Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Brown Basmati Rice Salad with Edamame

Your Weekly Meal Plan is:

Lentil and Rice Stuffed Cabbage Casserole

Autumn Harvest Vegetable Tagine

Kidney Bean Tacos

Food For Thought: ***Have some tacos with that wine!***

Have you ever heard of sulfites? They are a type of preservative commonly added to prepared foods and wine. Some people experience reactions to sulfites that include rapid heartbeat, headache or disorientation.

But eating kidney beans can help!

Kidney beans are an excellent source of the trace mineral, molybdenum, (1 cup =177.0% of the daily value!) an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites. Cool, huh?

This week, you'll be enjoying kidney beans tucked inside of spicy tacos. So, go ahead and enjoy these tacos with a nice glass of your favorite red wine!

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

Brown Basmati Rice Salad with Edamame

Since the best way to make a grain salad is when the grain is cold (warm grains soak up all the liquid and the salad will taste dry), prepare the rice in advance and chill it if you have the time.

Brown Basmati Rice

2 cups dry brown basmati rice
4 cups water
pinch salt

Prepare rice on the stovetop or using a rice cooker. When rice is cooked, take out 2 cups for the casserole recipe** and save the rest for later in the week.

8 ounces frozen edamame (about 1 1/2 cups)
2 cups cooked brown basmati rice**
1/2 cup chopped parsley
2 stalks celery, chopped
1 carrot, diced
1/2 bunch scallions, chopped

Dressing:
1/4 cup olive oil
2 Tablespoons brown rice vinegar
1 clove garlic, minced
1 teaspoon finely minced fresh ginger
Salt and black pepper to taste

Cook edamame according to package directions. Drain and rinse with cold water. Mix together with the cooked brown rice, parsley, celery, carrot and scallions.

Whisk together all the ingredients for the dressing and toss with rice mixture. Season to taste with salt and pepper and serve.

Stuffed Cabbage Casserole

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 50 minutes
Equipment needed: large Skillet, 9x13 Casserole pan

My husband loves stuffed cabbage but I really don't have time to roll those dang things and deal with the leaves that keep splitting and falling apart! (Can you tell this stresses me out just a bit?) So, I created this easy casserole that tastes the same but is easier to make so that we are both happy campers! Plus, you eat more cabbage vs filling this way, increasing the nutrient density.

2 teaspoons olive oil
1 yellow onion, minced
2 cloves garlic, minced
1 15-oz can lentils, drained
2 Tablespoons tomato paste (put the rest of it in a container and freeze it)
1 Tablespoon tamari
1/4 cup water
1/2 cup chopped parsley
1 cup cooked brown rice (leftover from salad)
Sea salt and freshly ground black pepper
1 medium head cabbage, sliced
1 jar (26 oz) Tomato Sauce of choice

Preheat the oven to 350F degrees. Heat oil in a large skillet and sauté the onion, garlic and lentils for about 5 minutes, until soft. Meanwhile, in a small bowl, whisk together tomato paste, tamari and water to make a smooth paste. Add tomato paste mixture to skillet, stirring to incorporate. Mix in rice and parsley, season to taste with salt and pepper and take it off the heat.

Place half of sliced cabbage in the bottom of a 9 x 13 casserole pan. Sprinkle with salt and pepper and spread lentil mixture overtop. Put remaining cabbage on top of filling and pour tomato sauce overtop, spreading to cover cabbage. Cover dish and bake for 35-45 minutes or until cabbage is tender.

Autumn Harvest Vegetable Tagine

Serves 6
Preparation Time: 20 minutes
Cooking Time: 40 minutes
Equipment needed: Large soup pot/dutch oven

Don't let the long list of ingredients deter you from making this tasty dish. It makes a huge pot you can eat for days (and it gets better and better!) Cut your vegetables in similar sizes to ensure even cooking.

1 teaspoon cumin seeds
1 teaspoon caraway seeds
1 teaspoon coriander seeds
1 teaspoon paprika
1 teaspoon turmeric
2 Tablespoons olive oil
1 large yellow onion, finely chopped
1 carrot, finely chopped
2 celery stalks, finely chopped
2 garlic cloves, minced
1 large (about 1 lb) garnet yam, peeled and cubed
1 lb Yukon Gold potatoes, diced
1 small (about 1/2 lb) turnip, peeled and diced
2 1/2 cups vegetable broth
1 15-oz can diced tomatoes
1 cinnamon stick
2 Tablespoons fresh lemon juice
1 Tablespoon agave or other liquid sweetener (optional)
Fresh Cilantro to garnish

In a large dutch oven or soup pot over medium high heat, dry toast the cumin seeds, caraway seeds, coriander seeds, paprika, and turmeric until spices smell nutty, about 3-5 minutes. Transfer to a spice grinder or mortar and pestle and grind and process until finely ground. (You just dry toasted and made your own spice blend…way to go Super Chef!). Heat oil in same pot over medium heat. Add onion, carrot, celery, garlic, and ground spices; cook 5 minutes, stirring occasionally. Add sweet potatoes, potatoes and turnips and stir to coat vegetables with spices. Add vegetable broth, canned tomatoes and cinnamon stick, and bring to a boil. Cover, reduce heat to low, and cook 30 minutes, stirring occasionally, until vegetables are cooked through. Add lemon juice, agave and season to taste with salt and pepper. Before serving, remove cinnamon stick and garnish with cilantro.

Kidney Bean Tacos

Serves 6 (at least—this makes a lot)
Preparation Time 16 minutes
Cooking time 15 minutes
Equipment needed: Large Skillet

One Dish, Two Ways:
This makes a big pot and since you are making tacos and a little goes a long way you should have leftovers. The next day, serve this filling over romaine hearts for a yummy taco salad.

Produce Check: Do you have scallions leftover from the salad this week? Cut 'em up and use as garnish.

1 Tablespoon olive oil
3 cloves garlic, minced
1 yellow onion, sliced
1 red pepper, chopped
1 jalepeno pepper, seeded and chopped
1 15-oz can diced tomatoes
2 15-oz cans kidney beans, drained well
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon dried oregano
1 teaspoon smoked paprika
Salt and pepper to taste
Sprouted Corn or Flour Tortillas, warmed according to package directions
1/2 cup cilantro (for garnish)
1 ripe avocado, sliced

Heat olive oil in a large skillet over medium heat. Add garlic, onions, red and jalepeno peppers and sauté for 5 minutes. Add tomatoes, beans and spices and cook for 10 minutes longer or until heated though. Serve in warmed tortillas with cilantro and slices of fresh avocado on top.

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	**Rice Salad w/Edamame**	**Lentil Casserole**	**Autumn Veg Tagine**	**Kidney Bean Tacos**
Produce	1 clove garlic 1 finely minced fresh ginger 1/2 cup parsley 2 stalks celery 1 carrot 1/2 bunch scallions	2 cloves garlic 1 yellow onion 1/2 cup chopped parsley 1 medium head cabbage	2 garlic cloves 1 large yellow onion 1 carrot 2 celery stalks 1 large (about 1 lb) garnet yam 1 lb Yukon Gold potatoes 1 small (about 1/2 lb) turnip 2 fresh lemons (for 2 T juice) fresh cilantro	3 cloves garlic 1 yellow onion 1 red pepper 1 jalepeno pepper 1/2 cup cilantro 1 ripe avocado
Bulk/Refrig/ Frozen	2 cups dry brown basmati rice 8 oz frozen edamame			Sprouted Corn or Flour Tortillas
Grocery/ Canned	1/4 cup olive oil 2 T brown rice vinegar	2 t olive oil 1 15-oz can lentils 2 T tomato paste 1 T tamari 1 jar (26 oz) Tomato Sauce	2 T olive oil 2 1/2 cups vegetable broth 1 15-oz can diced tomatoes 1/2T agave nectar (optional)	1 T olive oil 1 15-oz can diced tomatoes 2 15-oz cans kidney beans (or 3 cups cooked kidney beans)
Spices/Misc.			1 t cumin seeds 1 t caraway seeds 1 t coriander seeds 1 t regular paprika 1 t turmeric 1 cinnamon stick	1 t chili powder 1 t cumin 1/2 t dried oregano 1 t smoked paprika