Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Marinated Kale and Brown Rice Salad

Your Weekly Meal Plan is:

Barley and White Bean Soup

Vegetable Soba Lo Mein

Black Bean Casserole with Cornmeal-Pumpkin Seed Crumble

Food For Thought: Looking to Save Some Money? Eat More Beans!

Experts recommend getting 1 to 3 cups of beans per week. Why? Beans are a powerful protein, meaning you get protein with lots of other good stuff like fiber, antioxidants and complex carbohydrates. In fact, 4 out of the 20 foods highest in antioxidants are beans.

Another reason to love beans is that they are really economical. Last I checked, a pound of dry black beans cost about $2.00. A pound of dry beans makes approximately 6 cups of cooked beans, meaning a 1/2 cup serving costs just 16 cents.

All of that protein, fiber and antioxidants for less than 20 cents a serving? Just try to beat that with any other food.

And if you don't have time to make beans from scratch, the good canned beans (Eden) are only $2.19 a can, or just 73 cents a serving.

As usual, this weeks meal plan features delicious bean recipes--enjoy the Barley and White Bean Soup and Black Bean Crumble.

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

Marinated Kale & Rice Salad

Kale is SO good for you, loaded with vitamins and minerals! Adding a winter grain, like brown rice makes this mostly raw salad more hearty and warming for colder weather.

1 bunch lacitano kale
3 Tablespoons fresh lemon juice
1 Tablespoon olive oil
2 teaspoons finely minced garlic
1 teaspoon tamari, or sea salt
1 avocado, diced
1 cup cherry tomatoes, sliced
2 scallions, sliced
1 cup cooked brown rice**

Gather all ingredients. Wash kale thoroughly and dry in a salad spinner. Slice crossways into 1-inch strips. Set aside.

In a mixing bowl, combine lemon juice, olive oil, garlic, and tamari; whisk to blend. Add kale and toss until leaves are coated. Fold in avocado chunks until creamy then add tomatoes and scallions. Serve immediately or store, covered and refrigerated.

****Brown Rice**

1 cup short grain brown rice
2 cups water
pinch salt

Combine rice, water and salt and bring to a boil, reduce heat and simmer until rice is cooked and tender, about 35-45 minutes or prepare using a rice cooker.

Barley and White Bean Soup

Serves 6
Preparation Time: 25 minutes
Cooking Time: 35 minutes
Equipment Needed: Soup pot

This hearty soup is great with hot pepper sauce if you like things spicy. Collard greens are a really healthy green, and I love them cooked for a long time like this so they melt in your mouth.

Gluten Free? Use Wild Rice in place of the barley.

1 Tablespoon olive oil
1 large onion, chopped
4 garlic cloves, minced
8 oz button or cremini mushrooms, sliced
3 medium carrots, sliced
2 celery ribs, chopped
1 bunch collard greens, washed, stemmed and chopped
3/4 cup dry barley or wild rice
4 cups vegetable broth
4 cups water
2 bay leaves
1 teaspoon dried thyme leaves
1 15-oz can white beans, drained or 1 1/2 cup cooked white beans
Salt and pepper to taste

Heat oil in a large Dutch oven over medium heat and add onions and garlic; cook and stir 3 minutes. Add mushrooms, carrots and celery cook and stir 5 minutes or until tender.

Add collard greens, stock, broth and water, bay leaves, thyme and beans. Bring to a boil over high heat. Reduce heat to low. Cover and simmer 25 minutes or until barley is tender (may be longer for wild rice). Add salt and pepper to taste, remove bay leaves and serve.

Soba Lo Mein

Serves 4-6
Preparation Time: 25 minutes
Cooking Time: 35 minutes
Equipment Needed: Pasta pot, large skillet

This dish is SOBA good!! Soba noodles are made from buckwheat, a gluten-free grain that contains a powerful antioxidant that can help prevent cellular damage. Sometimes soba also contains wheat, so if you are completely gluten free be sure to buy 100% buckwheat soba.

8 oz soba noodles**
1 Tablespoon oil
1 Tablespoon ginger, minced
2 cloves garlic, minced
pinch red pepper flakes
4 scallions (use the rest of the bunch from the salad), sliced (reserve some of the green parts for garnish)
2 medium carrots, grated
1 red pepper, sliced
1/2 lb shiitake mushrooms, stems removed and caps thinly sliced
1 head Napa cabbage, shredded
1 cup vegetable broth
3 Tablespoons tamari
2 Tablespoons mirin (Chinese rice wine)
1 teaspoon toasted sesame oil
1/4 cup sesame seeds for garnish

**Cook pasta according to package directions, and rinse with cold water to stop the cooking.

In a large skillet, heat over medium-high heat. Sauté garlic, ginger and pepper flakes for about a minute, then add scallions, carrots, pepper, mushrooms and cabbage. Cover and cook over medium heat, stirring occasionally for about 5-7 minutes or until vegetables are tender and cabbage is wilted.

Add the broth, tamari, mirin and sesame oil and cooked soba noodles to the skillet. Simmer until heated through, serve garnished with sesame seeds and scallions.

Black Bean Casserole with Cornmeal Crumble

Serves 6-8
Preparation Time: 20 minutes
Cooking Time: 25 minutes ***(NOTE: this calls for 1 cup leftover brown rice from the refrigerator staple. If you didn't make that, get some rice cooking ASAP)***
Equipment Needed: Saucepan, food processor, casserole dish

My most favorite part of a fruit crumble is always the topping. So I created a casserole with a crumble topping for dinner using healthy pumpkin seeds instead of butter. And the results are DELISH! Serve this casserole with a green salad.

1 Tablespoon olive oil
1 yellow onion, chopped
2 garlic cloves, minced
1 Tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1 15-oz can diced tomatoes, fire roasted with chipotles
1 28-oz can pinto beans, drained
1 28-oz can black beans, drained
1 4.5-ounce can chopped green chiles, drained

1/2 cup packed minced fresh cilantro
1 cup leftover brown rice

Preheat oven to 400°F.

Sauté the onion and garlic in the olive oil in a large saucepan over medium heat for 3 minutes. Add the spices, tomatoes, beans and canned chilies, cover, reduce heat to medium-low, and simmer for 10 minutes. After 10 minutes, remove from heat and stir in cilantro and brown rice.

While mixture is simmering, prepare crumble topping.

Recipe continues next page….

Cornmeal Crumble Topping

1/2 cup pumpkin seeds
1 cup all-purpose flour (*GLUTEN FREE? USE A GF BAKING MIX INSTEAD)*
3/4 cup fine yellow cornmeal
1/2 teaspoon salt
5 tablespoons cold water
1/2 Tablespoon olive oil

In a food processor, pulse pumpkin seeds until ground. Add flour, cornmeal, and salt and pulse to combine. Drizzle in water and olive oil, pulsing quickly in food processor, just until mixture begins to hold together.

Spray or lightly oil a 9 x 13 casserole dish. Pour the bean/rice mixture into the dish. Spread cornbread crumble over beans. Bake for 20 to 25 minutes, or until the cornbread topping is lightly browned.

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	**Marinated Kale Salad**	**Barley and White Bean Soup**	**Vegetable Soba Lo Mein**	**Black Bean Casserole**
Produce	1 clove garlic 2 scallions 1 bunch lacitano kale 2 lemons (for 3 T juice) 1 avocado 1 cup cherry tomatoes	4 cloves garlic 1 lg yellow onion 8 oz button or cremini mushrooms 3 medium carrots 2 celery ribs 1 bunch collard greens	2 cloves garlic 4 scallions 1 T fresh ginger 2 medium carrots 1 red pepper 1/2 lb shiitake mushrooms 1 head Napa cabbage	2 cloves garlic 1 yellow onion 1/2 cup packed minced fresh cilantro
Bulk/Refrig/ Frozen	1 cup brown rice	3/4 cup dry barley or wild rice for gluten free	1/4 cup sesame seeds	1/2 cup pumpkin seeds 1 cup all-purpose flour (*OR A gluten free mix if desired)* 3/4 cup fine yellow cornmeal
Grocery/ Canned	1 T olive oil 1 t tamari	1 T olive oil 4 cups vegetable broth 1 15-oz can white beans or 1 1/2 cups cooked white beans	1 T olive oil 1 cup vegetable broth 3 T tamari 2 T mirin (Chinese rice wine) 1 t toasted sesame oil 8 oz soba noodles	2 T olive oil 1 15-oz can diced tomatoes, fire roasted with chipotle 1 28-oz can pinto beans 1 28-oz can black beans 1 4.5-ounce can chopped green chiles
Spices/Misc.		2 bay leaves 1 t dried thyme leaves	pinch red pepper flakes	1 T chili powder 1 ground cumin 1/2 t dried oregano