Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Quinoa and Kale Salad

Your Weekly Meal Plan is:

Cauliflower and Chickpeas over Yellow Rice

I Dig Beets! Quinoa and Veggies

Smoky Split Pea Soup

Food For Thought: Got the Beet?

Beets are about as good-for-you as you can get!

Namely, beets are high in antioxidants. The purple pigment in beets is called betacyanin, and it has been shown to fight cancer. Betaine, another substance found in beets, has been shown to stimulate liver cells and protect liver and bile ducts. Pectin, a fiber in beets, has been shown to bind to and help eliminate heavy metals, toxins and excess hormones in the body.

Now, I realize not everyone is a beet lover so that is why I've included a recipe this week that features beets grated and sautéed. When beets are cooked this way, they practically melt in your mouth!

Have a wonderful weekend!

~Chef Jenny

Quinoa Kale Salad

You will be using this quinoa in 2 recipes this week—the salad below (1 cup cooked) and a sautéed vegetable dish (2 cups cooked) later this week.

2 1/2 cups dry red quinoa
5 cups water

Place quinoa in a small saucepan with water and a pinch of salt. Bring to a boil over medium heat, reduce heat and simmer for 15 minutes until tender. Or, cook in a rice cooker.

Now, for the salad:

1 head dinosaur kale, very thinly sliced
2 cloves garlic, minced
1 cup cooked red quinoa (see above)
3 scallions, chopped
Sea salt and pepper to taste
1/4 cup lemon juice
2 Tablespoons olive oil
1 teaspoon tamari
1 Tablespoon Dijon mustard
1 teaspoon agave nectar

In a large bowl, combine the kale and garlic. Sprinkle with salt and pepper and toss using tongs or with your hands for a few minutes, or until kale is starting to break down. Add cooked quinoa and scallions and mix well. (Warm quinoa works well here because it "cooks" the kale a bit as you toss).

In a smaller bowl, whisk together lemon juice, olive oil, tamari, mustard and agave. Pour over salad and toss well to combine. Store covered in the refrigerator.

Fragrant Cauliflower and Chickpeas over Yellow Rice

Serves 6
Preparation Time: 10 minutes
Cooking Time: 20 minutes
Equipment needed: Large saucepan

2 Tablespoons olive oil
1 red onion, sliced
1 small head cauliflower, cut into florets
1 teaspoon turmeric
1 teaspoon cumin seeds (can use ground)
1/8 teaspoon cayenne pepper (more or less to taste)
1 28 oz can tomato puree
1 cup Water
1 15 oz can Eden Chickpeas, or 1 1/2 cups cooked chickpeas
4 cups baby spinach leaves
Salt and Pepper to taste

In a large skillet, heat oil over medium heat. Add onions and sauté until they begin to brown. Add cauliflower and broccoli and sauté another 2 minutes. Stir in turmeric, cumin seeds, cayenne and cook 1 minute. Add tomato puree and water and bring to a simmer. Cook until cauliflower is tender, about 10 minutes. Stir in chickpeas and spinach and cook another 10 minutes. Season to taste with salt & pepper and serve over yellow rice if desired.

Yellow Rice

Nutrition All-Star: Turmeric is a powerful anti-inflammatory spice. I like to add it to my grains while cooking. It produces a beautiful yellow color and provides extra nutritional benefit.

3 cups water
2 teaspoons ground turmeric
1 1/2 cups brown basmati rice

In medium saucepan, bring water and turmeric to a boil. Stir in rice, return to a boil. Reduce heat and cook until rice is done, about 35-40 minutes.

I Dig Beets! Quinoa and Veggies

MEAL IN MINUTES!

Serves 4
Preparation Time: 20 minutes
Cooking time: 10 minutes
Equipment needed: Wok or large skillet, food processor

I chose quinoa for this all-vegetable recipe because it is the highest protein grain. Unlike fried rice, the focus in this recipe is on the vegetables, with quinoa added for taste and texture. This healthy dinner can be ready in a serious hurry. You could also add a protein to this if desired.

1 Tablespoon unrefined coconut oil
2 cloves garlic, minced
1 Tablespoon minced ginger (about a 1 inch circle, minced)
2 red or golden beets, grated in a food processor or cut into small dice
3 scallions, sliced (both white and green parts)
2 carrots, grated
2 celery stalks, sliced
1 head bok choy, chopped into small pieces
1 Tablespoon tamari (soy sauce)
1 teaspoon toasted sesame oil
1 teaspoon rice wine vinegar
2 cups leftover quinoa, cold
1 cup raw almonds, whole or slivered
Salt and freshly ground pepper to taste

Gather all ingredients and mince garlic and ginger. Grate beets, and slice scallions, carrot and celery. Chop bok choy. Heat oil in a large frying pan or wok. Add the garlic, ginger, beets, scallions, carrots, and celery, stirring for 2 minutes. Add the bok choy and sprinkle in tamari, sesame oil and vinegar, cooking for 5 minutes until greens are wilted.

Add the quinoa and use the back of a wooden spoon to break up the grains and cook until heated through, about 3 minutes. Sprinkle in almonds, season with salt and pepper and serve.

Smoky Split Pea Soup

Serves 6
Preparation Time: 20 minutes
Cooking Time: 55 minutes
Equipment needed: Large soup pot

Lately, I have been wondering, "Why is Split Pea Soup always pureed?" Yes, I know what you are thinking: Boy, she must have a lot of time on her hands if that is what she thinks about, but fortunately for me I am a chef and these deep thoughts are my "work"! Seriously though, why not enjoy Split Peas like you would lentils and leave them whole in this soup? Or, if you are a creature of habit, you can puree it too. Either way, it is smoky and delicious!

1 Tablespoon olive oil
1 yellow onion, diced
2 cloves garlic, minced
2 celery stalks, diced
2 carrots, diced
1 head collard greens, very thinly sliced (SEE NOTE BELOW)
1 teaspoon dried thyme
1 1/2 teaspoons smoked paprika (who needs a ham hock when you have this tasty smoky spice?!)
1 bay leaf
1 strip of kombu
1 1/2 cups split peas
4 cups vegetable stock
2 cups water
1 teaspoon apple cider vinegar
salt and pepper to taste

In a large soup pot, heat oil and sauté onion, garlic, celery, carrots and collard greens for 5 minutes, until onions are getting clear and collards are wilting. Add thyme, paprika and bay leaf and stir to coat veggies. Add kombu, peas and stock and water and bring to a boil. Reduce heat and simmer for 45-55 minutes, or until peas are tender. Remove kombu, add vinegar and season to taste with salt and pepper. At this point, you can puree the soup or enjoy it as is.

NOTE: To thinly slice collard greens, wash leaves, stack 3 or 4 on top of each other. Roll up leaves like a burrito and run your knife on the end to thinly slice.

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	**Red Quinoa and Kale Salad**	**Cauliflower and Chickpeas over Yellow Rice**	**I DIG BEETS! Quinoa and Veggies**	**Smoky Split Pea Soup**
Produce	2 cloves garlic 1 head dinosaur kale 3 scallions 2 lemons (for 1/4 cup lemon juice)	1 red onion 1 small head cauliflower 4 cups baby spinach leaves	2 cloves garlic 1 inch piece fresh ginger 2 red or golden beets 3 scallions 2 carrots 2 celery stalks 1 head bok choy	2 cloves garlic 1 yellow onion 2 celery stalks 2 carrots 1 head collard greens
Bulk/Refrig/ Frozen	2.5 cups dry red quinoa	1 1/2 cups brown basmati rice	1 cup raw almonds, whole or slivered (2 cups leftover quinoa)	1 1/2 cups split peas
Grocery/ Canned	2 T olive oil 1 t tamari 1 T Dijon mustard 1 t agave nectar	2 T olive oil 1 15-oz can or 1 1/2 cup cooked chickpeas 1 28-oz can tomato puree	1 T unrefined coconut oil 1 T tamari (soy sauce) 1 t toasted sesame oil 1 t rice wine vinegar	1 T olive oil 4 cups vegetable stock 1 t apple cider vinegar 1 strip of kombu
Spices/Misc.		3 t turmeric 1 t cumin seeds, or ground 1/8 t cayenne pepper		1 t dried thyme 1 1/2 t smoked paprika 1 bay leaf