

PREP GUIDE

MEAL #1

- Cut vegetables:
 - 1 medium yellow onion, chopped
 - 1 medium tomato, cut into small dice

MEAL #2

- Remove kernels from 1 ear of corn
- Cut vegetables:
 - 6 large cucumbers, peeled, seeded & chopped

MEAL #3

- Zest and section 2 lemons * *see Meal #3 for directions*
- Cut carrots into ribbons * *see Meal #3 for directions*

MEAL #4

- Cut vegetables:
 - ½ medium yellow onion, chopped
 - 1 medium carrot, peeled & shredded, about 1 cup

MEAL #5

- Cut vegetables:
 - 2 carrots, shredded

MENU

MONDAY ①

TURKEY TACOS
Pinto Beans

TUESDAY ②

SALMON & CORN CAKES
Cucumber Nectarine Soup

WEDNESDAY ③

LAMB CHOPS with LEMON CHUTNEY
Maple Carrots

THURSDAY ④

TURKEY SLOPPY JOES
Corn on the Cob

FRIDAY ⑤

NECTARINE SUMMER SALAD



CLASSIC August 22, 2014

Shopping List

(1) Turkey Tacos (2) Salmon & Corn Cakes (3) Lamb Chops (4) Turkey Sloppy Joes (5) Nectarine Summer Salad

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	lean ground turkey	2 pounds		10
2	salmon	4 fillets	about 4 oz each	16
3	lamb chops	4 chops		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	yellow onion	2		2
1,5	iceberg lettuce	2 heads		3
1,5	tomato	2		2
2,5	chives	2 bunches		3
2,4	corn	5 ears		2.25
2,5	cucumbers	7 large		7
2,5	avocado	3		3
2,5	nectarine	4		2.5
2,3	lemon	3		1.5
3,4,5	carrots	9 large		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	white cheddar cheese	1-1/2 cups		3
1,2	Greek yogurt	1-1/4 cups		2.25
2	milk	1/2 cup		0.5
2	egg	1		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2	corn tortillas, 6"	9		2
1,5	pinto beans	2 cans	15 oz each, organic, no salt added	2
4	whole grain hamburger buns	4		3

Fresh 20 Grocery Est \$74.50
 Cost Per Dinner \$14.90
 Cost Per Serving \$3.73

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) TURKEY TACOS pinto beans

MADE AHEAD

- Cut vegetables: onion, tomato

DIRECTIONS

For turkey tacos

1. Heat a large non-stick sauté pan over medium-high heat. Add oil and once hot add onion. Add salt and sauté until soft and translucent, 2-3 minutes.
2. Add in turkey meat, garlic, oregano, cumin, tomato paste, paprika, cayenne pepper & black pepper - stir to combine. Sauté over medium heat until meat is cooked through, 7-10 minutes.
3. Warm tortillas on the stovetop over a low, open flame or wrap in a damp towel and microwave for 15-20 seconds.
4. Serve 2 tacos per person filled with taco meat, lettuce, and tomatoes. Garnish with cheese and Greek yogurt.

For pinto beans

In small sauce pot, warm beans with cumin and oregano; simmer over low heat for 5-6 minutes. Taste and adjust salt & pepper.

INGREDIENTS

For turkey tacos

2 Tablespoons olive oil
1 medium yellow onion, chopped
½ teaspoon kosher salt
1 pound lean ground turkey
4 garlic cloves, minced or pressed
2 teaspoons dried oregano
1 Tablespoon ground cumin
¼ cup tomato paste
2 teaspoons paprika
Pinch of cayenne pepper
1 teaspoon black pepper

8 (6 inch) corn tortillas
½ head iceberg lettuce, shredded
1 medium tomato, cut into small dice
½ cup white cheddar cheese, grated
4 Tablespoons Greek yogurt

For pinto beans

1 (15 ounce) can organic pinto beans
½ teaspoon cumin
Pinch of dried oregano
Pinch of kosher salt & black pepper



(2) SALMON & CORN CAKES

cucumber nectarine soup

MADE AHEAD

- Remove kernels from corn
- Cut vegetables: cucumber

DIRECTIONS

For salmon & corn cakes

1. In a small bowl, combine yogurt and chives; refrigerate.
2. Whisk together milk and egg yolk. Blend tortilla crumbs and flour then stir into milk until blended, add corn kernels. Whisk egg white until frothy and foamy (it helps to use an electric mixer). Fold egg white into batter.
3. Heat a large sauté pan and add oil. Pour batter into pan, one Tablespoon at a time. Batter should form a 2 inch circle. Cook for 2 minutes and then flip to cook for an additional 1-2 minutes or until golden. Remove from heat and wrap in aluminum foil to keep warm. The batter should make around 20 corncakes.
4. In a large oiled grill pan, cook salmon until cooked through and lightly crusted; season with salt and pepper.
5. Top each corn cake with a dollop of chive yogurt and serve with salmon.

For cucumber nectarine soup

Place all ingredients in a blender or food processor and blend until creamy and smooth. Stir in salt and pepper to taste. Refrigerate and serve chilled.

* To make corn tortilla crumbs toast 1 corn tortilla in a dry skillet until very crisp. Cool. Crumble tortilla into a blender or food processor and process until it forms fine crumbs. *Sub: Use 2 Tablespoons whole wheat bread crumbs or 2 Tablespoons cornmeal.*

INGREDIENTS

For salmon & corn cakes

- 1 cup plain Greek yogurt
- 1 bunch chives, minced
- ½ cup milk
- 1 separated egg
- 2 Tablespoon corn tortilla crumbs *
- ½ cup whole wheat flour
- 1 ear corn, kernels removed
- 2 teaspoons olive oil

- 4 (4 ounce) salmon fillets (*can sub 1 pound of chicken breast or tenders*)
- 1 Tablespoon olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper

For cucumber nectarine soup

- 6 large cucumbers, peeled and seeded, cut into large dice
- 2 avocado, large dice
- 1 nectarine, peeled, large dice
- 3 Tablespoons lemon juice (1 lemon)
- Salt & pepper to taste



(3) LAMB CHOPS with LEMON CHUTNEY

maple carrots

MADE AHEAD

- Zest and section 2 lemons *
- Cut carrots into ribbons (see directions below)

INSTRUCTIONS

For lamb chops with lemon chutney

1. Combine lemon zest, lemon sections, garlic, honey, cayenne pepper, oregano, salt, pepper, and 1 Tablespoon olive oil together in a small sauce pan. Simmer on low, stirring occasionally for about 10 minutes or until the chutney thickens.
2. Sprinkle lamb chops with salt and pepper.
3. Heat remaining (1 Tablespoon) olive oil in a pan over medium heat. Once oil is shimmering, add chops to the pan and sear on one side for 5 minutes.
4. Turn lamb and spoon ½ Tablespoon of chutney on the top of each chop. Lower the heat to medium-low. Pan sear for another 5 minutes or until desired doneness.
5. Turn heat off, set aside and cover with a sheet of foil to tent for five minutes before serving. The residual heat will bring the lamb chops to medium.
6. Spoon remaining chutney over the lamb before serving.

For maple carrots

1. Peel and cut ends off carrots. Using a peeler, cut ribbons of carrots shaving from bottom to top.
2. Heat oil in skillet. Add carrot ribbons and toss to coat. Sauté on medium high heat. Add maple syrup, salt and pepper to taste.
3. Once the pan is dry add water. Toss the carrots and they will begin to absorb the water. Continue to toss ribbons in the pan so that they are cooked evenly, about 5 minutes total. When all liquid has evaporated remove from heat and serve with lamb chops.

INGREDIENTS

For lamb chops with lemon chutney

2 lemons, zest each lemon, peel and section the lemon like an orange; remove seeds *
2 garlic cloves, minced
2 Tablespoons maple syrup or honey
¼ teaspoon cayenne pepper (optional)
½ teaspoon oregano
½ teaspoon salt
½ teaspoon black pepper
2 Tablespoons olive oil, divided

4 lamb loin chops or 8 small lamb chops
Kosher salt & black pepper

For maple carrots

6 large carrots
2 Tablespoons olive oil
1 teaspoon maple syrup
Salt and pepper to taste
½ cup water

** Check out our Facebook page for tips on sectioning citrus*



(4) TURKEY SLOPPY JOES

corn on the cob

MADE AHEAD

- Cut vegetables: onion, carrot

DIRECTIONS

For turkey sloppy joes

1. Heat an extra large, non-stick sauté pan over medium-high heat; add in oil and once hot add onion and shredded carrots. Stir vegetables with a sprinkle of salt and sweat until soft and translucent, 2-3 minutes.
2. Add in turkey meat, garlic, oregano, cumin, and salt & pepper. Sauté over medium heat until meat is browned and cooked through, 7-10 minutes.
3. In a small bowl, combine tomato paste and water. Reduce heat to low-medium and add tomato paste & water to pan - stir to combine. Simmer for an additional 5 minutes.
4. Stir maple syrup into the turkey meat and toast buns in the toaster. Fill each bun with prepared turkey meat.

For corn on the cob

Boil or grill corn, salt and pepper to taste. *If you have an extra lime, try rubbing it on the corn and sprinkling with cayenne or chili powder.*

** 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.

INGREDIENTS

For turkey sloppy joes

1 Tablespoon grapeseed oil
½ medium yellow onion, chopped
1 medium carrot, peeled and shredded, about 1 cup
1 pound lean ground turkey
2 garlic cloves, minced or pressed
½ Tablespoon dried oregano
1 teaspoon ground cumin
¼ teaspoon kosher salt
½ teaspoon black pepper
½ cup organic tomato paste
⅓ cup water
½ Tablespoon pure maple syrup or honey
4 whole grain hamburger buns

For corn on the cob

4 ears fresh corn
Salt and pepper to taste



(5) NECTARINE SUMMER SALAD

balsamic vinaigrette

MADE AHEAD

- Cut vegetables: carrots

DIRECTIONS

For nectarine summer salad

1. In a large bowl, combine salad ingredients (except cheese).
2. Dress with vinaigrette to taste.
3. Garnish with cheese.

For balsamic vinaigrette

In a small bowl, combine the garlic, honey/maple syrup, mustard, vinegar, Herbes, 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.

INGREDIENTS

For nectarine summer salad

- 1½ heads iceberg lettuce, torn into bite size pieces
- 3 nectarines or peaches, pit removed, cut into large slices
- ½ bunch chives, minced
- 2 carrots, shredded
- 1 cucumber, peeled, seeded, and cut into thin slices
- 1 avocado, cut into slices
- 1 medium tomato, cut into salad wedges
- 1 (15 ounce) pinto beans, drained and rinsed

- 1 cup shredded white cheddar cheese

For balsamic vinaigrette

- 1 garlic clove, minced
- 1 Tablespoon honey or maple syrup
- 1 teaspoon Dijon mustard
- ¼ cup balsamic vinegar
- 1 teaspoon Herbes de Provence
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ cup olive oil



Classic August 22nd

Nutrition Information

Turkey tacos		Serves: 4	
Serving Size: 2 tacos			
Calories	513 kcal	Fat	27.8 g
Protein	34.9 g	Saturated	9.4 g
Carbohydrate	34.3 g	Sugar	7.7 g
Sodium	550 mg	Calcium	32.7 %DV
Fiber	6.5 g	Iron	17.5 %DV
Cholesterol	112 mg		

Pinto beans		Serves: 4	
Serving Size: ¼ cup			
Calories	121 kcal	Fat	1 g
Protein	7.4 g	Saturated	0 g
Carbohydrate	21.5 g	Sugar	0.6 g
Sodium	30 mg	Calcium	6.7 %DV
Fiber	5.9 g	Iron	7.8 %DV
Cholesterol	0 mg		

Salmon & corn cakes		Serves: 4	
Serving Size: 1 fillet + about 5 corn cakes			
Calories	315 kcal	Fat	13.5 g
Protein	32.8 g	Saturated	3.3 g
Carbohydrate	17 g	Sugar	5.8 g
Sodium	362 mg	Calcium	16.2 %DV
Fiber	1.7 g	Iron	10.8 %DV
Cholesterol	121 mg		

Cucumber nectarine soup		Serves: 4	
Serving Size: 1 cup			
Calories	168 kcal	Fat	10.9 g
Protein	3.5 g	Saturated	1.5 g
Carbohydrate	17.2 g	Sugar	7.7 g
Sodium	12 mg	Calcium	5.4 %DV
Fiber	7.4 g	Iron	6.6 %DV
Cholesterol	0 mg		

Lamb chops with lemon chutney		Serves: 4	
Serving Size: 1 lamb chop (4 ounces) + 1½ tablespoon chutney (prepared with maple syrup)			
Calories	342 kcal	Fat	19 g
Protein	32.2 g	Saturated	6.1 g
Carbohydrate	12.9 g	Sugar	8.1 g
Sodium	343 mg	Calcium	6.1 %DV
Fiber	2.6 g	Iron	16.6 %DV
Cholesterol	119 mg		

Maple carrots		Serves: 4	
Serving Size: ¾ cup			
Calories	108 kcal	Fat	7 g
Protein	1 g	Saturated	1 g
Carbohydrate	11.5 g	Sugar	6.2 g
Sodium	76 mg	Calcium	3.8 %DV
Fiber	3 g	Iron	2 %DV
Cholesterol	0 mg		

Turkey sloppy joes		Serves: 4	
Serving Size: 1 hamburger			
Calories	420 kcal	Fat	16 g
Protein	29.9 g	Saturated	3.3 g
Carbohydrate	44.1 g	Sugar	11.1 g
Sodium	580 mg	Calcium	14.5 %DV
Fiber	10.3 g	Iron	24.3 %DV
Cholesterol	84 mg		

Corn on the cob		Serves: 4	
Serving Size: 1 cob			
Calories	77 kcal	Fat	1.2 g
Protein	2.9 g	Saturated	0 g
Carbohydrate	16.8 g	Sugar	5.6 g
Sodium	75 mg	Calcium	0.2 %DV
Fiber	1.8 g	Iron	2.6 %DV
Cholesterol	0 mg		

Nectarine summer salad		Serves: 4	
Serving Size: 2 cups			
Calories	409 kcal	Fat	16.5 g
Protein	20 g	Saturated	7 g
Carbohydrate	51.3 g	Sugar	18.9 g
Sodium	223 mg	Calcium	35.6 %DV
Fiber	15.3 g	Iron	20.1 %DV
Cholesterol	30 mg		

Balsamic vinaigrette		Serves: 4	
Serving Size: 2 tablespoons			
Calories	149 kcal	Fat	13.5 g
Protein	0 g	Saturated	1.9 g
Carbohydrate	6.3 g	Sugar	5.7 g
Sodium	281 mg	Calcium	1.1 %DV
Fiber	0 g	Iron	1.2 %DV
Cholesterol	0 mg		