

**MEAL #1**

- Herbed chicken rub *\*see recipe below*
- Cut vegetables:
  - 1 white onion, large dice

**MEAL #2**

- 2 cups cooked rice prepared according to package directions
- 4-5 oranges zested & juiced to yield 1½ cups juice & 2 Tablespoons zest
- Cut vegetables:
  - 8 ounces broccoli, cut into florets

**MEAL #3**

- Combine dry ingredients for dumplings (1 cup whole wheat flour, 1 ½ teaspoons baking powder, ½ teaspoon kosher salt). Cover and store at room temperature until needed.
- Cut vegetables:
  - ½ cup white onion, small dice
  - ½ cup carrots, small dice
  - ½ cup celery, small dice

**MEAL #4 – no prep**

**MEAL #5**

- Cooked quinoa *\*see recipe below*
- Cut vegetables:
  - 1 pound broccoli, cut into florets

**HERBED CHICKEN RUB** (Meal #1)

3 sprigs rosemary, leaves finely chopped, about 1 Tablespoon  
 6 sage leaves, finely chopped, about 1 Tablespoon  
 2 garlic cloves, finely minced  
 2 Tablespoons unsalted butter, softened  
 1 teaspoon kosher salt  
 ¼ teaspoon black pepper

In a bowl, mix all the ingredients until combined. Refrigerate until dinner night, let come to room temperature before using.

**FOR QUINOA** (Meal #5)

1 cup quinoa  
 1½ cups water  
 1 large white onion, finely diced  
 ½ teaspoon salt

Rinse quinoa under running water. Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmer for 15 minutes. Turn off heat and let sit for another 5 minutes. Yields about 2 cups.

**MENU**

**MONDAY ①**

HERB ROASTED CHICKEN WITH APPLES  
 Fingerling Potatoes

**TUESDAY ②**

ORANGE GLAZED SHRIMP AND  
 BROCCOLI  
 Brown Rice

**WEDNESDAY ③**

PAPPAW'S CHICKEN & DUMPLINGS

**THURSDAY ④**

ROASTED SAUSAGES &  
 GRAPES  
 Rosemary Grits

**FRIDAY ⑤**

HERBED QUINOA PATTIES  
 Garlic Roasted Broccoli  
 Fruit Salad



CLASSIC December 5, 2014

# Shopping List

(1) Herb Roasted Chicken (2) Orange Glazed Shrimp (3) Pappaws Chicken & Dumplings (4) Roasted Sausages & Grapes (5) Herb Quinoa Patties

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	organic chicken	1 (4 pound)		12
2	shrimp	1 pound	shelled, de-veined	10
4	sweet Italian pork or chicken sausage	1 pound	links	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,3,5	white onion	3		3
1,5	apples	4		4
1	fingerling potatoes	1 pound		3
1,3,4,5	rosemary	2 bunches	need 14 sprigs	3
2,5	broccoli	1-1/2 pounds		1.5
2,5	oranges	6-7 medium		6
3	carrots	2 large		1
3	celery	2 stalks		1
1,3,5	sage	1 sm bunch		1.5
4,5	red or green seedless grapes	2 pounds		5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,3,4	butter	5 Tablespoons		1
3,4	organic 2% milk	3-1/2 cups		4
5	pecorino romano cheese	1/2 cup		3
5	egg	1		0.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
3	cider vinegar	3 Tablespoons		1
3	baking powder	1-1/2 teaspoons		1
5	quinoa	1 cup		2
5	whole wheat panko crumbs	3/4 cup		2
4	old fashioned grits	2/3 cup	NOT quick cooking	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	4-1/2 Tablespoons	dried oregano	
	grapeseed oil	3 Tablespoons	herbes de provence	
	balsamic vinegar	1/4 cup	ground cumin	
	white wine vinegar		raw honey or 100% maple syrup	1/3 cup
	chicken or veggie broth: low sodium	5-1/2 cups	organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	5 teaspoons	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	1-1/4 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice	1 cup
	paprika		whole wheat flour	1 cup + 2 Tablespoons

Find PANTRY DRESSINGS at [www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings)



# (1) HERB ROASTED CHICKEN WITH APPLES

## fingerling potatoes

### MAKE AHEAD

- Make herbed chicken rub *\*see prep guide*
- Cut vegetables: onion

### DIRECTIONS

#### *For herb roasted chicken with apples*

1. Preheat oven to 425 degrees and position a rack in the lower third of the oven.
2. Rub the herb rub under the skin of the chicken. Rub the olive oil over the skin of the chicken. Place the onions, garlic and 1 cup of water in a roasting pan. Set the chicken, breast-side-up, on top of the vegetables. Place the apples around the chicken along the edges of the pan. Roast for 40 minutes.
3. Using tongs, turn the chicken breast-side down and roast 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 before cutting. Remove the apples and some of the fat from the pan, reserving the apples. Set the pan over high heat and add the chicken broth, scraping up any brown bits; cook for 5 minutes until reduced. Serve the jus with the sliced chicken and apples.
5. Reserve half of the chicken for Meal #3.

#### *For the fingerling potatoes*

1. Place an empty rimmed baking sheet in the oven with the chicken for 10 minutes.
2. In a bowl, toss the potatoes with the oil, rosemary, salt, and pepper.
3. Remove the hot pan from the oven and carefully put the potatoes on the pan cut side down.
4. Cook in oven untouched for 35 minutes to create a crunchy crust.

### INGREDIENTS

#### *For herb roasted chicken with apples*

Herbed chicken rub *\*see prep guide*  
1 (4 pound) organic chicken  
1 Tablespoon olive oil  
1 large white onion, large dice  
2 garlic cloves, peeled and smashed  
1 cup water  
2 apples, cored and quartered  
½ cup low sodium chicken broth

#### *For the fingerling potatoes*

1 pound fingerling potatoes, halved lengthwise  
1 Tablespoon olive oil  
3 sprigs rosemary, leaves removed & chopped  
½ teaspoon kosher salt  
½ teaspoon black pepper



## (2) ORANGE GLAZED SHRIMP AND BROCCOLI

brown rice

### MAKE AHEAD

- 2 cups cooked brown rice, prepared according to package directions
- 4-5 oranges, zested and juiced to yield 1½ cups juice, 2 Tablespoons zest
- Cut vegetables: broccoli

### DIRECTIONS

*For orange glazed shrimp and broccoli*

1. Season the shrimp with salt and pepper; set aside.
2. In a saucepan, bring the orange juice, honey, soy sauce, and zest to a boil. Continue to boil for about 10 minutes to reduce the sauce by about half; set aside.
3. In a large skillet, heat the grapeseed oil over medium-high heat. Once shimmering add the shrimp. Cook for 1 minute then add the garlic and flip the shrimp. Continue to cook for 1 minute more. Remove the shrimp from the pan.
4. Add the broccoli and orange juice reduction to the pan and cook until broccoli is tender about 4 minutes.
5. Add the shrimp back to the pan and stir to combine. Serve over brown rice.

### INGREDIENTS

*For orange glazed shrimp & broccoli*

- 1 pound shrimp, shelled and deveined (can sub 1 pound chicken breast, cut into cubes)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 8 ounces broccoli, cut into florets
- 1½ cups freshly squeezed orange juice
- 3 Tablespoon honey
- 2 Tablespoon reduced sodium soy sauce
- 2 Tablespoons finely grated orange zest
- 2 Tablespoons grapeseed oil
- 2 garlic cloves, finely chopped
- 2 cups cooked brown rice, warmed

### MAKE AHEAD

- ½ recipe herb roasted chicken, meat pulled from the bones and shredded, bones reserved \*see Meal #1
- Combine dry ingredients for dumplings: flour, baking powder, salt
- Cut vegetables: onion, carrots, celery

### DIRECTIONS

#### *For Pappaw's chicken & dumplings*

1. Heat a medium pot over medium-high heat. Once warm, add oil. Sauté the onions, carrots, and celery for 5 minutes until softened. Add the flour and sauté for a minute to toast the flour.
2. Add the chicken broth, cider vinegar, a few of the larger chicken bones (the bones give additional flavor to the store bought broth), chicken, rosemary sprig, salt and pepper to the pot. Bring to a boil then reduce to a simmer. Cover the pot and let simmer for 20 minutes. Remove the lid and remove the chicken bones.
3. Carefully drop the dumplings into the simmering broth. Cover the pot and cook for 5 minutes. Remove the cover and turn the dumplings over. Keep uncovered and at a steady simmer and continue to cook for another 10 minutes until the dumplings are done.

#### *For dumplings*

1. Combine the flour, baking powder, and salt in a bowl and stir with a fork to combine. Quickly rub the butter into the flour with your fingers or a fork until slightly crumbly. Add in the milk and herbs and stir until it all comes together.
2. Form the dough into slightly larger than tablespoon size dumplings and drop into simmering soup.

### INGREDIENTS

#### *For Pappaw's chicken & dumplings*

1½ Tablespoons oil  
½ cup white onion, small dice  
½ cup carrots, small dice  
½ cup celery, small dice  
1½ Tablespoons whole wheat flour  
5 cups low sodium chicken broth  
3 Tablespoons cider vinegar  
½ recipe herb roasted chicken, pulled from the bones and shredded, bones reserved \*see Meal #1  
1 rosemary sprig  
¾ teaspoon kosher salt  
¼ teaspoon black pepper

#### *For dumplings*

1 cup whole wheat flour  
1½ teaspoons baking powder  
½ teaspoon kosher salt  
2 Tablespoons unsalted butter, very cold, cut into pieces  
½ cup organic 2% milk  
1½ Tablespoons rosemary, finely chopped  
1½ Tablespoons sage, finely chopped



## (4) ROASTED SAUSAGES & GRAPES

### rosemary grits

#### DIRECTIONS

##### *For roasted sausages & grapes*

1. Preheat the oven to 450 degrees. Melt the butter in a large oven proof sauté pan over medium heat. Add the grapes and toss to coat.
2. Place the sausages in the pan, nestling them down in the grapes in one layer. Place in the oven and roast for 20 to 25 minutes, turning the sausages once, until they are browned and the grapes are tender.
3. Remove grapes and sausages to a plate and keep warm. Add the balsamic vinegar to the same pan and cook over medium-high heat for 3-4 minutes until slightly reduced.
4. Serve the sausage and grapes over the grits and drizzle with balsamic glaze.

##### *For rosemary grits*

1. In a medium saucepan, bring the milk, water, rosemary, salt, and grits to a boil, stirring occasionally over medium heat.
2. Lower the heat so the milk is barely at a simmer. Cook, stirring occasionally, until all the liquid is absorbed and the grits are tender and creamy, about 12 minutes.

#### INGREDIENTS

##### *For roasted sausages & grapes*

- 1 Tablespoon unsalted butter
- 1 pound seedless grapes, green or red, removed from the stem
- 1 pound sweet Italian pork or chicken sausage
- ¼ cup balsamic vinegar

##### *For rosemary grits*

- 3 cups organic 2% milk
- ⅔ cup water
- 2 sprigs rosemary
- ½ teaspoon kosher salt
- ⅔ cup old-fashioned (not quick cooking) grits



## (5) HERBED QUINOA PATTIES

### garlic roasted broccoli & fruit salad

#### MAKE AHEAD

- 2 cups cooked quinoa *\*see prep guide*
- Cut vegetables: broccoli

#### DIRECTIONS

##### *For herbed quinoa patties*

1. In a large bowl, combine quinoa, the herbs, garlic, bread crumbs, pecorino, egg, salt and pepper. Form into 8 equal patties.
2. Heat ½ Tablespoon grapeseed oil in a large nonstick pan over medium heat. When the oil is shimmering, add 4 of the patties and cook until browned, about 4 minutes. Flip and cook for an additional 5 minutes. Add the remaining ½ Tablespoon oil to the pan and cook the remaining 4 patties.

##### *For garlic roasted broccoli*

1. Preheat oven to 400 degrees. Toss the broccoli, olive oil, garlic, and salt in a large bowl to combine.
2. Spread the mixture on a baking sheet and roast, without stirring, until the edges are crispy and the stems are tender but crisp, about 20 minutes.

##### *For the fruit salad*

Combine fruit in a large serving bowl, drizzle honey and gently toss. Serve chilled.

#### INGREDIENTS

##### *For herbed quinoa patties*

2 cups cooked quinoa *\*see prep guide*  
1½ teaspoons rosemary, finely chopped  
1½ teaspoons sage, finely chopped  
1 garlic clove, minced  
¾ cup whole wheat panko breadcrumbs  
½ cup grated pecorino romano cheese  
1 egg, lightly beaten  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 Tablespoon grapeseed oil, divided

##### *For garlic roasted broccoli*

1 pound broccoli, cut into florets  
1 Tablespoon olive oil  
2 garlic cloves, thinly sliced  
¼ teaspoon kosher salt

##### *For the fruit salad*

2 apples, diced  
2 oranges, peeled and sectioned  
2 cups grapes  
2 Tablespoons honey



# Nutrition Information

Herb roasted chicken with apples		Serves: 5	
Serving Size: About 4 ounces prepared chicken with juice + ¼ apple			
Calories	433 kcal	Fat	25 g
Protein	38.7 g	Saturated	7.6 g
Carbohydrate	11.8 g	Sugar	8.2 g
Sodium	322 mg	Calcium	3 %DV
Fiber	2 g	Iron	12 %DV
Cholesterol	127 mg		

Fingerling potatoes		Serves: 4	
Serving Size: ½ cup			
Calories	135 kcal	Fat	3.5 g
Protein	1.9 g	Saturated	0.5 g
Carbohydrate	24.2 g	Sugar	0 g
Sodium	250 mg	Calcium	1.3 %DV
Fiber	0.5 g	Iron	13.3 %DV
Cholesterol	0 mg		

Orange glazed shrimp and broccoli		Serves: 4	
Serving Size: ¾ cup			
Calories	276 kcal	Fat	7.8 g
Protein	26.1 g	Saturated	0.8 g
Carbohydrate	28.2 g	Sugar	22.1 g
Sodium	725 mg	Calcium	12.1 %DV
Fiber	2.1 g	Iron	7.9 %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		

Pappaw's chicken and dumplings		Serves: 5	
Serving Size: 2 cups			
Calories	586 kcal	Fat	34.5 g
Protein	45 g	Saturated	11.3 g
Carbohydrate	23 g	Sugar	0.3 g
Sodium	890 mg	Calcium	8.2 %DV
Fiber	5.1 g	Iron	18.1 %DV
Cholesterol	140 mg		



Roasted sausages and grapes		Serves: 4	
Serving Size: ¼ cup (made with chicken sausage)			
Calories	312 kcal	Fat	14.4 g
Protein	23.6 g	Saturated	5.1 g
Carbohydrate	23.2 g	Sugar	19.9 g
Sodium	622 mg	Calcium	1.7 %DV
Fiber	1 g	Iron	9.4 %DV
Cholesterol	105 mg		

Rosemary grits		Serves: 4	
Serving Size: ¾ cup			
Calories	189 kcal	Fat	4 g
Protein	8.3 g	Saturated	2.3 g
Carbohydrate	29 g	Sugar	9.3 g
Sodium	332 mg	Calcium	22 %DV
Fiber	1.5 g	Iron	0.2 %DV
Cholesterol	15 mg		

Herbed quinoa patties		Serves: 4	
Serving Size: 2 patties			
Calories	235 kcal	Fat	9.3 g
Protein	10 g	Saturated	2.6 g
Carbohydrate	27.3 g	Sugar	1.3 g
Sodium	447 mg	Calcium	12.9 %DV
Fiber	2.8 g	Iron	10.1 %DV
Cholesterol	57 mg		

Garlic roasted broccoli		Serves: 4	
Serving Size: ¼ cup			
Calories	71 kcal	Fat	3.8 g
Protein	3.3 g	Saturated	0.5 g
Carbohydrate	8 g	Sugar	1.9 g
Sodium	161 mg	Calcium	5.6 %DV
Fiber	3 g	Iron	4.8 %DV
Cholesterol	0 mg		

Fruit salad		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	173 kcal	Fat	0.4 g
Protein	1.5 g	Saturated	0 g
Carbohydrate	45.4 g	Sugar	38 g
Sodium	3.1 mg	Calcium	4.1 %DV
Fiber	5 g	Iron	2.9 %DV
Cholesterol	0 mg		