

PREP GUIDE

MEAL #1

- 2" piece of fresh ginger grated to yield 1 Tablespoon
- 2 cups cooked brown rice **see recipe below*

MEAL #2

- Make arugula pesto ** see Meal #2 for recipe*
- Blanch broccoli florets ** see recipe below*

MEAL #3

- Cut vegetables:
 - 1 carrot, shredded
 - 1 red bell pepper, sliced thin
 - 3 scallions, sliced thin
 - ½ pound snow peas, sliced

MEAL #4

- Cut vegetables:
 - 4 scallions, chopped (2 for burger, 2 for potato salad)
 - 1 red bell pepper, diced
 - 2 carrots, shredded

MEAL #5

- Make pantry dressing
- Cut vegetables:
 - 2 scallion, chopped
 - 1 red bell pepper, chopped

Brown Rice (for Meal #1)

1 cup brown rice
2 cups water or broth
½ teaspoon salt

Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmering for 30-35 minutes until liquid has absorbed. Remove from heat and steam for an additional 5 minutes; makes 2 cups.

To Blanch Broccoli (for Meals #2 & #5)

1½ pounds broccoli florets

Heat a large pot of water to boiling. Add broccoli and cook 2-3 minutes. Drain and immediately place broccoli into a bowl of ice water. Drain when cool and refrigerate until dinner night.

MENU

MONDAY ①

SCALLION MEATBALLS
Brown Rice & Snow Peas

TUESDAY ②

PESTO CRUSTED MAHI MAHI
Roasted Potatoes & Broccoli

WEDNESDAY ③

ASIAN NACHOS

THURSDAY ④

LAMB BURGERS
Pesto Potato Salad

FRIDAY ⑤

BROCCOLI QUICHE WONTONS
Arugula Salad



CLASSIC Spring

Shopping List

(1) Scallion Meatballs (2) Pesto Crusted Mahi Mahi (3) Asian Nachos (4) Lamb Burgers (5) Broccoli Quiche Won Tons

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground turkey	2 pounds		10
2	mahi mahi fillets	1 pound		14
4	ground lamb	1 pound		10

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
2,5	broccoli florets	1-1/2 pounds		3
1,4,5	Asian pear	3	can sub another variety if Asian not available	3
1,3,4,5	scallions	2 bunches	need 15 scallions total	2
1	fresh ginger	2" piece		1
1,3	snow peas	1-1/2 pounds		3
2,4	new potatoes	2 pounds		3
2,5	fresh basil	1 bunch		1.5
2,5	arugula	8 ounces		4
3,4	carrot	3		1
3,4,5	red bell pepper	3		3
3,4	cilantro	1/2 bunch	need 6 Tablespoons chopped	1.5

Recipe #	Dairy	Quantity	Notes	Est Cost
1,5	egg	7	large, organic	3
3,5	low fat mozzarella cheese	1-1/2 cups	shredded	4.5

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	rice wine vinegar	3 Tablespoons		1
2,3,5	cashews	1/2 cup		2
3,5	won ton skins	28	usually found in produce section	2

Fresh 20 Grocery Est 72.5
 Cost Per Dinner 14.5
 Cost Per Serving 3.625

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	1/2 cup	dried oregano	
	grapeseed oil	1 Tablespoon	herbes de provence	
	balsamic vinegar		ground cumin	1 teaspoon
	white wine vinegar		raw honey or 100% maple syrup	3 Tablespoons
	chicken or veggie broth: low sodium		organic tomato paste	
	garlic	12 cloves	Dijon mustard or brown mustard	
	kosher salt	2-1/4 teaspoons	soy sauce or Braggs liquid amino acid	3 Tablespoons
	black pepper	1 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	1 cup
paprika	1 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) SCALLION MEATBALLS

brown rice and snow peas

MADE AHEAD

- 2" piece of ginger grated to yield 1 Tablespoon
- 2 cups cooked brown rice * see prep guide

DIRECTIONS

For Scallion meatballs

1. Heat oven to 400 degrees.
2. In a large bowl, combine first 7 ingredients (turkey through black pepper). Mix gently and scoop into golf ball size meatballs.
3. Place on a baking sheet and cook for 15 minutes.
4. While meatballs are cooking, heat a large skillet over medium-low heat and add the ginger, maple syrup, soy sauce, vinegar and water. Cook for about 5 minutes.
5. When the meatballs come out of the oven, add them to the sauce and cook over low heat for about 2-3 minutes.
6. Save half the meatballs for Meal #3.

Meanwhile

For snow peas

1. Heat a large non-stick skillet over medium-high heat and add oil.
2. When oil is hot add the snow peas.
3. Toss for 2-3 minutes and add salt and pepper.
4. Save ½ (about ½ pound) for Meal #3.

To re-heat brown rice on dinner night

Add cooked rice and 1-2 Tablespoons water to a covered sauce pan. Warm over medium-low heat for 5-7 minutes and fluff with a fork before serving.

INGREDIENTS

For Scallion meatballs

2 pounds ground turkey (for two meals)

1 egg

1 Asian pear, peeled and grated

6 scallions, chopped

4 cloves garlic, minced

¼ teaspoon kosher salt

⅛ teaspoon black pepper

1 Tablespoon grated ginger

3 Tablespoons maple syrup

3 Tablespoons low-sodium soy sauce

3 Tablespoons rice wine vinegar

2 Tablespoons water

For snow peas

1 Tablespoon grapeseed oil

1½ pounds snow peas, trimmed

¼ teaspoon kosher salt

⅛ teaspoon black pepper

For brown rice

2 cups cooked brown rice * see prep guide for recipe



(2) PESTO CRUSTED MAHI MAHI

roasted potatoes and broccoli

MADE AHEAD

- Make arugula pesto * *see recipe below*
- Blanch broccoli * *see prep guide*

DIRECTIONS

For roasted potatoes

1. Heat oven to 400 degrees.
2. Toss all ingredients together and spread in an even layer on a baking sheet. Cook for about 25-30 minutes.
3. Save half for Meal #4.

Meanwhile

For pesto crusted mahi mahi

1. Spread pesto evenly over the four mahi fillets and place on a foil lined baking sheet.
2. Put in oven with potatoes and cook for 10-12 minutes depending on the thickness of your fish (fish is done when center flakes easily with a fork). *Chicken may take slightly longer, cook until no longer pink in the center and juices run clear.*

For broccoli

1. Heat a large non-stick skillet over medium heat and add oil and garlic.
2. Once hot, add blanched broccoli, salt, and pepper and toss.
3. Heat until warmed through.

For arugula pesto

1. Finely chop or puree all ingredients.
2. Makes about 1 cup, save half for Meal #4.

INGREDIENTS

For roasted potatoes

2 pounds new potatoes cut into wedges
2 Tablespoon olive oil
1 teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin

For pesto crusted mahi mahi

½ cup arugula pesto * *see recipe below*
1 pound mahi mahi fillets, cut into 4 portions (*can sub 2 chicken breasts, each cut in half lengthwise*)

For broccoli

1 Tablespoon olive oil
3 cloves garlic, minced
1 pound blanched broccoli florets * *see prep guide*
¼ teaspoon kosher salt
⅛ teaspoon black pepper

For arugula pesto

¾ bunch basil
¼ cup cashews (omit for nut allergies)
3 cloves garlic
¼ cup olive oil
2 ounces arugula (1 very large handful)
1 Tablespoon water

MADE AHEAD

- ½ pound cooked snow peas, sliced * *see Meal #1 for recipe*
- Scallion meatballs * *see Meal #1 for recipe*
- Cut vegetables: carrot, bell pepper, scallions, snow peas

DIRECTIONS

For Asian nachos

1. Heat oven to 350 degrees. Place wonton skins in a single layer on a baking sheet and bake until light brown, about 5-7 minutes.
2. Pile browned wontons in the center of the baking sheet and top with crumbled meat, vegetables, and cheese. Place back in the oven to heat and melt cheese, about 5 more minutes.
3. Remove from oven and garnish with cashews and cilantro.

INGREDIENTS

For Asian nachos

- 16 wonton skins
- 1 pound cooked Scallion meatballs, crumbled or chopped * *see Meal #1 for recipe*
- 1 carrot, shredded
- 1 red bell pepper, sliced thin
- 3 scallions, sliced thin
- ½ pound cooked snow peas, sliced * *see Meal #1 for recipe*
- ¾ cup shredded low-fat mozzarella
- 2 Tablespoons cashews, crushed (can be omitted for nut allergies)
- ¼ cup chopped cilantro



(4) LAMB BURGERS

pesto potato salad

MADE AHEAD

- Arugula pesto * see Meal #2 for recipe
- Roasted potatoes * see Meal #2 for recipe
- Cut vegetables: scallions, bell pepper, carrots

DIRECTIONS

For lamb burgers

1. Combine all burger ingredients and form into 4 patties.
2. Heat a grill pan or large skillet over medium heat.
3. Cook for about 4-6 minutes per side, until desired doneness.

For pesto potato salad

In a large bowl, gently combine all ingredients, and refrigerate until dinner time. Serve chilled with lamb burgers.

INGREDIENTS

For lamb burgers

- 1 pound ground lamb
- 2 cloves garlic, minced
- 2 scallions, chopped
- 1 teaspoon paprika
- ½ teaspoon cumin
- 2 Tablespoons chopped cilantro
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

For pesto potato salad

- 1 pound roasted potatoes, cut into small bite sized pieces
* see Meal #2 for recipe
- 1 Asian pear, diced
- 2 scallions, chopped
- 1 red bell pepper, diced
- 2 carrots, shredded
- ½ cup arugula pesto *see Meal #2 for recipe



(5) BROCCOLI QUICHE WONTONS

arugula salad

MADE AHEAD

- Blanched broccoli * *see prep guide for recipe*
- Make pantry dressing (www.thefresh20.com/pantrydressings)
- Cut vegetables: scallion, bell pepper

DIRECTIONS

For broccoli quiche wontons

1. Heat oven to 375 degrees. Line each well of a muffin tin with one wonton skin, pressing it firmly to the edges. Bake 6-8 minutes and remove from oven.
2. Combine remaining ingredients and spoon into wontons.
3. Bake about 10-14 minutes until eggs are set. Remove from oven and serve immediately.

For arugula salad

Toss all ingredients in a large bowl. Serve chilled with broccoli quiche.

INGREDIENTS

For broccoli quiche wontons

12 wonton skins
½ pound blanched broccoli, chopped
* *see prep guide*
6 eggs
2 scallions, chopped
¾ cup shredded low-fat mozzarella
½ teaspoon kosher salt
½ teaspoon black pepper

For arugula salad

6 ounces arugula (about 6 cups)
¼ bunch basil, chopped
1 red bell pepper, chopped
1 Asian pear, diced
2 Tablespoons cashews, chopped
(omit for nut allergies)
Pantry dressing of your choice



Nutrition Information

Scallion meatballs				Serves: 4	
Serving Size: About 5 meatballs					
Calories	223	kcal	Fat	10	g
Protein	22.9	g	Saturated	2.7	g
Carbohydrate	11.1	g	Sugar	7.3	g
Sodium	388	mg	Calcium	4.8	%DV
Fiber	1.6	g	Iron	9.9	%DV
Cholesterol	107	mg			

Brown Rice				Serves: 4	
Serving Size: ½ cup (with low sodium broth)					
Calories	191	kcal	Fat	3.4	g
Protein	4.7	g	Saturated	0.5	g
Carbohydrate	35.7	g	Sugar	0.7	g
Sodium	33	mg	Calcium	0.5	%DV
Fiber	1.6	g	Iron	0.9	%DV
Cholesterol	0	mg			

Snow peas				Serves: 4	
Serving Size: 1/2 cup					
Calories	70	kcal	Fat	2.8	g
Protein	3.2	g	Saturated	0.3	g
Carbohydrate	8.6	g	Sugar	4.5	g
Sodium	66	mg	Calcium	4.9	%DV
Fiber	3	g	Iron	13	%DV
Cholesterol	0	mg			

Pesto crusted mahi mahi				Serves: 4	
Serving Size: 1 fillet + 2 tablespoons pesto					
Calories	185	kcal	Fat	9.6	g
Protein	22	g	Saturated	1.5	g
Carbohydrate	2.1	g	Sugar	0.4	g
Sodium	103	mg	Calcium	3.6	%DV
Fiber	0.3	g	Iron	9.8	%DV
Cholesterol	83	mg			

Roasted potatoes				Serves: 4	
Serving Size: 1/2 cup					
Calories	131	kcal	Fat	3.6	g
Protein	2.6	g	Saturated	0.5	g
Carbohydrate	22.2	g	Sugar	1.6	g
Sodium	260	mg	Calcium	1	%DV
Fiber	2	g	Iron	4.5	%DV
Cholesterol	0	mg			

Broccoli			Serves: 4		
Serving Size: 1/2 cup					
Calories	72	kcal	Fat	3.8	g
Protein	3.3	g	Saturated	0.5	g
Carbohydrate	8.3	g	Sugar	2	g
Sodium	161	mg	Calcium	5.7	%DV
Fiber	3	g	Iron	4.9	%DV
Cholesterol	0	mg			

Asian nachos			Serves: 4		
Serving Size: 1 cup (4 wonton skins + about 1 cup meat/veg/cheese topping)					
Calories	470	kcal	Fat	19	g
Protein	35.5	g	Saturated	6	g
Carbohydrate	41.3	g	Sugar	13	g
Sodium	813	mg	Calcium	29	%DV
Fiber	5.5	g	Iron	26	%DV
Cholesterol	123	mg			

Lamb burgers			Serves: 4		
Serving Size: 1 patty					
Calories	327	kcal	Fat	27	g
Protein	19.1	g	Saturated	12	g
Carbohydrate	1.5	g	Sugar	0.3	g
Sodium	193	mg	Calcium	3	%DV
Fiber	0.5	g	Iron	11	%DV
Cholesterol	83	mg			

Pesto potato salad			Serves: 4		
Serving Size: 1/2 cup					
Calories	218	kcal	Fat	6	g
Protein	4.8	g	Saturated	0.9	g
Carbohydrate	38.1	g	Sugar	11	g
Sodium	290	mg	Calcium	5.2	%DV
Fiber	6.9	g	Iron	9.2	%DV
Cholesterol	0	mg			

Broccoli quiche wontons			Serves: 4		
Serving Size: 3 prepared wontons					
Calories	273	kcal	Fat	13	g
Protein	19.9	g	Saturated	5.1	g
Carbohydrate	19.7	g	Sugar	1.6	g
Sodium	487	mg	Calcium	27	%DV
Fiber	2.1	g	Iron	15	%DV
Cholesterol	295	mg			

Arugula salad			Serves: 4		
Serving Size: 1 cup (without dressing)					
Calories	77	kcal	Fat	2.6	g
Protein	2.6	g	Saturated	0.5	g
Carbohydrate	12.8	g	Sugar	7.7	g
Sodium	14	mg	Calcium	7.8	%DV
Fiber	4.2	g	Iron	6.1	%DV
Cholesterol	0	mg			