Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Asian Edamame Salad

Your Weekly Meal Plan is:

Chana Dal Soup

Spaghetti with Walnut Pesto, Oyster Mushrooms and Kale

Black Eyed Pea and Chipotle Burgers and Sweet Potato Fries

Food For Thought: Treasures From The Sea!

Q: Why are fish so good for you?
A: Because they eat sea vegetables!

Sea vegetables contain up to ten to twenty times the minerals of other foods--these veggies from the sea are absolutely loaded with minerals like calcium, magnesium and zinc. They are also the richest whole food source of iodine, a mineral that helps to keep the thyroid functioning properly.

While sea vegetables are a great addition to a healthy diet, for many they are an acquired taste. I must confess, I do not LOVE the taste of sea vegetables on their own, so I typically hide them in recipes.

For example, I cook my beans with the sea vegetable KOMBU. Cooking soups and stews with kombu adds valuable minerals that softens the beans, making them more digestible. It imparts almost no taste at all.

The Chana Dal Soup recipe this week tcalls for Kombu. When the soup is ready, you can take out the kombu, cut it up and put it back in the soup or remove it completely.

Enjoy!

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

Asian Edamame Salad

Edamame, or soybeans, are a great source of fiber and protein. This salad is great and tastes better as it "marinates". It has a lot of flavor and is great plain or over a bed of plain grains or spinach.

2 cloves garlic, minced
1 teaspoon agave
1/2 Tablespoon minced fresh ginger
2 Tablespoons brown rice vinegar
2 Tablespoons olive oil
1 Tablespoons Tamari
1/2 Tablespoon toasted sesame oil

Combine all ingredients in a blender and blend well.

1 10-oz package of shelled edamame, cooked according to package directions, then drained and run with cold water to stop cooking
1 red pepper, diced
1 carrot, grated
1/2 cucumber, diced
1 small daikon radish, grated

Toss all ingredients together with dressing and marinate at least 30 minutes before serving.

Chana Dal Soup

Serves 6
Preparation Time: 15 minutes
Cooking Time: 20 minutes
Equipment Needed: Soup pot

Chana Dal are baby chickpeas, very cute indeed! If you can't find them, you could substitute yellow split peas.

FREEZE RIGHT THERE! This soup will freeze well without the baby spinach, so add spinach leaves to each bowl instead of the whole pot.

1 Tablespoon unrefined coconut oil
1 large leek, washed well and sliced (see this on my website—search for how to clean a leek)
2 stalks celery, sliced
2 carrots, sliced
3 cloves garlic, minced
1 cup dry chana dal (baby chickpeas) or yellow split peas
1 strip kombu (See **What is It?** Below)
2 1/2 cups vegetable stock
2 1/2 cups water
1 15-oz can coconut milk
1/2 teaspoon thai chili paste**
1 Tablespoon fresh squeezed lemon juice
salt and pepper to taste
3 cups baby spinach leaves, washed

Melt oil in a large saucepan. Add leek, celery, carrots and garlic and sauté for 3-4 minutes. Add dal, kombu stock and water and bring to a boil. Reduce heat and simmer for 30 minutes or until dal is tender.

Reserve 1/4 cup of the coconut milk and put it in a small saucepan. Now add the rest of the can of coconut milk to the soup along with the lemon juice.

HAVE KIDS OR PEOPLE WHO CAN'T TOLERATE SPICY FOODS? *At this point, take out enough soup for them. It will need some salt and pepper but will be pretty tasty even without all of the other stuff. Then, just follow the rest of the directions.*

Recipe continues next page.....

Heat the 1/4 cup coconut milk over medium heat and add the chili paste, whisking until paste is completely dissolved. Stir this mixture into soup pot thoroughly, heating through. Taste for spiciness and for salt and pepper. If you think it needs more spice, take out some of the hot soup liquid, put it in the small saucepan and dissolve more chili paste into it. Then add that to the pot. In other words, don't add a blop of chili paste into the soup without making sure it is dissolved 1st. This is NOT something you want to take a big bite of, for sure! And yes, I am speaking from experience!

When ready to serve, remove Kombu and Serve in bowls with a 1/2 cup baby spinach leaves (ask kids to find the buried treasure!) on the bottom. The hot soup will wilt the greens. Enjoy!!

**Thai chili paste is found in the international section of the store. It is VERY spicy, so add a very small amount at a time until desired spiciness is reached.

What is it? **KOMBU**?

Kombu is a sea vegetable (otherwise known as kelp) that is a rich source of minerals, including calcium, magnesium and iodine. By cooking soups and stews with kombu, you can add valuable minerals to the pot of soup. Plus, kombu actually helps to make beans more digestible. When the soup is ready, you can either take out the kombu, cut it up and put it back in the soup or remove it completely.

Spaghetti with Walnut Pesto, Kale and Oyster Mushrooms

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 20 minutes
Equipment Needed: Pasta pot, food processor

This pasta dish is wonderful and the walnuts are a good source of healthy fats! If you would like this to be gluten free, use brown rice spaghetti.

1 head lacianto (dinosaur kale), stemmed and sliced thinly
8-oz dried whole grain or brown rice spaghetti
1 cup fresh parsley leaves
1/2 cup raw walnuts
3 cloves garlic, minced
1 teaspoon dried thyme
2 Tablespoons plus 1 teaspoon olive oil
8-oz oyster (or cremini) mushrooms
1 large yellow onion, sliced
1 1/2 cups vegetable broth
Salt and pepper to taste

Bring a large pot of water to a boil. Add a pinch of salt and pasta and kale, cooking both together for 10 minutes (or however long pasta package directs). Drain in a colander.

Meanwhile, in a food processor, blend together parsley, walnuts, garlic and thyme and pulse until ground. With motor running, add 2 Tablespoons olive oil gradually, until well mixed (it will be thick)

In the same pot you cooked the pasta, heat 1 teaspoon olive oil over medium heat. Add mushrooms and onions and cook for 5 minutes until onions are clear. Add pesto and sauté for 3 minutes until pesto turns brown and starts sticking to pan. Stir in the vegetable broth, scraping up pesto from the bottom of the pan. Stir until mixture is well blended and bring to a simmer (about 3 minutes).

Add cooked pasta and kale to the pan, tossing (tongs are easiest) to make sure the sauce coats the mixture well. Heat through and season to taste with salt and pepper and serve.

Black Eyed Pea & Chipotle Burgers with Sweet Potato Fries

Serves 4-6 (Makes 12 burgers)
Preparation Time: 15 minutes
Cooking Time: 20 minutes
Equipment Needed: Food Processor, baking sheet

These low fat, high fiber burgers are SO tasty! Enjoy them on a spouted grain or gluten free bun with the sweet potato fries. YUM!

FREEZE RIGHT THERE! You can freeze these burgers: wrap in wax paper, plastic or foil and freeze individually. Then you can grab one for an easy lunch.

1 cup raw sunflower seeds
2 cloves garlic, minced
2 scallions, chopped
1 15-oz can black eyed peas, drained and rinsed (rinsing makes them taste less beany) OR 2 cups cooked black eyed peas
1 chipotle pepper canned in adobo
1/2 teaspoon thyme
1 Tablespoon tomato paste
1 Tablespoon worcestershire sauce
1 teaspoon tamari
2 Tablespoons flaxseed, ground mixed with 2 Tablespoons water

1 Tablespoon olive oil, for brushing

Blend sunflower seeds in a food processor until ground. Remove half of them and set aside. , Add garlic and scallions and pulse until ground. Add rinsed peas, chipotle, thyme, tomato paste, worcestershire, and tamari and blend well, stopping to scrape the sides as needed. Remove mixture to a bowl. Stir in flaxseed mixture and reserved sunflower seeds. Chill mixture for 30 minutes (or longer).

Preheat oven to 400F. Take out mixture and form into small burgers (wetting your hands makes this easier) and place on baking sheet lightly greased with olive oil. Brush burgers with olive oil and bake for 15 minutes. Remove cookie sheet, turn burgers over, brush again with olive oil, return to oven and bake another 15-20 minutes until firm and brown.

Burgers will firm up as they cool. Enjoy!!

Sweet Potato Fries

Serves 4 (or 2 servings per large sweet potato. If cooking for a group, adjust accordingly)

Sweet potatoes have more nutrients than white potatoes, but they are more difficult to make into tasty fries. They have more water than regular potatoes, so they will steam when cooked instead of getting crispy. Being the lover of fries that I am, I decided to take the challenge to make a crispy sweet potato fry. By dredging them in potato starch and ***making sure they are not crowded on the tray*** you can get a pretty darn good fry if I do say so myself! Enjoy!

NOTE: You don't have to use the potato starch. The fries won't be as crispy, but if you don't want to buy a whole package for one recipe, that is understandable. However, if you like sweet potato fries, the starch makes them ***very tasty*** so it is worth the investment since you will want to make these again and again! I keep my bag of potato starch sealed and in the freezer.

2 large sweet potatoes, peeled and cut into 1/4 inch fries
2 teaspoons olive oil
1/2 cup Potato Starch (or about 1/4 cup of starch per large sweet potato if making more)
salt

Preheat oven to 400F. Put potatoes in a large bowl, drizzle with olive oil. Sprinkle with salt and potato starch and toss to coat well. Spread in a single layer (make sure they are not crowded, use more sheets as needed) onto a baking sheet lined with parchment and lightly greased. Bake for 30 minutes, stirring and flipping frequently to crisp evenly.

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	**Asian Edamame Salad**	**Chana Dal Soup**	**Spaghetti with Walnut Pesto**	**Black Eyed Pea Burgers and Fries**
Produce	2 garlic cloves 1 t agave 1/2 T minced fresh ginger	3 cloves garlic 1 large leek 2 stalks celery 2 carrots 1 lemon (for 1 T lemon juice) 3 cups baby spinach leaves	3 cloves garlic 1 large yellow onion 1 head lacianto (dinosaur kale) 1 cup fresh parsley leaves 8-oz oyster (or cremini) mushrooms	2 garlic cloves 2 scallions 2 large sweet potatoes (yams) ***burger fixins as desired***
Bulk/Refrig/ Frozen		1 cup dry chana dal (baby chickpeas) or yellow split peas 1/2 teaspoon thai chili paste	1/2 cup raw walnuts	1 cup raw sunflower seeds 2 T flaxseed
Grocery/ Canned	2 T olive oil 1 T tamari 1/2 T toasted sesame oil 2 T brown rice vinegar	1 T unrefined coconut oil 2 cups vegetable stock 1 15-oz can coconut milk 1 strip kombu (sea vegetable in the asian foods section)	3 T olive oil 1 1/2 cups vegetable broth 8-oz dried whole grain or brown rice spaghetti	1 15-oz can black eyed peas 1 chipotle pepper canned in adobo 1 T tomato paste 1 T Worcestershire 1 t tamari 2 t olive oil 1/2 cup potato starch (***optional-read recipe)*** ***Whole Grain buns***
Spices/Misc.			1 teaspoon dried thyme	1/2 teaspoon cayenne pepper 1/2 t thyme