

PREP GUIDE

MEAL #1

- Blanch green beans **see directions below*
- Cut vegetables:
 - 3½ pounds sweet potatoes, peeled and diced
 - 1 red onion, sliced thin

MEAL #2

- None

MEAL #3

- Cut vegetables:
 - 1 red onion, sliced thin
 - 2 green bell peppers, sliced thin

MEAL #4

- None

MEAL #5

- Cut vegetables:
 - ½ red onion, diced small
 - 1 green bell pepper, diced small

For Blanched Green Beans (Meals #1 & #5)

1½ pounds trimmed green beans

Heat a large pot of salted water to a boil. Add beans and cook for 2-3 minutes. Drain and put in cold water to stop the cooking. Store in refrigerator until meal night.

MENU

MONDAY ①

LENTILS with GREEN BEANS
Balsamic Grapes & Sweet Potatoes

TUESDAY ②

PARMESAN TOFU & BROCCOLI
Garlic Crostini

WEDNESDAY ③

SOUTH OF THE BORDER PASTA

THURSDAY ④

LENTIL AND BROCCOLI SALAD
Grape Dressing

FRIDAY ⑤

SWEET POTATO BURGERS
Cilantro Pesto



Shopping List

(1) Lentils & Green Beans (2) Parmesan Tofu & Broccoli (3) South of the Border Pasta (4) Lentil & Broccoli Salad (5) Sweet Potato Burgers

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	green beans	1-1/2 pounds		4.5
1,3,4,5	red onion	4		4
1,4	red seedless grapes	1 pound		3
2,4	broccoli florets	1-1/2 pounds		3
3,5	green bell peppers	3		3
3	fresh corn	2 ears		1
3	limes	2		1
3,5	cilantro	2 bunches		3
3	pears	2		1.5
1,4,5	sweet potatoes	3-1/2 pounds		4

Recipe #	Dairy	Quantity	Notes	Est Cost
2,5	parmesan cheese	1/2 cup		4
3,4	greek yogurt	1/2 cup	plain, non fat	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,4	lentils	3 cups (dry)		3
1	bay leaf	1		1
2	extra firm tofu	2 blocks		6
2,5	whole wheat french bread loaf	1 long loaf		3
3,5	chipolte peppers in adobo	1 can		2
3	black beans	1 (15 oz) can	organic, no salt added	2
5	pine nuts	1/2 cup		3

Fresh 20 Grocery Est \$53.00
 Cost Per Dinner \$10.60
 Cost Per Serving \$2.65

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblsp	dried oregano	
	grapeseed oil		herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1 Tablespoon
	veggie broth: low sodium	1/4 cup	organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	2-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/4 teaspoons	whole grain pasta (any kind)	8 ounces
	cayenne pepper		long grain brown rice	
	paprika		whole wheat flour	

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) LENTILS WITH GREEN BEANS

balsamic grapes and sweet potatoes

MADE AHEAD

- Blanched green beans * *see prep guide*
- Cut vegetables: sweet potatoes, red onion

DIRECTIONS

For sweet potatoes

1. Heat oven to 400 degrees.
2. Toss sweet potatoes with olive oil, salt & pepper. Place potatoes in an even layer on a baking sheet and cook for about 25-30 minutes until fork tender.
3. Save 2½ pounds for Meals #4 and #5.

For balsamic grapes

1. Toss onions, grapes, and olive oil together and place on a baking sheet. Cook about 20 minutes in oven with potatoes (400 degrees), tossing occasionally.
2. Remove from oven and add balsamic vinegar. Save ½ for Meal #4.

Meanwhile

For lentils

1. Rinse lentils in a colander with cold water.
2. Combine lentils, clean water and bay leaf in a saucepan.
3. Cook lentils for approximately 30 minutes until tender. Add additional water, if needed to ensure that lentils remain covered by about an inch of water while cooking.
4. Remove from heat and season with salt.
5. Reserve ½ of lentils for Meal #4.
6. Combine remaining lentils with half of green beans.

For green beans

1. Add olive oil to medium skillet.
2. Add beans and cook for about 2-3 minutes, season with salt and pepper to taste.
3. Save half for Meal #5.
4. Combine remaining half with cooked lentils.

INGREDIENTS

For sweet potatoes

3½ pounds sweet potatoes, peeled and diced
1 Tablespoon olive oil
½ teaspoon kosher salt
½ teaspoon black pepper

For balsamic grapes

1 red onion, sliced thin
1 pound red seedless grapes
1 Tablespoon olive oil
2 Tablespoons balsamic vinegar

For lentils

3 cups dry lentils
6-7 cups water
1 bay leaf
1 teaspoon salt

For green beans

½ Tablespoon olive oil
1½ pounds green beans, trimmed and blanched * *see prep guide*
Kosher salt & black pepper



(2) PARMESAN TOFU AND BROCCOLI garlic crostini

DIRECTIONS

For parmesan tofu and broccoli

1. Heat oven to 425 degrees.
2. Drain tofu and cut into 1 inch pieces.
3. Toss tofu with 1 Tablespoon olive oil and place on baking sheet. Roast for 30 minutes.
4. Remove tofu from oven and turn.
5. Toss broccoli, 1 Tablespoon olive oil, salt and pepper together and put on another baking sheet.
6. Bake both tofu and broccoli another 10 minutes.
7. Save half of the broccoli for Meal #4.
8. Top tofu and remaining broccoli with parmesan cheese and serve.

Meanwhile

For garlic crostini

1. Combine the olive oil and garlic and spread on each piece of bread.
2. When tofu and broccoli come out, put bread under broiler until crispy, about 1-3 minutes.

INGREDIENTS

For parmesan tofu and broccoli

- 2 blocks extra firm tofu
- 2 Tablespoons olive oil
- 1½ pounds broccoli florets
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup grated parmesan cheese

For garlic crostini

- 1½ Tablespoons olive oil
- 3 cloves garlic, minced
- 4 thick cut slices of whole wheat French bread

MADE AHEAD

- Cut vegetables: onion, bell peppers

DIRECTIONS

For pasta

1. Bring a large pot of salted water to a boil.
2. Add pasta and cook until al dente according to package directions.
3. Drain and set aside.

Meanwhile

For south of the border pasta

1. Heat a large non-stick skillet over medium-high heat and add the olive oil.
2. Add garlic, chipotle, onion, and bell pepper and cook for about 2-3 minutes.
3. Add beans and corn kernels and cook for an additional 5 minutes.
4. Add in lime juice, salt, pepper and broth and cook for another 2 minutes.
5. Turn off heat and add pasta, cilantro, and yogurt. Serve with sliced pears.

INGREDIENTS

For south of the border pasta

8 ounces dry whole wheat pasta

- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 1 (or less) chipotle peppers, minced
- 1 red onion, sliced thin
- 2 green bell peppers, sliced thin
- 1 (15 oz) can black beans, drained and rinsed
- 2 ears of corn, kernels removed
- 3 Tablespoons lime juice (2 limes)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup low sodium vegetable broth
- 1 cup chopped cilantro (1 bunch)
- ¼ cup non-fat Greek yogurt

2 large pears, sliced



(4) LENTIL AND BROCCOLI SALAD

grape dressing

MADE AHEAD

- Cooked lentils **see Meal #1 for recipe*
- Roasted broccoli **see Meal #2 for recipe*
- Roasted sweet potatoes ** see Meal #1 for recipe*
- Balsamic grapes **see Meal #1 for recipe*

DIRECTIONS

For lentil and broccoli salad

1. Toss all ingredients, except sweet potatoes, with grape dressing.
2. Serve over sweet potatoes.

For grape dressing

Blend ingredients in blender or food processor.

INGREDIENTS

For lentil and broccoli salad

Cooked lentils

**see Meal #1 for recipe*

$\frac{3}{4}$ pound roasted broccoli **see Meal #2 for recipe*

$\frac{1}{2}$ red onion, thinly sliced

1 pound roasted sweet potatoes

**see Meal #1 for recipe*

For grape dressing

$\frac{1}{2}$ recipe balsamic grapes **see Meal #1 for recipe*

1 Tablespoon maple syrup

$\frac{1}{4}$ cup non-fat plain Greek yogurt



(5) SWEET POTATO BURGER

cilantro pesto & green beans

MADE AHEAD

- Green beans * see Meal #1
- Roasted sweet potatoes *see Meal #1
- Cut vegetables: red onion, bell pepper

DIRECTIONS

For sweet potato burgers

1. Heat oven to 400 degrees.
2. Heat a large non-stick skillet over medium heat and add the olive oil.
3. Cook the onion, garlic, bell pepper, and chipotle for about 3-4 minutes.
4. Turn off heat and add in the sweet potatoes, mashing everything together.
5. Form into patties and place on greased baking sheet.
6. Bake for about 10 minutes until firm.
7. Toast bread if desired, top with cilantro pesto. Serve burgers open faced with green beans.

Meanwhile

For green beans

Place on baking sheet and put in oven with burgers until warmed. Toss with pine nuts before serving.

For cilantro pesto

Combine all ingredients in a food processor or chop super fine. Serve with burgers.

Kitchen Note:

To toast pine nuts, heat in a dry skillet over medium-high heat stirring constantly until golden; about 5 minutes.

INGREDIENTS

For sweet potato burgers

½ Tablespoon olive oil
1 red onion, diced small
2 cloves garlic, minced
1 green bell pepper, diced small
1 chipotle pepper, minced
1½ pounds roasted sweet potatoes
**see Meal #1 for recipe*

4 thick cut slices of whole wheat
French bread

For green beans

¾ pound roasted green beans *see
Meal #1 for recipe
¼ cup toasted pine nuts (see kitchen
note)

For cilantro pesto

1½ Tablespoons olive oil
2 Tablespoons water
1 bunch cilantro
¼ cup pine nuts
¼ cup parmesan cheese
pinch of kosher salt
dash of black pepper



Nutrition Information

Lentils		Serves: 4	
Serving Size: 3/4 cup			
Calories	230 kcal	Fat	1.5 g
Protein	15 g	Saturated	0 g
Carbohydrate	41 g	Sugar	2 g
Sodium	250 mg	Calcium	4 %DV
Fiber	11 g	Iron	25 %DV
Cholesterol	0 mg		

Green beans		Serves: 4	
Serving Size: 1/4 cup			
Calories	34 kcal	Fat	1 g
Protein	1.6 g	Saturated	0.2 g
Carbohydrate	5.9 g	Sugar	2.8 g
Sodium	5 mg	Calcium	3.2 %DV
Fiber	2.3 g	Iron	4.9 %DV
Cholesterol	0 mg		

Balsamic grapes		Serves: 4	
Serving Size: About 1/4 cup			
Calories	85 kcal	Fat	2.4 g
Protein	0.8 g	Saturated	0.4 g
Carbohydrate	16.4 g	Sugar	13.4 g
Sodium	4 mg	Calcium	1.4 %DV
Fiber	1 g	Iron	2.1 %DV
Cholesterol	0 mg		

Sweet potatoes		Serves: 4	
Serving Size: 1/2 cup			
Calories	112 kcal	Fat	1.3 g
Protein	2.3 g	Saturated	0.2 g
Carbohydrate	23.5 g	Sugar	7.4 g
Sodium	123 mg	Calcium	4.3 %DV
Fiber	3.7 g	Iron	4.4 %DV
Cholesterol	0 mg		

Parmesan Tofu and Broccoli		Serves: 4	
Serving Size: 8 ounces tofu, 1/4cup broccoli			
Calories	310 kcal	Fat	18 g
Protein	25 g	Saturated	3 g
Carbohydrate	16 g	Sugar	4 g
Sodium	300 mg	Calcium	50 %DV
Fiber	6 g	Iron	25 %DV
Cholesterol	5 mg		

Garlic crostini		Serves: 4	
Serving Size: 1 thick slice bread			
Calories	185 kcal	Fat	5.9 g
Protein	5.7 g	Saturated	0.8 g
Carbohydrate	29.3 g	Sugar	0.2 g
Sodium	4 mg	Calcium	1.7 %DV
Fiber	4 g	Iron	9.2 %DV
Cholesterol	0 mg		

South of the Border Pasta		Serves: 4	
Serving Size: 1 1/2 cups			
Calories	440 kcal	Fat	6 g
Protein	19 g	Saturated	0.5 g
Carbohydrate	84 g	Sugar	8 g
Sodium	260 mg	Calcium	10 %DV
Fiber	15 g	Iron	25 %DV
Cholesterol	0 mg		

Pears		Serves: 4	
Serving Size: 1/2 a large pear			
Calories	67 kcal	Fat	0 g
Protein	0.5 g	Saturated	0 g
Carbohydrate	18 g	Sugar	11.5 g
Sodium	1 mg	Calcium	1 %DV
Fiber	3.5 g	Iron	1 %DV
Cholesterol	0 mg		

Lentil Broccoli Salad		Serves: 4	
Serving Size: 1 1/4 cups dressed salad, about 3 Tablespoons dressing			
Calories	450 kcal	Fat	7 g
Protein	21 g	Saturated	1 g
Carbohydrate	86 g	Sugar	15 g
Sodium	620 mg	Calcium	15 %DV
Fiber	16 g	Iron	30 %DV
Cholesterol	0 mg		

Sweet potato burger		Serves: 4	
Serving Size: 1 patty + 1 thick slice bread			
Calories	343 kcal	Fat	4.1 g
Protein	10 g	Saturated	0.6 g
Carbohydrate	70 g	Sugar	13.4 g
Sodium	129 mg	Calcium	9.5 %DV
Fiber	10.8 g	Iron	17.3 %DV
Cholesterol	0 mg		

Cilantro pesto		Serves: 4	
Serving Size: About 3 tablespoons			
Calories	124 kcal	Fat	12.3 g
Protein	3.2 g	Saturated	2 g
Carbohydrate	1.5 g	Sugar	0.4 g
Sodium	140 mg	Calcium	6 %DV
Fiber	0.4 g	Iron	3.4 %DV
Cholesterol	4 mg		

Green beans		Serves: 4	
Serving Size: 1/4 cup			
Calories	91 kcal	Fat	6.8 g
Protein	2.7 g	Saturated	0.6 g
Carbohydrate	7 g	Sugar	3.1 g
Sodium	5 mg	Calcium	3.3 %DV
Fiber	2.6 g	Iron	7.5 %DV
Cholesterol	0 mg		