

## PREP GUIDE

### MEAL #1

- Make honey mustard dressing \* *see Meal #1 for recipe*
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 bunch kale, chopped (4 cups)
  - 4 ears corn, kernels (3 cups)

### MEAL #2

- 2 limes, zested & juiced (4 Tablespoons juice, 2 teaspoons zest) \* *for the week*
- Cut vegetables:
  - 1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)
  - ½ cup sun-dried tomatoes, chopped \* *see note below*

### MEAL #3

- Make dressing \**see Meal #3 for recipe*
- 5 cups cooked quinoa prepared according to package directions \**for the week*
- Cut vegetables:
  - 1 cucumber, diced (2 cups)
  - 1 red bell pepper, diced (1 cup)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 2 red bell peppers, diced (2 cups)
  - 1 bunch kale chopped (4 cups)
  - ¼ cup sun-dried tomatoes, chopped \* *see note below*

### MEAL #5

- Cut vegetables:
  - 1 pound asparagus, sliced into 1 inch pieces (16 spears)
  - 1 bunch kale, chopped (4 cups)
  - 4 ears corn, kernels (3 cups)

*Note: Sun-dried tomatoes should be soaked in hot water to reconstitute before chopping.*

## MENU

### MONDAY ①

PECAN CHICKEN TENDERS  
with HONEY MUSTARD  
Corn & Kale Sauté

### TUESDAY ②

HALIBUT  
Sun-Dried Tomato Asparagus Beans

### WEDNESDAY ③

PROSCIUTTO & STRAWBERRY SALAD

### THURSDAY ④

CHICKEN BEAN SOUP

### FRIDAY ⑤

VEGGIE QUINOA



GLUTEN FREE

# Shopping List

(1) Pecan Chicken Tenders (2) Halibut (3) Prosciutto & Strawberry Salad (4) Chicken Bean Soup (5) Veggie Quinoa

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,4	chicken tenders	2 pounds		10
2	halibut fillets	1-1/4 pounds		12.5
3	prosciutto	4 ounces		3

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4,5	yellow onion	3		3
1,4,5	kale	3 bunches		6
1,5	fresh corn	8 ears		4
1,3,4	lime	3		1.5
2,5	asparagus	2 pounds		4
2,3,5	fresh basil	1 bunch		1.5
3	cucumber	1		1
3,4	avocado	3		2
3,4	bell pepper, red	3	any color	2
1,3	strawberries	3 pints		9
3	arugula	8 ounces		3
5	edamame (frozen, shelled)	1 cup		2

Recipe #	Dairy	Quantity	Notes	Est Cost
3,5	goat cheese	3 ounces		4

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	pecans	1/2 cup		3
2,4	sun dried tomatoes	3/4 cup		3
2,4	white beans	4 (15 oz) cans		8
3,5	quinoa	2-1/2 cups		3

Fresh 20 Grocery Est           \$82.50  
 Cost Per Dinner               \$16.50  
 Cost Per Serving               \$4.13

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	7 Tablespoons	dried oregano	
	grapeseed oil		herbes de provence	1 teaspoon
	balsamic vinegar	1-1/2 Tblspns	ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	1/4 cup
	gluten free chicken/veg broth: low sodium	5-1/4 cups	gluten free organic tomato paste	
	garlic	4 cloves	gluten free Dijon mustard or brown mustard	2-1/2 Tablespoons
	kosher salt	1-1/2 teaspoons	gluten free soy sauce or Braggs liquid aminos	
	black pepper	1-3/4 teaspoons	gluten free pasta	
	cayenne pepper		long grain brown rice	
paprika		gluten free flour/flour blend		

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



# (1) PECAN CHICKEN TENDERS

## corn & kale sauté

OVEN TEMPERATURE: 400°F

### MADE AHEAD

- Make honey mustard \* see recipe below
- Cut vegetables: onion, kale, corn

### INSTRUCTIONS

#### *For pecan chicken tenders*

1. Heat oven to 400°F.
2. Brush chicken tenders with honey mustard, sprinkle with salt and pepper, and then roll in pecans.
3. Put on a roasting rack on a baking sheet and bake for about 20 minutes.
4. Serve with remaining honey mustard.

Meanwhile

#### *For corn and kale sauté*

1. Heat a large non-stick skillet over medium heat and add olive oil.
2. When oil is hot, add onion and cook for 2 minutes. Add kale, corn, salt, and pepper and cook about 3-4 minutes.
3. Serve with pecan chicken tenders and a side of strawberries.

#### *For honey mustard*

Whisk all ingredients together.

### INGREDIENTS

#### *For pecan chicken tenders*

- 1 pound chicken tenders
- 2 Tablespoons honey mustard \*see below
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup finely chopped pecans

#### *For corn and kale sauté*

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 1 bunch kale, chopped (4 cups)
- 4 ears corn, shucked (3 cups)
- ¼ teaspoon kosher salt
- dash of black pepper

#### *For honey mustard*

- 2½ Tablespoons gluten free Dijon mustard
- 2½ Tablespoons honey
- 2 pints strawberries, sliced (4 cups)



## (2) HALIBUT sun-dried tomato asparagus beans

### MAKE AHEAD

- 1 lime, zested (1 teaspoon)
- Cut vegetables: asparagus, sun-dried tomatoes

### DIRECTIONS

#### *For halibut*

1. Season halibut fillets with salt, pepper, and lime zest.
2. Heat olive oil in a large non-stick skillet over medium heat.
3. When oil is hot add fish and cook for about 3-4 minutes on each side.
4. Serve with sun-dried tomato asparagus beans.

#### *For sun-dried tomato asparagus beans*

1. Heat olive oil in a sauté pan over medium heat.
2. When oil is hot, add asparagus and cook 3-4 minutes until just tender.
3. Add sun-dried tomatoes, beans, salt, and pepper; stir to combine and heat through. Remove from heat and add basil.

### INGREDIENTS

#### *For halibut*

1¼ pounds halibut fillets (sub 1¼ pounds chicken breast)  
¼ teaspoon kosher salt  
½ teaspoon black pepper  
1 teaspoon lime zest  
1 Tablespoon olive oil

#### *For sun-dried tomato asparagus beans*

1½ Tablespoons olive oil  
1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)  
½ cup sun-dried tomatoes, chopped \*  
2 (15 ounce) cans white beans, rinsed and drained  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
2 Tablespoons chopped basil

*\* reconstitute tomatoes by soaking in hot water 10-15 minutes*



## (3) PROSCIUTTO & STRAWBERRY SALAD

### MAKE AHEAD

- Make dressing \* *see recipe below*
- 2 cups cooked quinoa prepared according to package directions
- 1 lime, zested & juiced (2 Tablespoons juice, 2 teaspoons zest)
- Cut vegetables: cucumber, bell pepper

### DIRECTIONS

#### *For prosciutto & strawberry salad*

1. In a small bowl, combine dressing ingredients.
2. In a serving bowl, combine salad ingredients (cucumber through basil) and toss with dressing. Top with sliced prosciutto.

### INGREDIENTS

#### *For prosciutto & strawberry salad*

- 1 cucumber, diced (2 cups)
- 2 avocados, diced
- 1 red bell pepper, diced (1 cup)
- 2 cups cooked quinoa
- 1 pint strawberries, sliced (1½ cups)
- 8 ounces arugula (8 loosely packed cups)
- 2 Tablespoons chopped pecans
- 1 oz crumbled goat cheese (¼ cup)
- ¼ cup chopped basil
  
- 4 ounces prosciutto, sliced very thin

#### *For dressing*

- 2 Tablespoons lime juice
- 2 teaspoons lime zest
- 1½ Tablespoons balsamic vinegar
- 1 Tablespoon honey
- 1 Tablespoon olive oil
- dash of black pepper

### MAKE AHEAD

- Cut vegetables: onion, bell pepper, kale, sun-dried tomatoes

### DIRECTIONS

*For chicken bean soup*

1. Heat a large pot over medium heat and add olive oil. When oil is hot, add onion, garlic, bell pepper, cumin, chicken, and kale. Cook about 5-6 minutes.
2. Add in tomatoes, beans, and broth. Bring to a simmer; add salt, pepper, and Herbes. Simmer for at least 10 minutes.
3. Garnish with avocado and lime.

### INGREDIENTS

*For chicken bean soup*

1 Tablespoon olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
2 red bell peppers, diced (2 cups)  
1 teaspoon cumin  
1 pound chicken tenders, diced  
1 bunch kale, chopped (4 cups)  
¼ cup sun-dried tomatoes, chopped \*  
2 (15 ounce) cans white beans, rinsed and drained  
5 cups low-sodium gluten free chicken broth  
Dash of kosher salt and black pepper  
1 teaspoon Herbes de Provence  
1 avocado, diced  
1 lime, wedged

*\* rehydrate tomatoes by soaking in hot water 10-15 minutes*

### MAKE AHEAD

- 3 cups cooked quinoa prepared according to package directions
- Cut vegetables: asparagus, kale, corn

### INSTRUCTIONS

#### *For veggie quinoa*

1. In a large pot, heat olive oil over medium heat.
2. When oil is hot add onion and garlic and cook for 2 minutes. Add asparagus and kale and cook for 2 minutes.
3. Add corn, edamame, salt, and pepper and cook for 2-3 minutes.
4. Add quinoa and broth and stir to warm through.
5. Turn off heat and stir in goat cheese and basil.

### INGREDIENTS

#### *For veggie quinoa*

- 1 Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 pound asparagus, trimmed and cut into 1 inch pieces (16 spears)
- 1 bunch kale, chopped (4 cups)
- 4 ears corn, shucked (3 cups)
- 1 cup shelled edamame
- $\frac{1}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon black pepper
- 3 cups cooked quinoa
- $\frac{1}{4}$  cup gluten free chicken or vegetable broth
- 2 ounces crumbled goat cheese ( $\frac{1}{2}$  cup)
- $\frac{1}{4}$  cup chopped basil



GLUTEN FREE

# Nutrition Information

Pecan Chicken		Serves: 4	
Serving Size: 4 ounces of chicken with dipping sauce			
Calories	220 kcal	Fat	8 g
Protein	27 g	Saturated	0.5 g
Carbohydrate	11 g	Sugar	8 g
Sodium	400 mg	Calcium	0 %DV
Fiber	1 g	Iron	6 %DV
Cholesterol	65 mg		

Corn and Kale Saute		Serves: 4	
Serving Size:			
Calories	200 kcal	Fat	4.5 g
Protein	6 g	Saturated	0 g
Carbohydrate	38 g	Sugar	8 g
Sodium	160 mg	Calcium	4 %DV
Fiber	5 g	Iron	6 %DV
Cholesterol	0 mg		

Strawberries		Serves: 4	
Serving Size: 1 cup			
Calories	45 kcal	Fat	0 g
Protein	1 g	Saturated	0 g
Carbohydrate	11 g	Sugar	7 g
Sodium	0 mg	Calcium	2 %DV
Fiber	3 g	Iron	4 %DV
Cholesterol	0 mg		

Halibut		Serves: 4	
Serving Size: 5 ounces			
Calories	200 kcal	Fat	8 g
Protein	29 g	Saturated	1.5 g
Carbohydrate	3 g	Sugar	0 g
Sodium	260 mg	Calcium	2 %DV
Fiber	0 g	Iron	2 %DV
Cholesterol	100 mg		



<b>Beans</b>		<b>Serves: 4</b>	
Serving Size: 1/4 prepared dish			
Calories	250 kcal	Fat	7 g
Protein	11 g	Saturated	0.5 g
Carbohydrate	35 g	Sugar	7 g
Sodium	230 mg	Calcium	8 %DV
Fiber	10 g	Iron	25 %DV
Cholesterol	0 mg		

<b>Prosciutto Strawberry Salad</b>		<b>Serves: 4</b>	
Serving Size:			
Calories	420 kcal	Fat	23 g
Protein	18 g	Saturated	4 g
Carbohydrate	41 g	Sugar	8 g
Sodium	820 mg	Calcium	15 %DV
Fiber	12 g	Iron	25 %DV
Cholesterol	30 mg		

<b>Salad Dressing</b>		<b>Serves: 4</b>	
Serving Size:			
Calories	50 kcal	Fat	3.5 g
Protein	0 g	Saturated	0 g
Carbohydrate	5 g	Sugar	4 g
Sodium	0 mg	Calcium	0 %DV
Fiber	0 g	Iron	0 %DV
Cholesterol	0 mg		

<b>Chicken Bean Soup</b>		<b>Serves: 4</b>	
Serving Size:			
Calories	450 kcal	Fat	13 g
Protein	38 g	Saturated	1 g
Carbohydrate	43 g	Sugar	9 g
Sodium	370 mg	Calcium	10 %DV
Fiber	13 g	Iron	25 %DV
Cholesterol	70 mg		

<b>Veggie Quinoa</b>		<b>Serves: 4</b>	
Serving Size:			
Calories	460 kcal	Fat	13 g
Protein	20 g	Saturated	3 g
Carbohydrate	74 g	Sugar	11 g
Sodium	250 mg	Calcium	10 %DV
Fiber	12 g	Iron	30 %DV
Cholesterol	15 mg		