

**PREP GUIDE****MEAL #1**

- Marinate chicken for 10 minutes or up to 2 hours \* *see Meal #1 for directions*
- One lemon, zested & juiced (1 Tablespoon zest, 3 Tablespoons juice)
- Prepare 16 ounces dry whole wheat pasta according to package directions (use 4 cups for Meal #1, reserve 4 cups for Meal #3) \*

**MEAL #2**

- Prepared 4 cups cooked quinoa according to package directions (use 2 cups for Meal #2, reserve 2 cups for Meal #5) \*
- 5-6" piece fresh ginger grated to yield 3 Tablespoons (use 2 Tablespoons for Meal #2, reserve 1 Tablespoon for Meal #4)
- Cut vegetables:
  - 1 small yellow onion, diced (1 cup)
  - 4 carrots, cut into matchsticks (1½ cups)
  - 1 cucumber, diced (2 cups)
  - 3 scallions, chopped

**MEAL #3**

- Cut vegetables:
  - 1 cup shredded cabbage
  - 3 medium tomatoes, diced (1½ cups)
  - ½ green bell pepper, diced (½ cup)
  - ½ cucumber diced (1 cup)

**MEAL #4**

- Cut vegetables:
  - 1 small yellow onion, sliced thin (1 cup)
  - 3 green bell peppers, sliced thin (3 cups)
  - ¾ small head cabbage, shredded (6 cups)

**MEAL #5**

- No prep needed

\* To warm cooked grains on dinner night, add to a medium saucepan with ½ Tablespoon water per 1 cup of grains. Heat over low heat for 5 minutes until warm, fluff with a fork before serving.

**MENU****MONDAY ①**

RED LEMON CHICKEN  
Spinach Pasta

**TUESDAY ②**

CALIFORNIA ROLL QUINOA

**WEDNESDAY ③**

CHOPPED ITALIAN  
PASTA SALAD

**THURSDAY ④**

CHICKEN SANDWICH  
Warm Bell Pepper Slaw

**FRIDAY ⑤**

MUSHROOM CAPRESE  
OVER QUINOA



CLASSIC March 27, 2015

# Shopping List

(1) Red Lemon Chicken (2) California Roll Quinoa (3) Chopped Italian Pasta Salad (4) Chicken Sandwich (4) Mushroom Caprese

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken thighs	2-1/2 pounds		15
2	crab meat	12 ounces		16
3	salami, low sodium	6 ounces		5

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,2,3	lemon	3		1.5
2,4	yellow onion	2 small		2
2,4	fresh ginger	5-6" piece		2
2	carrots	4		1.75
2,3	cucumber, medium (6")	2		2
2,4	scallions	6		1.5
1,2,3,5	spinach	20 ounces		6
1,2,5	avocado	3		2
3,4	cabbage	1 sm head		2.5
3,5	tomatoes	7		5
3,4	green bell pepper	4		4
3,5	fresh basil	1 bunch		1.5
5	portobello mushroom caps	8		10
2	mango	2		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	fresh mozzarella cheese	8 ounces		6

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2,5	quinoa (dry)	2 cups		2
4	whole wheat rolls	4		2

Fresh 20 Grocery Est           \$89.75  
 Cost Per Dinner               \$17.95  
 Cost Per Serving               \$4.49

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup + 1 Tblsp	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar	1/4 cup	ground cumin	1/4 teaspoon
	white wine vinegar	2 Tablespoons	raw honey or 100% maple syrup	1 Tablespoon
	chicken or veggie broth: low sodium	1/4 cup	organic tomato paste	1 Tablespoon
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	2 teaspoons	soy sauce or Braggs liquid amino acid	1-1/2 Tablespoons
	black pepper	1-1/4 teaspoons	whole grain pasta	16 ounces
	cayenne pepper	1/2 teaspoon	long grain brown rice	
paprika	2 Tbls + 1/4 tsp	whole wheat flour		

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



# (1) RED LEMON CHICKEN

## spinach pasta

OVEN TEMPERATURE: 425° F

### MADE AHEAD

- Marinate chicken for 10 minutes or up to 2 hours \* see *directions below*
- One lemon, zested & juiced (1 Tablespoon zest, 3 Tablespoons juice)
- 4 cups cooked whole wheat pasta

### INGREDIENTS

#### *For red lemon chicken*

1. Combine the first eight ingredients in a glass baking dish. Add chicken and coat well; marinate for at least 10 minutes or up to two hours in the refrigerator.
2. Heat oven to 425°F.
3. Place chicken on a lined baking sheet and cook for about 30 minutes until juices run clear and internal temperature reaches 165°F.
4. Save half the chicken meat for Meal #4.

#### *For spinach pasta*

1. Heat a large non-stick skillet over medium-high heat and add oil and spinach.
2. Cook for about 2 minutes, until wilted
3. Add in pasta, salt, and pepper; toss to combine.
4. Top with diced avocado.

### INGREDIENTS

#### *For red lemon chicken*

2 Tablespoons paprika  
¼ teaspoon cayenne  
1½ teaspoons kosher salt  
½ teaspoon black pepper  
3 Tablespoons lemon juice  
1 Tablespoon lemon zest  
2 Tablespoons olive oil  
4 cloves garlic, minced  
2½ pounds chicken thighs

#### *For spinach pasta*

1 Tablespoon olive oil  
5 ounces baby spinach (3½ cups)  
4 cups cooked whole wheat pasta  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
1 avocado, diced

### MAKE AHEAD

- 2 cups cooked quinoa
- 3-4" piece fresh ginger, grated to yield 2 Tablespoons
- Cut vegetables: onion, carrots, cucumber, scallions

### DIRECTIONS

#### *For California roll quinoa*

1. Heat a large non-stick skillet over medium heat and add oil. When oil is hot, add onion, garlic, ginger, and carrots and cook for about 3 minutes.
2. Add in crab meat and quinoa and heat until just warmed. Add soy sauce and lemon juice then turn off heat.
3. Toss in cucumber, scallions, and spinach.
4. Garnish with avocado and serve with mango slices on the side.

### INGREDIENTS

#### *For California roll quinoa*

- 1 Tablespoon grapeseed oil
- 1 small yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 Tablespoon grated ginger
- 4 carrots, cut in matchsticks (1½ cups)
- 12 ounces cooked crab meat (substitute ¾ pound cooked chopped chicken breast)
- 2 cups cooked quinoa
- 1½ Tablespoons low sodium soy sauce
- 3 Tablespoons lemon juice (1 lemon)
- 1 cucumber, diced (2 cups)
- 3 scallions, chopped
- 4 ounces spinach, chopped (2½-3 cups)
- 1 avocado, sliced
  
- 2 mangoes, sliced



## (3) CHOPPED ITALIAN PASTA SALAD

### MAKE AHEAD

- 4 cups cooked whole wheat pasta
- Cut vegetables: cabbage, tomatoes, bell pepper, cucumber

### DIRECTIONS

*For chopped Italian pasta salad*

Toss all ingredients together, serve chilled.

### INGREDIENTS

*For chopped Italian pasta salad*

1 cup shredded cabbage  
1½ ounces spinach (1 cup)  
6 ounces low-sodium salami, diced  
3 medium tomatoes, diced (1½ cups)  
½ green bell pepper, diced (½ cup)  
½ cucumber, diced (1 cup)  
4 cups cooked whole wheat pasta  
2 ounces fresh mozzarella cheese,  
diced  
¼ cup chopped basil (½ bunch)  
3 Tablespoons lemon juice (1 lemon)  
2 Tablespoons olive oil  
Dash of black pepper



## (4) CHICKEN SANDWICH warm bell pepper slaw

### MAKE AHEAD

- 1 pound red lemon chicken, shredded *\*from Meal #1*
- 2" piece fresh ginger grated to yield 1 Tablespoon
- Cut vegetables: onion, bell pepper, cabbage

### DIRECTIONS

#### *For chicken sandwich*

1. Heat a medium non-stick skillet over medium heat.
2. Add olive oil and onion and cook for 3 minutes. Add tomato paste and broth.
3. Stir in chicken, syrup, cumin, paprika, and cayenne until well combined and warm.
4. Serve in rolls.

#### Meanwhile

#### *For warm bell pepper slaw*

1. Heat a large non-stick skillet over medium heat and add oil, then scallions, garlic, and ginger. Cook for about 1 minute.
2. Add bell peppers and cabbage and cook until just starting to wilt, about 2-3 minutes.
3. Add salt, pepper, and vinegar; serve with chicken sandwiches.

### INGREDIENTS

#### *For chicken sandwich*

- 1 Tablespoon olive oil
- 1 small yellow onion, sliced thin (1 cup)
- 1 Tablespoon tomato paste
- $\frac{1}{4}$  cup low-sodium chicken broth
- 1 pound red lemon chicken, shredded
- 1 Tablespoon maple syrup
- $\frac{1}{4}$  teaspoon cumin
- $\frac{1}{4}$  teaspoon paprika
- Dash of cayenne, optional
- 4 whole wheat rolls, cut in half and toasted

#### *For warm bell pepper slaw*

- 1 Tablespoon olive oil
- 3 scallions, chopped
- 3 cloves garlic, minced
- 1 Tablespoon grated ginger
- 3 green bell peppers, sliced thin (3 cups)
- $\frac{3}{4}$  small head cabbage, shredded (6 cups)
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 2 Tablespoons white or red wine vinegar

OVEN TEMPERATURE: 400°F

### MAKE AHEAD

- 2 cups cooked quinoa

### DIRECTIONS

*For mushroom caprese over quinoa*

1. Heat oven to 400°F.
2. Drizzle oil over mushroom caps and roast in oven until tender, about 10 minutes.
3. Spoon  $\frac{1}{2}$  cup of quinoa on each dinner plate, top with 2 roasted mushroom caps. Layer mushrooms with spinach, tomatoes, mozzarella, and basil, drizzle with oil and vinegar.
4. Garnish with avocado slices.

### INGREDIENTS

*For mushroom caprese over quinoa*

- 1 Tablespoon olive oil
- 8 Portobello mushroom caps, wiped clean
- 2 cups cooked quinoa, warmed
- 6 ounces spinach leaves (4 cups)
- 4 medium tomatoes, sliced
- 6 ounces fresh mozzarella, sliced
- $\frac{1}{4}$  cup chopped basil, leaves ( $\frac{1}{2}$  bunch)
- 1 Tablespoon olive oil
- $\frac{1}{4}$  cup balsamic vinegar
- 1 avocado, sliced



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# Nutrition Information

Red Lemon Chicken		Serves: 4	
Serving Size: 5 ounces chicken			
Calories	200 kcal	Fat	10 g
Protein	28 g	Saturated	2 g
Carbohydrate	1 g	Sugar	0 g
Sodium	490 mg	Calcium	2 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	135 mg		

Spinach Pasta		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	300 kcal	Fat	12 g
Protein	9 g	Saturated	1.5 g
Carbohydrate	45 g	Sugar	1 g
Sodium	180 mg	Calcium	6 %DV
Fiber	9 g	Iron	15 %DV
Cholesterol	0 mg		

California Roll Quinoa		Serves: 4	
Serving Size: 1 cup, topped with 1/4 avocado			
Calories	390 kcal	Fat	14 g
Protein	27 g	Saturated	2 g
Carbohydrate	41 g	Sugar	7 g
Sodium	620 mg	Calcium	15 %DV
Fiber	11 g	Iron	20 %DV
Cholesterol	65 mg		

Sliced Mango		Serves: 4	
Serving Size: 1/2 sliced mango			
Calories	70 kcal	Fat	0 g
Protein	0 g	Saturated	0 g
Carbohydrate	17 g	Sugar	15 g
Sodium	0 mg	Calcium	0 %DV
Fiber	1 g	Iron	0 %DV
Cholesterol	0 mg		

Chopped Italian Pasta Salad		Serves: 4	
Serving Size: 2 1/2 cups			
Calories	460 kcal	Fat	23 g
Protein	22 g	Saturated	7 g
Carbohydrate	48 g	Sugar	5 g
Sodium	840 mg	Calcium	15 %DV
Fiber	6 g	Iron	15 %DV
Cholesterol	45 mg		



<b>Chicken Sandwich</b>		<b>Serves: 4</b>	
Serving Size: 1 prepared sandwich			
Calories	450 kcal	Fat	16 g
Protein	34 g	Saturated	3 g
Carbohydrate	43 g	Sugar	6 g
Sodium	670 mg	Calcium	2 %DV
Fiber	3 g	Iron	10 %DV
Cholesterol	135 mg		

<b>Warm Bell Pepper Slaw</b>		<b>Serves: 4</b>	
Serving Size: 2 cups			
Calories	80 kcal	Fat	3.5 g
Protein	3 g	Saturated	0.5 g
Carbohydrate	9 g	Sugar	4 g
Sodium	140 mg	Calcium	8 %DV
Fiber	4 g	Iron	4 %DV
Cholesterol	0 mg		

<b>Mushroom Caprese Over Quinoa</b>		<b>Serves: 4</b>	
Serving Size: 2 mushroom caps, 1/2 cup quinoa			
Calories	490 kcal	Fat	26 g
Protein	22 g	Saturated	8 g
Carbohydrate	49 g	Sugar	11 g
Sodium	410 mg	Calcium	40 %DV
Fiber	12 g	Iron	25 %DV
Cholesterol	20 mg		