Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Southwestern Hummus

Your Weekly Meal Plan is:

Your Liver is Loving It! Lemon Lentil Soup

Potato and Spinach Masala

Smoky Black Eyed Peas & Collards

Food For Thought: Spring Sneezing and Sniffles!

Spring has sprung! Does this time of year have you sneezing and sniffling with seasonal allergies? If so, you are not alone. Seasonal Allergies affect more than 40 million Americans and cost over 1 billion dollars in treatment cost annually.

Good news! While there are a multitude of allergy relief supplements you can take, studies have shown you can also decrease symptoms through what you eat:

- Foods containing **Vitamin C,** a natural antihistamine, can help alleviate seasonal allergy reactions.
- **Vitamin E** is a powerful antioxidant, meaning it can fight free radicals causing allergies.
- Many people seeking season allergy relief are deficient in **Magnesium**. Once their magnesium level increases through diet and/or supplementation they notice less allergy symptoms.

Green leafy vegetables are a good source of Magnesium, with Swiss Chard and Spinach having especially high values. You will be enjoying both of those leafy greens in this week's plan—perfect seasonal veggies for this time of year.

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

Southwestern Hummus

Makes about 1 1/2 cups

Try this yummy hummus in a wrap made with a sprouted grain tortilla (like Alvarado Street) with lettuce, cucumbers and avocados. YUM!

1 15-oz can chickpeas, drained
2 crushed garlic cloves
1/2 teaspoon salt
1/4 cup lime or lemon juice
1 Tablespoon olive oil
2 Tablespoons tahini
1/2 cup roasted red peppers, drained, but water saved
1/2 cup fresh cilantro

Puree all the ingredients in a food processor or blender until creamy. Add additional red pepper juice, if necessary for desired consistency.

Your Liver is Loving It! Lemony Lentil Soup

Serves 6
Preparation Time: 15 minutes
Cooking time: 30 minutes
Equipment Needed: Soup pot

It's early spring and that means we are fast approaching the season of the liver. One great way to support your liver is to eat more lemons. Lemons are great sources of vitamin C, which helps your body convert toxins to a water soluble form that's easily flushed away. Vitamin C also helps make glutathione, which is needed for detoxifying the liver.

Also, citrus fruits contain a phytochemical called limonene. Limonene is concentrated in the white of the rind. It has been shown to dissolve gallstones and has anticancer properties. Limonene also enhances phase two detoxification of the liver (1)

This lemony red lentil soup is a great way to get your lemons! Red lentils are one of my kitchen favorites—they cook really fast and taste delicious. They almost dissolve in soups like this so they aren't bean-y but still provide protein and fiber.

1 Tablespoon olive oil
2 leeks, washed well and sliced
3 garlic cloves, minced
1 stalk celery, chopped
4 cups low-sodium vegetable broth
2 cups water
2 bay leaves
2 cups red lentils, washed
1 small strip (1x3 inches) kombu (sea vegetable)
1 bunch red chard (12 ounces), stemmed and cut into small pieces
Juice of 1 lemon
1 tablespoon lemon zest
1/2 cup minced fresh parsley
Lemon wedges, for garnish

Heat oil in a large soup pot over medium-low heat. Add leeks, garlic, and celery and cook for 5 minutes or leek is clear. Add broth, water, bay leaves, lentils, and kombu and bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes or until lentils are tender.

Add chard, lemon juice, and zest and cook 10 minutes more, or until chard is wilted. Before serving, remove bay leaves and kombu, stir in parsley, and season to taste with salt and pepper. Serve, garnished with lemon wedges.

(1) Murray, Michael T., N.D. *The Encyclopedia of Healing Foods*. Atria Books, 2005.

Potato & Spinach Masala

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 20 minutes (plus rice)
Equipment Needed: Rice cooker, large skillet

Coconut milk makes this recipe rich and creamy. Don't buy the light coconut milk, it is just watered down coconut milk. Instead, if you want to cut calories, take one can of regular coconut milk, split it in half, and add water to it. There—you made 2 cans of your own light coconut milk for half the cost. Wasn't that easy? You can put the other half in the freezer.

ANY PROTEIN GOES! Add 8 oz of your favorite protein right before you add the potatoes and sauté until it is cooked through. Then add the remaining ingredients and enjoy.

Want it heartier? Because this has potatoes in it, I would recommend eating it on it's own. However, if you desire a heartier meal, serve with a side of flatbread or over your favorite grain.

1 lb potatoes (Yukon gold or red), not peeled, diced
1 Tablespoon unrefined coconut oil
1 yellow onion, sliced
3 garlic cloves, minced
1 1-inch piece ginger, minced
1 jalepeno, seeded and minced (scrape out the seeds with a knife, try not to touch them)
1 teaspoon coriander seed, crushed (use a spice grinder or a morter and pestle)
1 teaspoon cumin
1/2 teaspoon turmeric
1 teaspoon garam masala
1 14-oz can coconut milk
4 cups baby spinach
2 Tablespoons fresh lemon juice
salt and pepper to taste
1/2 cup fresh cilantro (to garnish)

Cut potatoes and steam them in a steamer basket for 10 minutes.

Heat oil in a large skillet over medium heat. Add onions and sauté for 5 minutes, or until getting clear. Add garlic, ginger, jalepeno and spices and sauté for 2-3 minutes or until fragrant. Add steamed potatoes and stir to coat with spices. Add coconut milk and 1/2 cup water and stir well. Bring mixture to a boil and then reduce heat and simmer for 5 minutes. Stir in the spinach, lemon juice and a sprinkle of salt and pepper. Cook for 3-5 minutes or until spinach is wilted. Right before serving, garnish with cilantro.

Smoky Collard Greens

Serves 4-6
Preparation Time: 15 minutes
Cooking time: 20 minutes
Equipment Needed: Rice cooker, large skillet

I love southern food! Black-Eyed Peas are a fantastic source of protein and fiber and collard greens are packed with anti-oxidants and vitamins. The smokey tempeh strips give it a bacon-like flavor, but tempeh is a whole, healthy food, unlike some of the other "fake" bacons.

Serve this dish over brown rice (below), with cornbread or just as it is!

1 6-oz package Lightlife Smoky Tempeh Strips, diced
1 Tablespoon olive oil
3 cloves garlic, minced
1 medium onion, sliced
1 red pepper, chopped
2 15-oz cans Eden Black Eyed Peas, drained
1 bunch collard greens, sliced into small pieces
1 pinch crushed red pepper flakes
1 teaspoon salt
1/2 teaspoon black pepper
1 cup vegetable broth

Gather all ingredients. Dice tempeh strips, mince the garlic, slice the onion, red pepper and collard greens. In a large soup pot, heat oil and cook tempeh, garlic, onions and red pepper until onions are clear and tempeh is browned. Add peas, collards, seasonings and broth and simmer until collards are tender, about 20 minutes. Season to taste and serve.

Brown Rice

1 cup Short Grain Brown Rice
2 cups water
1 pinch of salt

Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook 40-50 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.

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	**Southwest Hummus**	**Red Lentil Soup**	**Potato Masala**	**Smoky Collards**
Produce	2 cloves garlic 2 lemons or 2 limes (for 1/4 cup juice) 1/2 cup cilantro	3 cloves garlic 2 leeks 1 stalk celery 1 bunch red or green chard 2 lemons ½ cup fresh parsley	3 garlic cloves 1 yellow onion 1 lb potatoes (Yukon gold or red) 1 1-inch piece ginger 1 jalepeno 4 cups baby spinach 2 lemons (for 2 T juice) 1/2 cup fresh cilantro	3 cloves garlic 1 yellow onion 1 red pepper 1 bunch collard greens
Bulk/Refrig/ Frozen		2 cups red lentils	***8 oz any protein desired***	1 6 oz package Lightlife Smoky Tempeh Strips (refrig) 1 cup short grained brown rice
Grocery/ Canned	1 T olive oil 2 T tahini 1 15-oz can chickpeas 1/2 cup roasted red peppers	1 T olive oil 4 cups vegetable stock 1 strip kombu	1 T unrefined coconut oil 1 14-oz can coconut milk	1 T olive oil 1 cup vegetable broth 2 15-oz cans Eden Black Eyed Peas
Spices/Misc.		2 bay leaves	1 t coriander seed (whole or you can buy ground) 1 t cumin 1/2 t turmeric 1 t garam masala	1 pinch crushed red pepper flakes