

MEAL #1

- Make Moroccan chicken rub * *see Meal #1 for recipe*
- Cut vegetables:
 - 1 white onion, quartered
 - 1 pound carrots, peeled, halved lengthwise, then quartered

MEAL #2

- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables:
 - ½ white onion, sliced
 - 1 red bell pepper, seeded and cut into strips
 - 8 ounces baby bella mushrooms, cut into thick slices

MEAL #3

- Roast spaghetti squash **see directions below*
- Cut vegetables:
 - ½ white onion, finely chopped

MEAL #4

- Cut vegetables:
 - 1 medium white onion, diced
 - 1 cup carrots, peeled and chopped

MEAL #5

- 8 ounces whole wheat penne pasta cooked according to package directions

Roasted Spaghetti Squash (Meal #3)

2 small to medium spaghetti squash

¼ teaspoon kosher salt

¼ teaspoon black pepper

Preheat oven to 400 degrees. Cut spaghetti squash in half lengthwise and scoop out the seeds. Season flesh with salt and pepper and cook about 1 hour on a foil lined baking sheet, cut side down. When squash is cool enough to handle, use a fork to remove the flesh, it will come out looking like strands of spaghetti. Reserve the shells and place the strands of squash in an air tight container. Refrigerate both until needed.

MENU**MONDAY ①**

MOROCCAN ROAST CHICKEN
Honey Balsamic Glazed Carrots

TUESDAY ②

SHRIMP & VEGETABLE RED
COCONUT CURRY
Brown Rice & Spinach Salad

WEDNESDAY ③

SAUSAGE LASAGNA STUFFED
SPAGHETTI SQUASH

THURSDAY ④

MOROCCAN CHICKEN SOUP

FRIDAY ⑤

PENNE ALLA NORMA



CLASSIC October 24, 2014

Shopping List

(1) Moroccan Roast Chicken (2) Shrimp & Vegetable Coconut Curry (3) Sausage Lasagna Stuffed Spaghetti Squash (4) Moroccan Chicken Soup (5) Penne Alla Norma

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole organic chicken	1 (4 lb) chicken		12
2	shrimp (medium or large)	1 pound		10
3	Italian chicken sausage	14 ounces	bulk or links	5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3,4	white onion	3		3
1,4	carrots	1-1/2 pounds		4
2	red bell pepper	2		2
2	baby bella mushrooms	8 ounces		3
2,3,5	basil	1 large bunch		1.5
3	small/medium spaghetti squash	2		6
2,4	baby spinach	1 pound		4
5	bananas	4		2
5	eggplant	1 pound		2.5

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	part skim ricotta cheese	1 cup		2
3	part skim mozzarella cheese	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	red curry paste	2 Tablespoons		2
2	light coconut milk	1 can	14.5 oz can	2
3,4,5	crushed tomatoes	3 cans	2 (15 oz) cans & 1 (28 oz) can	6
1,4,5	cinnamon	1-1/4 teaspoons		1
4	garbanzo beans (chickpeas)	1 can	15 oz, organic, no salt added	2
3,5	cannellini beans	2 cans	15 oz, organic, no salt added	4

Fresh 20 Grocery Est \$76.00
 Cost Per Dinner \$15.20
 Cost Per Serving \$3.80

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1 cup	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	1 teaspoon
	balsamic vinegar	1/4 cup + 1 tsp	ground cumin	1 Tablespoon
	white wine vinegar		raw honey or 100% maple syrup	6 Tablespoons
	chicken or veggie broth: low sodium	4-1/2 cups	organic tomato paste	
	garlic	16 cloves	Dijon mustard or brown mustard	1 teaspoon
	kosher salt	4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-1/2 teaspoons	whole grain pasta	8 ounces penne
	cayenne pepper		long grain brown rice	1 cup
paprika	2 teaspoons	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) MOROCCAN ROAST CHICKEN

honey balsamic glazed carrots

MAKE AHEAD

- Make Moroccan chicken rub * *see recipe below*
- Cut vegetables: onion, carrots

DIRECTIONS

For Moroccan chicken rub

In a bowl, mix all the ingredients until combined. Store covered at room temperature.

For Moroccan roast chicken

1. Preheat the oven to 425 degrees and position a rack in the lower third of the oven.
2. Gently spread half the Moroccan rub under the skin of the chicken breast and half over the outside of the whole chicken. Place the onions, garlic, and 1 cup of water in a roasting pan. Set the chicken, breast side up, on top of the onions and garlic. Roast for 40 minutes.
3. Using tongs, turn the chicken over and roast breast side down for 20 minutes longer. Using the tongs, turn the chicken breast side up again and continue to roast 20 minutes longer, or until the inner thigh of the chicken registers 175 degrees.
4. Transfer the chicken to a cutting board and let rest 10 minutes before cutting. Remove and discard some of the fat from the pan. Set the pan over high heat and add the chicken stock, scraping of any brown bits. Reduce for 5 minutes, serve with sliced chicken.
5. Reserve half of the chicken for Menu #4

For honey balsamic glazed carrots

1. Line a rimmed baking sheet with foil. Toss the carrots with 1 Tablespoon olive oil, salt and pepper. Place carrots on baking sheet and roast in the oven with the chicken until tender; about 15-20 minutes. Remove from oven.
2. Heat 1 Tablespoon oil, honey, and vinegar and cook for 1 minute until flavors are combined. Toss with the carrots and serve with sliced chicken.

INGREDIENTS

For Moroccan chicken rub

2 Tablespoons olive oil
2 teaspoons ground cumin
1 teaspoon paprika
¼ teaspoon cinnamon
1 teaspoon kosher salt
¼ teaspoon black pepper

For Moroccan roast chicken

Moroccan chicken rub
1 (4 pound) whole organic chicken
1 white onion, quartered
4 garlic cloves, peeled and smashed
1 cup water
½ cup low sodium chicken stock

For honey balsamic glazed carrots

1 pound carrots, peeled, halved lengthwise, then quartered
2 Tablespoons olive oil, divided
½ teaspoon kosher salt
¼ teaspoon black pepper
2 teaspoons honey
½ teaspoon balsamic vinegar



(2) SHRIMP & VEGETABLE RED COCONUT CURRY

brown rice and spinach salad

MAKE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- Cut vegetables: onions, red peppers, mushrooms

DIRECTIONS

For shrimp & vegetable red coconut curry

1. Heat oil in a large sauce pan over medium high heat. Once shimmering add the red curry paste and whisk for 30 seconds. Add in the onion, peppers, mushrooms and salt, cook stirring occasionally for 5 minutes or until slightly softened.
2. Add the coconut milk and stir to combine. Add in the shrimp and cook for another 2 to 3 minutes until shrimp are pink and opaque. Stir in basil; serve over brown rice.

For spinach salad

Toss together spinach and red pepper slices, dress with balsamic vinaigrette.

For balsamic vinaigrette

Combine first 7 ingredients then whisk in olive oil until well combined.

INGREDIENTS

For shrimp & vegetable red coconut curry

1 Tablespoon grapeseed oil
2 Tablespoons red curry paste
½ white onion, sliced
1 red bell pepper, seeded and cut into strips
8 ounces baby bella mushrooms, cut into thick slices
½ teaspoon kosher salt
14½ ounces light coconut milk
1 pound medium or large shrimp, peeled and deveined (*can sub 1 pound chicken tenders, sliced in half*)
⅓ cup chopped basil (⅓ bunch)
2 cups cooked brown rice

For spinach salad

10-12 ounces baby spinach leaves (about 4 cups)
1 red bell pepper, cut into thin slices

For balsamic vinaigrette

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



(3) SAUSAGE LASAGNA STUFFED SPAGHETTI SQUASH

MAKE AHEAD

- Roasted spaghetti squash **see prep guide*
- Cut vegetables: onion

DIRECTIONS

For tomato sauce

1. In a large sauté pan, heat the olive oil over medium high heat. Once hot, add the onion and cook for 5 minutes until lightly softened. Add the garlic and cook until fragrant, about 30 seconds.
2. Add the sausage and cook, breaking up into small pieces, until cooked through and no longer pink. Add the crushed tomatoes and beans. Simmer for 15 minutes and then add in basil.

For sausage lasagna stuffed spaghetti squash

1. Preheat the oven to 400 degrees.
2. In a small bowl, combine ricotta cheese, salt, pepper, and basil. Set aside.
3. Combine the cooked spaghetti squash strands and tomato sauce in a large sauce pan and cook until heated through.
4. Place the squash shells on a foil lined baking sheet. Fill the shells with the sauce and squash mixture. Top each shell with ricotta cheese mixture and mozzarella cheese.
5. Bake in oven until heated through, about 20 minutes.

INGREDIENTS

For tomato sauce

- 1 Tablespoon olive oil
- ½ white onion, finely chopped
- 3 garlic cloves, minced
- 14 ounces Italian chicken sausage (bulk or links removed from casings)
- 1 (15 ounce) can crushed tomatoes
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 2 Tablespoons chopped basil

For sausage lasagna stuffed spaghetti squash

- ½ cup part-skim ricotta
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 2 Tablespoons finely sliced basil

- 2 small to medium spaghetti squash, cooked **see prep guide*
- ½ cup part-skim mozzarella cheese

MAKE AHEAD

- Half recipe Moroccan roast chicken, pulled from the bone and shredded * see Meal #1
- Cut vegetables: onion, carrots

DIRECTIONS

For Moroccan chicken soup

1. Heat oil in a large pot over medium-high heat. Add onion and carrots and sauté until they begin to soften, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.
2. Add spices, salt, and pepper and sauté for a minute or so to develop their flavors. Add tomatoes, garbanzo beans, chicken stock, shredded chicken and honey. Bring to a simmer, then lower heat to low and gently simmer for 30 minutes.
3. Stir in the spinach and let heat through until wilted.

INGREDIENTS

For Moroccan chicken soup

2 Tablespoons grapeseed oil
1 medium white onion, diced
1 cup carrots, peeled and chopped
5 garlic cloves, minced
½ teaspoon cinnamon
2/3 teaspoon ground cumin
2/3 teaspoon paprika
½ teaspoon kosher salt
¼ teaspoon black pepper
1 (15 oz) can crushed tomatoes
1 (15 oz) can garbanzo beans
(chickpeas), drained and rinsed
4 cups chicken stock
½ recipe Moroccan roast chicken,
shredded *see Meal #1
1 teaspoon honey
5 ounces baby spinach (1½ – 2 cups)

MAKE AHEAD

- 8 ounces whole wheat penne, cooked according to package directions

DIRECTIONS

For penne alla Norma

1. Heat olive oil in a large skillet over medium-high heat. Once oil is hot, add garlic and eggplant and sauté for 5 minutes until slightly browned.
2. Add the tomatoes and salt. Cover, reduce heat, and cook 20 minutes or until eggplant is tender. Add cooked pasta and beans and cook until heated through, remove from heat and add basil.
3. Divide between four bowls and top each serving with ricotta cheese.

For grilled bananas

1. Slice bananas in half lengthwise.
2. In a small bowl, combine honey and cinnamon.
3. Brush bananas with cinnamon honey and place in a grill pan that is very lightly coated with cooking spray or grapeseed oil.
4. Cook for 1-2 minutes each side until warm and golden.
5. Serve immediately as is or topped with nuts, granola or as a topping for yogurt.

INGREDIENTS

For penne alla Norma

- 2 Tablespoons olive oil
- 3 garlic cloves, minced
- 1 pound eggplant, peeled and cut into ½ inch cubes
- 1 (28 oz) can crushed tomatoes
- 1 teaspoon kosher salt
- 8 oz whole wheat penne, cooked
- 1 (15 oz) can cannellini beans, drained and rinsed
- ⅓ cup chopped basil (⅓ bunch)
- ½ cup part-skim ricotta cheese

For grilled bananas

- 4 medium-ripe bananas
- 4 Tablespoons honey or maple syrup
- ½ teaspoon cinnamon



Nutrition Information

Moroccan roast chicken		Serves: 5	
Serving Size: About 5 ounces			
Calories	383 kcal	Fat	23.6 g
Protein	38.4 g	Saturated	7.4 g
Carbohydrate	1.9 g	Sugar	0.7 g
Sodium	397 mg	Calcium	2.7 %DV
Fiber	0 g	Iron	11.5 %DV
Cholesterol	127 mg		

Honey balsamic glazed carrots		Serves: 4	
Serving Size: ½ cup			
Calories	107 kcal	Fat	7 g
Protein	1.1 g	Saturated	1 g
Carbohydrate	11 g	Sugar	5.5 g
Sodium	325 mg	Calcium	3.8 %DV
Fiber	3.2 g	Iron	2.1 %DV
Cholesterol	0 mg		

Shrimp & vegetable red coconut curry		Serves: 4	
Serving Size: 1 cup			
Calories	238 kcal	Fat	10 g
Protein	26.6 g	Saturated	5.6 g
Carbohydrate	11.4 g	Sugar	5.6 g
Sodium	916 mg	Calcium	9.4 %DV
Fiber	2.3 g	Iron	9.4 %DV
Cholesterol	183 mg		

Brown rice		Serves: 4	
Serving Size: ½ cup (with low sodium broth)			
Calories	191 kcal	Fat	3.4 g
Protein	4.7 g	Saturated	0.5 g
Carbohydrate	35.7 g	Sugar	0.7 g
Sodium	33 mg	Calcium	0.5 %DV
Fiber	1.6 g	Iron	0.9 %DV
Cholesterol	0 mg		

Spinach salad		Serves: 4	
Serving Size: 1 cup			
Calories	48 kcal	Fat	0 g
Protein	2.4 g	Saturated	0 g
Carbohydrate	11.5 g	Sugar	1.7 g
Sodium	137 mg	Calcium	6.3 %DV
Fiber	4.9 g	Iron	16 %DV
Cholesterol	0 mg		

Balsamic vinaigrette		Serves: 6	
Serving Size: 1.5 Tablespoons			
Calories	173 kcal	Fat	18 g
Protein	0.08 g	Saturated	2.5 g
Carbohydrate	2.9 g	Sugar	2.5 g
Sodium	105 mg	Calcium	0.4 %DV
Fiber	0 g	Iron	1.1 %DV
Cholesterol	0 mg		

Sausage lasagna stuffed spaghetti squash		Serves: 4	
Serving Size: 1 slice of 4			
Calories	482 kcal	Fat	19.6 g
Protein	36.5 g	Saturated	7.3 g
Carbohydrate	42 g	Sugar	11.5 g
Sodium	1,210 mg	Calcium	45 %DV
Fiber	9.5 g	Iron	19.4 %DV
Cholesterol	104 mg		

Moroccan chicken soup		Serves: 5	
Serving Size: 1 ½ cup			
Calories	569 kcal	Fat	30.4 g
Protein	46.1 g	Saturated	8 g
Carbohydrate	30.5 g	Sugar	7.9 g
Sodium	746 mg	Calcium	11.8 %DV
Fiber	7 g	Iron	26.4 %DV
Cholesterol	127 mg		

Penne alla norma		Serves: 4	
Serving Size: 1 ¼ cup			
Calories	324 kcal	Fat	10.1 g
Protein	14.7 g	Saturated	2.5 g
Carbohydrate	46.9 g	Sugar	10.4 g
Sodium	743 mg	Calcium	19.9 %DV
Fiber	12.1 g	Iron	15.2 %DV
Cholesterol	10 mg		

Grilled bananas		Serves: 4	
Serving Size: 1 prepared banana (made with honey)			
Calories	185 kcal	Fat	0.5 g
Protein	1.6 g	Saturated	0 g
Carbohydrate	48.4 g	Sugar	33.9 g
Sodium	2 mg	Calcium	0.8 %DV
Fiber	3.6 g	Iron	2.4 %DV
Cholesterol	0 mg		