

## PREP GUIDE

### MEAL #1

- Prepare ribs \* *see Monday: Quick BBQ Ribs for directions*
- Make pesto \* *see Monday: Quick BBQ Ribs for directions*
- Make BBQ sauce \* *see recipe below*

**MEAL #2** – no prep needed

**MEAL #3** – no prep needed

### MEAL #4

- Roasted red peppers \* *see Thursday: Portobello Caprese for recipe*
- Make vinaigrette dressing \* *see Thursday: Portobello Caprese for recipe*

### MEAL #4

- Cut vegetables:
  - 3 pounds medium ripe summer tomatoes, cored
  - 1 medium cucumber, peeled
  - 1 medium red bell pepper, cored and seeds removed

#### **For BBQ sauce** (Meal #1)

3 Tablespoons butter  
 ½ red onion, cut into quarters  
 2 cloves of garlic  
 4 tomatoes, cut into quarters  
 1 cup water  
 ⅓ cup honey  
 2 teaspoons Dijon mustard  
 ½ teaspoon kosher salt

1. Melt butter over medium heat. Add onions and garlic and sauté for 5 minutes until onions are soft.
2. Add tomatoes and continue cooking an additional 5 minutes.
3. Smash tomatoes with the back of a wooden spoon or spatula.
4. Add water, honey, Dijon, and salt.
5. Simmer for 15 minutes, stirring frequently. Liquid will start to thicken.
6. Remove from heat and cool down.
7. Strain BBQ sauce into a container and store in refrigerator.

## MENU

### MONDAY ①

QUICK BBQ RIBS  
 Pesto Portobellos

### TUESDAY ②

LEMON SALMON  
 Pea Puree

### WEDNESDAY ③

GRILLED CHICKEN SAUSAGE  
 Nectarines with burrata

### THURSDAY ④

PORTOBELLO CAPRESE

### FRIDAY ⑤

STRAWBERRY GAZPACHO



# Shopping List

(1) BBQ Ribs (2) Lemon Salmon (3) Grilled Chicken Sausage/Nectarines (4) Portobello Caprese (5) Strawberry Gazpacho

Recipe #	Meat / Seafood	Quantity	Notes	Est Cost
1	pork baby rack ribs	2 slabs		20
2	salmon fillets	1-1/4 pounds	about 4 fillets	8
3	chicken Italian sausage	1-1/2 pounds		6

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
3,4	nectarines	6		3
5	strawberries	1 pint		3
1,2,5	lemons	4		2
1,2,5	red onion	1		1
1,4,5	ripe tomatoes	3 lbs + 6		8
2	fresh or frozen peas	2 cups		3
4,5	red bell pepper	3		3
1,4	large portobello mushroom cap	8		8
5	cucumber	1 medium		1
5	jalepeno	1/2		0.5
1,2,4	fresh basil	2 bunches		3
5	fresh parsley	1/2 bunch		0.75
1,4	arugula salad mix or baby spinach	9 cups		9

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	butter	3 Tablespoons		0.5
1,2	parmesan cheese, grated	4 ounces		4
3,4	burrata (fresh italian cheese)	12 ounces		8

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1,3	raw almonds	3/4 cup		3
2,5	whole wheat dinner rolls	8		4
5	rice wine vinegar	1 Tablespoon	can sub white wine vinegar	0.5

Fresh 20 Grocery Est \$99.25  
 Cost Per Dinner \$19.85  
 Cost Per Serving \$4.96

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

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



# (1) QUICK BBQ RIBS

with pesto portobellos

PREP: 1 hour  
COOK: 15 minutes  
YIELD: 4 servings

## MADE AHEAD

- Prepare ribs: If necessary, trim fat off ribs. Cut each slab into 4 pieces of 3 ribs each. Place the ribs into a large pot and cover with water. Bring to a boil over high heat; reduce heat to medium and simmer until tender, about 45 minutes. Drain ribs and transfer to a large Ziploc bag or container; store in refrigerator for up to 3 days.
- Make pesto \* *see recipe below*
- Make BBQ sauce \* *see prep guide*

## DINNER NIGHT

### *For ribs*

1. Preheat outdoor grill to medium-high (500 degrees).
2. Place ribs, meat side up, on the grill. Cook for 5 minutes and then flip.
3. Brush the ribs with half of the BBQ sauce.
4. Continue to cook for an additional 5-10 minutes, basting the top of the ribs every few minutes. Remove from heat and let rest before serving; season with salt and pepper.

### *For pesto*

Combine pesto ingredients in a blender or food processor until smooth. Add salt and pepper to taste. Store in an airtight container for up to 5 days; reserve 4 Tablespoons for Meal #4.

### *For pesto portobellos*

1. Wipe mushrooms clean and remove stem and gills.
2. Spread  $\frac{1}{4}$  of the prepared pesto over the center of a 12" piece of aluminum foil.
3. Place one mushroom in the center of the pesto covered foil and fold to seal. Place on heated grill off to the side; repeat with remaining mushrooms and pesto.
4. Cook for 10-15 minutes.

## INGREDIENTS

### *For BBQ ribs*

2 slabs pork baby back ribs, boiled  
1 cup BBQ sauce \**see prep guide*  
Kosher salt and black pepper to taste

### *For pesto*

$\frac{1}{2}$  cup olive oil  
2 Tablespoons lemon juice (1 lemon)  
1 bunch (12 stems) fresh basil  
1 cup arugula salad (can sub baby spinach)  
 $\frac{1}{4}$  cup raw almonds  
2 ounce Parmesan cheese, grated  
Salt and pepper to taste

### *For pesto portobellos*

4 large Portobello mushroom caps  
1 cup homemade pesto



## (2) GRILLED LEMON SALMON with pea puree

PREP: 15 minutes  
COOK: 20 minutes  
YIELD: 4 servings

### DIRECTIONS

#### *For lemon broth*

1. Heat a small sauce pot over low/medium heat and olive oil. Once warm, add in the onions and sweat for about 2 minutes or until they become soft and translucent.
2. Add in the lemon zest & juice, broth, and salt & pepper, simmer for 10 minutes. Turn off the heat and keep warm.

#### *For pea puree*

1. In the bowl of a food processor, combine the peas, basil leaves, parmesan cheese, garlic, lemon juice, and salt & pepper - pulse until combined.
2. Turn on processor to a steady speed and drizzle in olive oil until smooth, about 2-3 minutes.

#### *For salmon*

1. Lay salmon out onto a flat surface and season each side generously with salt & pepper.
2. Heat a large nonstick sauté pan over medium/high heat and add grapeseed oil. Once oil is hot (almost smoking), add in salmon. Cook on the first side 3-4 minutes or until a nice golden brown crust forms, flip to other side, reduce heat to low/medium, and continue to cook for 3-4 minutes longer.
3. Squeeze fresh lemon juice over the top.

Divide the lemon broth into 4 shallow bowls and sprinkle with basil chiffonade. Scoop a large spoonful of pea puree into each bowl and top with a salmon fillet. Serve with whole wheat dinner rolls.

### INGREDIENTS

#### *For lemon broth*

- 1 Tablespoon olive oil
- 3 Tablespoons very finely minced or grated red onion
- 1 lemon, zested and juiced
- 1 cup low sodium chicken broth
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For pea puree*

- 2 cups fresh or frozen peas, thawed and at room temperature
- ¼ cup fresh basil leaves
- ½ cup grated Parmesan cheese
- 1 garlic clove, peeled
- ½ lemon, juiced
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ cup olive oil

#### *For salmon*

- 4 salmon fillets, about 1 ¼ pounds
- Kosher salt & black pepper
- 1 Tablespoon grapeseed oil
- ½ lemon
- 4 whole wheat dinner rolls

#### *For garnish*

- 5 basil leaves, rolled together lengthwise and then cut into thin slices (chiffonade).



## (3) GRILLED CHICKEN SAUSAGE

nectarines with burrata

PREP: 15 minutes

COOK: 10 minutes

YIELD: Serves 4 with 1-1/2 sausage per person

### *For grilled chicken sausage*

Heat a large, nonstick sauté pan over medium-high heat. Add in oil and sauté sausages until browned on all sides and cooked/heated through.

### *For nectarines with burrata*

1. Cut each nectarine in half, remove pit, and place on grill, cut side down, for 3-4 minutes. Remove from grill; reserve 2 nectarines (4 halves) for another dinner.
2. In a mixing bowl, make dressing by combining olive oil, vinegar, honey, and salt; set aside.
3. Spoon one Tablespoon of burrata over each grilled nectarine and sprinkle with chopped almonds.
4. Drizzle dressing over top and serve.

Cooking indoors? Preheat oven to 450 degrees. Place nectarines on a lined baking sheet and bake for 3 minutes on each side.

### INGREDIENTS

#### *For grilled chicken sausage*

1½ pounds chicken Italian sausage links; any variety, organic preferred (about 6 links)

1 teaspoon grapeseed oil

#### *For nectarines with burrata*

6 nectarines (for 2 dinners)

2 teaspoons olive oil

2 teaspoons balsamic vinegar

2 Tablespoons honey

Pinch of kosher salt

4 ounces burrata (a fresh Italian cheese)

½ cup raw almonds, chopped



## (4) PORTOBELLO CAPRESE

### nectarine arugula salad

PREP: 15 minutes  
COOK: 15 minutes  
YIELD: 4 servings

#### MADE AHEAD

- Pesto \* *from Meal #1*
- 2 grilled nectarines \* *from Meal #3*
- Roasted red peppers \* *see directions below*
- Make vinaigrette dressing \* *see recipe below*

#### DIRECTIONS

##### *For Portobello caprese*

1. Wipe clean tops of mushrooms; remove stem and gills with a spoon.
2. Slice each mushroom in half horizontally, creating 2 thin circles.
3. Cut each tomato into 4 slices.
4. Heat olive oil in medium skillet on high heat.
5. Place mushrooms caps in pan and cook for 2 minutes per side.
6. Place one mushroom slice on dinner plate. Top with a slice of burrata and spread with ½ Tablespoon of pesto. Top with a tomato slice, a basil leaf and finally roasted red pepper.
7. Repeat layers and place mushroom cap on top.

##### *For nectarine arugula salad*

In a medium salad bowl, combine arugula and nectarines; toss with vinaigrette dressing to taste.

##### *For roasted red peppers*

1. Rinse red bell peppers and dry.
2. Place peppers over an open flame (directly on the stove top flame, barbeque, broiler, or in a sauté pan over high heat).
3. Char on all sides (don't worry if it turns black and burns). Place into a Ziploc bag and steam for 10 minutes.
4. Remove from bag and peel off the skin over the sink. Remove stem and seeds and cut each pepper into four pieces. Store in the refrigerator in airtight container.

##### *For basic vinaigrette*

Whisk all ingredients together until well blended.

#### INGREDIENTS

##### *For Portobello caprese*

4 large Portobello mushroom caps  
2 beefsteak tomatoes  
1 teaspoon olive oil  
8 ounces burrata, cut into 8 slices  
4 Tablespoons pesto \* *from Meal #1*  
8 fresh basil leaves  
2 roasted red bell peppers \* *see directions below*

##### *For nectarine arugula salad*

8 cups arugula  
4 grilled nectarines halves, *sliced \* from Meal #3*  
Vinaigrette dressing \* *see recipe below*

##### *For roasted red peppers*

2 red bell peppers

##### *For basic vinaigrette*

1 Tablespoon balsamic vinegar  
½ teaspoon Dijon mustard  
¼ teaspoon kosher salt  
⅛ teaspoon ground black pepper  
3 Tablespoons extra-virgin olive oil

PREP: 20 minutes

COOK: 0

YIELD: 4 servings

### MADE AHEAD

- Cut vegetables: tomato, cucumber, red bell pepper

### DIRECTIONS

#### *For strawberry gazpacho*

1. Combine tomatoes, cucumber, red bell pepper, red onion, garlic, parsley, strawberries, and jalapeno in a blender or food processor and purée until relatively smooth, depending on preference of consistency. For a chunky version, pulse instead of puree.
2. Add half of the lemon juice, half of the vinegar and  $\frac{1}{2}$  of the salt. Blend. Taste. Adjust as necessary by adding a little more and tasting. If too thick, add a little water.
3. Transfer to a large bowl. Stir in olive oil by hand. Refrigerate for at least 20-25 minutes.
4. Serve in bowls, teacups or drinking glasses with whole wheat dinner rolls.

### INGREDIENTS

#### *For strawberry gazpacho*

- 3 pounds medium ripe summer tomatoes, cored
- 1 medium cucumber, peeled
- 1 medium red bell pepper, core and seeds removed
- $\frac{1}{4}$  medium red onion
- 2 garlic cloves, peeled
- $\frac{1}{2}$  bunch fresh parsley, long stems removed
- 1 pint fresh strawberries, hulled
- $\frac{1}{2}$  jalapeno chile pepper, less if you are sensitive to spice/heat
- 1 medium lemon, juiced
- 1 Tablespoon rice wine vinegar
- 1 teaspoon kosher salt
- $\frac{1}{2}$  cup water (optional, for consistency)
- 1 Tablespoon olive oil
- 4 whole wheat dinner rolls