Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Walnut Cauliflower Pate

Your Weekly Meal Plan is:

Pasta with Chickpeas

Black Beans over Arugula Salad

Southwestern Quinoa Soup

Food For Thought: Cauliflower Speaks!

True Confession Time: sometimes I think about what food would say if it could talk. Take cauliflower, for instance--I think it might say,

"Hey! What's up with you always buying broccoli and never choosing me?

I'm also a cruciferous vegetable and have lots of good stuff going for me, like the indoles that fight cancer cells. And don't let my color (or lack thereof) fool you—I am loaded with nutrition. In fact, eating just 3 of my florets provide you with almost 70% of your daily requirement of Vitamin C, which is so important in fighting off those springtime colds.

Not to mention, I am much easier to cut than broccoli and because my taste is mild, I'm a great vehicle for yummy dips and dressings…

Yep, it's official…I AM spending too much time in the produce section!

Enjoy the Walnut Cauliflower Pate this week.

Until Next Week, Eat Well, Be Well and LOVE Every Bite!
~Chef Jenny

Walnut Cauliflower Paté

This yummy spread gets a huge nutrition boost by using cauliflower as the creamy base. It does not taste like it is made of vegetables: it is smooth, creamy and yummy. Try it on crackers or raw vegetables. YUM!

Note: Herbs de Provence is a French spice blend with lavender in it. If you can't find it, you could use Italian Seasoning instead.

8 oz cremini mushrooms
1 small head cauliflower, cut into florets (like 3 cups)
olive oil and salt and pepper to taste
1 cup walnuts
1 garlic clove, minced
1 teaspoon dried herbs de provence
1 Tablespoon tahini
1 Tablespoon lemon juice
1/2 cup fresh parsley, chopped
sea salt and pepper to taste

Preheat oven to 400F. Wipe mushrooms with a damp cloth and prepare cauliflower. Place both on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Place in oven and roast for 10-15 minutes, or until cauliflower is fork tender.

Meanwhile, using a food processor, blend walnuts, garlic and herbs. When vegetables are roasted, add them to processor along with tahini, lemon juice and parsley and blend well. Season to taste with salt and pepper and serve.

Pasta e Cici (aka Pasta with Chickpeas)

Serves 4
Preparation Time: 10 minutes
Cooking Time: 20 minutes
Equipment Needed: Large skillet

Have you noticed how prevalent lemon is in springtime recipes? Besides adding a wonderful flavor, lemon is very cleansing for your liver and spring is of course, a great time to cleanse!

Personally, I really can't get enough of the lemon, parsley and garlic combination found in this yummy, easy recipe.

12 oz rice or whole wheat spaghetti, cooked according to package directions, before draining, reserve 1/2 cup cooking liquid, then drain and rinse pasta with cold water

1 Tablespoon olive oil
1/2 cup shallots, diced
3 garlic cloves, minced
Pinch red pepper flakes
1/2 teaspoon dried sage
2 cups flat-leaf parsley, minced
1 pint grape tomatoes, halved
1 15-ounce can chickpeas, drained and rinsed
1 Tablespoon fresh lemon juice
2 cups baby spinach leaves
Sea salt and freshly ground pepper
1 teaspoon lemon zest (for garnish)

In a skillet over medium heat, heat the oil and add shallot, garlic, red pepper flakes and sage and cook for 3-5 minutes. Add parsley and tomatoes and cook for 5 more minutes, until the tomatoes start to squish out a little. Add chickpeas, lemon juice and spinach and toss to wilt the spinach, about 3 minutes.

When pasta is cooked, add it back to the pot you cooked it in. Turn heat on to medium-low. Stir in chickpea mixture, adding reserved cooking water if necessary to coat. Heat mixture through, season to taste with salt and pepper and serve garnished with lemon zest.

Sautéed Black Beans over Arugula

Serves 4 (plus leftover black beans)
Preparation Time: 30 minutes
Cooking time: 15 minutes
Equipment Needed: Large skillet, large bowl

This black bean recipe is really versatile—it can be a burrito filling, sit on top of a grain or over a green salad. It makes a huge pot and you should have lots of leftovers. It also **freezes well.**

1 teaspoon olive oil
1 onion, diced
2 cloves garlic, minced
1 orange or red pepper, diced
2 teaspoons cumin, ground
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon salt
1/2 teaspoon black pepper
pinch cayenne pepper (optional)
2-25 oz cans black beans, drained
1-14.5 oz can diced tomatoes with their liquid
1/2 cup fresh cilantro, chopped

Gather all ingredients. Cut onions, garlic and peppers. Heat oil in a skillet and sauté onion, garlic and peppers until onions are clear, about 5 minutes. Add spices and sauté for another 3 minutes. Add black beans, tomatoes and cilantro and heat through. Serve over arugula salad.

Arugula Salad
Ancient Egyptians considered arugula to be an aphrodisiac. It is nutrient-rich and low in calories - just 20 calories in about three cups– it provides an excellent source of folate, vitamins A and C, and over 100% of your daily vitamin K needs. Plus, the peppery taste of arugula tastes great with the black beans.

2 packed cups arugula, washed and dried
1 teaspoon olive oil
1 teaspoon fresh lime juice
salt and pepper to season

In a large bowl, toss arugula with oil, lime juice and salt and pepper. Serve with black beans.

Southwestern Quinoa Soup

Serves 6-8
Preparation Time: 20 minutes
Cooking Time: 30 minutes
Equipment Needed: Large soup pot

This simple soup is surprisingly delicious. This recipe makes a lot and **freezes well.**

Nutrition All Star: If you want to improve your diet, you really want to learn to love the grain quinoa. It is a complete protein (meaning it has all essential amino acids) and is an excellent source of minerals. It is versatile and cooks quickly. Quinoa Rocks!

1 Tablespoon olive oil
3 garlic cloves, minced
2 bunches scallions, white parts sliced, green parts sliced and reserved for garnish
1 red pepper, chopped
2 carrots, sliced
6 medium plum tomatoes (about 1/2 lb), chopped
4 cups vegetable stock
4 cups water
1 cup dry quinoa, rinsed
1/2 cup fresh cilantro, minced
2 Tablespoons fresh lime juice
Salt and pepper to taste

Gather all ingredients. Mince garlic, and cut onion, pepper, carrots and tomatoes.

In a large saucepan, heat oil and sauté garlic, scallions, pepper, carrots and tomatoes. Add stock water and quinoa and bring to a boil. Cover, reduce heat and simmer for 30 minutes, or until quinoa is cooked. Before serving, add cilantro to pot and stir to wilt and add lime juice. Season to taste with salt and pepper and serve.

Shopping List

Remember to read through your recipes before shopping to see if there is anything you would like to double. Also, I don't have salt or pepper on here—I am assuming you have them in the kitchen already. **Have fun shopping!**

Store Section	**Walnut Cauliflower Pate**	**Pasta e Cici**	**Black Beans & Arugula Salad**	**Southwestern Quinoa Soup**
Produce	1 garlic clove 8 oz cremini mushrooms 1 small head cauliflower 1 lemon (for 1 T juice 1/2 cup parsley	3 garlic cloves 1/2 cup shallots 2 cups flat-leaf parsley 1 pint grape tomatoes 1 15-ounce can chickpeas 1 lemon (for 1 T juice) 2 cups baby spinach leaves	2 cloves garlic 1 onion 1 orange or red pepper 1/2 cup fresh cilantro 2 packed cups arugula 1 lime (for 1 t juice)	3 garlic cloves 2 bunches scallions 1 red pepper 2 carrots 6 medium plum tomatoes (about 1/2 lb) 1/2 cup fresh cilantro 1 lime (for 2 T juice)
Bulk/Refrig/ Frozen	1 cup walnuts			1 cup dry quinoa
Grocery/ Canned	1 T tahini	1 T olive oil 12 oz rice or whole wheat spaghetti	2 t olive oil 2-25 oz cans black beans 1-14.5 oz can diced tomatoes	1 T olive oil 4 cups vegetable stock
Spices/Misc.	1 t dried herbs de provence (or Italian seasoning)	Pinch red pepper flakes 1/2 t dried sage	2 t cumin 1 t chili powder 1 t oregano pinch cayenne pepper	