

PREP GUIDE

MEAL #1

- Make shallot yogurt **see Meal #1 for recipe*
- Cut vegetables:
 - 1 medium yellow onion, bite sized chunks
 - 2 green bell peppers, bite sized chunks
 - 4 zucchini/squash, bite sized chunks

MEAL #2

- 2 cups cooked brown rice **see recipe below*
- Cut vegetables and fruit:
 - 2 nectarines, small dice
 - 1 green bell pepper, small dice
 - 1 tomato, small dice
 - ½ shallot, minced

MEAL #3

- Cut vegetables:
 - 2 tomatoes, diced
 - 2 carrots, shredded
 - 1 green bell pepper, diced

MEAL #4

- 2" piece fresh ginger, grated to yield 1 Tablespoon
- Cut vegetables:
 - 1 medium yellow onion, sliced thin

MEAL #5

- Make bread crumbs ** see Meal #5 for directions*
- Cut vegetables and fruit:
 - 1 squash/zucchini, sliced into rounds
 - 4 nectarines, sliced thin
 - 2 tomatoes, sliced thin

For Brown Rice (Meals #2 & #4)

2 cups brown rice

4 cups water or broth

½ teaspoon salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to a boil, cover, and reduce heat to low simmer for 25-35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes; makes 4 cups.

MENU

MONDAY ①

VEGGIE KEBABS

Shallot Yogurt and Hummus Lavosh

TUESDAY ②

GARDEN GARBANZO BURGERS

Nectarine Salsa & Brown Rice

WEDNESDAY ③

HUMMUS ROLLUPS

THURSDAY ④

EAT YOUR GREENS STIR FRY

Brown Rice

FRIDAY ⑤

NECTARINE MOZZARELLA STACK



Shopping List

(1) Veggie Kebabs (2) Garden Garbanzo Burgers (3) Hummus Rollups (4) Edamame & Pea Stir Fry (5) Nectarine Mozzarella Stack

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	yellow onion, medium	2		2
1,2,3,4	green bell pepper	5		5
1,5	zucchini or summer squash	5	use whichever you prefer	5
1,2,5	fresh basil	2-1/2 bunches		3.75
1,4	fresh mint	1 bunch		1.5
1,2	shallots	2	small, garlic-like onions	1
2,5	nectarines	6		3.75
2,3,5	tomato	5		5
2,3	carrots	3		1.25
3,5	mixed greens	10 ounces		2
4	fresh ginger	2" piece		0.75
4	edamame, frozen, shelled	3 cups		4.5
4	snap peas	1 pound		3

Recipe #	Dairy	Quantity	Notes	Est Cost
1	lowfat greek yogurt, plain	1 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,2,3	hummus	1-1/2 cups + 1 Tbsp		4
1,3,5	lavosh bread, whole wheat	17 pieces	Middle Eastern flat bread, can sub pita	8
3,5	* fresh * mozzarella	14 ounces		6
2	rolled oats	1/4 cup		2
2,4,5	cashews	1 cup	unsalted	5
1,2,3	garbanzo beans	3 cans	15 ounce, no salt added, organic	6
1	metal or wooden skewers	8		2

Fresh 20 Grocery Est \$73.50
 Cost Per Dinner \$14.70
 Cost Per Serving \$3.68

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	3 Tablespoons	dried oregano	
	grapeseed oil	2-1/2 Tablespoons	herbes de provence	
	balsamic vinegar	1/2 cup	ground cumin	1/2 teaspoon
	white wine vinegar	1 Tablespoon	raw honey or 100% maple syrup	1 Tablespoon
	low sodium vegetable broth		organic tomato paste	
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	1 teaspoon	soy sauce or Braggs liquid amino acid	2 Tablespoons
	black pepper	3/4 teaspoon	whole grain pasta	
	cayenne pepper		long grain brown rice	2 cups
paprika	1 teaspoon	whole wheat flour		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



(1) VEGGIE KEBABS

shallot yogurt and hummus lavosh

Lavosh is a thin, soft Middle Eastern flatbread that is used for wraps and dips. If you can't find lavosh you can use whole wheat pita bread.

MADE AHEAD

- Make shallot yogurt **see recipe below*
- Cut vegetables: onion, bell pepper, zucchini

DIRECTIONS

For veggie kebabs & hummus lavosh

1. Heat an outdoor grill to medium-high heat (see kitchen note).
2. In a large bowl, combine oil, garlic, cumin, paprika, salt and pepper. Add vegetables and toss to coat.
3. Put vegetables on skewers.
4. Cook on grill about 10 minutes.
5. Spread 2 Tablespoons hummus on each lavosh bread. Serve grilled veggies in lavosh bread; garnish with shallot yogurt, chopped garbanzo beans, mint and basil.

For toasted garbanzo beans

1. Pat beans dry with a clean kitchen towel.
2. Place beans in a medium dry skillet over medium heat and toast, stirring regularly, about 3-5 minutes.
3. Transfer to a cutting board and roughly chop.

For shallot yogurt

1. Whisk all ingredients together.
2. Save ½ cup for Meal #3.

Kitchen Note

To cook indoors, broil in the oven on medium-high for about 10-12 minutes; turn occasionally so all sides are evenly cooked.

INGREDIENTS

For veggie kebabs & hummus lavosh

8 wooden or metal skewers
1½ Tablespoons grapeseed oil
4 cloves garlic, minced
½ teaspoon cumin
1 teaspoon paprika
½ teaspoon kosher salt
¼ teaspoon black pepper
1 medium yellow onion, cut into bite sized chunks
2 green bell peppers, cut into bite sized chunks
4 zucchini or summer squash, cut into bite sized chunks
1 cup homemade or store bought hummus
8 pieces whole wheat lavosh bread

¼ cup mint (½ bunch)
½ cup chopped basil (½ bunch)

For toasted garbanzo beans

½ (15 ounce) can organic garbanzo beans, drained and rinsed

For shallot yogurt

1 cup plain lowfat greek yogurt
1 clove garlic, minced
1 small shallot, minced
1 Tablespoon honey



(2) GARDEN GARBANZO BURGERS

nectarine salsa & brown rice

MADE AHEAD

- 2 cups cooked brown rice **see prep guide*
- Cut fruit and vegetables: nectarines, bell pepper, tomato, shallot

DIRECTIONS

For garden garbanzo burgers

1. Combine rolled oats and cashews in food processor. Process until coarsely chopped.
2. Add remaining burger ingredients and process until roughly chopped and well combined. Do not over process or the burgers will be too soft.
3. Form mixture into four tightly packed patties.
4. Cook burgers in a non-stick skillet or grill pan over medium heat until warmed through and browned on both sides.
5. Serve with brown rice and nectarine salsa.

For nectarine salsa

Combine all the ingredients and chill until ready to serve.

For brown rice

To re-heat on dinner night add 2 Tablespoons of water to cooked rice and heat 5-7 minutes on stovetop, stir with a fork to fluff.

INGREDIENTS

For garden garbanzo burgers

¼ cup rolled oats
2 Tablespoons unsalted cashews
1 (15 ounce) can organic garbanzo beans, drained and rinsed
1 medium carrot, grated
½ cup fresh basil leaves (½ bunch)
1 Tablespoon hummus
1 Tablespoons olive oil
1 Tablespoon white wine vinegar
½ teaspoon salt
¼ teaspoon fresh pepper

For nectarine salsa

2 nectarines, small dice
1 green bell pepper, small dice
1 tomato, small dice
½ shallot, minced
½ cup chopped basil (½ bunch)
½ Tablespoon olive oil
2 Tablespoon balsamic vinegar

For brown rice

2 cups cooked brown rice ** see prep guide*

MADE AHEAD

- Shallot yogurt **see Meal #1 for recipe*
- Cut vegetables: tomatoes, carrots, bell pepper,

DIRECTIONS

For ham roll ups

1. Combine all ingredients except for lavosh and hummus.
2. Spread 1 Tablespoon of hummus on each lavosh, add vegetable mixture, and roll up into sandwiches.

INGREDIENTS

For hummus roll ups

- 8 ounces fresh mozzarella, diced
- 2 tomatoes, diced
- 2 carrots, shredded
- 1 green bell pepper, diced
- 1 (15 ounce) can organic garbanzo beans, drained and rinsed and roughly chopped
- 4 ounces mixed greens (1½ cups)
- ½ cup shallot yogurt **see Meal #1 for recipe*
- 2 Tablespoons balsamic vinegar
- ¼ teaspoon black pepper

- ½ cup homemade or store bought hummus
- 8 pieces whole wheat lavosh bread



(4) EAT YOUR GREENS STIR FRY

brown rice

MADE AHEAD

- 2 cups cooked brown rice * *see prep guide*
- 2" piece of fresh ginger, grated to yield 1 Tablespoon
- Cut vegetables: onion

DIRECTIONS

For eat your greens stir fry

1. Heat a large non-stick skillet over medium-high heat and add the oil.
2. When oil is hot, add the onions, pepper, garlic and ginger and sauté for 1 minute. Add edamame and snap peas and continue cooking, tossing frequently, for about 2-3 minutes.
3. Add the mint and soy sauce and cook until heated through.
4. Serve warm over brown rice. Top with cashews

For brown rice

To re-heat on dinner night add 2 Tablespoons water to cooked rice and heat over stovetop, stirring with a fork to fluff.

INGREDIENTS

For eat your greens stir fry

1 Tablespoon grapeseed oil
1 medium yellow onion, sliced thin
1 green bell pepper, sliced thin
4 cloves garlic, minced
1 Tablespoon minced ginger
3 cups frozen shelled edamame, thawed
1 pound snap peas
¼ cup chopped mint (½ bunch)
2 Tablespoons low-sodium soy sauce
¼ cup raw cashews, chopped (optional)

For brown rice

2 cups cooked brown rice **see prep guide*

MADE AHEAD

- Made breadcrumbs * *see directions, right*
- Cut vegetables and fruit: squash, nectarines, tomatoes

DIRECTIONS

For nectarine mozzarella stack

1. Heat a large nonstick skillet over medium-high heat and add $\frac{3}{4}$ Tablespoon of oil.
2. When oil is hot, add squash and cook for 1-2 minutes per side and set aside.
3. Add remaining oil to pan. Dredge cheese slices in bread crumbs and sauté for about 1 minute per side until bread crumbs are light brown.
4. Make 8 stacks of layered squash, cheese, nectarines, tomatoes and basil.
5. Sprinkle with cashews and vinegar and serve over mixed greens.

INGREDIENTS

For nectarine mozzarella stack

- 1½ Tablespoons olive oil, divided
- 1 summer squash or zucchini, sliced into rounds
- 6 ounces fresh mozzarella, sliced into rounds
- 1 piece whole wheat lavosh bread, made into crumbs*
- 4 nectarines, sliced thin
- 2 tomatoes, sliced thin
- 1 bunch basil leaves (2 cups)
- $\frac{3}{8}$ cup roasted cashews, chopped
- $\frac{1}{4}$ cup balsamic vinegar
- 6 ounces mixed greens (2 cups)

** To make bread crumbs, crumble bread into food processor and blend until sandy in texture.*



Nutrition Information

Vegetarian Kebabs		Serves: 4	
Serving Size: 3/4 cup veggies, 2 pieces lavosh bread, 2 tablespoons hummus, 1/4 cup garban			
Calories	410 kcal	Fat	14 g
Protein	16 g	Saturated	2 g
Carbohydrate	61 g	Sugar	7 g
Sodium	800 mg	Calcium	10 %DV
Fiber	12 g	Iron	25 %DV
Cholesterol	0 mg		

Shallot Yogurt		Serves: 4	
Serving Size: 3 tablespoons			
Calories	44 kcal	Fat	0.6 g
Protein	4.4 g	Saturated	0.4 g
Carbohydrate	5.5 g	Sugar	4.8 g
Sodium	19 mg	Calcium	4.9 %DV
Fiber	0 g	Iron	0.3 %DV
Cholesterol	4 mg		

Garbanzo Burgers		Serves: 4	
Serving Size: 1 burger patty			
Calories	190 kcal	Fat	9 g
Protein	7 g	Saturated	1 g
Carbohydrate	22 g	Sugar	1 g
Sodium	400 mg	Calcium	4 %DV
Fiber	1 g	Iron	8 %DV
Cholesterol	0 mg		

Nectarine salsa		Serves: 4	
Serving Size: 1/3 cup			
Calories	76 kcal	Fat	2.1 g
Protein	1.8 g	Saturated	0.3 g
Carbohydrate	13.9 g	Sugar	9.8 g
Sodium	8 mg	Calcium	2.3 %DV
Fiber	2.8 g	Iron	3.8 %DV
Cholesterol	0 mg		

Brown Rice		Serves: 4	
Serving Size: 1/2 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		

Hummus Rollups		Serves: 4	
Serving Size: 2 prepared sandwiches			
Calories	505 kcal	Fat	18 g
Protein	28 g	Saturated	8 g
Carbohydrate	61 g	Sugar	7 g
Sodium	946 mg	Calcium	50 %DV
Fiber	8 g	Iron	20 %DV
Cholesterol	31 mg		

Eat your greens stir fry		Serves: 4	
Serving Size: 1 1/4 cup			
Calories	320 kcal	Fat	15 g
Protein	18 g	Saturated	2 g
Carbohydrate	28 g	Sugar	9 g
Sodium	280 mg	Calcium	20 %DV
Fiber	8 g	Iron	30 %DV
Cholesterol	0 mg		

Brown Rice		Serves: 4	
Serving Size: 1/2 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		

Nectarine mozzarella stack		Serves: 4	
Serving Size: 2 prepared stacks			
Calories	510 kcal	Fat	28.2 g
Protein	23.4 g	Saturated	9.6 g
Carbohydrate	50.3 g	Sugar	21.2 g
Sodium	414 mg	Calcium	34 %DV
Fiber	8.2 g	Iron	23.5 %DV
Cholesterol	30 mg		