broth

1 teaspoon salt (if using water)

1. Combine rice, water or broth and salt in a large sauce pan with a tight fitting lid.
2. Bring to a boil, reduce heat to medium-low, and cook for 25 minutes until liquid is absorbed.
3. Turn off heat and let rice steam for an additional five minutes in covered pan.

MENU

MONDAY ①

HONEY LIME PORK
Braised Brussels Sprouts
Brown Rice

TUESDAY ②

BALSAMIC GLAZED HALIBUT
Spinach Salad

WEDNESDAY ③

LEMON GARLIC DRUMSTICKS
Pan Roasted Broccoli

THURSDAY ④

PORK FRIED RICE
Sautéed Cabbage

FRIDAY ⑤

TOMATO BROCCOLI PENNE



GLUTEN FREE February 28, 2014

Shopping List

(1) Honey Lime Pork (2) Balsamic Glazed Halibut (3) Lemon Garlic Drumsticks (4) Pork Fried Rice (5) Tomato Broccoli Penne

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	pork tenderloin	1-3/4 - 2 pounds		16
2	halibut fillet	1-1/2 pounds		18
3	chicken drumsticks	12		8

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	lime	1		0.5
1	Brussels sprouts	8-10 ounces	about 15	2
2,4,5	red onion	1		0.5
3	fresh thyme	12 sprigs		1.5
3	lemon	3		1.5
4	frozen peas	1 cup		2
2,4	carrots	4		1
4	green onion	2		1
4	cabbage	1/2 head		1.5
3,5	broccoli florets	1-1/2 pounds		4
5	tomatoes	2		1.5
2	baby spinach	6 cups		4

Recipe #	Dairy	Quantity	Notes	Est Cost
4	eggs	3		2
3	butter	3 Tablespoons		1
5	parmesan cheese	3 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	brown sugar	2 Tablespoons		0.5
2	slivered almonds	1/4 cup		2

Fresh 20 Grocery Est 71.5

Cost Per Dinner 14.3

Cost Per Serving 3.575

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	1 Tablespoon
	grapeseed oil		herbes de provence	
	balsamic vinegar	1/3 cup + 1 Tblsp	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium, gluten-free	3 cups	organic gluten-free tomato paste	
	garlic	15 cloves	gluten-free Dijon mustard	
	kosher salt	4-1/2 teaspoons	gluten-free soy sauce or Bragg liquid aminos	4 Tablespoons
	black pepper	1-1/2 teaspoons	gluten-free penne	16 ounces
	cayenne pepper	1/2 teaspoon	long grain brown rice	2-1/2 cups
	paprika		gluten-free all-purpose flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) HONEY LIME PORK

braised Brussels sprouts & brown rice

MADE AHEAD

- 2 cups cooked brown rice * *see prep guide for recipe*
- Cut vegetables: Brussels sprouts

DIRECTIONS

For honey lime pork

1. Preheat oven to 375°.
2. Heat olive oil in a large skillet over medium-high heat.
3. Rub pork tenderloin with salt and pepper. Set pork in skillet and brown on all sides (about 2 minutes per side).
4. Combine broth, honey and lime juice and pour over pork into pan. If desired, sprinkle with cayenne pepper
5. Cover with foil and place in oven. Cooking times vary according to the thickness of the tenderloin. Cook until internal temperature of the meat reaches 145 degrees, approximately 10-25 minutes. Let stand covered for a few minutes until ready to slice and serve. Reserve $\frac{3}{4}$ pound of pork for Meal #4.

For braised Brussels sprouts

1. Heat olive oil in medium sauté pan on low. Add minced garlic and cook for 2 minute until fragrant.
2. Add balsamic vinegar to garlic and mix well. Cook for about a minute and add Brussels sprouts making sure to coat all the pieces. Pour broth over sprouts, sprinkle with salt, and cover.
3. Cook for 5 minutes. Once Brussels sprouts are slightly golden on one side, stir and remove from heat. They should remain covered until ready to serve. I find the more they are allowed to rest and cool slightly, the better they taste. They can also be stored and served cold.

To re-heat brown rice

Add cooked rice and 1-2 Tablespoons water to a covered sauce pan. Warm over medium-low heat for 5-7 minutes and fluff with a fork before serving.

Serve sliced pork with pan drippings over $\frac{1}{2}$ - $\frac{3}{4}$ cup rice and 3-4 Brussels sprouts.

INGREDIENTS

For honey lime pork

1 Tablespoon olive oil
1 $\frac{3}{4}$ to 2 pound pork tenderloin
(for two meals)
1 teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
1 cup gluten-free chicken or vegetable broth
2 Tablespoons honey
1 lime juiced (2 Tablespoons)
 $\frac{1}{2}$ teaspoon cayenne pepper (optional)

For braised Brussels sprouts

2 Tablespoons olive oil
2 cloves garlic, pressed or minced
1 Tablespoon balsamic vinegar
8-10 oz fresh Brussels sprouts
(about 15), cut in half
1 cup gluten-free chicken broth
 $\frac{1}{2}$ teaspoon salt

2 cups cooked brown rice * *see prep guide*



(2) BALSAMIC GLAZED HALIBUT

Spinach salad

MADE AHEAD

- Make pantry dressing (www.thefresh20.com/pantrydressings/)
- Cut vegetables: carrot, onion

DIRECTIONS

For balsamic glazed halibut

1. In a medium bowl, whisk together the first five ingredients.
2. Rinse fish and pat dry. Place in a non-reactive (glass) dish, pour marinade over fish to coat thoroughly; refrigerate for 15 minutes.
3. Heat broiler and place one oven rack 3" from flame and one in center of oven.
4. Remove fish from marinade, reserving liquid, and place on a well-oiled broiler pan. Cook fish for five minutes on the top rack and then move dish to middle oven rack and cook an additional 4 minutes. Fish is done when the center flakes easily with a fork (chicken is done when it is no longer pink in the center).
5. Place reserved marinade in a small sauce pan and bring to a boil; reduce heat to medium-low and cook for five minutes.
6. Transfer fish to a serving dish and top with marinade.

For spinach salad

1. Combine spinach, carrots, Parmesan and red onion in salad bowl.
2. Toss with pantry dressing immediately before serving; top with almonds if desired.

INGREDIENTS

For balsamic glazed halibut

½ cup balsamic vinegar
2 Tablespoons gluten-free soy sauce
2 Tablespoons olive oil
2 Tablespoons brown sugar
2 cloves garlic, minced

1-1/2 pound halibut fillet or any firm flesh fish (*can sub 2 chicken breasts, cut in half lengthwise*)

For spinach salad

6 cups baby spinach
2 carrots, peeled and shredded
¼ red onion, thinly sliced
3 Tablespoons pantry dressing (www.thefresh20.com/pantrydressings/)
¼ cup slivered almonds
1/3 cup Parmesan, grated



(3) LEMON GARLIC DRUMSTICKS pan roasted broccoli

DIRECTIONS

For lemon garlic drumsticks

1. Rinse and pat dry drumsticks. Heat a large, frying pan over medium heat.
2. Add the oil and 1 Tablespoon butter. Generously season the drumsticks with salt and pepper. When the butter is foaming, drop in the drumsticks, and fry (rotating all sides) until lightly browned. Reduce heat to medium-low.
3. Cover the pan with a lid or foil and leave the drumsticks to fry gently for 15-20 minutes, turning regularly.
4. Melt remaining butter. Mince or press garlic and add to melted butter.
5. Juice lemons and add to butter. Remove stems from thyme by pulling upwards on the sprig. Once off stem, give the thyme a little chop; stir into butter.
6. Pour liquid over chicken. Remove from heat and let sit five minutes.

For pan roasted broccoli

1. Pre heat oven to 425 degrees.
2. Toss broccoli with olive oil and kosher salt.
3. Arrange on a sheet pan and bake for 15-20 minutes until broccoli is tender-crisp.
4. Transfer broccoli to serving dish and squeeze with lemon before serving.

INGREDIENTS

For lemon garlic drumsticks

12 chicken drumsticks
¼ cup olive oil
3 Tablespoons butter – divided
1 teaspoon kosher salt
½ teaspoon pepper
4 garlic cloves, minced or pressed
2 lemons
12 sprigs fresh thyme

For pan roasted broccoli

1 pound broccoli florets (about 4 cups)
1 Tablespoon olive oil
½ teaspoon kosher salt
½ lemon, for squeezing

MADE AHEAD

- ¾ pound pork loin, shredded * *see Meal #1 for recipe*
- 3 cups cooked brown rice * *see prep guide for recipe*
- Cut vegetables: red onion, carrots, green onion, cabbage

INSTRUCTIONS

For pork fried rice

1. Heat oil in a deep pan or wok over medium-high heat. When oil is sizzling, sauté onions and garlic. Stir continuously and quickly to avoid burning the garlic.
2. After a minute, add carrots to the pan or wok. Stir-fry for 3 minutes. Add peas and pork; continue to stir-fry for a minute. Add brown rice and stir to mix. After 1 minute, lower the heat and create a space in the center of the pan (or wok). Pour eggs in the center and within that center scramble the eggs to cook through.
3. After a minute or so, the eggs will become less runny and coagulate.
4. Fold eggs into rice mixture so that bits and pieces of the eggs are distributed among the vegetables and rice. Stir for another minute.
5. Once all the ingredients are well mixed, pour soy sauce over the rice and stir to coat. Turn the heat off and fold in green onions.

For sautéed cabbage

1. Heat oil over medium-high heat. Sauté smashed garlic for less than 20 seconds. Remove and discard garlic and add cabbage.
2. Sauté until slightly wilted down. Sprinkle with salt and stir again before removing from heat. Serve fried rice and cabbage, each in either large bowls or platters.

INGREDIENTS

For pork fried rice

2 Tablespoons olive oil
 ½ red onion, diced
 2 garlic cloves, minced or pressed
 2 medium carrots, peeled and shredded
 1 cup frozen peas
 ¾ pound pork loin, cooked and shredded with a fork * *see Meal #1 for recipe*
 3 cups cooked brown rice * *see prep guide for recipe*
 3 eggs, whipped in a bowl
 2 Tablespoons gluten-free low sodium soy sauce
 2 green onions, chopped

For sautéed cabbage

1½ Tablespoons of olive oil
 2 cloves of garlic, peeled and smashed
 ½ head of cabbage, chopped
 ½ teaspoon of salt

DIRECTIONS

For tomato broccoli penne

1. Bring a large pot of salted water to a boil. Cook pasta according to package or until tender, but still a little firm (al dente). Drain pasta, reserving $\frac{1}{2}$ cup of water, do not rinse.

While pasta is cooking

2. Heat a large sauté pan over medium heat and add oil. When oil is hot add onions and garlic and sauté over medium-high heat. Add broccoli, oregano, salt, and black pepper. Toss in tomatoes and broth and simmer for a few minutes.
3. Toss pasta with broccoli and tomatoes and stir to combine (tongs work best); add reserved pasta water as needed for moisture.
4. Sprinkle with Parmesan cheese, salt and pepper

INGREDIENTS

For tomato broccoli penne

1 pound gluten-free penne pasta
2 Tablespoons olive oil
 $\frac{1}{4}$ red onion, finely chopped
3 cloves garlic, minced
8 ounces broccoli florets, chopped
1 Tablespoon dried oregano
1 teaspoon kosher salt
 $\frac{1}{2}$ teaspoon black pepper
2 tomatoes, chopped
1 cup gluten-free vegetable broth
2 ounces parmesan cheese, grated
Kosher salt and black pepper



Gluten Free Feb. 28th

Nutrition Information

Honey lime pork			Serves: 4		
Serving Size: 4 ounces					
Calories	158	kcal	Fat	4.2	g
Protein	24.1	g	Saturated	1	g
Carbohydrate	5.1	g	Sugar	4.4	g
Sodium	314	mg	Calcium	1	%DV
Fiber	0	g	Iron	6.7	%DV
Cholesterol	74	mg			

Braised Brussels sprouts			Serves: 4		
Serving Size: 1 cup					
Calories	98	kcal	Fat	7	g
Protein	3	g	Saturated	1	g
Carbohydrate	7.5	g	Sugar	2.2	g
Sodium	280	mg	Calcium	3.6	%DV
Fiber	2.7	g	Iron	6.3	%DV
Cholesterol	0	mg			

Brown Rice			Serves: 4		
Serving Size: ½ cup (with low sodium broth)					
Calories	191	kcal	Fat	3.4	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.7	g
Sodium	33	mg	Calcium	0.5	%DV
Fiber	1.6	g	Iron	0.9	%DV
Cholesterol	0	mg			

Balsamic glazed halibut			Serves: 4		
Serving Size: 1 fillet					
Calories	266	kcal	Fat	9	g
Protein	32.3	g	Saturated	1.4	g
Carbohydrate	11.5	g	Sugar	10	g
Sodium	630	mg	Calcium	2.8	%DV
Fiber	0	g	Iron	3.9	%DV
Cholesterol	83	mg			

Spinach salad			Serves: 4		
Serving Size: 1 ½ cup with almonds (no dressing)					
Calories	95	kcal	Fat	5.3	g
Protein	5.4	g	Saturated	1.4	g
Carbohydrate	7.4	g	Sugar	2.3	g
Sodium	159	mg	Calcium	14.5	%DV
Fiber	2.9	g	Iron	9.9	%DV
Cholesterol	6	mg			

Lemon garlic drumsticks			Serves: 4		
Serving Size: 3 drumsticks					
Calories	425	kcal	Fat	29.4	g
Protein	36	g	Saturated	9.1	g
Carbohydrate	6.8	g	Sugar	1.4	g
Sodium	704	mg	Calcium	6	%DV
Fiber	2.6	g	Iron	9.7	%DV
Cholesterol	190	mg			

Pan roasted broccoli			Serves: 4		
Serving Size: ½ cup					
Calories	68	kcal	Fat	3.8	g
Protein	3.2	g	Saturated	0.5	g
Carbohydrate	7.5	g	Sugar	1.9	g
Sodium	284	mg	Calcium	5.3	%DV
Fiber	3	g	Iron	4.7	%DV
Cholesterol	0	mg			

Pork fried rice			Serves: 4		
Serving Size: 1 ¼ cup					
Calories	461	kcal	Fat	15.5	g
Protein	29.7	g	Saturated	3.2	g
Carbohydrate	50.5	g	Sugar	9.5	g
Sodium	725	mg	Calcium	7.7	%DV
Fiber	6	g	Iron	18	%DV
Cholesterol	195	mg			

Sauteed cabbage			Serves: 4		
Serving Size: ¼ cup					
Calories	86	kcal	Fat	5.2	g
Protein	2.1	g	Saturated	0.8	g
Carbohydrate	9.5	g	Sugar	5	g
Sodium	274	mg	Calcium	6.5	%DV
Fiber	3.9	g	Iron	4.4	%DV
Cholesterol	0	mg			

Tomato broccoli penne			Serves: 4		
Serving Size: 2 cups					
Calories	560	kcal	Fat	12.8	g
Protein	25.2	g	Saturated	3.7	g
Carbohydrate	94.4	g	Sugar	8	g
Sodium	757	mg	Calcium	24.7	%DV
Fiber	12.1	g	Iron	28	%DV
Cholesterol	13	mg			