

## FOR ONE Prep Guide

### GRAINS

- 1¾ cups cooked brown rice (see below)

### VEGETABLES

- ¼ yellow onion, chopped (¼ cup)
- ½ red bell pepper, seeded and chopped (½ cup)
- 1¼ ounces baby spinach, washed and chopped (¾ cup)
- ¼ Poblano pepper, seeded and finely chopped
- 8 asparagus spears, ends trimmed by gently bending causing a natural break in the spear
- ¼ head broccoli, florets (1 cup)
- ¾ ounce button mushrooms, chopped (¼ cup)

### FRUITS

- 1 tangerine, peeled and separated into segments
- ¼ lemon, juiced (2¼ teaspoons juice)

### MISC.

- Yogurt sauce can be made up to three days ahead (MONDAY)
- 1 Tablespoon your choice pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

### FOR BROWN RICE (TUESDAY & THURSDAY)

1 cup brown rice  
2 cups water or broth  
Pinch of kosher salt

Place rice, water, and salt in a saucepan and bring to a boil. Reduce to medium-low, cover, and cook 30 minutes. Remove from heat and let sit 5-10 minutes before removing lid. Makes 2 cups.

*the* **FRESH 20**

**APRIL 6, 2018**

**MONDAY**

Lamb Pita with Tangerine  
Salad

**TUESDAY**

Poblano Scallops with  
Asparagus

**WEDNESDAY**

Greek Pasta

**THURSDAY**

Vegetable Rice Bake  
Candied Edamame

**FRIDAY**

Turkey Sandwich Night  
Refrigerator Salad

# Shopping List

(1) Lamb Pita (2) Poblano Scallops (3) Greek Pasta (4) Vegetable Rice Bake (5) Turkey Sandwich Night

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost *
1,3	ground lamb	1/2 pound	can sub ground turkey	3.5
2	bay scallops	1/3 pound	about 7 scallops - can sub chicken	3.5
5	roasted deli turkey	1/4 pound		2

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost *
1,4,5	yellow onion	1		1
1,3	red bell pepper	1		1
1	cucumber	1		1
1,3	parsley	1 small bunch		1.5
1,3	lemon	1		0.5
1	tangerines	1		0.5
1,5	baby spinach	2 ounces		1
2	poblano pepper	1		0.5
2,3	asparagus	8 spears		2
4,5	broccoli florets	1 cup		1
4	button mushrooms	1 ounce	need 1/4 cup chopped mushrooms	1
4	edamame	2 ounces	about 1/3 cup	1
5	avocado	1		1

Recipe #	Dairy	Quantity	Notes	Est Cost *
1	greek yogurt, plain, nonfat	1/4 cup		0.5
3,4	feta cheese, reduced fat	1/4 cup	can sub parmesan cheese	1

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost *
1,5	whole wheat pitas	2		1
4	red chili powder	pinch	optional	0.5

Fresh 20 Grocery Est                   \$25.00  
 Cost Per Dinner                         \$5.00  
 Cost Per Serving                         \$5.00

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

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

*Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large national chains. They do not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allows.*

(1) MONDAY  
**LAMB PITAS with Tangerine Salad**

*I know some of you have an aversion to lamb. My family does too; except when I make this dish. Everyone asks for seconds. Lamb is a lean, nutrient rich meat. Go for it! You can always substitute ground turkey.*

MONDAY PREP

- Yogurt sauce can be made up to 3 days ahead
- 2 Tablespoons chopped yellow onion
- ¼ red bell pepper, seeded & chopped (¼ cup)
- 1 teaspoon lemon juice
- 1 tangerine, peeled and separated into segments
- 1¼ ounces baby spinach, washed and chopped (¾ cup)
- ½ Tablespoon your choice pantry dressing ([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

FOR LAMB

½ teaspoon extra virgin olive oil  
2 Tablespoons chopped yellow onion  
½ teaspoon kosher salt  
½ teaspoon ground cumin  
½ teaspoon dried oregano  
½ pound ground lamb (for 2 dinners)  
¼ red bell pepper, seeded & chopped (¼ cup)  
1 whole wheat pita

1. In a medium skillet, sauté onions in oil until translucent, about 2 minutes. Add salt, cumin, and oregano and mix well.
2. Add ground lamb, browning over medium heat until no longer pink. If necessary, drain a little fat from the pan or blot with a paper towel. Refrigerate half of the lamb mix in an airtight container for Wednesday.

TO ASSEMBLE PITAS

1. Cut pita in half to make two half circles. Gently separate each half to make a pocket.
2. Spoon 3 Tablespoons of lamb meat into pita, followed by 2 Tablespoons yogurt sauce. Top with chopped bell pepper.

FOR YOGURT SAUCE

1 cucumber, peeled & chopped  
1 cup Greek yogurt, plain, nonfat  
¾ cup chopped parsley  
1½ Tablespoons lemon juice  
dash of kosher salt

(Can be made up to 3 days ahead)

1. In a blender or food processor, puree cucumber, HALF the yogurt, parsley, and lemon juice.
2. Transfer to bowl. Mix in remaining yogurt and a dash of salt. Set aside. If making ahead, cover and refrigerate for up to 3 days.

FOR TANGERINE SALAD

4 tangerines, peeled and separated into segments  
5 ounces baby spinach, washed and chopped  
(3 cups)  
2 Tablespoons your choice pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))  
dash of black pepper

In a salad bowl, combine spinach, tangerine sections, and dressing. Sprinkle with black pepper and serve.

DAIRY FREE: Use dairy free yogurt such as coconut or almond yogurt.

GLUTEN FREE: Omit pita, serve lamb, sauce, and bell pepper over ¾ cup cooked quinoa.

VEGETARIAN: Prepare yogurt sauce and salad as above. Omit Lamb Pitats, prepare Vegetarian Pita as follows: Heat 1 teaspoon oil in a skillet and add ¼ cup sliced onion and ½ cup sliced bell pepper; sauté 3 minutes. Add ½ cup garbanzo beans and ½ squash, cut into rounds. Cook 2 minutes. Season with salt, cumin, and oregano. Serve vegetable mixture in pita pockets with yogurt sauce.

(2) TUESDAY

**POBLANO SCALLOPS with Asparagus**

TUESDAY PREP

- ¾ cups cooked brown rice (see prep guide)
- ¼ Poblano pepper, seeded and finely chopped
- 6 asparagus spears, ends trimmed by gently bending causing a natural break in the spear

FOR SCALLOPS

- ½ Tablespoon extra virgin olive oil
- ¼ Poblano pepper, seeded and finely chopped
- ½ pound bay scallops, rinsed and dried (about 7 medium) SUB chicken tenders
- Pinch of kosher salt
- Pinch of black pepper
- ¾ cup cooked brown rice (see prep guide)

MORE SUBSTITUTIONS:

- *shrimp*
- *any white fish cut into cubes (increase cooking time to 5-6 minutes)*
- *beef steak cubed (increase cooking time to 8 minutes)*

1. Heat oil in a skillet over medium heat. Add Poblano and sauté until softened about 1-2 minutes.
2. Increase heat to high and add the scallops or chicken, one at a time. Do not crowd the pan. Sprinkle with salt and pepper.
3. Sauté until the first side is nicely browned, about 3 minutes.
4. Using tongs or a fork, flip over and sauté the other side until brown, another 2-3 minutes.
5. Lift out scallops or chicken and transfer to a serving dish. Cover until ready to eat. Serve over rice.

FOR ASPARAGUS

- 8 asparagus spears, ends trimmed by gently bending causing a natural break in the spear
- ¼ teaspoon balsamic vinegar
- ¼ teaspoon maple syrup
- ¼ teaspoon extra virgin olive oil
- Pinch of kosher salt

1. Place trimmed asparagus into a microwave proof bowl with ½ Tablespoon of water.
2. Microwave on high or steam on stovetop for 2-3 minutes. Save 2 spears for WEDNESDAY. Carefully remove and toss with balsamic, maple syrup, and olive oil. Season with salt.

DAIRY FREE:



GLUTEN FREE:

Use gluten free broth.

VEGETARIAN:

Prepare asparagus as above. Serve with Spring Quinoa Bowl: Place ¾ cup cooked quinoa in a bowl; top with ¼ cup diced cucumber, 1 sliced hardboiled egg, and ¼ sliced avocado. Drizzle with ½ Tablespoon oil, 1 teaspoon lemon juice, and 1 Tablespoon each nuts and fresh herbs.

(3) WEDNESDAY  
**GREEK PASTA**

WEDNESDAY PREP

- 1 teaspoon lemon juice
- 1 Tablespoon parsley leaves with stems, finely chopped
- ¼ red bell pepper, seeded and chopped (¼ cup)

FOR GREEK PASTA

3 ounces Farfalle pasta (or any other short pasta like penne, ziti or rigatoni)

1 teaspoon extra virgin olive oil

¼ teaspoon balsamic vinegar

1 teaspoon lemon juice

⅛ teaspoon kosher salt

⅛ teaspoon black pepper

1 Tablespoon reduced fat feta cheese (can sub Parmesan)

¼ pound cooked ground lamb (from Monday)

¼ red bell pepper, seeded and chopped (¼ cup)

2 asparagus spears, chopped (FROM TUESDAY)

1 Tablespoon parsley leaves with stems, finely chopped

1. Boil salty water for pasta. Cook according to package directions.
2. Whisk together olive oil, balsamic vinegar, lemon, black pepper, and feta cheese until smooth and creamy.
3. Reheat ground meat in a skillet until warm.
4. Drain pasta but do not rinse. Toss pasta with dressing. Stir in meat, bell pepper, and asparagus and top with chopped parsley.

DAIRY FREE: Omit feta cheese or use a dairy free alternative.

GLUTEN FREE: Use gluten free pasta such as Garbanzo Pasta.

VEGETARIAN: Prepare as above, replacing lamb with ⅓ cup garbanzo beans.

(4) THURSDAY  
**VEGETABLE RICE BAKE with Candied Edamame**

THURSDAY PREP

- 1 cup cooked brown rice (see prep guide)
- 2 Tablespoons chopped yellow onion
- ½ cup chopped broccoli
- ¾ ounce button mushrooms, chopped (¼ cup)
- 2 ounces shelled edamame (fresh preferred but frozen okay), ⅓ cup

FOR VEGETABLE RICE BAKE

- ¾ teaspoon extra virgin olive oil
- 2 Tablespoons chopped yellow onion
- ½ clove garlic, minced or pressed
- ½ cup chopped broccoli
- ¾ ounce button mushrooms, chopped (¼ cup)
- 1 cup cooked brown rice (see prep guide)
- ¼ teaspoon balsamic vinegar
- 2-3 Tablespoons reduced fat feta cheese
- ¼ cup low sodium vegetable broth
- ⅓ teaspoon kosher salt
- ⅓ teaspoon black pepper

1. Heat oven to 350°F.
2. Heat olive oil in a sauté pan on medium heat. Add onions and garlic and cook until soft, about 2-3 minutes. Remove from heat.
3. In a large bowl, combine onion mix with broccoli, mushrooms, rice, balsamic, feta, and broth. Add salt and pepper.
4. Spread mix evenly into a lightly oiled baking dish. Bake for 15-17 minutes until golden on top.

FOR CANDIED EDAMAME

- 2 ounces shelled edamame, ⅓ cup (fresh preferred but frozen okay)
- ½ Tablespoon water
- ¾ teaspoon maple syrup
- ¼ teaspoon low sodium soy sauce
- Pinch of red chili powder, optional
- ¼ teaspoon extra virgin olive oil

1. Bring a pan of water to a boil and add edamame. Cook for 3 minutes (fresh) or 8 minutes (frozen); drain.
2. In a small saucepan, heat water, maple syrup, and soy sauce. Add edamame and stir to coat. Cook until liquid starts to reduce and thicken.
3. Stir chili powder in olive oil and add to edamame. Continue cooking until beans are a little sticky and liquid has been reduced; about 8 minutes.

*Note: You can substitute green peas.  
Reduce cooking time to 4 minutes total.*

DAIRY FREE: Omit feta cheese or use dairy free alternative.  
GLUTEN FREE: Use gluten free broth and soy sauce.  
VEGETARIAN:

(5) FRIDAY

**TURKEY SANDWICH NIGHT with Refrigerator Salad**

FRIDAY PREP

- A few thin slices yellow onion
- ½ cup broccoli florets

FOR TURKEY SANDWICH

1 whole wheat pita  
½ Tablespoon Dijon Mustard  
½ ripe avocado, peeled and mashed  
Few thin slices yellow onion  
¼ pound fresh roasted turkey from deli  
¾ ounce baby spinach leaves (½ cup)  
Leftover feta cheese, optional  
½ cup broccoli florets

1. Cut pita rounds in half to make two pockets. Spread mustard inside each pocket and then fill with mashed avocado, onions, and turkey. Finish with a few leaves of spinach.
2. Serve with broccoli florets instead of chips!
3. Serve with refrigerator salad.

REFRIGERATOR SALAD

Use whatever vegetables  
and fruits you have from the week to make a salad!

DAIRY FREE: Do not add feta cheese.

GLUTEN FREE: Omit pita, mustard, and onion. Spread mashed avocado over 2 corn tortillas and top with turkey and 1 slice provolone cheese. Toast in 400°F oven for 8 minutes until cheese has melted. Top with fresh spinach and serve with salad.

VEGETARIAN: Prep sandwich without turkey. Serve with salad and Crunchy Garbanzo Beans: Rinse and dry ½ cup garbanzo beans and toss with 1 teaspoon oil and a pinch of salt and pepper. Roast in 400° oven for 20 minutes or so, until crunchy, stirring halfway through.

## NUTRITION

### (1) MONDAY

Serving Size: 1 prepared whole pita; 4 tablespoons yogurt sauce; 3/4 cup salad without dressing

1 pita: 370 kcal, 23g protein, 15g carb, 350mg sodium, 0g fiber, 85mg cholesterol, 24g fat, 11g sat fat, 2g sugar, 4%DV calcium, 10%DV iron

Sauce: 40kcal, 6g protein, 4g carb, 20mg sodium, 0g fiber, 3mg cholesterol, 0g fat, 0g sat fat, 3g sugar, 7%DV calcium, 1%DV iron.

Salad: 50kcal, 1g protein, 12g carb, 20mg sodium, 2g fiber, 0mg cholesterol, 3g fat, 0g sat fat, 9g sugar, 5%DV calcium, 4%DV iron

### (2) TUESDAY

Serving Size: 7 Scallops; ¾ cup rice, 4-5 spears asparagus

Scallops & rice: 350 kcal, 27g protein, 35g carb, 750mg sodium, 4g fiber, 40mg cholesterol, 10g fat, 1.5g sat fat, 1g sugar, 2%DV calcium, 15%DV iron

Asparagus: 60kcal, 2g protein, 6g carb, 75mg sodium, 2g fiber, 0mg cholesterol, 3.5g fat, 0g sat fat, 3g sugar, 2%DV calcium, 10%DV iron.

### (3) WEDNESDAY

Serving Size: 2 cups pasta;

Greek Pasta: 469 kcal, 26.4g protein, 37.6g carb, 296mg sodium, 6.4g fiber, 72mg cholesterol, 25.6g fat, 18.4g sat fat, 2.5g sugar, 4.5%DV calcium, 16%DV iron

### (4) THURSDAY

Serving Size: 1½ cups Rice Bake; ¼ cup edamame

Vegetable Rice Bake: 350 kcal, 12g protein, 52g carb, 470mg sodium, 5g fiber, 15mg cholesterol, 9g fat, 3.5g sat fat, 1g sugar, 10%DV calcium, 6%DV iron

Edamame: 100kcal, 6g protein, 10g carb, 25mg sodium, 3g fiber, 0mg cholesterol, 3.5g fat, 0g sat fat, 4g sugar, 4%DV calcium, 6%DV iron.

### (5) FRIDAY

Serving Size: 1 whole pita prepared, 2 halves

Sandwich: 480kcal, 43g protein, 34g carb, 530mg sodium, 5g fiber, 75mg cholesterol, 20g fat, 7g sat fat, 2g sugar, 20%DV calcium, 15%DV iron.

Salad nutrition will vary.