

PREP GUIDE

MEAL #1

- Prepare 1½ cups cooked quinoa according to package directions
- Make charred corn **see recipe below*
- Cut vegetables:
 - 6 cups romaine, washed and chopped
 - 2 carrots grated
 - 1/3 cup red onion, very finely sliced

MEAL #2

- Miso vinaigrette **see Meal #2 for recipe*
- Hard boil 8 eggs
- Cut Vegetables: `
 - 1 cucumber, peeled and chopped
 - 3 cups romaine, washed and chopped

MEAL #3

- Cook pasta
- Cut Vegetable:
 - 2 cups baby spinach, chopped
 - 1 cup tomatoes, chopped
 - 1 large red onion, halved lengthwise, and thinly sliced crosswise

MEAL #4

- Balsamic reduction **see recipe Meal #4*

MEAL #5 – no prep

For Charred Corn (for Meal #1)

2 ears of corn, kernels removed

Preheat oven to broil. Place corn kernels on a cookie sheet and broil for 5-10 minutes until slightly charred, watching to prevent burning. Let cool and store until needed.

MENU

MONDAY ①

QUINOA CAKES
Romaine & Charred Corn Salad
Avocado Dressing

TUESDAY ②

VEGETARIAN COBB SALAD
Miso Vinaigrette

WEDNESDAY ③

PENNE with WHITE BEANS,
TOMATOES & SPINACH

THURSDAY ④

MUSHROOM CAPRESE PANINI

FRIDAY ⑤

GRILLED PEACH & TOMATO
PANZANELLA



Shopping List

(1) Quinoa Cakes (2) Vegetarian Cobb Salad (3) Penne with Beans, Tomatoes & Spinach (4) Mushroom Caprese Sandwich (5) Peach Panzanella

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	corn	2 ears		1
1	carrots	2		1
1,2,3,4,5	basil	2 bunches		3
1,5	peaches	6		3.5
1	lemon	1		0.5
1,2	avocado	3		3
1,2	romaine lettuce	2-3 heads	need 9 cups total	4
1,3,5	red onion	2 large		2
2,4	portobello mushroom caps	4		5
2	cucumber	1		1
2,3	baby spinach	5 cups		5
2	ginger root	1" piece		1
2	limes	2		1
3,4,5	roma tomatoes	12		6

Recipe #	Dairy	Quantity	Notes	Est Cost
1,2	eggs	1 dozen	large organic	4
1,3	pecorino romano cheese	1 cup	grated or shredded	4
1	Greek yogurt	4 Tablespoons	<i>optional</i>	1
4	fresh mozzarella cheese	8 ounces		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	quinoa	3/4 cup dry	need 1-1/2 cups cooked	2
1,4,5	whole wheat bakery bread	2 lg bakery loaves	can also use regular sliced ww bread	6
2	white miso paste	1-1/2 Tablespoons		2
3,5	cannellini beans	3 (15 oz) cans	organic, no salt added	6

Fresh 20 Grocery Est \$66.00
 Cost Per Dinner \$13.20
 Cost Per Serving \$3.30

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3/4 cup	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar	1 cup	ground cumin	1/2 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1/4 cup
	veggie broth: low sodium		organic tomato paste	
	garlic	6 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1 teaspoon	whole grain pasta	8 oz penne
	cayenne pepper		long grain brown rice	
	paprika	1 teaspoon	whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

MAKE AHEAD

- 1½ cups cooked quinoa prepared according to package directions
- Charred corn **see prep guide*
- Cut vegetables: romaine, carrots, onion

DIRECTIONS

For quinoa cakes

1. Combine all ingredients, except oil, yogurt, and peaches, in a medium bowl.
2. Form into 8 small patties.
3. Heat oil in a skillet over medium heat.
4. Add quinoa cakes and cook 5-6 minutes per side.
5. Remove from heat and top each with yogurt (if desired) and diced peaches.

For romaine & charred corn salad with avocado dressing

1. In a medium bowl, whisk the olive oil, garlic, honey, and lemon juice. Add the avocado and use a fork to lightly smash it against the side of the bowl. Mix well to form a chunky dressing.
2. In a large bowl, toss the corn with the romaine, sliced onion, and the pecorino romano cheese. Add the dressing and season with salt and pepper to taste.

* To make breadcrumbs, toast two pieces of whole wheat bread. Crumble into food processor or blender and process until mixture forms coarse crumbs.

INGREDIENTS

For quinoa cakes

- 1 ½ cups cooked quinoa, cooled
- 2 eggs, beaten
- 1 clove garlic, finely chopped
- 2 carrots, grated
- 2 Tablespoons finely chopped basil
- 2 Tablespoons shredded pecorino romano cheese
- ½ cup whole wheat breadcrumbs * (approximately 2 slices bread)
- 1 Tablespoon olive oil
- 4 tablespoons fat free greek yogurt (optional)
- 2 peaches, diced

For romaine & charred corn salad with avocado dressing

- 2 Tablespoons olive oil
- ¼ teaspoon minced garlic
- 1 teaspoon honey
- 2 Tablespoons lemon juice (½ lemon)
- ½ avocado, peeled & cubed
- 2 ears charred corn kernels **see prep guide*
- 6 cups romaine lettuce, washed and chopped
- ½ cup red onion, very finely sliced
- ½ cup Pecorino Romano cheese, grated
- Kosher salt & black pepper to taste



(2) VEGETARIAN "COBB" SALAD

miso vinaigrette

MAKE AHEAD

- Make miso vinaigrette **see recipe below*
- Cut vegetables: cucumbers, romaine
- Hard boil 8 eggs

DIRECTIONS

For smoky mushrooms

1. In a medium bowl, combine oil, cumin, paprika, salt and pepper. Add mushrooms and toss to coat.
2. Heat a large grill pan over medium heat and cook mushrooms for 4-5 minutes per side until browned. Set aside to cool. Reserve 2 cooked mushrooms for Meal #4.

For vegetarian cobb salad

1. In a large bowl, combine spinach, romaine, avocado, and cucumber.
2. Toss with miso vinaigrette.
3. Divide evenly on 4 plates.
4. Slice each mushroom into 8 even slices. Top each salad with mushroom slices and 2 quartered eggs.

For miso vinaigrette

Add all the ingredients into a blender or food processor and puree until smooth. Store in airtight container until needed.

INGREDIENTS

For smoky mushrooms

1 Tablespoon grapeseed oil
½ teaspoon cumin
1 teaspoon smoked paprika
½ teaspoon kosher salt
¼ teaspoon black pepper
4 Portobello mushrooms, cleaned, gills and stems removed

For vegetarian cobb salad

3 cups baby spinach
3 cups romaine, chopped
2 avocados, peeled and diced
1 cucumber, peeled and chopped
2 Tablespoons chopped basil
8 hardboiled eggs, cooled and quartered

For miso vinaigrette

1" piece ginger root, peeled
3 Tablespoons lime juice (1-2 limes)
2 Tablespoons grapeseed oil
1½ Tablespoons white miso paste
1½ Tablespoons honey
¼ teaspoon minced garlic



(3) PENNE WITH WHITE BEANS, TOMATOES AND SPINACH

MAKE AHEAD

- Cook 8 ounces dry pasta
- Cut vegetables: spinach, tomatoes, onion

DIRECTIONS

For penne with white beans, tomatoes & spinach

1. In a large pot of boiling salted water, cook the penne until al dente. Drain and reserve 1 cup of the cooking water.
2. In a large deep sauté pan, heat the olive oil over medium-high heat until shimmering. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook till fragrant, about 30 seconds.
3. Add the white beans, tomatoes and spinach and cook until softened, about 3 minutes.
4. Add the cooked penne and half of the reserved cooking water to the pan and cook over moderate heat, about 3 minutes or until the sauce thickens. Add remaining cooking water, a few Tablespoons at a time if needed.
5. Finish with the salt, pepper, and cheese and top with basil.

INGREDIENTS

*For penne with white beans,
tomatoes & spinach*

8 ounces (dry) whole wheat penne,
cooked until al dente
2 Tablespoons olive oil
1 large red onion, halved lengthwise
and thinly sliced crosswise
3 garlic cloves, thinly sliced
1 (15 ounce) can organic cannellini
beans, drained and rinsed
1 cup roma tomatoes, roughly
chopped
2 cups baby spinach, coarsely
chopped
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ cup pecorino romano cheese,
grated
¼ cup chopped basil (¼ bunch)

MAKE AHEAD

- Grilled mushrooms * *see Meal #2*
- Balsamic reduction **see directions below*

DIRECTIONS

For mushroom caprese panini

1. Brush all eight slices of bread evenly with olive oil (on one side) and sprinkle with salt and pepper.
2. Turn over 4 of the slices and drizzle each with 1 Tablespoon of the balsamic reduction. Top each with sliced mushrooms, tomatoes, and cheese. Place the other 4 pieces of bread on top with the olive oil side up.
3. Heat a Panini press or heavy bottom sauté pan over medium heat. If using a Panini press, cook until sandwich is hot and crispy. If using a sauté pan, place the sandwiches in the pan and top with a heavy pan and press down for 30 seconds. Keep pan on top of the sandwiches until bottom is golden brown. Flip and repeat with the other side.
4. Remove from pan. Open the top of the Panini and add the basil leaves.

For balsamic reduction

1. Pour vinegar and honey into a heavy bottom saucepan and place over medium high heat. Once it comes to a boil, reduce to a simmer and cook until it is reduced by half and looks syrupy.
2. Remove from heat, cool to room temperature, and store in an air tight container at room temperature if making ahead.
3. Use half for mushroom caprese Panini and reserve half for Meal #5.

INGREDIENTS

For mushroom caprese panini

8 slices whole wheat or whole grain country bread
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

¼ cup balsamic reduction * *see recipe below*

Grilled mushrooms, sliced thinly. * *see Meal #2*

4 roma tomatoes, sliced
8 ounces fresh mozzarella, sliced
16 large basil leaves

For balsamic reduction

1 cup balsamic vinegar
1 teaspoon honey



(5) GRILLED PEACH AND TOMATO PANZANELLA

MAKE AHEAD

- Balsamic Reduction **see Meal #4*

DIRECTIONS

For grilled peach and tomato panzanella

1. Heat a grill to medium heat (see Kitchen Notes if cooking inside). Meanwhile, combine the onion and the wine vinegar in a nonreactive bowl and add $\frac{1}{4}$ teaspoon salt and the honey. Let set for at least 10 minutes.
2. Brush bread on both sides with the 1 Tablespoon olive oil, place on grill, and cook until lightly charred on both sides, about 5 minutes. Set aside to cool slightly then cut into 1" cubes.
3. Spray peaches with cooking spray, place on grill, and cook until lightly charred, about 2 to 3 minutes. Remove and set aside. Once cool enough to handle cut wedges in half.
4. In a large bowl, combine onions and vinegar (from step 1), tomatoes, beans, peaches, bread, and 2 Tablespoons oil - toss to coat. Add in the basil and balsamic reduction and season to taste with more salt and pepper if desired.

Kitchen Note:

Cooking indoors? Bread and peaches can be cooked either on the stovetop in a grill pan, or in the oven under the broiler.

INGREDIENTS

For grilled peach and tomato panzanella

$\frac{1}{2}$ cup red onion, thinly sliced
2 Tablespoons white wine vinegar
 $\frac{1}{2}$ teaspoon kosher salt, divided
 $\frac{1}{2}$ teaspoon honey

$\frac{3}{4}$ pound of whole grain country bread, cut into 1" slices
3 Tablespoons olive oil, divided
 $\frac{3}{4}$ pound peaches, cut into sixths
Cooking spray
 $\frac{3}{4}$ pound roma tomatoes, cut into wedges
2 (15 ounce) cans organic cannellini beans, drained and rinsed
 $\frac{1}{2}$ cup chopped basil ($\frac{1}{2}$ bunch)
2 Tablespoons balsamic reduction
**see Meal #4*
Kosher salt & black pepper



Nutrition Information

Quinoa Cakes		Serves: 4	
Serving Size: 2 small quinoa cakes, 1 Tablespoon yogurt, 1/2 diced peach			
Calories	260 kcal	Fat	9 g
Protein	12 g	Saturated	2 g
Carbohydrate	35 g	Sugar	10 g
Sodium	190 mg	Calcium	10 %DV
Fiber	5 g	Iron	15 %DV
Cholesterol	95 mg		

Romaine and Charred Corn Salad		Serves: 4	
Serving Size: 1 cup salad			
Calories	220 kcal	Fat	14 g
Protein	7 g	Saturated	3.5 g
Carbohydrate	21 g	Sugar	5 g
Sodium	300 mg	Calcium	15 %DV
Fiber	5 g	Iron	8 %DV
Cholesterol	10 mg		

Vegetarian Cobb Salad		Serves: 4	
Serving Size: 1 1/4 cups salad, 2 hard boiled eggs			
Calories	350 kcal	Fat	26 g
Protein	17 g	Saturated	5 g
Carbohydrate	16 g	Sugar	3 g
Sodium	420 mg	Calcium	10 %DV
Fiber	10 g	Iron	20 %DV
Cholesterol	370 mg		

Miso Vinaigrette		Serves: 4	
Serving Size: 1 1/2 Tablespoon			
Calories	100 kcal	Fat	7 g
Protein	1 g	Saturated	0.5 g
Carbohydrate	10 g	Sugar	7 g
Sodium	180 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Tomato Spinach Penne		Serves: 4	
Serving Size:			
Calories	kcal	Fat	g
Protein	g	Saturated	g
Carbohydrate	g	Sugar	g
Sodium	mg	Calcium	%DV
Fiber	g	Iron	%DV
Cholesterol	mg		

Mushroom Caprese Panini		Serves: 4	
Serving Size: 1 panini with 1/2 sliced mushroom, 2 ounces mozzarella			
Calories	460 kcal	Fat	23 g
Protein	26 g	Saturated	8 g
Carbohydrate	45 g	Sugar	8 g
Sodium	1020 mg	Calcium	50 %DV
Fiber	8 g	Iron	15 %DV
Cholesterol	30 mg		

Balsamic Reduction		Serves: 16	
Serving Size: 2 Tablespoons			
Calories	15 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	0 g	Sugar	3 g
Sodium	3 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

Panzanella		Serves: 4	
Serving Size: 2 cups dressed salad			
Calories	560 kcal	Fat	19 g
Protein	18 g	Saturated	1.5 g
Carbohydrate	81 g	Sugar	17 g
Sodium	730 mg	Calcium	10 %DV
Fiber	14 g	Iron	25 %DV
Cholesterol	0 mg		