

PREP GUIDE

MEAL #1

- 1 cup breadcrumbs * *see below*
- ¼ cup cooked wild rice * *see below*
- Homemade mayonnaise * *see below*
- 1 cup cooked brown rice, made according to package directions

MEAL #2

- Remove kernels from 1 ear of corn
- Make pantry dressing (www.thefresh20.com/pantrydressings)

MEAL #3

- Cook corn and remove kernels * *see Meal #3*
- Cut vegetables:
 - 2 Tablespoons finely chopped yellow onion
 - ½ medium yellow summer squash, cut into small dice
 - ½ medium green Italian zucchini, cut into small dice

MEAL #4 – none needed

MEAL #5

- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables:
 - 2 Tablespoons chopped yellow onion
 - 1 zucchini, sliced into ½" rounds
 - ⅓ red onion, thinly sliced

Wild Rice (Meals #1 & #4)

½ cup wild rice

1. Rinse rice with cool water.
2. Fill a medium sauce pot with water and add rice, bring to a boil. Boil uncovered for 20-25 minutes or until rice splits slightly and is tender. Drain and cool; makes 1 cup cooked rice.

Bread Crumbs (Meal #1)

Toast 2-3 whole wheat hamburger buns until crisp. Crumble in blender or food processor and process until sandy in texture. Can be made ahead and stored in an airtight container for up to a week. Makes 1- 1½ cups breadcrumbs.

(OPTIONAL) Homemade Mayonnaise (Meal #1)

Can use 1 Tablespoon commercially prepared mayonnaise instead of homemade.

1 large organic egg yolk, room temperature

1 teaspoon water

1 teaspoon lemon juice

1 cup grapeseed oil

½ teaspoon salt

1. Whisk yolk, water and lemon until well blended and light in color (by hand – 3 minutes, in blender – 1 minute).
2. Slowly drizzle in oil a little at a time, almost drop by drop, whisking until mayo stiffens. This will take about 3 minutes to add the oil. Be patient. It will not emulsify if you rush it; add salt. Refrigerate for up to 2 days; makes 1 cup.

MENU

MONDAY ①

HERB CRUSTED CHICKEN BREASTS
Wild Rice Pilaf & Apple Celery Slaw

TUESDAY ②

BROWN BUTTER SCALLOPS
Tomato Salad & Corn Sauté

WEDNESDAY ③

GRILLED CHICKEN SAUSAGE
Summer Squash Succotash

THURSDAY ④

CRISPY CHICKEN
Wild Rice Apple Salad

FRIDAY ⑤

ZUCCHINI BAKE



FOR ONE July 18, 2014

Shopping List

(1) Herb Crusted Chicken Breast (2) Brown Butter Scallops (3) Grilled Chicken Sausages (4) Chicken & Wild Rice Apple Salad (5) Zucchini Bake

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken breast	1 pound		5
3	chicken sausage links	6 ounces		2.5
2	bay scallops	4 ounces		3.5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	parsley	1/4 bunch		0.5
1	lemon	1		0.5
1,4	celery	2 stalks		0.75
1,2,4	Granny Smith apples	2		2
4	red leaf lettuce	1/2 bunch		1
3,5	yellow onion	1		1
3	summer squash	1		1
3,5	zucchini	2		2
2,3	fresh corn	2 ears		1.5
2,4,5	tomato	2		2
2,5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost
1	eggs	2		1
2	butter	1/2 Tablespoon		0.25
3,5	parmesan cheese	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	whole wheat hamburger buns	2-3 buns		2
1,4	wild rice	1/2 cup		1
2	walnuts	2 Tablespoons		1.5

Fresh 20 Grocery Est \$32.00
 Cost Per Dinner \$6.40
 Cost Per Serving \$1.60

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) HERB CRUSTED CHICKEN BREASTS

wild rice pilaf & apple celery slaw

*Serves 2. Leftovers make excellent next day lunch.

MADE AHEAD

- 1 cup breadcrumbs * see prep guide
- ¼ cup cooked wild rice * see prep guide
- Homemade mayonnaise * see prep guide
- 1 cup cooked brown rice, made according to package directions

DIRECTIONS

For herb crusted chicken breasts

1. Season both sides of chicken with ½ teaspoon of kosher salt – set aside.
2. On a large plate, stir to combine bread crumbs, parsley, lemon zest, and salt & pepper.
3. On another plate or shallow bowl, beat 1 egg with ½ Tablespoon of water.
4. Dip both sides of each breast into the egg and then into the bread crumb mixture. Press down lightly so that the crumbs will stick - set aside.
5. Heat a large, nonstick sauté pan over medium heat; add 1½ Tablespoons oil. Once oil is hot, add in chicken breasts and cook until golden brown, about 5-6 minutes per side, and no longer pink in the center. Your oil should be hot enough that when you lay in the first piece of chicken you hear a nice sizzle.
6. Cool 2 breasts and store in the refrigerator in an airtight container for Meal #4. Serve remaining chicken with slaw and rice pilaf.

For apple celery slaw

1. In a medium salad bowl, whisk to combine vinegar, mayonnaise and salt & pepper.
2. Add in celery and apple and toss to combine.

For wild rice pilaf

1. On dinner night, combine the brown rice and wild rice in a small saucepot over low heat with ½ Tablespoon of water. Cook for 5-6 minutes or until warm. Fluff with a fork before serving.

INGREDIENTS

For herb crusted chicken breasts

1 pound of chicken breast, about 2 whole breasts, sliced in half lengthwise for a total of 4 pieces (for two meals)
½ teaspoons kosher salt
1 cup whole wheat bread crumbs * see prep guide
¼ cup fresh, flat leaf Italian parsley, thick stems removed and finely chopped (¼ bunch)
½ Tablespoon lemon zest (1 lemon)
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 large, organic egg, beaten
½ Tablespoon water
1½ Tablespoons grapeseed oil

For apple celery slaw

1¼ teaspoons white wine vinegar
1 Tablespoon mayonnaise * see prep guide (optional, can use 1 Tablespoon commercially prepared mayonnaise)
Pinch kosher salt
Pinch black pepper
1 celery stalk, cut into thin slices
½ large or 1 small Granny Smith green apples cored, and cut into thin matchstick slices

For wild rice pilaf

1 cup cooked brown rice
¼ cup cooked wild rice * see prep guide

Dairy Free: Use vegan mayonnaise.

Gluten Free: Use gluten free breadcrumbs

Vegetarian: see page 2



For One Meal #1 : vegetarian option

Vegetarian: Omit all ingredients for chicken. Serve baked beans (recipe below) with slaw and rice pilaf.

DIRECTIONS

For tomato and ginger baked beans

1. Heat oil in a medium Dutch-oven over medium heat.
2. Add onions, ginger and garlic and sauté about 3-5 minutes. Add all other ingredients and stir to combine.
3. Cover and place in oven for 40-50 minutes.
4. Reserve $\frac{1}{3}$ for Meal #4. Divide remaining beans into two 1 cup servings and serve alongside slaw and wild rice pilaf.

INGREDIENTS

For tomato and ginger baked beans

- $\frac{1}{2}$ Tablespoon olive oil
- $\frac{1}{2}$ medium yellow onion, diced
- 1 garlic clove, minced
- 1 Tablespoon minced ginger
- $\frac{1}{2}$ can organic tomato sauce (we like Muir Glen)
- $1\frac{1}{2}$ (15 oz) cans organic navy beans, drained and rinsed
- $1\frac{1}{2}$ Tablespoons molasses
- $\frac{1}{2}$ Tablespoon cider vinegar
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ Tablespoon sweetener of choice (optional for a sweeter bean; maple syrup or brown sugar work well)



(2) BROWN BUTTER SCALLOPS

tomato salad & sautéed corn

Serves 1

MADE AHEAD

- Remove kernels from corn
- Make pantry dressing (www.thefresh20.com/pantrydressings)

DIRECTIONS

For tomato salad

1. Slice tomato and layer on a plate. Slice avocado and lay on top.
2. Drizzle with pantry dressing and set aside.

For brown butter scallops and sautéed corn

1. Melt butter in a small skillet over medium heat until lightly browned, being careful not to burn. Skim off the white foam (the milk fat).
2. Increase heat to high and add the scallops.
3. Sauté until the first side is nicely browned. Turn and sauté the other side until brown.
4. Lift scallops from pan, leaving behind a little butter.
5. Add corn and oregano, cooking for 3 minutes.
6. Serve immediately with scallops and tomato salad.

For honey walnut apples

For a healthy summer dessert, slice the apple into wedges, drizzle with honey, and top with chopped walnuts.

Dairy Free:

Gluten Free:

Vegetarian: *Omit butter, scallops and pantry dressing. Follow the following recipe for a California Frittata:*

Heat 1 Tablespoon olive oil in a small non-stick oven-proof skillet over medium heat. Add corn, oregano and ¼ red onion finely diced. Cook 3-5 minutes. Add 2 eggs whisked with 1 teaspoon water. Dice tomato and avocado and add to skillet. Heat 2-3 minutes until outer edge is set but outside is still runny. Place under broiler for 2 minutes until set, taking caution not to burn.

INGREDIENTS

For tomato salad

½ tomato
¼ avocado
1 Tablespoon pantry dressing

For brown butter scallops and sautéed corn

½ Tablespoon butter
4 ounces bay scallops (can sub ¼ pound chicken tenders, cut into pieces)
1 ear corn, kernels removed
½ teaspoon oregano

For honey walnut apples

1 green apple
½ Tablespoon honey
2 Tablespoons chopped walnuts



(3) GRILLED CHICKEN SAUSAGE

summer squash succotash

Serves 1

MADE AHEAD

- Cook corn and remove kernels
- Cut vegetables: onion, summer squash, zucchini

DIRECTIONS

For grilled chicken sausage

1. Heat outdoor grill.
2. Grill sausage on all sides until browned and cooked through-about 8-10 minutes. *If cooking indoors, heat a nonstick sauté pan over medium-high heat. Add in 1 teaspoon of grapeseed oil and sauté sausage until browned on all sides and cooked through.*

For summer squash succotash

1. Heat a small nonstick sauté pan over medium high heat and add in oil. Once oil is hot, add in onion. Sauté the onion 2-3 minutes or until soft and translucent.
2. Add in summer squash, zucchini, corn, garlic, oregano, and salt & pepper, sauté for 3-4 minutes or until squash is tender and cooked through. Top with parmesan cheese and serve immediately.

** To boil corn*

Place shucked corn into a pot of boiling water and cook for 3-6 minutes or until kernels are tender.

**To grill corn*

Shuck corn and lightly brush with grape seed oil. Place onto grill and cook for 3-4 minutes, turning often to avoid burning.

Dairy Free:

Gluten Free: *Use gluten free sausage.*

Vegetarian: *Omit chicken sausage. Add an entire ear of corn and ½ cup frozen fava beans (thawed) to succotash.*

INGREDIENTS

For grilled chicken sausage

6 ounce chicken sausage links; any variety, organic preferred (about 1 to 1½ links)

For summer squash succotash

1 teaspoon olive oil
2 Tablespoons finely chopped yellow onion
½ medium yellow summer squash, cut into small dice
½ medium green Italian zucchini, cut into small dice
½ ear of corn, cooked and kernels removed * *See notes*
½ garlic clove
¼ teaspoon dried oregano
Dash of salt
Pinch of pepper
3 Tablespoons parmesan cheese, grated

(4) CRISPY CHICKEN wild rice apple salad

*Serves 2. Leftovers make excellent next day lunch.

MADE AHEAD

- 2 crispy chicken breasts * see Meal #1 for recipe
- ½ cup cooked wild rice * see prep guide

DIRECTIONS

For honey mustard vinaigrette

In a small bowl, combine vinegar, Dijon mustard, honey, and salt & pepper. Whisk in the olive oil in a thin stream until combined.

Or

Combine all the ingredients in a jar with a lid (Mason jar) and shake to combine.

To re-heat crispy chicken

Heat a nonstick sauté pan over high heat and add oil. Once oil is hot, add chicken and warm for about 2 minutes per side. Remove from heat and cut each breast into slices, cover to keep warm and set aside.

For wild rice apple salad

1. In a medium salad bowl, combine wild rice, lettuce, celery, and green apples; toss with honey mustard dressing.
2. Lay tomato slices on a plate. Top with a scoop of apple salad.
3. Top salad with warmed crispy chicken.

Dairy Free:

Gluten Free:

Vegetarian: *Omit chicken. Bake 1 large russet potato in the oven (45-60 minutes at 350 degrees) or cook in microwave. Split in half lengthwise, reserving half for next day lunch. Warm half a cup of baked beans (see Meal #1 for recipe) to serve atop potato. Serve bean topped potato alongside wild rice salad.*

INGREDIENTS

For honey mustard vinaigrette

1 Tablespoon white wine vinegar
1 teaspoon Dijon mustard
½ teaspoon honey
¼ teaspoon kosher salt
Dash of black pepper
2 Tablespoons olive oil

For crispy chicken

½ Tablespoon grapeseed oil
2 cooked crispy chicken breasts
* see Meal #1 for recipe

For wild rice apple salad

½ cup cooked wild rice * see prep guide
½ bunch of red leaf lettuce, rinsed, dried, and chopped into bite size pieces
½ stalk of celery, cut into thin slices
½ Granny Smith green apple, cored and cut into thin slices
½ tomato, sliced

Serves 1

MADE AHEAD

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

DIRECTIONS

For zucchini bake

1. Heat oven to 400° F (see note below).
2. Heat oil in a small saucepan. Add onion and sauté for 2 to 3 minutes. Add the garlic and cook for another minute until fragrant.
3. Add tomato, oregano and salt. Cook over medium heat for about 5 minutes, stirring occasionally.
4. Meanwhile, line the bottom of a small greased baking dish with $\frac{1}{3}$ of the sliced zucchini.
5. Spread about $\frac{1}{3}$ of the tomato mixture over the zucchini, followed by $\frac{1}{3}$ cup of the cheese.
6. Repeat twice more (zucchini, tomatoes, cheese). Sprinkle with black pepper.
7. Bake for 15 minutes. Lower the temperature to 350 F, bake for about 10 more minutes, or until cheese is golden brown.

For salad

1. On a serving plate, layer avocado wedges with a few red onion slices and drizzle with dressing.
2. Serve zucchini bake with salad.

Kitchen Note

If you prefer, zucchini bake can be made on the stove top in a saucepan or skillet. Layer ingredients as instructed above and cook for 10-15 minutes, covered, at medium-low heat. If desired (and using an oven proof pan), place pan under the broiler for a minute or two to melt cheese before serving.

Dairy Free: *Use dairy free Parmesan-style cheese.*

Gluten Free:

Vegetarian:

INGREDIENTS

For zucchini bake

1 teaspoon olive oil
2 Tablespoons chopped yellow onion
 $\frac{1}{2}$ clove minced garlic
1 tomato, cut into large pieces
1 teaspoon dried oregano
 $\frac{1}{4}$ teaspoon kosher salt
1 zucchini, sliced into $\frac{1}{2}$ " rounds
 $\frac{1}{4}$ cup shredded Parmesan cheese
Pinch of black pepper

For salad

$\frac{1}{8}$ yellow onion, thinly sliced
 $\frac{3}{4}$ avocado, cut into wedges
1 Tablespoon pantry dressing



FOR ONE July 18th

Nutrition Information

(#1) Herb Crusted Chicken Breasts				Serves: 2	
Serving Size: 1 prepared chicken breast					
Calories	240	kcal	Fat	15.5	g
Protein	18	g	Saturated	3.1	g
Carbohydrate	7.5	g	Sugar	1.3	g
Sodium	311	mg	Calcium	2.9	%DV
Fiber	1.3	g	Iron	6.8	%DV
Cholesterol	80	mg			

(#1) Apple Celery Slaw				Serves: 2	
Serving Size: 1/2 cup with apple cider vinegar					
Calories	81	kcal	Fat	2.7	g
Protein	0.5	g	Saturated	0.4	g
Carbohydrate	15	g	Sugar	10.5	g
Sodium	77	mg	Calcium	1.8	%DV
Fiber	2.7	g	Iron	1	%DV
Cholesterol	1.9	mg			

(#1) Wild Rice Pilaf				Serves: 2	
Serving Size: 1/2 cup					
Calories	126	kcal	Fat	0.7	g
Protein	4.2	g	Saturated	0	g
Carbohydrate	26	g	Sugar	0.7	g
Sodium	188	mg	Calcium	2.2	%DV
Fiber	2.1	g	Iron	6.6	%DV
Cholesterol	0	mg			

(#2) Brown Butter Scallops				Serves: 1	
Serving Size: 1/4 of recipe					
Calories	308	kcal	Fat	14	g
Protein	29	g	Saturated	5	g
Carbohydrate	20	g	Sugar	4	g
Sodium	496	mg	Calcium	15	%DV
Fiber	5	g	Iron	26	%DV
Cholesterol	74	mg			

(#2) Honey walnut apples				Serves: 1	
Serving Size: 1 prepared apple					
Calories	244	kcal	Fat	9.9	g
Protein	2.8	g	Saturated	1	g
Carbohydrate	41.5	g	Sugar	32.2	g
Sodium	3	mg	Calcium	2.8	%DV
Fiber	6.4	g	Iron	4.1	%DV
Cholesterol	0	mg			

(#3) Grilled Chicken Sausage				Serves: 1	
Serving Size: 1 1/2 link					
Calories	240	kcal	Fat	10.5	g
Protein	21	g	Saturated	3	g
Carbohydrate	15	g	Sugar	13.5	g
Sodium	720	mg	Calcium	0	%DV
Fiber	0	g	Iron	9	%DV
Cholesterol	90	mg			

(#3) Summer squash succotash				Serves: 1	
Serving Size: 3/4 cup					
Calories	222	kcal	Fat	10.7	g
Protein	13	g	Saturated	4.5	g
Carbohydrate	23	g	Sugar	11.4	g
Sodium	161	mg	Calcium	20	%DV
Fiber	3.9	g	Iron	8.3	%DV
Cholesterol	15	mg			

(#4) Herb Crusted Chicken Breasts				Serves: 2	
Serving Size: 1 prepared chicken breast					
Calories	260	kcal	Fat	17.7	g
Protein	18	g	Saturated	3.4	g
Carbohydrate	7.5	g	Sugar	1.3	g
Sodium	311	mg	Calcium	2.9	%DV
Fiber	1.3	g	Iron	6.8	%DV
Cholesterol	80	mg			

(#4) Wild Rice Apple Salad with honey mustard vinaigrette				Serves: 2	
Serving Size: 1 cup salad + 2 tablespoon vinaigrette					
Calories	196	kcal	Fat	13.8	g
Protein	2.2	g	Saturated	1.9	g
Carbohydrate	16.2	g	Sugar	5.5	g
Sodium	328	mg	Calcium	2	%DV
Fiber	2.3	g	Iron	4.3	%DV
Cholesterol	0	mg			

(#5) Zucchini bake				Serves: 1	
Serving Size: 1 slice (out of 4)					
Calories	225	kcal	Fat	12.4	g
Protein	13.7	g	Saturated	4.8	g
Carbohydrate	18.5	g	Sugar	12.7	g
Sodium	538	mg	Calcium	34.8	%DV
Fiber	5.2	g	Iron	10.3	%DV
Cholesterol	16	mg			

(#5) Salad		Serves: 1	
Serving Size: 3/4 prepared avocado made with basic vinaigrette			
Calories	267 kcal	Fat	25.6 g
Protein	2.1 g	Saturated	3.5 g
Carbohydrate	10.7 g	Sugar	1.5 g
Sodium	148 mg	Calcium	1.8 %DV
Fiber	7.1 g	Iron	4.1 %DV
Cholesterol	0 mg		