VEGETARIAN January 23, 2015

PREP GUIDE

MEAL #1
- Make Creamy Cider Dijon Sauce **see recipe below*

MEAL #2
- 4 cups cooked brown rice prepared according to package directions (use 2 cups for Meal #2 and 2 cups for Meal #4)
- 2 oranges, segmented into wedges **see Meal #2 for directions*
- Cut vegetables:
  - 1½ pounds baby bok choy, trimmed and leaves separated

MEAL #3
- 3 oranges, cut into segments
- Cut vegetables:
  - 2 medium white onions, thinly sliced

MEAL #4
- 2-3" piece fresh ginger, grated to yield 2 Tablespoons
- Cut vegetables:
  - 1 ½ pounds baby bok choy, stalks cut crosswise into ½ inch slices

MEAL #5
- 2 oranges zested & segmented
- Make sage crust for galette **see recipe below, make up to 3 days ahead*
- Cut vegetables:
  - 1 large white onion, thinly sliced

Creamy Cider Dijon Sauce (for Meal #1)
2 cups apple cider
2 Tablespoons Dijon mustard
3 Tablespoons plain Greek yogurt or sour cream
¼ teaspoon kosher salt

In a sauce pan, bring the cider and mustard to a boil. Continue to boil until reduced by half then add the yogurt. Bring back to a simmer and continue to cook until the sauce thickens. Season with salt. Cool and refrigerate until needed.

Sage Crust (Meal #5)
1 cup whole wheat flour
5 Tablespoons unsalted butter, cut into ½ inch cubes
1 Tablespoon sage leaves, finely chopped
½ teaspoon kosher salt
4 Tablespoons ice cold water

Using hands or two forks, combine butter and flour until crumbly.
Add sage and salt, then add ice water and mix with a fork until dough starts to come together and a ball starts to form. Roll dough into a ball, wrap in plastic wrap and store in fridge for at least one hour. Dough can be stored up to 3 days in the refrigerator.

MENU

MONDAY ①
DIJON ROASTED CHICKPEAS
Smashed Fingerling Potatoes

TUESDAY ②
TOASTED EDAMAME & RICE
Orange Avocado Salsa &
Roasted Bok Choy

WEDNESDAY ③
CIDER BRAISED BRUSSELS SPROUTS
Sicilian Orange Salad

THURSDAY ④
TOFU, BOK CHOY & CASHEW STIR FRY
Brown Rice Bowls

FRIDAY ⑤
SWEET POTATO, GOAT CHEESE
& SAGE GALETTE

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Shopping List

(1) Dijon Roasted Chickpeas (2) Toasted Edamame & Rice (3) Cider Braised Brussels Sprouts (4) Tofu Bok Choy Stiry Fry (5) Sweet Potato Galette

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3,5	sage leaves	1/2 bunch	*need 3 Tablespoons chopped leaves*	1
1	fingerling potatoes	1 pound		2
2	frozen edamame	3 cups		3
2,3,5	oranges	7		5
2	avocado	1		1
2	lime	1		0.5
2,4	baby bok choy	3 pounds		4
2	cilantro	1 sm bunch	*need 1/4 cup chopped leaves*	1.5
3	Brussels sprouts	1-1/2 pounds		4.5
3,5	onions	4	*3 white, 1 red*	4
3,5	sweet potatoes	6	*4 small + 1-1/2 pounds (about 2 large)*	6
4	fresh ginger	2-3" piece	*need 2 Tablespoons grated ginger*	1

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	plain Greek yogurt	2-1/4 cups		2
5	unsalted butter	5 Tablespoons		2
5	goat cheese crumbles	5 ounces		3

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	apple cider	2-1/2 cups		3
1,3	chickpeas	3 (15 oz) cans		6
3,4	cashews	1 cup		6
4	firm tofu	2 (14 oz) pkgs		6
4	mirin (Japanese rice wine)	2 Tablespoons	*optional * see Meal #4 for substitutions*	5
4	sesame oil	2 teaspoons		1

Fresh 20 Grocery Est	$67.50
Cost Per Dinner	$13.50
Cost Per Serving	$3.38

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	6-1/2 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	2-1/2 teaspoons
	veggie broth: low sodium	2 cups	organic tomato paste	
	garlic	7 cloves	Dijon mustard or brown mustard	2 Tablespoons
	kosher salt	3-3/4 teaspoons	soy sauce or Braggs liquid amino acid	1/4 cup
	black pepper	1-1/2 teaspoons	whole grain pasta	
	cayenne pepper		long grain brown rice (dry)	2 cups
	paprika		whole wheat flour	1 cup

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

(1) DIJON ROASTED CHICKPEAS

smashed fingerling potatoes

OVEN TEMPERATURE: 400°F

MAKE AHEAD

- Creamy Cider Dijon Sauce **see prep guide for recipe*

DIRECTIONS

For roasted chickpeas

1. Preheat oven to 400°F.
2. Toss chickpeas with salt and pepper.
3. Heat the grapeseed oil in a large oven proof sauté pan over medium-high heat. Once oil is shimmering, add the chickpeas to the pan and cook 2-3 minutes until browned.
4. Place pan in the oven and cook for 10 minutes. Heat sauce in a small sauce pan until warm, serve alongside chickpeas.

For smashed fingerling potatoes

1. Place potatoes in a medium sauce pan and fill with water to cover. Bring to a boil and cook until the potatoes are fork tender, about 10 minutes. Drain well.
2. Drizzle a rimmed baking sheet with 2 Tablespoons olive oil. Place potatoes on baking sheet making sure to leave plenty of room between each.
3. With a potato masher or fork, gently press down each potato until slightly mashed, rotate the potato masher 90 degrees and mash again.
4. Brush the tops of each potato with remaining Tablespoon of olive oil and sprinkle with the salt and pepper.
5. Bake in 400°F oven for 20-25 minutes until crunchy and golden.

INGREDIENTS

For roasted chickpeas

2 (15 ounce) cans chickpeas, rinsed and drained
¼ teaspoon kosher salt
¼ teaspoon black pepper
1 Tablespoon grapeseed oil
Creamy Cider Dijon Sauce

For smashed fingerling potatoes

1 pound fingerling potatoes (or small round potatoes)
3 Tablespoons olive oil, divided
½ teaspoon kosher salt
¼ teaspoon black pepper

(2) TOASTED EDAMAME & RICE

orange avocado salsa & roasted bok choy

OVEN TEMPERATURE: 425°F

MAKE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- 2 oranges, segmented into wedges * *see directions below*
- Cut vegetables: bok choy

DIRECTIONS

For toasted edamame

1. Toss edamame with the salt and pepper. Heat a large sauté pan over medium-high heat.
2. Add the grapeseed oil and once shimmering add the edamame. Cook 2-3 minutes until slightly browned. Serve edamame on top of rice and top with orange avocado salsa.

For orange avocado salsa

Combine ingredients and refrigerate for 15 minutes before serving.

For roasted Bok Choy

1. Preheat oven to 425°F. Toss all ingredients together in a bowl until combined.
2. Line a rimmed baking sheet with foil or parchment paper. Place bok choy on the prepared sheet and roast until tender and slightly crispy, about 6 minutes.

For cilantro lime rice

Heat a large nonstick sauté pan over medium heat. Add the olive oil to the pan and once shimmering add the rice and lime zest. Cook until warmed through. Toss with chopped cilantro.

To segment oranges

Cut the top and bottoms off the oranges. Following the curve of the fruit, trim off the peel and all the white pith. Over a bowl to reserve the juice from the orange (for salsa), cut out each individual wedge between the membranes, halve each wedge.

INGREDIENTS

For toasted edamame

3 cups frozen edamame, prepared according to package direction
½ teaspoon kosher salt
¼ teaspoon black pepper
1½ Tablespoon grapeseed oil

For orange avocado salsa

2 oranges, segmented into wedges
1 avocado, diced
½ Tablespoon lime juice (¼ lime, zest entire lime first and reserve for rice)
1 Tablespoon orange juice
½ teaspoon honey
¼ teaspoon salt

For roasted Bok Choy

1½ pounds baby bok choy, trimmed and leaves separated
1 Tablespoon olive oil
¼ teaspoon kosher salt
1 garlic clove, minced

For cilantro lime rice

2 teaspoons olive oil
2 cups cooked brown rice
¾ Tablespoon lime zest (1 lime)
¼ cup cilantro leaves, finely chopped (¼ bunch)

(3) CIDER BRAISED BRUSSELS SPROUTS with Sicilian orange salad

MAKE AHEAD

- 3 oranges, cut into segments ** see Meal #2 for directions*
- Cut vegetables: onion

DIRECTIONS

For cider braised Brussels sprouts

1. Season Brussels sprouts with ¼ teaspoon salt and the pepper. Heat oil in a large nonstick skillet over high heat. Brown Brussels sprouts, flipping once, about 4 minutes per side; set aside.
2. Reduce heat to medium and add onions and ¼ teaspoon salt to pan; cook onions, stirring frequently, until softened and beginning to brown, approximately 5 to 8 minutes. Add garlic to pan and cook until fragrant, about 30 seconds.
3. In a small bowl, combine broth, cider, vinegar, and 1 Tablespoon sage; add to pan and scrape bottom of pan to loosen any brown bits. Increase heat to high; bring to a boil and cook until mixture reduces slightly and flavors blend, about 5 minutes.
4. Add Brussels sprouts and potatoes to pan; stir to combine and reduce heat to low. Cover pan and simmer, stirring Brussels sprouts and potatoes halfway through cooking, about 30 minutes total.
5. Remove the Brussels sprouts and sweet potatoes from the pan. Increase the heat and boil until sauce has reduced, about 5 minutes.
6. Add Brussels sprouts, sweet potatoes, chickpeas and remaining 1 Tablespoon of sage to the pan. Stir until well coated.
7. Sprinkle with chopped cashews and serve with Sicilian Orange Salad.

For Sicilian orange salad

Arrange orange segments on a plate and top with onions. Drizzle with oil and sprinkle with salt.

INGREDIENTS

For cider braised Brussels sprouts

1½ pounds Brussels sprouts
½ teaspoon kosher salt, divided
¼ teaspoon black pepper
1 Tablespoon grapeseed oil
2 medium white onions, thinly sliced
2 garlic cloves, chopped
2 cups low sodium vegetable broth
½ cup apple cider
1 Tablespoon white wine vinegar
2 Tablespoons fresh sage, minced, divided
4 small sweet potatoes, peeled and cut into 1 inch cubes
1 (15 oz) can chickpeas, drained and rinsed
½ cup chopped cashews

For Sicilian orange salad

3 oranges, cut into segments
½ medium red onion, thinly sliced
2 Tablespoons olive oil
Dash of kosher salt

(4) TOFU, BOK CHOY & CASHEW STIR FRY
brown rice bowls

MAKE AHEAD

- 2 cups cooked brown rice prepared according to package directions
- 2-3" piece of fresh ginger, grated to yield 2 Tablespoons
- Cut vegetables: baby bok choy

DIRECTIONS

For tofu, bok choy & cashew stir fry

1. Slice the tofu into 1/2-inch-thick strips.
2. In a medium bowl, whisk the soy sauce, mirin, honey, and pepper until the honey is dissolved. Add the tofu, toss to coat, and marinate for 10 minutes.
3. Heat ½ Tablespoon grapeseed oil over medium-high heat in a large sauté pan or wok. Once shimmering, swirl the oil to coat the pan. Add the ginger and garlic and stir until fragrant, about 10 seconds.
4. Add the tofu in a single layer and cook, undisturbed, for 1 minute. Stir-fry until the tofu is heated through, 2 minutes. Transfer to a plate.
5. Heat the remaining ½ Tablespoon of oil in the pan or wok over medium-high heat. Add the bok choy and stir-fry until crisp-tender, about 2 minutes. Add the tofu and cashews back to the pan. Stir-fry until the flavors are combined. Remove from the heat and toss with the sesame oil.
6. Place ½ cup warm brown rice in 4 serving bowls and top each with stir fry.

INGREDIENTS

For tofu, bok choy & cashew stir fry

2 (14 oz) packages firm tofu (drained)
¼ cup low-sodium soy sauce
Optional: 2 Tablespoons mirin, a Japanese rice wine **
2 teaspoons honey
¼ teaspoon black pepper
1 Tablespoon grapeseed oil, divided
4 garlic cloves, minced
2 Tablespoons grated fresh ginger
1½ pounds baby bock choy, stalks cut crosswise into 1/2-inch slices
½ cup salted cashews
2 teaspoons sesame oil

For brown rice

2 cups cooked brown rice, warmed

*** If not using mirin, increase honey to 1 Tablespoon and add 2 Tablespoons white wine vinegar*

(5) SWEET POTATO, GOAT CHEESE & SAGE GALETTE

OVEN TEMPERATURE: 450°F/375°F

MADE AHEAD

- 2 oranges, zested & segmented (2 Tablespoons zest, 2 oranges cut into segments)
- Prepare sage crust up to 3 days ahead **see prep guide for recipe*
- Cut vegetables: onion

DIRECTIONS

For the sweet potato filling

1. Preheat oven to 450°F.
2. Toss sweet potatoes with ¼ teaspoon salt and 1 Tablespoon oil. Arrange in a single layer on a baking sheet. Roast, stirring once halfway through, until golden brown on edges and undersides, 15 to 20 minutes. Remove potatoes from oven and reduce oven temperature to 375°F.
3. Meanwhile, heat the remaining 1 Tablespoon of grapeseed oil in a large sauté pan over medium high heat. Add the onions and ¼ teaspoon salt and cook, stirring occasionally, until tender, 10 to 15 minutes. Transfer to a large bowl to cool slightly. Add sweet potatoes, goat cheese, and pepper and toss gently.

To assemble the galette

1. Roll out sage crust dough into a 13-inch round on a lightly floured surface with a lightly floured rolling pin. Transfer to a baking sheet.
2. Arrange filling in an even layer in center of dough, leaving a 2- to 3-inch border. Fold edges of dough in on itself to cover outer rim of filling (dough will not completely cover filling, center will still be uncovered) pleating dough as necessary.
3. Bake galette until crust is cooked through and golden on edges, 30 to 40 minutes.

For orange yogurt

Combine yogurt and zest in a medium bowl. Top with orange segments. Store in refrigerator until ready to use. *For a sweet and spicy twist, top with a drizzle of honey and pepper.*

INGREDIENTS

For galette

Sage crust **see prep guide*

For the sweet potato filling

1½ pounds sweet potatoes, peeled and cut into 2 inch cubes (about 3 cups)
½ teaspoon kosher salt, divided
2 Tablespoons grapeseed oil, divided
1 large white onion, thinly sliced
5 ounces goat cheese, crumbled
¼ teaspoon black pepper

For orange yogurt

2 cups fat free Greek yogurt
2 Tablespoons orange zest (1 orange)
2 oranges, cut into segments
1 teaspoon honey (optional)
a few turns black pepper (optional)

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Nutrition Information

Dijon Roasted Chick peas					Serves: 4
Serving Size:					
Calories	310	kcal	Fat	7	g
Protein	11	g	Saturated	1.5	g
Carbohydrate	51	g	Sugar	15	g
Sodium	490	mg	Calcium	8	%DV
Fiber	8	g	Iron	10	%DV
Cholesterol	5	mg			

Smashed potatoes					Serves: 4
Serving Size: 4 ounces					
Calories	180	kcal	Fat	11	g
Protein	2	g	Saturated	1.5	g
Carbohydrate	20	g	Sugar	1	g
Sodium	250	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	0	mg			

Toasted Edamame					Serves: 4
Serving Size: 3/4 cup					
Calories	170	kcal	Fat	9	g
Protein	11	g	Saturated	1	g
Carbohydrate	10	g	Sugar	2	g
Sodium	250	mg	Calcium	10	%DV
Fiber	3	g	Iron	10	%DV
Cholesterol	0	mg			

Orange Avocado Salsa					Serves: 4
Serving Size: 1/4 cup					
Calories	120	kcal	Fat	7	g
Protein	2	g	Saturated	1	g
Carbohydrate	13	g	Sugar	8	g
Sodium	125	mg	Calcium	4	%DV
Fiber	5	g	Iron	2	%DV
Cholesterol	0	mg			

Roasted Bok Choy					Serves: 4
Serving Size: 1/2 cup					
Calories	50	kcal	Fat	4	g
Protein	3	g	Saturated	0.5	g
Carbohydrate	4	g	Sugar	2	g
Sodium	230	mg	Calcium	20	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	0	mg			

Lime Brown Rice				Serves: 4	
Serving Size: 1/2 cup cooked					
Calories	130	kcal	Fat	3	g
Protein	2	g	Saturated	0	g
Carbohydrate	23	g	Sugar	0	g
Sodium	0	mg	Calcium	0	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Cider Braised Brussels Sprouts				Serves: 4	
Serving Size:					
Calories	430	kcal	Fat	13	g
Protein	15	g	Saturated	1.5	g
Carbohydrate	64	g	Sugar	16	g
Sodium	640	mg	Calcium	15	%DV
Fiber	14	g	Iron	15	%DV
Cholesterol	0	mg			

Sicilian Orange Salad (meal 3)				Serves: 4	
Serving Size: about 1/4 cup					
Calories	100	kcal	Fat	7	g
Protein	1	g	Saturated	1	g
Carbohydrate	9	g	Sugar	7	g
Sodium	60	mg	Calcium	4	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Tofu Stir Fry				Serves: 4	
Serving Size: 1 cup					
Calories	350	kcal	Fat	21	g
Protein	26	g	Saturated	2	g
Carbohydrate	17	g	Sugar	8	g
Sodium	690	mg	Calcium	45	%DV
Fiber	3	g	Iron	30	%DV
Cholesterol	0	mg			

Brown Rice				Serves: 4	
Serving Size: 1/2 cup					
Calories	120	kcal	Fat	1	g
Protein	3	g	Saturated	0	g
Carbohydrate	23	g	Sugar	0	g
Sodium	35	mg	Calcium	0	%DV
Fiber	2	g	Iron	4	%DV
Cholesterol	0	mg			

Sweet Potato Galette					**Serves: 5**
Serving Size: 1/5 preapred dish					
Calories	460	kcal	Fat	26	g
Protein	11	g	Saturated	14	g
Carbohydrate	48	g	Sugar	7	g
Sodium	600	mg	Calcium	8	%DV
Fiber	8	g	Iron	10	%DV
Cholesterol	70	mg			

Orange yogurt					**Serves: 4**
Serving Size: 1/2 cup					
Calories	100	kcal	Fat	0	g
Protein	11	g	Saturated	0	g
Carbohydrate	14	g	Sugar	12	g
Sodium	45	mg	Calcium	10	%DV
Fiber	2	g	Iron	0	%DV
Cholesterol	0	mg			