

## PREP GUIDE

### MEAL #1

- Make basting liquid for chicken *\*see Meal #1 for recipe*
- Cut vegetables:
  - ½ white onion, diced (½ cup)

### MEAL #2

- 2½ cups cooked quinoa *\*see recipe below*
- Cut vegetables:
  - 2 tomatoes, diced (about 2 cups)
  - 6-8 scallions, thinly sliced (about 1 cup)

### MEAL #3

- 2 roasted peppers *\*see recipe below*
- Cut vegetables:
  - 1 large yellow onion, halved & sliced

### MEAL #4

- Make salsa and tzatziki (1-2 days ahead) *\* see Meal #4 for recipes*

### MEAL #5

- 1 cup fresh peas, blanched *\*see Meal #5*

#### **For Quinoa** (for Meals #2 & #5)

2 cups quinoa  
 3¾ cups water  
 ½ teaspoon salt (optional)

Rinse quinoa under running water. Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmer for 15 minutes. Turn off heat and let sit for another 5 minutes. Yields about 5 cups

#### **For Roasted Red Pepper** (for Meal #3)

2 red bell peppers  
 2 teaspoons olive oil  
 ¼ teaspoon kosher salt  
 ⅛ teaspoon black pepper

1. Place the oven rack in the middle of the oven and turn the oven on to high broil.
2. Cut the peppers in half from top to bottom, stem and all. Remove the stem, 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.
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 them.
5. Place the peppers and any of the juices that accumulated in the bowl in container and refrigerate until needed.

## MENU

### MONDAY ①

LEMON MUSTARD ROASTED CHICKEN  
 Potatoes and Minted Spring Peas

### TUESDAY ②

GREEK SHRIMP AND QUINOA

### WEDNESDAY ③

CHORIZO SAUSAGE AND TOMATO  
 "PAELLA"

### THURSDAY ④

CHICKEN GYRO TACOS  
 Tzatziki Sauce

### FRIDAY ⑤

PEA AND BASIL FETA QUINOA CAKES  
 Pantry Salad



GLUTEN FREE May 9, 2014

# Shopping List

(1) Lemon Mustard Roasted Chicken (2) Greek Shrimp & Quinoa (3) Chorizo Sausage Paella (4) Chicken Gyro Tacos (5) Pea & Basil Feta Quinoa Cakes

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole organic chicken	4 pound		12
2	shrimp, large, devined	1-1/2 pounds		15
3	chicken chorizo sausage	12 ounces	gluten free	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3	red bell peppers	2		2
1,3,5	fresh peas, shelled	4 cups	4 pounds peas in pod = 4 cups shelled; can sub frozen	8
1,2,4,5	lemon	6 large		3
1	baby potatoes	1-1/2 pounds		3
1,4,3,5	onion	3	1 yellow, 2 white	2
1,4	fresh mint	1 bunch	6 Tablespoons chopped	1.5
2,3,4	tomatoes	6		6
2	scallions	6-8		1
2,5	fresh basil	2 bunches	need 1 cup chopped	3
4,5	cucumber	2		2
4,5	romaine lettuce	1-1/2 heads		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	feta cheese	2 cups (8 oz)	additional 1/4 cup optional	5
4	plain nonfat greek yogurt	3/4 cup		1.5
5	eggs	4		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	quinoa	2 cups		4
4	corn tortillas	8		2
5	gluten free bread crumbs	1 cup	or crushed organic corn flake cereal	1.5

Fresh 20 Grocery Est 84.5  
 Cost Per Dinner 16.9  
 Cost Per Serving 4.225

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	4 Tablespoons	dried oregano	1/2 teaspoon
	grapeseed oil	3 Tablespoons + 1 tsp.	herbes de provence	2 teaspoons
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	
	chicken or veggie broth: low sodium, gluten free	2-1/3 cups	organic gluten free tomato paste	
	garlic	17 cloves	gluten free Dijon mustard	2 Tablespoons
	kosher salt	2-3/4 teaspoons	gluten free soy sauce or Bragg liquid aminos	
	black pepper	1-3/4 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	1 cup
paprika	1 teaspoon	gluten free all purpose flour		

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



# (1) LEMON MUSTARD ROASTED CHICKEN

## potatoes and minted spring peas

### MAKE AHEAD

- Make chicken basting liquid, up to 48 hours ahead \*see recipe below
- Cut vegetables : onion

### DIRECTIONS

#### *For the basting liquid*

In a small bowl, combine the ingredients for the basting liquid and whisk well. Cover and refrigerate until needed.

#### *For the chicken and potatoes*

1. Preheat the oven to 425° and place the rack in the middle position. Place a roasting pan or a 9 x 13-inch baking dish in the oven to preheat while you prepare chicken and potatoes.
2. From the edge of the chicken cavity, slip a finger under the skin of each of the breasts, and then gently loosen the skin from the meat of the breasts and thighs.
3. Place the 6 garlic cloves and the lemon half in the cavity of the chicken. Season in the cavity and the outside of the bird with the salt and pepper.
4. Using your hands, gently rub half of the basting liquid into the space between the chicken skin and meat, being careful not to tear the skin (work with about 1 Tablespoon of the liquid at a time). Tie the legs of the bird together with kitchen string. Rub the remaining half of the basting liquid all over the chicken.
5. In a large bowl, combine the potatoes with the oil, salt, and pepper and toss to coat well.
6. Carefully remove the preheating pan from the oven and immediately put the potatoes into the pan. Place the chicken on top of the potatoes, breast-side up.
7. Roast for about 1½ hours, or 20 minutes per pound. The internal temperature should be at 165 degrees and the juices of the chicken will run clear. Remove chicken from the pan and let rest at least 10 minutes.
8. Toss the potatoes in the pan drippings and return to the oven while the chicken is resting; this will crisp them up.
9. Remove skin. Separate breasts, wings, and legs. Serve half the chicken for tonight's dinner; shred remaining meat and reserve for Meal #4.

#### *For the peas*

1. Heat the olive oil in a sauté pan over medium heat. Add onions and salt and sauté for about 2 minutes until softened.
2. Add the peas and chicken broth and bring to a boil. Reduce to a simmer, cover, and cook for 5 minutes until the peas are tender. Toss the mint with the peas before serving.

### INGREDIENTS

#### *For the basting liquid*

- 2 Tablespoons gluten free Dijon mustard
- ¼ cup lemon juice (from 1-2 lemons)
- 2 teaspoons Herbs de Provence
- 1 Tablespoon olive oil
- 3 garlic cloves, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For the chicken*

- 1 whole organic chicken (about 4 pounds), remove giblets, rinse and pat dry \*for two meals
- 6 garlic cloves, unpeeled, cut in half crosswise
- ½ lemon
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For the potatoes*

- 1½ pounds baby potatoes, cut in quarters
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For the peas*

- 1 Tablespoon olive oil
- ½ white onion, diced (about ½ cup)
- ¼ teaspoon kosher salt
- 2 cups fresh shelled peas (2 pounds of peas in the pod will yield about 2 cups of shelled peas—can substitute frozen if fresh are not available)
- ½ cup gluten free low sodium chicken broth
- ¼ cup mint, chopped

### MAKE AHEAD

- 2½ cups cooked quinoa *\*see prep guide*
- Cut vegetables: tomatoes, scallions

### DIRECTIONS

*For Greek shrimp and quinoa*

1. Preheat oven to 450°.
2. Line a 9x13 inch baking pan with aluminum foil. Spray with cooking spray or rub a small amount of oil on the foil to prevent the quinoa from sticking.
3. Combine the quinoa with all the ingredients except for the shrimp and the basil. Place the quinoa mixture in prepared pan.
4. Combine the shrimp and basil and arrange on top of quinoa mixture. Cover the pan with foil and bake at 450° for 20 minutes or until the shrimp are done.

### INGREDIENTS

*For Greek shrimp and quinoa*

- 2½ cups cooked quinoa *\*see prep guide*
- 1 teaspoon olive oil
- 2 large tomatoes diced (about 2 cups)
- 6-8 scallions thinly sliced (about 1 cup)
- 1½ cups (6 ounces) crumbled feta cheese
- 1 lemon, zested and juiced (1½ teaspoons zest, 2 Tablespoon juice)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
  
- 1½ pounds large shrimp, peeled and deveined (can sub one pound of chicken tenders, cut into 1" pieces)
- ½ cup chopped fresh basil



## (3) CHORIZO SAUSAGE AND TOMATO “PAELLA”

### MAKE AHEAD

- Roasted red peppers *\*see prep guide*
- Cut vegetables: onions

### DIRECTIONS

*For chorizo sausage and tomato ‘paella’*

1. Heat a large sauté pan that can be fitted with a lid over a medium-high heat. Add the sliced chorizo halves, cut-side down, and cook they begin to crisp at the edges. Remove from the pan and set aside.
2. Add the onion to the pan, and cook for a few minutes until slightly softened. Add in the garlic and cook 30 seconds until fragrant. Place the chorizo back in the pan along with the paprika, cumin, salt and rice. Mix well so that all the grains are coated. Pour in the warm chicken broth, add the roasted peppers, and stir well. Reduce to a simmer, cover the pan with a lid, and cook for 25 minutes.
3. After 25 minutes, stir in the tomatoes and cook 8-10 minutes more until the rice is tender and the liquid has been mostly absorbed. During the last 5 minutes of cook time add in the peas.

### INGREDIENTS

*For chorizo sausage and tomato ‘paella’*

- 12 ounces gluten free chicken chorizo sausage, cut in half lengthwise
- 1 large yellow onion, halved and sliced
- 2 garlic cloves, chopped
- 1 teaspoon paprika
- 1 teaspoon cumin
- ½ teaspoon kosher salt
- 1 cup brown rice (dry)
- 2 cups gluten free low sodium chicken broth, warmed
- 2 roasted peppers, chopped *\*see prep guide*
- 2 medium tomatoes chopped (about 1½ cups diced)
- 1 cup fresh shelled peas (1 pound of peas in the pod will yield about 1 cup of shelled peas)



## (4) CHICKEN GYRO TACOS with tzatziki sauce

### MAKE AHEAD

- Half a cooked roasted chicken, shredded *\*see Meal #1 for recipe*
- Make salsa and tzatziki (1-2 days ahead) *\* see recipes below*

### DIRECTIONS

#### *For the Tzatziki sauce*

1. Peel and grate the cucumber, then squeeze it with your hands to remove as much excess water as possible. Stir together with yogurt, lemon juice, garlic, and salt.
2. Refrigerate until ready to assemble the gyros. Tzatziki can be made 1-2 days ahead and chilled.

#### *For the cucumber tomato salsa*

Stir together the salsa ingredients and refrigerate.

#### *For the chicken*

1. Warm the oil in a sauté pan over medium heat. Add the garlic and cook till fragrant about 30 seconds.
2. Add the shredded chicken, oregano, and pepper and stir constantly, until the chicken is warmed through and the flavors are combined.
3. Preheat oven to 375 degrees. Heat the tortillas in the oven until warm and crisp.
4. Spread tzatziki sauce on the warm tortillas and top with chicken, lettuce and salsa. Feta is a yummy addition to the gyro tacos, if desired.

### INGREDIENTS

#### *For the Tzatziki Sauce*

½ cucumber  
¾ cup plain nonfat Greek yogurt  
½ lemon, juiced (2 Tablespoons)  
2 garlic cloves, finely minced  
¼ teaspoon kosher salt

#### *For the cucumber tomato salsa*

1 cucumber diced (about 1 cup)  
2 tomatoes, diced (about 1 cup)  
2 Tablespoons mint, chopped  
¼ white onion, shaved paper thin (¼ cup)  
¼ lemon, juiced (1 Tablespoon)  
⅛ teaspoon black pepper

#### *For the chicken*

1 teaspoon grapeseed oil  
1 garlic clove, minced  
½ roast chicken, shredded *\*see Meal #1 for recipe*  
½ teaspoon dried oregano  
¼ teaspoon black pepper  
½ head romaine or iceberg lettuce, shredded  
8 corn tortillas  
Optional: ¼ cup feta cheese



## (5) PEA AND BASIL FETA QUINOA CAKES

### pantry salad

#### MAKE AHEAD

- 2½ cups cooked quinoa *\*see prep guide*
- 1 cup blanched peas *\*see kitchen note below*

#### DIRECTIONS

##### *For pea and basil feta quinoa cakes*

1. Combine quinoa, beaten eggs, salt, pepper, and lemon zest in a large bowl. Add onions, garlic, peas, basil and feta and stir till evenly combined.
2. Add breadcrumbs or crushed cereal and let stand so crumbs absorb some moisture. The mixture should be easily formed into balls without falling apart too much.
3. Make the mixture into patties (a large ice cream scoop works well, which is about 1/4 cup) and place on a foil lined cookie sheet until ready to cook.
4. Heat 1½ Tablespoons grapeseed oil in a frying pan over medium heat. Cook patties in batches, about 5 minutes per side or until browned and crispy. Flatten each patty as the first side cooks until each is about 1/2 inch thick. Flip carefully!
5. Repeat with remaining mixture and remaining oil.
6. Serve with lemon wedges.

##### *For pantry salad*

Combine lettuce with pantry dressing of your choice and serve chilled.

#### Kitchen Note:

To blanch peas, boil water in a sauce pan. Add 1 cup shelled fresh peas\* to the boiling water and cook until tender, about 4 minutes. Drain from boiling water and place in a bowl of ice water to stop the cooking. Drain and reserve until needed.

\* if fresh shelled peas are not available, you can substitute frozen

#### INGREDIENTS

##### *For pea and basil feta quinoa cakes*

2½ cups cooked quinoa *\*see prep guide*  
4 eggs, beaten  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ lemon zested (2 teaspoons)  
1 white onion, diced (1 cup)  
3 garlic cloves, minced  
1 cup peas, blanched *\*see kitchen note*  
½ cup basil, chopped  
½ cup feta cheese, finely crumbled  
1 cup gluten free breadcrumbs or crushed organic corn flake cereal  
3 Tablespoons grapeseed oil, divided  
1 lemon, cut into wedges

##### *For pantry salad*

1 head romaine lettuce, washed and torn into bite sized pieces  
Pantry dressing of your choice  
([www.thefresh20.com/pantrydressing](http://www.thefresh20.com/pantrydressing))



# Nutrition Information

Lemon mustard roasted chicken with potatoes				Serves: 4	
Serving Size: About 7 ounces chicken (skin removed) + 3/4 cup potatoes					
Calories	465	kcal	Fat	11	g
Protein	50.6	g	Saturated	2.3	g
Carbohydrate	37.6	g	Sugar	2.2	g
Sodium	708	mg	Calcium	5.5	%DV
Fiber	3.8	g	Iron	24	%DV
Cholesterol	147	mg			

Minted spring peas				Serves: 4	
Serving Size: 1/2 cup					
Calories	104	kcal	Fat	3.7	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	13.8	g	Sugar	4.6	g
Sodium	188	mg	Calcium	3.6	%DV
Fiber	5.1	g	Iron	11	%DV
Cholesterol	0	mg			

Greek shrimp and quinoa				Serves: 4	
Serving Size: 1 1/4 cup					
Calories	409	kcal	Fat	14	g
Protein	39.6	g	Saturated	6.6	g
Carbohydrate	32.7	g	Sugar	5	g
Sodium	839	mg	Calcium	30	%DV
Fiber	5.2	g	Iron	38	%DV
Cholesterol	285	mg			

Chorizo sausage and tomato "paella"				Serves: 4	
Serving Size: 1 1/2 cups (prepared with chicken chorizo)					
Calories	410	kcal	Fat	11	g
Protein	22.8	g	Saturated	2.7	g
Carbohydrate	56.3	g	Sugar	12	g
Sodium	742	mg	Calcium	6.9	%DV
Fiber	6	g	Iron	16	%DV
Cholesterol	65	mg			

Chicken gyro tacos with tzatziki sauce				Serves: 4	
Serving Size: 2 prepared tacos + 3 tablespoons tzatziki sauce					
Calories	526	kcal	Fat	14	g
Protein	57.7	g	Saturated	2.6	g
Carbohydrate	41.1	g	Sugar	3.1	g
Sodium	1,052	mg	Calcium	9.2	%DV
Fiber	5.6	g	Iron	26	%DV
Cholesterol	150	mg			

Cucumber tomato salsa			Serves: 4		
Serving Size: About 1/2 cup					
Calories	21	kcal	Fat	0	g
Protein	0.9	g	Saturated	0	g
Carbohydrate	4.8	g	Sugar	2.6	g
Sodium	5	mg	Calcium	1.9	%DV
Fiber	1.2	g	Iron	3.3	%DV
Cholesterol	0	mg			

Pea and basil feta quinoa cakes			Serves: 4		
Serving Size: About 4 patties					
Calories	464	kcal	Fat	22	g
Protein	19	g	Saturated	5.8	g
Carbohydrate	49	g	Sugar	5.9	g
Sodium	639	mg	Calcium	20	%DV
Fiber	7.8	g	Iron	22	%DV
Cholesterol	205	mg			

Pantry salad			Serves: 4		
Serving Size: 1/4 lettuce head without dressing					
Calories	27	kcal	Fat	0.5	g
Protein	2	g	Saturated	0	g
Carbohydrate	5.3	g	Sugar	1.8	g
Sodium	13	mg	Calcium	5.3	%DV
Fiber	3.3	g	Iron	8.5	%DV
Cholesterol	0	mg			