

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

- Ginger scallion chicken rub *\*see recipe below*
- 1-2" piece fresh ginger grated to yield 2 teaspoons

**MEAL #2**

- Make shrimp marinade *\*see recipe below*
- Marinate shrimp for one hour
- 2 limes, zested and juiced (3 Tablespoons juice, ¼ Tablespoon zest)
- Cut vegetables:
  - 4 cups cabbage, finely shredded (½ medium head)

**MEAL #3**

- 8 ounces whole wheat penne cooked according to package directions (4 cups cooked) *\* reserve 1 cup cooking water*
- ½ lime juiced (1 Tablespoon)
- Cut vegetables:
  - 1 large red onion, thinly sliced (1¼ cups)
  - 4 garlic cloves, thinly sliced
  - 3½-4 cups Napa cabbage, thinly sliced (½ head)
  - ¼ small red onion, thinly sliced (¼ cup)

**MEAL #4** – no prep needed

**MEAL #5**

- Panzanella Vinaigrette *\*see Meal #5 for recipe*
- Shave parmesan cheese

**Ginger Scallion Chicken Rub** (for Meal #1)

2 Tablespoons grapeseed oil  
8 scallions, chopped  
¼ cup peeled and chopped ginger root (4-6" piece)  
4 garlic cloves  
1 lime, zested (¾ Tablespoon) *\* save lime for Meal #1*  
1 teaspoon kosher salt  
¼ teaspoon black pepper

Combine ingredients in a food processor or blender. Store in the refrigerator until dinner night.

**Shrimp Marinade** (for Meal #2)

2 Tablespoons red onion, minced  
½ teaspoon garlic, minced  
1 Tablespoon honey  
¼ cup freshly squeezed lime juice (2 limes)  
¼ teaspoon paprika  
¼ teaspoon cumin  
¼ teaspoon salt

**MENU****MONDAY ①**

GINGER SCALLION CHICKEN  
Potatoes & Sautéed Sugar Snap Peas

**TUESDAY ②**

SHRIMP TACOS  
Avocado Crema & Cabbage Slaw

**WEDNESDAY ③**

SWEET ITALIAN SAUSAGE & CABBAGE  
Arugula Salad

**THURSDAY ④**

FAUX CHICKEN PHO

**FRIDAY ⑤**

SPRING VEGETABLE PANZANELLA  
SALAD



CLASSIC April 10, 2015

# Shopping List

(1) Ginger Scallion Roasted Chicken (2) Shrimp Tacos (3) Penne with Sweet Italian Sausage (4) Faux Chicken Pho (5) Spring Vegetable Panzanella

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	whole organic chicken	4 pound		12
2	shrimp	1 pound	peeled, deveined, tails off	10
3	Italian sausage links, sweet	12 ounces	chicken or pork	6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1	scallions	8		1
1,4	fresh ginger	2 (4-5") pieces		3
1,2,3,4	lime	6		3
2,3,4,5	red onion	3	2 large, 1 small	3
1	new potatoes	1 pound		3
1,4,5	sugar snap peas	1-1/2 pounds		5
2,3	Napa cabbage	1 medium		3
2,5	avocado	3		3
3,5	baby arugula	8 ounces		2
5	asparagus	6 stalks		2
3,5	mango	3		3

Recipe #	Dairy	Quantity	Notes	Est Cost
2	low fat sour cream	1/3 cup		2
3,5	parmesan cheese	3/4 cup		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
2	corn tortillas, 6"	8		2
4	star anise pods	2		1
4	vermicelli noodles	6 ounces	in Asian food aisle	3
5	whole grain country bread	1 loaf		3

Fresh 20 Grocery Est \$74.00  
 Cost Per Dinner \$14.80  
 Cost Per Serving \$3.70

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/3 cup	dried oregano	
	grapeseed oil	6 Tablespoons	herbes de provence	
	balsamic vinegar		ground cumin	1/4 teaspoon
	white wine vinegar	1/2 cup	raw honey or 100% maple syrup	2-1/2 Tablespoons
	chicken or veggie broth: low sodium	6 cups	organic tomato paste	
	garlic	11 cloves	Dijon mustard or brown mustard	1/2 teaspoon
	kosher salt	4-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	3/4 teaspoon	whole grain pasta	8 oz penne
	cayenne pepper		long grain brown rice	
paprika	1/8 teaspoon	whole wheat flour		

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



# (1) GINGER SCALLION CHICKEN & POTATOES

## sautéed sugar snap peas

OVEN TEMPERATURE: 425°F

### MAKE AHEAD

- Ginger scallion rub *\*see prep guide for recipe*
- 1-2" piece fresh ginger grated to yield 2 teaspoons

### DIRECTIONS

#### *For ginger scallion chicken & potatoes*

1. Preheat oven to 425°F and position oven rack in the lower third of the oven.
2. From the edge of the chicken cavity, slip a finger under the skin of each of the breasts, and then gently loosen the skin from the meat of the breasts and thighs.
3. Evenly spread the ginger rub under the skin of the chicken. Place the halved lime in the cavity of the chicken and tie the legs together with kitchen twine. Place on a rimmed baking sheet and roast for 20 minutes.
4. Toss the potatoes with the grapeseed oil, salt, and black pepper. Remove chicken from oven and scatter the potatoes around the chicken; return pan to the oven.
5. Roast for 45 minutes longer or until the internal temperature reaches 165 degrees and the juices of the chicken run clear. Remove chicken from the pan and let rest at least 10 minutes.
6. Remove and discard skin. Reserve half of the chicken for Meal #4 and serve remaining half with potatoes and snap peas.

#### *For sautéed sugar snap peas*

1. In a medium pot, bring a few inches of water to a boil (enough to cover peas). Once boiling, add the snap peas and cook for 2 minutes, they should still be slightly crisp. Drain and set aside.
2. In a large sauté pan, add the grapeseed oil and warm over medium heat. Once the oil is shimmering, add the garlic and ginger and cook for 15 seconds until fragrant. Add the snap peas and salt to the pan and cook until warm and crisp, about 2 minutes.

### INGREDIENTS

#### *For ginger scallion chicken & potatoes*

1 (4 pound) whole organic chicken  
Ginger scallion rub *\*see prep guide*  
1 lime, cut in half  
1 pound new potatoes, halved  
1 Tablespoon grapeseed oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper

#### *For sautéed sugar snap peas*

1 pound sugar snap peas  
1 Tablespoon grapeseed oil  
1 teaspoon minced garlic  
2 teaspoons grated ginger  
½ teaspoon kosher salt



## (2) SHRIMP TACOS WITH AVOCADO CREMA cabbage slaw

### MAKE AHEAD

- Shrimp marinade *\*see prep guide for recipe*
- Marinate shrimp for one hour
- 2 limes, zested and juiced (3 Tablespoons juice,  $\frac{3}{4}$  Tablespoon zest)
- Cut vegetables: cabbage

### DIRECTIONS

#### *For shrimp tacos*

1. Marinate the shrimp for one hour. Remove shrimp from the marinade and reserve the liquid.
2. In a large sauté pan, add 1 Tablespoon of grapeseed oil and heat over medium heat until shimmering. Add half of the shrimp to the pan and cook 1-2 minutes each side until cooked through. Remove shrimp from pan and place in a bowl. Repeat with the remaining grapeseed oil and shrimp.
3. Pour the reserved marinade into the pan, bring to a boil, and boil for 2 minutes until thickened. Add reduced marinade to the shrimp and toss gently.
4. Wrap tortillas in wet paper towels and microwave for 30 seconds to soften. Tortillas can also be heated one at a time in a lightly oiled sauté pan (about 10 seconds per side).
5. To assemble tacos, divide the cabbage evenly among the warmed tortillas. Top with shrimp and avocado crema.

#### *For cabbage slaw*

In a large bowl, combine the vinegar, salt, and honey. Add the cabbage and toss to combine; let sit for at least 10 minutes.

#### *For avocado crema*

In the bowl of a food processor or a blender, combine the avocados, lime zest and juice, and salt. Blend until smooth and place in a serving bowl. Stir in the sour cream until combined, serve with shrimp tacos.

### INGREDIENTS

#### *For shrimp tacos*

##### Shrimp marinade

1 pound medium shrimp, peeled, deveined, tails removed (can sub 1 pound chicken tenders, cut in half)  
2 Tablespoon grapeseed oil, divided  
8 (6") corn tortillas

#### *For cabbage slaw*

3 Tablespoons white wine vinegar  
 $\frac{1}{4}$  teaspoon kosher salt  
1 teaspoon honey  
4 cups Napa cabbage, finely shredded ( $\frac{1}{3}$  medium head)

#### *For avocado crema*

2 avocados, peeled and cubed  
3 Tablespoons lime juice  
 $\frac{3}{4}$  Tablespoon lime zest  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{2}$  cup low fat sour cream



## (3) SWEET ITALIAN SAUSAGE & CABBAGE Arugula Salad

### MAKE AHEAD

- 8 ounces whole wheat penne cooked according to package directions (4 cups cooked) *\*reserve 1 cup cooking water*
- ½ lime juiced (1 Tablespoon)
- Cut vegetables: onion, garlic, cabbage

### DIRECTIONS

#### *For sweet Italian sausage and cabbage*

1. Heat a large sauté pan over medium-high heat. Once hot, add sausage and cook, breaking up into small pieces, for about 5 -7 minutes or until cooked through.
2. Add the onion and garlic and cook, stirring occasionally, for 5 minutes until the onion has softened.
3. Add the cabbage and salt. Cook, stirring occasionally, for 10 minutes, or until the cabbage has wilted. Stir in the vinegar.
4. Add the cooked pasta, reserved pasta cooking water, and ¼ cup of the cheese to the pan. Cook, stirring frequently, for 2 to 3 minutes, until thoroughly combined.
5. Divide between four bowls sprinkle with remaining parmesan cheese.

#### *For arugula salad*

1. Combine arugula, onion, lime juice, oil, salt and pepper. Toss gently to coat
2. Distribute evenly between 4 plates and top with sliced mango.

### INGREDIENTS

#### *For sweet Italian sausage and cabbage*

12 ounces sweet Italian sausage, removed from casings  
1 large red onion, thinly sliced (1¼ cups)  
4 garlic cloves, thinly sliced  
3½ - 4 cups Napa cabbage, thinly sliced (⅓ of medium head)  
½ teaspoon kosher salt  
2 Tablespoons white or red wine vinegar  
4 cups cooked whole wheat penne  
1 cup reserved pasta cooking water  
½ cup parmesan cheese, grated

#### *For arugula salad*

4 ounces baby arugula (3 cups)  
¼ small red onion, thinly sliced (¼ cup)  
1 Tablespoon lime juice  
1 Tablespoon olive oil  
¼ teaspoon black pepper  
⅓ teaspoon kosher salt  
1 mango, thinly sliced

### MAKE AHEAD

- Ginger scallion chicken \* *from Meal #1*

### DIRECTIONS

#### *For faux chicken pho*

1. In a large pot, add chicken stock, star anise pods, ginger root, honey, and onion. Bring to a boil over high heat, and then reduce heat to bring broth to a simmer. Cover the pot with a lid and simmer for at least 30 minutes.
2. Remove the star anise pods, ginger root, and onion and discard. Add the shredded chicken and snap peas to the broth. Simmer until the chicken and peas are warmed through, about 5 minutes.
3. Divide broth, chicken, and snap peas between the four bowls filled with the noodles. Squeeze one lime wedge into each bowl before serving.

#### *For vermicelli noodles*

1. Place the noodles in a large heat proof bowl. Pour enough warm water over the noodles to cover at least an inch. Soak for 10 minutes.
2. Meanwhile, bring a large pot of water to a boil. Drain the noodles from the soaking water and add to the boiling water. Cook for 2 minutes until tender. Drain and rinse under cold water to stop the noodles from cooking.
3. Divide noodles between four bowls, pour chicken and broth over top; garnish with lime juice.

### INGREDIENTS

#### *For faux chicken pho*

6 cups low sodium chicken broth  
2 star anise pods  
2 inch piece of ginger root, peeled  
1 Tablespoon honey  
½ large red or white onion, cut in half  
Ginger scallion chicken, removed from bones and shredded  
1 cup sugar snap peas, cut in half (¼ pound)  
½ lime, cut into four wedges

#### *For vermicelli noodles*

6 ounces vermicelli noodles  
Boiling water

### MAKE AHEAD

- Make panzanella vinaigrette *\*see recipe below*
- Shave parmesan cheese

### DIRECTIONS

#### *For spring vegetable panzanella salad*

1. Heat an outdoor grill or a stovetop grill pan to medium heat.
2. Bring a medium pot of water to a boil. Add the asparagus and snap peas to the boiling water and cook for 2 minutes until slightly cooked. Drain and add to a bowl of ice water to stop the vegetables from cooking. Drain the vegetables thoroughly and set aside.
3. Brush both sides of bread with the olive oil, place on grill, and cook until lightly charred on both sides, about 5 minutes. Set aside to cool slightly. Once cool cut bread into 1" cubes.
4. In a large bowl, mix the arugula, asparagus, snap peas, red onion, avocado, bread cubes, salt and pepper, vinaigrette and parmesan cheese. Toss to combine and let rest at least 10 minutes for the flavors combine. Serve mango alongside salad.

#### *For panzanella vinaigrette*

Add all ingredients to a bowl and whisk to combine. Keep refrigerated until needed, bring to room temperature before using.

### INGREDIENTS

#### *For spring vegetable panzanella salad*

- 6 asparagus stalks, cut into 2 inch pieces ( $\frac{3}{4}$  cup)
- $\frac{1}{4}$  pound sugar snap peas, cut in half ( $\frac{3}{4}$  cup)
- $\frac{1}{2}$  pound Peasant style whole-grain country bread, cut into 1" slices, (about 2 cups once cubed after grilling)
- 1 Tablespoon olive oil
- 4 ounces baby arugula (3 cups)
- $\frac{1}{8}$  small red onion, thinly sliced ( $\frac{1}{8}$  cup)
- 1 avocado, peeled and chopped
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{8}$  teaspoon black pepper
- Panzanella vinaigrette
- $\frac{1}{4}$  cup shaved parmesan cheese (use a vegetable peeler)
- 2 mangoes, peeled and sliced

#### *For panzanella vinaigrette*

- $\frac{1}{2}$  teaspoon garlic, minced
- $\frac{1}{2}$  teaspoon Dijon mustard
- 3 Tablespoons white wine vinegar
- $\frac{1}{2}$  teaspoon honey
- 3 Tablespoons olive oil
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{8}$  teaspoon black pepper



# Nutrition Information

Ginger Scallion Roast Chicken		Serves: 4	
Serving Size: Approximately 5 ounces cooked chicken			
Calories	260 kcal	Fat	9 g
Protein	39 g	Saturated	2 g
Carbohydrate	3 g	Sugar	1 g
Sodium	380 mg	Calcium	4 %DV
Fiber	1 g	Iron	10 %DV
Cholesterol	125 mg		

Potatoes		Serves: 4	
Serving Size: 4 ounces			
Calories	110 kcal	Fat	3.5 g
Protein	2 g	Saturated	0 g
Carbohydrate	18 g	Sugar	1 g
Sodium	260 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Sugar Snap Peas		Serves: 4	
Serving Size: 4 ounces			
Calories	80 kcal	Fat	3.5 g
Protein	3 g	Saturated	0 g
Carbohydrate	8 g	Sugar	4 g
Sodium	240 mg	Calcium	6 %DV
Fiber	3 g	Iron	15 %DV
Cholesterol	0 mg		

Shrimp Tacos		Serves: 4	
Serving Size: 4 ounces shrimp in 2 tacos			
Calories	240 kcal	Fat	9 g
Protein	18 g	Saturated	1 g
Carbohydrate	23 g	Sugar	6 g
Sodium	770 mg	Calcium	6 %DV
Fiber	2 g	Iron	2 %DV
Cholesterol	145 mg		

Cabbage		Serves: 4	
Serving Size: 1 cup			
Calories	20 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	3 g	Sugar	2 g
Sodium	130 mg	Calcium	4 %DV
Fiber	1 g	Iron	0 %DV
Cholesterol	0 mg		



<b>Avocado Crema</b>		<b>Serves: 4</b>	
Serving Size: 1/4 cup			
Calories	190 kcal	Fat	16 g
Protein	3 g	Saturated	3 g
Carbohydrate	11 g	Sugar	2 g
Sodium	260 mg	Calcium	6 %DV
Fiber	7 g	Iron	4 %DV
Cholesterol	5 mg		

<b>Penne with Sweet Italian Sausage</b>		<b>Serves: 4</b>	
Serving Size: 1 cup pasta, 1 1/2 cup sausage mixture			
Calories	400 kcal	Fat	11 g
Protein	25 g	Saturated	4 g
Carbohydrate	51 g	Sugar	5 g
Sodium	850 mg	Calcium	15 %DV
Fiber	7 g	Iron	15 %DV
Cholesterol	30 mg		

<b>Arugula Salad with sliced Mango</b>		<b>Serves: 4</b>	
Serving Size: 1 cup with 1/4 mango			
Calories	80 kcal	Fat	4 g
Protein	1 g	Saturated	0.5 g
Carbohydrate	11 g	Sugar	9 g
Sodium	70 mg	Calcium	6 %DV
Fiber	1 g	Iron	2 %DV
Cholesterol	0 mg		

<b>Faux Chicken Pho</b>		<b>Serves: 4</b>	
Serving Size: 2 cups			
Calories	320 kcal	Fat	9 g
Protein	44 g	Saturated	2 g
Carbohydrate	14 g	Sugar	7 g
Sodium	490 mg	Calcium	6 %DV
Fiber	2 g	Iron	20 %DV
Cholesterol	125 mg		

<b>Vermicelli Noodles</b>		<b>Serves: 4</b>	
Serving Size: 1 1/2 ounces			
Calories	160 kcal	Fat	0.5 g
Protein	5 g	Saturated	0 g
Carbohydrate	31 g	Sugar	1 g
Sodium	0 mg	Calcium	0 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	0 mg		

<b>Spring Vegetable Panzanella</b>		<b>Serves: 4</b>	
Serving Size: 1 1/2 cups			
Calories	320 kcal	Fat	15 g
Protein	9 g	Saturated	4 g
Carbohydrate	39 g	Sugar	10 g
Sodium	500 mg	Calcium	50 %DV
Fiber	6 g	Iron	30 %DV
Cholesterol	10 mg		

<b>Panzanella Vinaigrette</b>		<b>Serves: 4</b>	
Serving Size: 1 1/2 Tablespoons			
Calories	90 kcal	Fat	11 g
Protein	0 g	Saturated	1.5 g
Carbohydrate	1 g	Sugar	1 g
Sodium	135 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

<b>Mangoes</b>		<b>Serves: 4</b>	
Serving Size: 1/2 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		