

## PREP GUIDE

### MEAL #1

- 3 roasted red peppers (with juices), cut into strips *\*see below*
- Cut vegetables:
  - 1 yellow onion, thinly sliced
  - 1 fennel bulb, cored and thinly sliced
  - 12 ounces mushrooms, cleaned and sliced thin
  - 3 garlic cloves, peeled and thinly sliced

### MEAL #2

- 2 cups cooked brown rice *\* see below*
- Cut vegetables:
  - 1 medium fennel bulb, halved lengthwise, cored, and thinly sliced
  - 2 medium tomatoes, cored and chopped
  - 2 garlic cloves, peeled and thinly sliced

### MEAL #3

- Cut vegetables:
  - 1½ pounds parsnips, peeled & cut in half widthwise and then into quarters lengthwise
  - 2 yellow onions, peeled, root end intact and cut into eighths
  - 1 bunch swiss chard, center rib discarded, roughly chopped
  - ½ cup parsley, rinsed, dried, and chopped

### MEAL #4

- Cut vegetables:
  - 8 ounces button mushrooms, thinly sliced
  - 1½ pounds parsnips, peeled and chopped

### MEAL #5

- Cut vegetables:
  - 1 bunch Swiss chard, hard center stem removed, leaves chopped
  - 3 garlic cloves, peeled and thinly sliced

#### **For Roasted Red Peppers** (for Meal #1)

3 red bell peppers  
 1 Tablespoon olive oil  
 ¼ teaspoon kosher salt  
 ¼ teaspoon black pepper

1. Place the oven rack in the middle position and turn broiler on to high.
2. Cut the peppers in half from top to bottom, stem and all. Remove all the seeds and white pith from the center of the peppers.
3. Put the peppers in a bowl and toss with oil, salt, and pepper until coated evenly. Lay the peppers (skin side up) on a cooling rack that is on top of a cookie sheet. Roast for 10 minutes until blistered and black. Turn the peppers over and roast an additional 10 minutes until charred. *If you don't have a cooling rack you can cook the peppers on the cookie sheet.*
4. Remove from oven and place in a bowl tightly covered with plastic wrap or foil. Let steam 20 minutes. Remove the skins and discard. Place the peppers and any of the juices that accumulated in the bowl in a container and refrigerate until needed.

#### **For Brown Rice** (Meal #2)

1 cup brown rice  
 2 cups water or 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

MUSHROOM AND BEAN CACCIATORE  
 with Roasted Red Peppers & Fennel

### TUESDAY ②

FRITTATA WITH FENNEL AND  
 TOMATOES  
 Brown Rice

### WEDNESDAY ③

LENTILS  
 with Parsnips & Swiss Chard

### THURSDAY ④

SAUTEED VEGETABLES  
 Parsnip Puree

### FRIDAY ⑤

LINGUINI with  
 Tomato & Swiss Chard



VEGETARIAN March 14, 2014

# Shopping List

(1) Mushroom & Bean Cacciatore (2) Frittata (3) Lentils with Parsnips & Chard (4) Sautéed Vegetables (5) Linguini with Tomato & Chard

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	red bell peppers	3		3
1,3,5	onion	5	3 yellow, 2 red	4
1,4	baby bella/white button mushrooms	20 ounces		5
1,2	fennel bulb	2		2
1,2,5	fresh basil	1 large bunch	1-1/4 cups chopped	1.5
2	tomatoes	3		3
3,4	parsnips	3 pounds		6
3,5	Swiss chard	2 bunches		3
3,4	fresh thyme	1/2 bunch	need 2 Tablespoons chopped	1.5
4	frozen peas	2 cups		2
4	frozen artichoke hearts	9 oz package		5
3	parsley	1/2 bunch	need 1/2 cup chopped	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
2	eggs	8 large		4
4	butter	3 Tablespoons		1
5	parmesan cheese, grated	1/2 cup		2.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4,5	white wine	3/4 cup		2
1	white beans	2 cans	14.5 oz can	4
1,5	diced tomatoes	2 cans	14.5 oz cans	4
3	lentils	1 cup		1
3	bay leaf	1		0.5

Fresh 20 Grocery Est      56.5  
 Cost Per Dinner      11.3  
 Cost Per Serving      2.825

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	7 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	8 cloves	Dijon mustard or brown mustard	
	kosher salt	3-3/4 teaspoons	soy sauce or Bragg liquid aminos	
	black pepper	1 teaspoon	whole grain linguini	12 ounces
	cayenne pepper	1/8 teaspoon	long grain brown rice	1 cup
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



## (1) MUSHROOM AND BEAN CACCIATORE

with roasted red peppers and fennel

### MAKE AHEAD

- Roasted red peppers \* *see prep guide*
- Cut vegetables: onions, fennel, mushrooms, garlic

### DIRECTIONS

*For mushroom and bean cacciatore with roasted red peppers and fennel*

1. Heat the olive oil over medium heat in a large saucepan or soup pot. Add the onion, mushrooms, fennel and salt. Cover the pan and let the mixture stew until the vegetables are slightly softened, about 3 minutes.
2. Add the beans, garlic, oregano and pepper and stir well to combine. Cook uncovered until the flavors have combined, about 1 minute.
3. Add the wine and cook until evaporated, 30 seconds.
4. Add the peppers and tomatoes. Reduce the heat to medium-low and cook, uncovered, until the tomatoes are broken down and the vegetables have softened, about 10 minutes. Remove from heat and add the basil.

### INGREDIENTS

*For mushroom and bean cacciatore with roasted red peppers and fennel*

2 Tablespoons olive oil  
1 yellow onion, thinly sliced  
12 ounces white button or baby bella mushrooms, cleaned and sliced thin  
1 fennel bulb, cored and thinly sliced  
½ teaspoon kosher salt  
1 ½ (14.5 ounce) cans low sodium white beans, drained and rinsed (save ½ can for Meal #4)  
3 garlic cloves, peeled and thinly sliced  
1 teaspoon dried oregano  
¼ teaspoon black pepper  
¼ cup white wine (can sub vegetable broth)  
3 roasted red peppers with juices, cut into strips \**see prep guide*  
1 (14.5 ounce) can diced tomatoes with juice  
¼ cup basil, roughly chopped



## (2) FRITTATA WITH FENNEL AND TOMATOES

brown rice

### MAKE AHEAD

- Cut vegetables: fennel, tomatoes, garlic
- 2 cups cooked brown rice \* *see prep guide for recipe*

### DIRECTIONS

*For frittata with fennel and tomatoes*

1. Preheat oven to 400 degrees.
2. Warm oil in large, oven-proof skillet; add fennel, tomatoes and garlic and sauté for 5 minutes until vegetables are tender.
3. Meanwhile, break eggs into a bowl with salt and pepper and whisk well to combine.
4. Pour eggs over vegetables and allow to cook undisturbed for about 4 minutes.
5. Transfer skillet to oven and cook for 10-15 minutes until the eggs are firm in the center. Once frittata is set, raise oven rack to top position and broil for 2 minutes until slightly browned.
6. Remove from oven and invert onto cutting board (place cutting board on top of skillet and flip skillet and cutting board over together). Top with basil, slice into wedges, and serve warm.

*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.

### INGREDIENTS

*For frittata with fennel and tomatoes*

2 Tablespoons olive oil  
1 medium fennel bulb, halved lengthwise, cored, and thinly sliced  
2 medium tomatoes, cored and chopped  
2 garlic cloves, peeled and thinly sliced  
8 large eggs  
½ teaspoon kosher salt  
⅛ teaspoon black pepper  
½ cup basil leaves, finely chopped

2 cups cooked brown rice \* *see prep guide*

## (3) LENTILS with parsnips and swiss chard

### MAKE AHEAD

- Cut vegetable: parsnips, onion, Swiss chard and parsley

### DIRECTIONS

#### *For parsnips and Swiss chard*

1. Heat oven to 400 degrees.
2. Cut the parsnips in half widthwise then in quarters lengthwise. Combine the onions and parsnips in a bowl and toss with oil, salt, and pepper. Put the parsnips and onions on a baking sheet and cover tightly with foil. Roast for 30 minutes or until the onions are tender. Remove from oven.
3. In a large bowl, combine Swiss chard, oil, and thyme and stir to coat.
4. Add Swiss chard mixture to pan with onions and parsnips. Return to the oven, uncovered, and roast for an additional 10-15 minutes.

#### *For lentils*

1. Wash lentils in a fine mesh strainer to remove any debris or stones and rinse under cold water.
2. Transfer rinsed lentils to a large saucepan and add water, salt and bay leaf. Bring to a boil then reduce to a gentle simmer for about 30 minutes until lentils are soft.
3. Drain lentils, remove and discard bay leaf, and add parsley.
4. Serve lentils alongside roasted vegetables.

### INGREDIENTS

#### *For parsnips and Swiss chard*

- 1 ½ pounds parsnips, peeled
- 2 yellow onions, peeled, root end intact and cut into eighths
- 2 Tablespoons grapeseed oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 bunch Swiss chard, center rib discarded, roughly chopped
- 1 Tablespoon olive oil
- 1 Tablespoon chopped fresh thyme leaves

#### *For lentils*

- 1 cup lentils (dry)
- 2 cups water
- ¼ teaspoon kosher salt
- 1 bay leaf
- ½ cup parsley, rinsed, dried and chopped



## (4) SAUTEED VEGETABLES atop parsnip puree

### MAKE AHEAD

- Cut vegetables: mushrooms, parsnips

### DIRECTIONS

#### *For the sautéed vegetables*

1. Heat grapeseed oil in a wide, deep sauté pan over medium heat. Add the mushrooms and let cook untouched for about 45 seconds then stir and continue to cook until softened and brown – about 2 minutes. Add the artichokes, peas, salt and pepper to the pan and cook for an additional minute.
2. Add in the wine and let cook until slightly reduced.

#### *For parsnip puree*

1. Place parsnips in a pot, cover with water, and bring to a boil. Cook until softened, approximately 10-15 minutes.
2. Drain the parsnips, reserving  $\frac{3}{4}$  cup of the cooking water. Place the parsnips, butter,  $\frac{1}{2}$  cup cooking water, and salt into a food processor. Puree until smooth, adding more water if needed to reach desired consistency. Serve puree topped with sautéed vegetables.

### INGREDIENTS

#### *For the sautéed vegetables*

- 1 Tablespoon grapeseed oil
- 8 ounces button mushrooms, thinly sliced
- 1 (9 ounce) package frozen artichoke hearts, defrosted
- $\frac{1}{2}$  can (7.25 ounces) low sodium white beans, drained and rinsed
- 2 cups frozen green peas, defrosted
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{4}$  cup white wine (or vegetable broth)

#### *For parsnip puree*

- 1 $\frac{1}{2}$  pounds parsnips, peeled and chopped
- 3 Tablespoons butter
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{3}{4}$  cup parsnip cooking water



## (5) LINGUINI

### with tomato and swiss chard

#### MAKE AHEAD

- Cut vegetables: swiss chard, garlic

#### DIRECTIONS

##### *For linguini with tomato and Swiss chard*

1. Heat oil in a large, heavy frying pan over medium heat. Add the onions and sauté until tender, about 8 minutes. Add the chard and sauté until it wilts, about 2 minutes. Add the garlic and sauté until fragrant, about 1 minute.
2. Stir in the tomatoes with their juice, wine, and cayenne pepper. Bring to a simmer. Cover and simmer until the tomatoes begin to break down and the chard is very tender, stirring occasionally, about 5 minutes. Season with salt and pepper.

##### *Meanwhile*

1. Bring a large pot of salted water to a boil. Add the linguini and cook until tender, but still firm to the bite, stirring frequently, about 10 to 11 minutes.
2. Drain the linguini and add to the chard mixture with the parmesan cheese; toss to combine. Stir in basil leaves before serving.

Transfer the pasta to serving bowls and sprinkle with more cheese if desired.

#### INGREDIENTS

##### *For linguini with tomato and Swiss chard*

- 1 Tablespoon olive oil
- 2 red onions, thinly sliced
- 1 bunch Swiss chard, hard center stem removed, leaves chopped
- 3 garlic cloves, peeled and thinly sliced
- 1 (14.5 oz) can diced tomatoes with juice
- ¼ cup white wine (or vegetable broth)
- ⅛ teaspoon cayenne pepper
- ½ teaspoon kosher salt
- ⅛ teaspoon black pepper
  
- 12 ounces whole wheat linguini
- ½ cup parmesan cheese, grated
- ½ cup basil, chopped



# Nutrition Information

Mushroom and bean cacciatore with roasted red peppers and fennel				Serves: 4	
Serving Size: 1 1/4 cup cacciatore (prepared with white wine)					
Calories	394	kcal	Fat	11	g
Protein	17.3	g	Saturated	1.6	g
Carbohydrate	57.2	g	Sugar	12	g
Sodium	337	mg	Calcium	19	%DV
Fiber	15.2	g	Iron	37	%DV
Cholesterol	0	mg			

Frittata with fennel and tomatoes				Serves: 4	
Serving Size: 1 wedge					
Calories	235	kcal	Fat	17	g
Protein	14	g	Saturated	4.1	g
Carbohydrate	8	g	Sugar	2	g
Sodium	422	mg	Calcium	9.9	%DV
Fiber	2.6	g	Iron	14	%DV
Cholesterol	372	mg			

Brown Rice				Serves: 4	
Serving Size: 1/2 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			

Lentils				Serves: 4	
Serving Size: 1/2 cup cooked lentils					
Calories	172	kcal	Fat	0.6	g
Protein	12.6	g	Saturated	0	g
Carbohydrate	29.3	g	Sugar	1	g
Sodium	134	mg	Calcium	4.1	%DV
Fiber	14.9	g	Iron	23	%DV
Cholesterol	0	mg			

Parsnips and swiss chard				Serves: 4	
Serving Size: 1 cup					
Calories	311	kcal	Fat	17	g
Protein	4	g	Saturated	4.9	g
Carbohydrate	40.2	g	Sugar	12	g
Sodium	382	mg	Calcium	11	%DV
Fiber	10.6	g	Iron	13	%DV
Cholesterol	15	mg			



<b>Sauteed vegetables</b>				<b>Serves: 4</b>	
Serving Size: 3/4 cup (prepared with white wine)					
Calories	188	kcal	Fat	4.3	g
Protein	10.2	g	Saturated	0.5	g
Carbohydrate	27.4	g	Sugar	5.9	g
Sodium	544	mg	Calcium	5.7	%DV
Fiber	11.7	g	Iron	13	%DV
Cholesterol	0	mg			

<b>Parsnip puree</b>				<b>Serves: 4</b>	
Serving Size: 3/4 cup					
Calories	204	kcal	Fat	9.2	g
Protein	2.1	g	Saturated	5.6	g
Carbohydrate	30.6	g	Sugar	8.2	g
Sodium	387	mg	Calcium	6.4	%DV
Fiber	8.3	g	Iron	5.6	%DV
Cholesterol	23	mg			

<b>Linguini with tomato and swiss chard</b>				<b>Serves: 4</b>	
Serving Size: 2 1/2 cups (prepared with white wine)					
Calories	440	kcal	Fat	7.6	g
Protein	18.9	g	Saturated	2.5	g
Carbohydrate	78.1	g	Sugar	9.7	g
Sodium	565	mg	Calcium	21	%DV
Fiber	10.5	g	Iron	26	%DV
Cholesterol	9	mg			