

PREP GUIDE

Meal #1

- 2 cups cooked brown rice ***see recipe below*
- Cut vegetables:
 - ½ Jalapeno pepper, stem removed and cut in half lengthwise (*if your Jalapeno is large or you are sensitive to spice, start with a fourth*)
 - ¾ medium yellow onion, cut into quarters

Meal #2

- Cut vegetables:
 - ½ pound of fresh green beans, trimmed and cut in half

Meal #3

- Make pantry dressing (www.thefresh20.com/pantrydressings/)
- Cut vegetables
 - ½ medium yellow onion, cut into small dice

Meal #4

- Cut vegetables:
 - ½ pound of fresh green beans, trimmed and cut in half

Meal #5

- No prep needed

Brown Rice (Meal #1)

1 cup brown rice

2 cups water or vegetable broth*

½ teaspoon kosher salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 – 45 minutes (depending on your brand of rice) until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 2 cups.

MENU

MONDAY ①

CHICKEN CHILI VERDE
Black Beans & Rice

TUESDAY ②

HALIBUT
Red Potatoes And
Lemony Green Beans

WEDNESDAY ③

MEXICAN LASAGNA
Avocado Salad

THURSDAY ④

STEAK & SMASHED POTATOES
Steamed Green Beans

FRIDAY ⑤

BLACK BEAN TOSTADAS
Avocado Salsa



KOSHER Spring Week 1
Shopping List

(1) Chicken Verde (2) Halibut/ green beans (3) Mexican Lasagna (4) Steak/Potatoes (5) Black Bean Tostadas

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	boneless skinless chicken thighs*	2 pounds		12
4	new york strip steaks*	1-1/2 pounds	sub- rib eye or filet mignon	18
2	halibut*	4 fillets	sub 1 pound bonless sknlss chicken br	16

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,5	jalapeno pepper	1		0.5
1	tomatillo tomatoes	1 pound		2
1,3,5	onion	2	1 red, 1 yellow	1.5
1,3,5	cilantro	1 bunch		1.5
1,5	lime	3		1.5
2,3,5	medium tomato	3		2.5
3,5	iceberg lettuce	1 head		1.5
2,4	baby red or gold potatoes	1-1/2 pounds		3
2,4	green beans or haricot ver	1 pound		2
3,5	avocado	2		2
3	kale	1sm bunch	need 2 cups	2
2	lemon	2		1

Recipe #	Dairy	Quantity	Notes	Est Cost
5	2% Mexican blend cheese*	1 cup	OR white cheddar	5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3,5	organic black beans*	3 cans	14.5 oz can, no salt added	5
1,3,5	organic corn tortillas*	18	6 inch	4

Fresh 20 Grocery Est 81
 Cost Per Dinner 16.2
 Cost Per Serving 4.05

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

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

* Item must be certified Kosher
 note: All fish with fins and scales that can be easily removed without tearing the skin are Kosher



(1) CHICKEN CHILI VERDE

black beans and rice

MADE AHEAD

- 2 cups cooked brown rice ** see prep guide
- Cut vegetables: jalapeno, onion

DIRECTIONS

For chicken chili verde

1. Heat a large soup pot over medium-high heat and add oil. Once the oil is hot add in the jalapeno, onion (*if you want to garnish your meal with fresh onion, leave a small amount to the side*), tomatillos and garlic. Stir the vegetables to coat in oil and allow them to toast slightly, turning a golden brown on all sides – about 5-7 minutes.
2. Remove the pot from the stove and carefully place cooked vegetables and cilantro into a blender and blend until smooth. *Be careful, pressure can build when blending hot foods.* Add a few Tablespoons of water if necessary to get them moving.
3. Return to the pot and stir in broth, lime juice, cumin, oregano, and salt & pepper. Add the raw chicken to the pot. Bring to a boil then reduce to a low simmer and cover with a lid. Cook for about 15 minutes. At this point the chicken should be tender enough to shred on a cutting board with two forks. Return the shredded chicken back to the pot and simmer until ready to serve.
4. Remove ½ of the chicken and sauce, about 4 cups, for Meal #3. Cool and store in the refrigerator.
5. Serve chili verde with warm tortillas; garnish with fresh cilantro and lime wedges.

Meanwhile

For black beans and rice

1. In a medium saucepot combine rice and beans over medium heat; season with garlic, salt & pepper, and cayenne.
2. Simmer for 10 – 15 minutes.
3. Taste and adjust salt & pepper; serve warm.

Kitchen Note: Warm tortillas in a damp towel in the microwave or on the stovetop over the flame.

INGREDIENTS

All items marked with an * need Kosher certification.

For chicken chili verde

- 2 Tablespoons grapeseed oil*
- ½ Jalapeno pepper, stem removed and cut in half lengthwise (*if your Jalapeno is large or you are sensitive to spice, start with a fourth*)
- ¾ medium red onion, cut into quarters (save ¼ for Meal #5)
- 1 pound tomatillo tomatoes, peeled and rinsed
- 4 garlic cloves, peeled
- ¼ cup or ¼ bunch of cilantro, washed
- 1 ½ cups low sodium chicken broth*
- ½ lime, juiced
- ¼ teaspoon ground cumin
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 pounds boneless skinless organic chicken thighs *
- 4 (6 inch) organic corn tortillas, warmed* ** see kitchen note

Garnish

- ¼ cup cilantro, roughly chopped
- 1 lime, cut into wedges

For black beans and rice

- 2 cups cooked brown rice **see prep guide
- 1 (14.5 ounce) can organic black beans, with liquid*
- 1 garlic clove, minced or pressed
- ¼ teaspoon salt
- Pinch black pepper
- Pinch cayenne pepper



(2) HALIBUT

red potatoes and lemony green beans

MADE AHEAD

- Cut vegetables: green beans

DIRECTIONS

For red potatoes and lemony green beans

1. In a small bowl, whisk to combine lemon juice & zest, olive oil, garlic, and salt & pepper – set aside.
2. Fill a large pot with cold water and two heavy pinches of salt; add potatoes and bring to a boil.
3. Boil potatoes until just about fork tender, about 8 -10 minutes. When potatoes are just minutes from being done, add in green beans for the last 2 minutes. Drain the potatoes and green beans well and return them to the pot.
4. Add in the lemon juice/olive oil mixture and tomatoes and toss to coat.

For halibut

1. Season the fish fillets with salt & pepper and paprika on both sides.
2. Heat a large, nonstick sauté pan over medium/high heat; add in oil and once hot add the fillets.
3. Cook about 2 minutes on each side or until the fish flakes with a fork. Squeeze fresh lemon juice over the top.

INGREDIENTS

All items marked with an * need Kosher certification

For red potatoes and lemony green beans

- 1 lemon, zested and ½ juiced
- 2 Tablespoons extra virgin olive oil
- 2 garlic cloves, minced or pressed
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 8 ounces red or gold baby potatoes, peeled and cut into large dice
- ½ pound of fresh green beans, trimmed and cut in half
- 1 medium tomato, cut into medium dice

For halibut

- 4 halibut fillets (or any white kosher fish of your choice), about 1 ¼ pounds
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 1 Tablespoon grapeseed oil *
- ½ lemon



(3) MEXICAN LASAGNA

avocado salad

MAKE AHEAD

- 4 cups chicken chili verde ** *from Meal #1*
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables: onion

DIRECTIONS

For Mexican lasagna

1. Preheat the oven to 425 degrees.
2. Prepare a small, oven proof baking dish by brushing lightly with olive oil. An 8"x8", 9"x9" or any small lasagna pan is fine. *We used an 8x8" brownie pan.*
3. Stack tortillas and cut into tortilla chip size pieces, set aside.
4. Heat a large, nonstick sauté pan over medium heat. Add in the oil and once hot add the onions and the kale. Saute the vegetables for 2-3 minutes, just until softened and lightly browed. *(This is to remove the moisture from the kale so that the lasagna isn't soggy.)* Stir in the beans and cilantro and then remove from heat and set aside.
5. Begin by spooning a thin layer of the leftover chili verde into the bottom of your baking pan. Next begin layering ½ of the corn tortillas, ½ of the onion-kale-bean mixture, and then pour half of the chicken chili verde mixture over the top. Repeat layers starting with tortillas and finishing with remaining chicken chili verde.
6. Cover loosely with foil and place into the preheated oven for 20 minutes. Remove foil and bake for an additional 5 minutes.

For avocado salad

In a medium salad bowl, combine all the salad ingredients and serve with your choice of pantry dressing.

INGREDIENTS

All ingredients marked with an * need kosher certification

For Mexican lasagna

6 (6 inch) organic corn tortillas*
1 Tablespoon extra virgin olive oil
½ medium yellow onion, cut into small dice
2 cups chopped kale, thick stems removed
1 (14.5 ounce) can organic black beans, drained and rinsed *
¼ small bunch cilantro, roughly chopped
4 cups leftover chicken chili verde
***from Meal #1*

For avocado salad

½ head of iceberg lettuce
1 medium tomato, cut into wedges
1 haas avocado cut into cubes
Your choice pantry dressing
(www.thefresh20.com/pantrydressings)



(4) STEAK & SMASHED POTATOES

steamed green beans

The key to making restaurant style steak at home isn't as difficult as you might think. You need a room temperature steak, lots of salt & pepper, and a smoking hot pan. Starting your steak on the stove top and then finishing it in a hot oven is how chefs cook your steak at a restaurant. The smashed potatoes are super simple and I can guarantee there will be none left. If your family is big on potatoes, consider doubling the recipe.

MADE AHEAD

- Cut vegetables: green beans

DIRECTIONS

Pull the steaks from the refrigerator at least 20 minutes before cooking; this helps them to cook quickly and evenly.

For smashed potatoes

1. Preheat oven to 450 degrees.
2. Place rinsed potatoes into the microwave and cook on high for about 5 minutes or until just cooked through and fork tender (potatoes can also be boiled on stovetop).
3. In a small bowl, combine olive oil, paprika, Herbes, and salt & pepper; set aside.
4. Line a baking sheet with parchment or foil and lightly brush with olive oil.
5. Place potatoes onto baking sheet and with the bottom of a heavy cup or a small plate, press the potatoes down until they are smashed. *Leave enough space between potatoes, crowding will keep them from becoming crispy.*
6. Brush the top of each potato with olive oil/seasoning mixture and place into the top rack of the oven for 20 minutes or until golden and crispy.

For steaks

1. Preheat oven to 450 degrees.
2. Season steak on both sides with salt & pepper and Herbes.
3. Heat a large, nonstick, **oven-proof** sauté pan (cast iron skillet works great) over medium/high heat. Add 1 Tablespoon of grapeseed oil and once hot (almost smoking) add in steak and cook for 2-3 minutes per side or until a golden crust forms.
4. Place pan into preheated oven and cook for about 4 minutes for rare, 8- 10 minutes for well done. Cooking time will depend on the thickness of your steak, adjust accordingly. *Do not cut into your steak right when you pull it out, a rare steak right out of the pan will be medium rare after it has had time to rest. In other words, your steak will continue to cook after you pull it out of the oven and it is resting.*

For steamed green beans

1. Heat a small pot with ¼ cup of water and bring to boil. Add green beans, cover with a lid, and reduce heat to low and steam for 3-5 minutes. Green beans are done when they turn bright green and are soft, but still have a nice bite to them.
2. Drain the water and toss beans with a splash of olive oil, vinegar, and salt & pepper.

INGREDIENTS

All items marked with an * need kosher certification

For smashed potatoes

- 1 pound baby red or gold potatoes (about 8)
- 3 Tablespoons extra virgin olive oil
- ½ teaspoon paprika
- 1 teaspoon Herbes de Provence
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

For steaks

- 1¼ to 1½ pounds of boneless New York strip steak or boneless rib eyes*
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 Tablespoon Herbes de Provence
- 1 Tablespoon grapeseed oil*

For steamed green beans

- ½ pound fresh green beans, root end trimmed
- Splash of extra virgin olive oil
- Splash of balsamic vinegar*
- Salt & pepper



(5) BLACK BEAN TOSTADAS

avocado salsa

MADE AHEAD

- Cut vegetables: onion

DIRECTIONS

For black bean tostadas

1. Preheat oven to 425 degrees.
2. Line a baking sheet with foil and lay out tortillas. Brush with oil on both sides and place into oven for 5-8 minutes or until lightly browned and crispy. Sprinkle with salt and set aside.
3. Heat a medium sauce pot over low heat and combine black beans, garlic, cumin, and cayenne.
4. Simmer for 5 minutes then puree until smooth with an immersion blender or food processor; set aside. Allow beans to cool slightly so they will thicken up enough to spread.
5. Assemble tostadas by spreading a layer of black beans then adding lettuce, avocado salsa (recipe below), and topping with cheese.

For avocado salsa

In a small bowl, combine tomato, onion, avocado, jalapeno pepper, cilantro, lime juice, olive oil, and salt & pepper - stir to combine.

INGREDIENTS

All items marked with an * need kosher certification

For black bean tostadas

8 (6 inch) organic corn tortillas*
2 Tablespoons grape seed oil*
Sprinkle of kosher salt
1 (14.5 ounce) can organic black beans, discard about half the liquid*
1 garlic clove
¼ teaspoon ground cumin
¼ teaspoon cayenne pepper
½ head of iceberg lettuce, chopped thinly into shreds
1 cup low fat (2%) Mexican blend cheese, shredded – about 3 ounces* (if you can't find Mexican blend cheese, use cheddar or other kosher cheese of your choice)

For avocado salsa

1 medium tomato, cut into small dice
¼ medium red onion, cut into small dice
1 avocado, ripe but firm, cut into small dice
1 teaspoon finely minced jalapeno pepper *optional
¼ cup roughly chopped fresh cilantro
1 lime, juiced
1 Tablespoon extra virgin olive oil
¼ teaspoon kosher salt
Pinch of black pepper



Nutrition Information

Chicken Chili Verde				Serves: 4	
Serving Size: 3/4 cup + garnish					
Calories	280	kcal	Fat	9.4	g
Protein	26	g	Saturated	1.7	g
Carbohydrate	23.3	g	Sugar	5.9	g
Sodium	326	mg	Calcium	9.5	%DV
Fiber	4.7	g	Iron	14	%DV
Cholesterol	108	mg			

Black beans and rice				Serves: 4	
Serving Size: 3/4 cup					
Calories	266	kcal	Fat	2.2	g
Protein	9.6	g	Saturated	0	g
Carbohydrate	49.7	g	Sugar	1.2	g
Sodium	351	mg	Calcium	4.9	%DV
Fiber	6.5	g	Iron	12	%DV
Cholesterol	0	mg			

Halibut				Serves: 4	
Serving Size: 1 fillet					
Calories	162	kcal	Fat	5.3	g
Protein	26.5	g	Saturated	0.8	g
Carbohydrate	1.4	g	Sugar	0	g
Sodium	220	mg	Calcium	1.8	%DV
Fiber	0.6	g	Iron	1.8	%DV
Cholesterol	70	mg			

Steamed red potatoes/lemony green beans				Serves: 4	
Serving Size: 1/2 cup					
Calories	143	kcal	Fat	7.1	g
Protein	2.8	g	Saturated	1	g
Carbohydrate	20.8	g	Sugar	4.3	g
Sodium	378	mg	Calcium	4.6	%DV
Fiber	4.1	g	Iron	6.2	%DV
Cholesterol	0	mg			

Mexican lasagna				Serves: 6	
Serving Size: 1/2 cup					
Calories	425	kcal	Fat	14	g
Protein	31.6	g	Saturated	2.3	g
Carbohydrate	42.4	g	Sugar	6.9	g
Sodium	526	mg	Calcium	14	%DV
Fiber	10.3	g	Iron	23	%DV
Cholesterol	108	mg			

Avocado salad			Serves: 4		
Serving Size: 1/4 cup without dressing					
Calories	75	kcal	Fat	5.3	g
Protein	1.8	g	Saturated	0.8	g
Carbohydrate	6.9	g	Sugar	2.8	g
Sodium	14	mg	Calcium	2.4	%DV
Fiber	3.8	g	Iron	3.7	%DV
Cholesterol	0	mg			

New york steaks			Serves: 4		
Serving Size: 6 ounce short loin					
Calories	406	kcal	Fat	28	g
Protein	32.6	g	Saturated	10	g
Carbohydrate	0	g	Sugar	0	g
Sodium	338	mg	Calcium	0.7	%DV
Fiber	0	g	Iron	31	%DV
Cholesterol	104	mg			

Smashed potatoes			Serves: 4		
Serving Size: 1/2 cup					
Calories	196	kcal	Fat	10	g
Protein	2.9	g	Saturated	1.4	g
Carbohydrate	24.1	g	Sugar	1.4	g
Sodium	258	mg	Calcium	1.8	%DV
Fiber	2.6	g	Iron	7.4	%DV
Cholesterol	0	mg			

Steamed green beans			Serves: 4		
Serving Size: 1/4 cup					
Calories	25	kcal	Fat	1	g
Protein	1	g	Saturated	0	g
Carbohydrate	4	g	Sugar	1.9	g
Sodium	3.4	mg	Calcium	2.1	%DV
Fiber	1.5	g	Iron	3.3	%DV
Cholesterol	0	mg			

Black bean tostada			Serves: 4		
Serving Size: 2 each					
Calories	328	kcal	Fat	13	g
Protein	13.7	g	Saturated	3.4	g
Carbohydrate	39	g	Sugar	3.2	g
Sodium	390	mg	Calcium	33	%DV
Fiber	9	g	Iron	14	%DV
Cholesterol	13	mg			

Avocado salsa			Serves: 4		
Serving Size: 1 tablespoon					
Calories	100	kcal	Fat	8.6	g
Protein	1.2	g	Saturated	1.2	g
Carbohydrate	6.8	g	Sugar	1.6	g
Sodium	129	mg	Calcium	1.6	%DV
Fiber	3.3	g	Iron	2.5	%DV
Cholesterol	0	mg			