Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Edamame Spread

Your Weekly Meal Plan is:

Yam and Black Bean Chili

Mushroom Wild Rice Soup

Beet and Bean Burgers with Homemade French Fries

Food For Thought: What are you grateful for?

With November & Thanksgiving fast approaching, I've been thinking a lot of about gratitude.

Do you ever fall into the trap of thinking that it will be easier to be grateful when you reach some goal you have set for yourself? I sure do--I used to think I would be happy and grateful for my body if and when I could reach a magic weight on the scale (you know—the magic weight, where all of your problems disappear—yeah, right!).

When I decided to stop dieting, it was because I really wanted to love and appreciate the body I had. And since you take care of what you love (right?) it became easier and easier to choose foods that made me feel good in my body.

Speaking of being grateful--how about a healthier version of burgers and fries?!

You are welcome! ☺

Have a great weekend! ~ Chef Jenny

Edamame Spread

This yummy, high-protein spread is great with rice crackers or fresh vegetables.

8 ounces frozen edamame (soybeans), cooked according to package directions and drained
2 cloves garlic, minced
1 Tablespoon minced fresh ginger
2 Tablespoons tamari
1 Tablespoon tahini
1 Tablespoon fresh lime juice
1/4 cup fresh parsley
pinch cayenne if desired
salt and pepper to taste

Puree cooked edamame in a food processor. Add remaining ingredients and puree until creamy, stopping to scrape the sides as needed. It will be a chunky spread as is, or you can gradually add water (like 1/4 cup) to make it creamy.

Yam and Black Bean Chili

Serves 6
Preparation Time: 20 minutes
Cooking time: 40 minutes
Equipment needed: Soup pot

I think the combination of yams and black beans is truly magical. They are perfect together!!! You can ***FREEZE*** leftovers although the texture of the yam chunks changes a bit.

1 Tablespoon olive oil
1 medium red onion, chopped
1 anaheim pepper, chopped
2 cloves garlic, minced
2 garnet yams (1 1/2 lbs), peeled and cut into 1/2-inch cubes
1 28-can whole plum tomatoes
1 cup water or vegetable stock
2 15-ounce cans black beans, drained
1 teaspoon smoked paprika
1 teaspoon cumin
1 teaspoon chili powder
1/2 cup chopped cilantro leaves, washed and dried

Warm the oil in a large pan over medium heat and add the onion, pepper, garlic, and sweet potato chunks. Sauté, stirring often, until onions are soft, about 5 minutes.

Add the tomatoes, breaking them up with the back of a wooden spoon. Add water or stock, beans, smoked paprika, cumin, and chili powder, bring to boil, reduce heat to simmer, cover, and cook for 30 minutes, or until sweet potatoes are tender. Stir in cilantro and serve.

Mushroom and Wild Rice Soup

Serves 6
Preparation Time 20 minutes
Cooking time 55 minutes
Equipment Needed: Soup pot

Nothing says chilly autumn soup weather to me more than a soup with lots of mushrooms in it!

Leftover Alert: When this stew sits overnight, the grain will "soak" up the liquid, turning it into a big lump of grains. To reheat it, place in a saucepan and add some vegetable broth or water and reheat gently. You may want to add more salt and pepper to make up for adding the additional liquid. ***Also, this soup FREEZES WELL.***

1 Tablespoon olive oil
1/2 pound shitake mushrooms
1/2 pound cremini mushrooms
1 shallot, chopped
2 garlic cloves, minced
2 teaspoons dried thyme leaves
1 teaspoon dried sage
1 teaspoon Italian Seasoning
1 teaspoon sea salt
1/2 teaspoon pepper
2 carrots, peeled and sliced
2 celery stalks, sliced
4 cups vegetable broth
3 cups water
1 cup wild rice blend (like Lundbergs wild rice and brown rice mix)
1 Tablespoon balsamic vinegar

Gather all ingredients. Clean all mushrooms with a damp paper towel and slice thinly. Chop shallot and mince garlic. Heat the oil into a large soup pot over medium heat. Saute the mushrooms, shallots, garlic, thyme, sage, Italian seasoning and salt and pepper until the mushrooms begin to release liquid, about 5-8 minutes.

Meanwhile, slice carrots and celery. Add remaining ingredients, except balsamic vinegar, to the pot and bring to a boil, reduce heat and simmer until wild rice is cooked, about 45 minutes and soup has thickened. Before serving, stir in vinegar. And season to taste with additional seasoning or salt and pepper and serve.

Beet Burgers and Fries

Serves 6
Preparation Time 20 minutes
Cooking time 30 minutes
Equipment Needed: Food Processor, Baking Sheet

We made these burgers in a recent BEETS cooking class and they were a hit so I just had to share them with you. Enjoy these on sprouted grain buns with the garlic fries (recipe follows). What a fun Friday night dinner!!!

NOTE: This recipe calls for 1 cup cooked brown rice so be sure to get that cooking ASAP or plan ahead for leftovers

1 beet, grated (about 1 cup)
1 small onion, peeled and cut into quarters
1 clove garlic
1 15-ounce can EDEN kidney beans, drained and rinsed
1/2 cup oatmeal, uncooked
1 cup cooked brown rice or other grain
2 chipotle peppers (from canned chipotles), to taste
1/2 cup cilantro
1 Tablespoon tamari
1 Tablespoon tomato paste
1/2 teaspoon oregano
1/2 teaspoon thyme
1/4 cup flour or gluten free flour mixture

½ cup cornmeal for rolling

Preheat oven to 425 F. Using a food processor, grate beets and remove. Put the onion and garlic into a food processor and pulse to chop coarsely. Add the beans and process until coarsely chopped. Add the remaining ingredients (except cornmeal) and process until well blended. Remove to a bowl, stir in grated beets and season to taste with salt and pepper.

Spray a baking sheet with oil. Form mixture into patties and roll in cornmeal. Bake for about 15 minutes. When the bottoms are lightly browned and beginning to get crisp, turn the burgers and cook for 10-15 more minutes, until the other side is brown.

Homemade Garlic French Fries

Serves 6
Preparation Time: 10 minutes
Cooking Time: 30 minutes
Equipment Needed: Baking Sheet

Soaking potatoes in hot water helps release starches so they cook up crispy, like deep fried potatoes. Plus, raw garlic really helps build our immune system, and I honestly cannot think of a more delicious way to enjoy it than on fries!!!

2 pounds unpeeled russet potatoes (about 3 large), scrubbed, cut lengthwise into 1/2-inch-thick sticks, soaked in hot water for 10-15 minutes
2 Tablespoons olive oil
Sea salt
2-3 cloves fresh garlic, minced well
1/2 cup fresh parsley, minced

Preheat oven to 450°F. Spray large rimmed baking sheet with nonstick spray. Toss potatoes with olive oil in large bowl. Transfer to prepared sheet, spreading in single layer. Sprinkle with salt and pepper. Place in top third of oven and bake until golden, occasionally turning with spatula, about 25-30 minutes. Toss warm fries with garlic and parsley, add more seasoning to taste and serve....yum!!!!

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	**Edamame Spread**	**Yam and Black Bean Chili**	**Mushroom Wild Rice Soup**	**Beet Burgers and Garlic Fries**
Produce	2 cloves garlic 1 T minced fresh ginger 2 T tamari 1 T tahini 1 lime (for 1 T juice) 1/4 cup fresh parsley	2 cloves garlic 1 medium red onion 1 anaheim pepper (long, green, mild) 2 garnet yams 1/2 cup chopped cilantro leaves	1/2 pound shitake mushrooms 1/2 lb cremini mushrooms 1 shallot 2 garlic cloves 2 carrots 2 celery stalks	4 cloves fresh garlic 1 red beet 1 small onion 2 pounds russet potatoes (about 3 large) 1/2 cup fresh cilantro 1/2 cup fresh parsley
Bulk/Refrig/ Frozen	8 ounces frozen edamame (soybeans)			1 cup cooked brown rice (1/2 cup dry) 1/2 cup oatmeal 1/4 cup flour or gluten free flour mixture ½ cup cornmeal Sprouted Grain buns
Grocery/ Canned		1 T olive oil 1 28-can whole plum tomatoes 1 cup water or vegetable stock 2 15-ounce cans Eden black beans	1 T olive oil 4 cups vegetable broth 1 cup Lundbergs wild rice blend 1 T balsamic vinegar	2 T olive oil 1 15-ounce can Eden kidney beans 2 chipotle peppers (from canned chipotles) 1 T tamari 1 T tomato paste
Spices/Misc.	pinch cayenne if desired	1 t smoked paprika 1 t cumin 1 t chili powder	2 t dried thyme leaves 1 t dried sage 1 t Italian Seasoning	1/2 t oregano 1/2 t thyme