

PREP GUIDE

Meal #1

- Barbeque sauce * *see recipe below*
- Cut vegetables:
 - ¼ small red onion, finely chopped
 - 2 medium green Italian zucchini, cut into small dice

Meal #2

- 2 cups cooked quinoa * *see recipe below*
- Cut vegetables: ¼ small red onion, cut into small dice

Meal #3

- Barbeque sauce * *see recipe below*
- 2 cups cooked and shredded BBQ chicken * See Meal #1
- Cut vegetables
 - ¼ small red onion, cut into thin slices

Meal #4

- Cut vegetables
 - ¼ medium yellow onion, finely chopped – for meatballs
 - ¼ medium yellow onion, finely chopped – for soup
 - 2 carrots, peeled and cut into small dice

Meal #5

- 1 cup cooked quinoa * *see recipe below*
- Cut vegetables
 - ½ red bell pepper, cut into small dice
 - ½ cucumber, peeled, seeded and cut into small dice
 - ¼ small red onion, cut into small dice

Barbeque Sauce (Meal #1 & Meal #3)

1 - 6 ounce can organic tomato paste, no sugar added

½ Tablespoon ground cumin

1 teaspoon paprika

1 Tablespoon onion powder

1 Tablespoon garlic powder

¼ cup unsulfured molasses

2 Tablespoons honey

2 Tablespoons balsamic vinegar

¾ teaspoon salt

½ teaspoon black pepper

Pinch of cayenne pepper

¼ cup water

In a small bowl, whisk to combine tomato paste, cumin, paprika, onion powder, garlic powder, molasses, honey, vinegar, salt & pepper, cayenne, and water. Divide in half (you will use it for two meals) and store in airtight containers in the refrigerator.

Quinoa (Meal #2 & Meal #5)

1 1/2 cups quinoa

3 cups water

Bring water to a boil and add in quinoa, cover with a lid, and reduce to a low simmer for 25-35 minutes or until all the liquid is absorbed, and then store in an airtight container; makes 3 cups.

MENU

MONDAY ①

BBQ OVEN CHICKEN

Warm corn and orzo pasta salad

TUESDAY ②

BLACKENED CAJUN STYLE SALMON

Quinoa, dill & cucumber salad

WEDNESDAY ③

BBQ CHICKEN & CORN PITA PIZZAS

THURSDAY ④

ITALIAN WEDDING MEATBALL SOUP

FRIDAY ⑤

MEDITERRANEAN CHICK PEA PITAS



Classic April 12th

Shopping List

(1) BBQ Oven Chicken (2) Cajun Salmon (3) BBQ Chicken Pizza (4) Italian Wedding Meatball Soup (5) Mediterranean Chick Pea Pita

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	boneless skinless chicken breast	2 pounds		16
2	wild salmon fillets	4 fillets	about 1 1/4 pounds	16
4	lean ground turkey	1 pound		5

Recipe #		Quantity	Notes	Est Cost
1,2,4,5	lemon	3		1.5
2,5	dill	1 small bunch	need 4-5 teaspoons chopped	2
2,5	cucumber	1		1
1,2,3,4,5	onion	2	1 small red & 1 medium yellow	2
3,4,5	baby spinach leaves	5 cups		3
1	zucchini	2		2
4	carrots	2		1
1,3	frozen organic corn	2 cups		2
1,3	cilantro	1 small bunch		2
5	red bell pepper	1		1

Recipe #		Quantity	Notes	Est Cost
2,5	Greek yogurt	1/2 cup	plain	1
3	mozzarella cheese, shredded	2 cups		5

Recipe #		Quantity	Notes	Est Cost
1,3	unsulfured molasses	1/4 cup	any leftover from last time?	3
1,2,3	onion powder	3 Tablespoons	or make your own! See our blog	3
1,2,3	garlic powder	3 Tablespoons	or make your own! See our blog	3
2,5	quinoa	1-1/2 cups		2
3,5	whole wheat pitas	8		3
1	whole wheat orzo	1-1/2 cups		2
5	garbanzo beans	1 can	14.5 oz can, organic, no-salt added	2

Fresh 20 Grocery Est 78.5
 Cost Per Dinner 15.7
 Cost Per Serving 3.925

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	5 Tablespoons	dried oregano	3-1/4 teaspoons
	grapeseed oil	2 Tablespoons	herbes de provence	
	balsamic vinegar	2 Tablespoons	ground cumin	1-3/4 teaspoons
	white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
	chicken or veggie broth: low sodium	4 cups	organic tomato paste	6 oz + 1 Tblspoon
	garlic	4 cloves	Dijon mustard or brown mustard	2 teaspoons
	kosher salt	6 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	5-1/2 teaspoons	whole wheat orzo	1-1/2 cups
	cayenne pepper	1/2 teaspoons	long grain brown rice	
paprika	3 Tablespoons	whole wheat white flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) BARBEQUE OVEN CHICKEN

warm corn & orzo pasta salad

If you are a big "sauce" family like mine, you will want to double the recipe for the bbq sauce. We will use it again later in the week, so remember not to get carried away on your chicken. Barbeque sauce seems like such an easy thing to buy at the store, but I promise you – making it at home is even easier! This sauce is tangy and sweet with a little bit of a kick from the black and cayenne pepper. You can always adjust the heat by leaving out the cayenne.

MADE AHEAD

- Barbeque Sauce * see prep guide
- Cut vegetables: onion, zucchini

DIRECTIONS

For barbeque oven chicken

1. Preheat your oven to 425 degrees and line a baking sheet with parchment paper or foil.
2. In a small bowl, stir to combine salt, pepper, cayenne pepper paprika, garlic powder, and onion powder. Lightly dry off chicken pieces and season both sides of chicken generously with spice mixture. Chicken can be seasoned up to 24 hours in advance and stored in a Ziploc bag or airtight container.
3. Place chicken onto baking sheet and bake for 20 minutes. During the last 5 minutes of cooking time brush the chicken generously on both sides with barbeque sauce.
4. Cool half of the chicken and store in an airtight container for Meal #3. Serve remaining chicken warm with corn & orzo pasta salad.

For warm corn & orzo pasta salad

1. Bring a small pot of water with a pinch of salt to a boil and add orzo. Cook for 6 minutes or until tender; drain and set aside.
2. Heat a large, nonstick sauté pan over medium high heat and add in oil. Once oil is hot add onion, zucchini, corn, garlic, oregano, and salt & pepper; sauté for 3-4 minutes or until zucchini is tender and cooked through. Stir in the cooked orzo, fresh lemon juice, and finish with chopped cilantro.

INGREDIENTS

For barbeque oven chicken

- 1 ½ teaspoons kosher salt
- 1 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon paprika
- 1 Tablespoon garlic powder*
- 1 Tablespoon onion powder*
- 2 pounds boneless, skinless chicken breasts (about 4 large breasts)
- Barbeque sauce * see prep guide

Warm corn & orzo pasta salad

- 1 cup orzo
- 1 Tablespoon olive oil
- ¼ small red onion, finely chopped
- 2 medium green Italian zucchini, cut into small dice
- 1 cup frozen organic corn, defrosted
- 1 garlic clove, minced or pressed
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ lemon, juiced
- ¼ cup cilantro, roughly chopped

*If you want to make your own garlic and onion powders, check out our blog at

www.thefresh20.com/diy_garlic_powder



(2) BLACKENED CAJUN STYLE SALMON

quinoa, dill & cucumber salad

MADE AHEAD

- 2 cups cooked quinoa **see prep guide*
- Cut vegetables: onion

DIRECTIONS

For blackened Cajun style salmon

1. On a large plate, combine garlic powder, onion powder, paprika, black pepper, and cayenne pepper; stir to combine.
2. Season the salmon fillets with salt on both sides.
3. Press one side of the salmon down into the blackening seasoning (the rounded part of the fillet is prettiest).
4. Heat a large, nonstick sauté pan over medium/high heat and add in grapeseed oil. Once oil is hot (almost smoking) add in fillets blackened side down.
5. Cook for 2-3 minutes on the first side, or until a dark golden crust forms. Flip to the other side, reduce heat to low/medium, and continue to cook for an additional 5 minutes. *Chicken will take longer to cook; it is done when center is no longer pink and juices run clear.*
6. Remove from heat and squeeze fresh lemon juice over the top.

For quinoa, dill & cucumber salad

1. In a small bowl, whisk to combine yogurt, lemon juice, dill, salt and cayenne pepper.
2. In a medium salad bowl, combine the quinoa, cucumber, and onion. Toss with dressing and serve at room temperature.

INGREDIENTS

For blackened Cajun style salmon

1 Tablespoon garlic powder
1 Tablespoon onion powder
1 Tablespoon paprika
1 Tablespoon black pepper
¼ teaspoon cayenne pepper
¾ teaspoon kosher salt
4 wild salmon fillets, about 1 pound *
Substitute 1 pound organic, boneless, skinless chicken breasts (2 breasts cut into 4 halves)
2 Tablespoons grapeseed oil
½ lemon

For quinoa, dill & cucumber salad

¼ cup plain Greek yogurt
½ lemon, juiced to yield 1
Tablespoon of juice
1 -2 teaspoons finely chopped fresh
dill
¼ teaspoon kosher salt
Pinch cayenne pepper
2 cups cooked quinoa ** see prep
guide*
½ medium cucumber, peeled and cut
into small dice
¼ small red onion, cut into small
dice, about 1 – 2 Tablespoons to
taste

MADE AHEAD

- ½ cup barbeque sauce * *see prep guide*
- 2 cups cooked & shredded BBQ chicken * *from Meal #1*
- Cut vegetables: onion

DIRECTIONS

For barbeque chicken pita pizza

1. Preheat oven to 425 degrees.
2. Line a baking sheet with foil and lay out pitas. Spread 1 -2 Tablespoons of barbeque sauce over each pita. Build pizzas starting with a scatter of onions, then spinach, corn, cilantro, shredded barbeque chicken, and finish with ½ cup of cheese over the top.
3. Place into preheated oven for 8-10 minutes or until cheese is melted and bubbly.

INGREDIENTS

For barbeque chicken pita pizzas

4 whole wheat pitas

½ cup barbeque sauce, made ahead
* *see prep guide*

¼ small red onion, cut into thin slices

2 cups baby spinach leaves, about 2 handfuls roughly chopped

1 cup frozen organic corn, defrosted

1/4 cup cilantro, roughly chopped

2 cups cooked & shredded BBQ chicken * *from Meal #1*

2 cups mozzarella cheese, shredded

MADE AHEAD

- Cut vegetables: onion, carrots

DIRECTIONS

For Italian wedding meatball soup

1. For meatballs: In a large bowl combine onion, oregano, zest, garlic, Dijon, and salt & pepper and mix well. Add in the turkey and mix until just combined. Form into 16 (Tablespoon-sized) meatballs and set aside.
2. Heat a large soup pot over medium heat and add in olive oil. To the pot add the onion, carrots, and spinach with a sprinkle of salt. Sweat the vegetables for 2 minutes or until the onions are translucent and tender.
3. To the pot, add in the tomato paste, Italian seasoning, broth, water, lemon juice, orzo, and salt and pepper (optional red pepper or cayenne). Stir to combine and then bring to a boil.
4. Carefully drop in the meatballs and reduce the heat to a simmer. Gently simmer for 10-12 minutes or until the meatballs are cooked through.
5. Serve warm.

INGREDIENTS

For meatballs

- ¼ medium yellow onion, finely chopped
- 1 teaspoon dried oregano
- 1 lemon, zested (*save juice for soup*)
- 2 cloves garlic, minced or pressed
- 2 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 pound lean ground turkey

For Italian wedding meatball soup

- 1 Tablespoon olive oil
- ¾ medium yellow onion, finely chopped
- 2 carrots, peeled and cut into small dice
- 1 cup baby spinach, whole or cut into thin shreds
- Kosher salt
- 1 Tablespoon tomato paste
- 1 teaspoon Italian seasoning or oregano from the pantry
- 4 cups low sodium chicken or vegetable broth
- 2 cups water
- ½ lemon, juiced to yield 1 Tablespoon of juice (*zest used in meatballs*)
- ½ cup orzo pasta
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- *Optional pinch of red pepper flake or cayenne pepper to taste*

MADE AHEAD

- Cut vegetables: red bell pepper, cucumber, onion
- 1 cup cooked quinoa or brown rice * *see prep guide*

DIRECTIONS

For Mediterranean chickpea pitas

1. Heat a large sauté pan over medium heat and add in oil. Once the oil is hot add in chick peas, quinoa, garlic, paprika, oregano, cumin, cayenne, and salt. Stir to combine and sauté for 5 minutes or until the chick peas are warmed through.
2. In a large bowl, combine the spinach, red bell pepper, cucumber, onion, dill, lemon juice & zest, salt & pepper, and olive oil, stir to combine – set aside.
3. Add the warm chick peas and quinoa to the vegetables and stir to combine.
4. Fill 8 pitas halves with quinoa mixture and serve warm or at room temperature with a dollop of Greek yogurt.

INGREDIENTS

For Mediterranean chick pea pitas

1 Tablespoons olive oil
1 – 14.5 ounce can chick peas/garbanzo beans, drained and rinsed
1 cup cooked quinoa or brown rice * *see prep guide*
1 garlic clove, minced or pressed
1 teaspoon paprika (*smoked paprika is delicious if you have some on hand*)
Generous pinch of dried oregano
Generous pinch of dried cumin
Pinch of cayenne pepper
½ teaspoon kosher salt
2 cups baby spinach, about 2 handfuls
½ red bell pepper, cut into small dice
½ cucumber, peeled, seeded and cut into small dice
¼ small red onion, cut into small dice
1 Tablespoon finely chopped fresh dill
½ lemon, zested & juiced
1/4 teaspoon kosher salt
¼ teaspoon black pepper
2 Tablespoons olive oil
4 whole wheat pitas
¼ cup plain Greek yogurt



Classic April 12th

Nutrition Information

BBQ oven chicken				Serves: 4	
Serving Size: About 1/2 prepared chicken breast					
Calories	211	kcal	Fat	3.3	g
Protein	25.7	g	Saturated	0.7	g
Carbohydrate	19.9	g	Sugar	13	g
Sodium	862	mg	Calcium	4.9	%DV
Fiber	1.6	g	Iron	12	%DV
Cholesterol	73	mg			

Warm corn & orzo pasta salad				Serves: 4	
Serving Size: 3/4 cup					
Calories	255	kcal	Fat	4.8	g
Protein	8.8	g	Saturated	0.8	g
Carbohydrate	47.1	g	Sugar	6.4	g
Sodium	262	mg	Calcium	4.5	%DV
Fiber	4.4	g	Iron	13	%DV
Cholesterol	0	mg			

Blackened cajun style salmon				Serves: 4	
Serving Size: 1 fillet					
Calories	241	kcal	Fat	14	g
Protein	23.4	g	Saturated	1.8	g
Carbohydrate	5.1	g	Sugar	0.7	g
Sodium	423	mg	Calcium	3.3	%DV
Fiber	1.6	g	Iron	8.1	%DV
Cholesterol	62	mg			

Quinoa, dill & cucumber salad				Serves: 4	
Serving Size: 3/4 cup					
Calories	174	kcal	Fat	2.7	g
Protein	7.9	g	Saturated	0	g
Carbohydrate	30.6	g	Sugar	1.6	g
Sodium	137	mg	Calcium	5.4	%DV
Fiber	3.9	g	Iron	12	%DV
Cholesterol	0	mg			

BBQ chicken pita pizzas				Serves: 4	
Serving Size: 1 prepared pita					
Calories	586	kcal	Fat	15	g
Protein	49.3	g	Saturated	7.2	g
Carbohydrate	67.6	g	Sugar	16	g
Sodium	936	mg	Calcium	49	%DV
Fiber	8.1	g	Iron	27	%DV
Cholesterol	103	mg			

Italian wedding meatball soup			Serves: 4	
Serving Size: 1 1/2 cup including 4 meatballs				
Calories	297	kcal	Fat	13 g
Protein	26.2	g	Saturated	3 g
Carbohydrate	20	g	Sugar	4.9 g
Sodium	766	mg	Calcium	8.6 %DV
Fiber	3.8	g	Iron	15 %DV
Cholesterol	84	mg		

Mediterranean chickpea pitas			Serves: 4	
Serving Size: 2 repaped pita halves				
Calories	451	kcal	Fat	15 g
Protein	16.5	g	Saturated	1.8 g
Carbohydrate	70.9	g	Sugar	3 g
Sodium	926	mg	Calcium	9.6 %DV
Fiber	12.2	g	Iron	29 %DV
Cholesterol	0	mg		