Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Pumpkin Seed Lentil Spread

Your Weekly Meal Plan is:

Kabocha Squash Stuffed With Vegetables and Cashews

Gumbo with Butter Beans

Portobella Bourguignon over Fennel Mashed Potatoes

Bonus Holiday Recipe
Pumpkin Cranberry Bread
(note: ingredients are not on shopping list)

Food For Thought: Happy Thanksgiving!

What are you making for Thanksgiving this year? To help you decide, I thought I would send you some good holiday recipes this week. The tasty Stuffed Kabocha Squash would be really beautiful on your holiday table. The gumbo is great for a crowd, like the night before Thanksgiving, and the Portobello Bourguignon is an old favorite recipe for the holidays.

Also, enjoy the bonus recipe for Pumpkin Cranberry Bread—great for a breakfast or afternoon treat!

And a BIG THANK YOU for subscribing to my meal plan. I am extremely grateful for you and wish you a very happy Thanksgiving!

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

Pumpkin Seed Spread

Makes about 2 cups of spread

This spread is really yummy and a great source of protein. Pumpkin seeds are a good source of zinc which helps build immunity.

It also makes a wonderful holiday appetizer! Try it spread on toasted bread slices or in radicchio leaves.

1 cup raw pumpkin seeds, soaked overnight*
2 cloves garlic, minced
1/4 cup lemon juice
1/2 cup chopped scallions
1/4 cup tahini
2 Tablespoons tamari
1 15-oz can lentils, drained
1/2 cup fresh parsley, chopped

In a food processor, process the soaked pumpkin seeds with the garlic and lemon juice until creamy. Add scallions, tahini, tamari, lentils, and parsley until the mixture is a smooth paste.

* Soaking nuts and seeds makes them more digestible and easier to blend into a creamy spread

Stuffed Kabocha Squash

Serves 6-8
Preparation Time: 20 minutes
Cooking time: 60 minutes
Equipment Needed: Baking sheet, large skillet

Nothing says Thanksgiving to me more than winter squash. Who needs a centerpiece when you have this beautiful squash on the center of your Thanksgiving table?!

1 Kabocha squash (a BIG one--4 1/2 to 5 lb.)
2 Tablespoons olive oil
sea salt and pepper to taste
1 red onion, thinly sliced
3 cloves garlic, minced
2 Tablespoons fresh minced ginger
2 carrots, julienned
1 red bell pepper, sliced
1/2 lb shiitake or portabella mushrooms, sliced
1 cup snow peas (about 1/2 lb), julienned
1/2 cup vegetable broth
2 Tablespoons cooking sherry or mirin (Chinese rice wine)
2 Tablespoons tamari
1/4 teaspoon cayenne
1 cup raw or tamari roasted cashews
8 oz Sesame Ginger Tempeh, lightly pan-fried (optional, add for more protein)

Preheat oven to 375°. Rinse squash and pat dry. Cut around stem to make a 4-inch lid. Remove lid and scrape out and discard seeds. Rub interior of squash with 1/2 Tablespoon of olive oil and sprinkle with salt and pepper. Set lid back on squash and place in a baking pan. Bake for 40-50 minutes or until you can pierce the squash with a knife. The squash will continue to cook when you take it out, plus you want it to stand up nicely for display, so don't overcook it. Set aside. Meanwhile, heat remaining 1 1/2 Tablespoons oil in a large skillet. Add onions, garlic, ginger, carrots and peppers and sauté for 5 minutes, stirring frequently or until onions are clear. Add mushrooms and a sprinkle of salt and pepper and sauté 3 minutes, or until mushrooms are cooked. Add snow peas, vegetable broth, mirin, tamari and cayenne and simmer for 3-5 minutes. Sprinkle in cashews and cooked tempeh (if using).

Spoon vegetable and cashew mixture into cooked Kabocha. To serve, use a sharp knife to cut thorough the squash in wedges (almost like a pie) and serve each squash wedge mounded with vegetable mixture.

Gumbo with Butter Beans and Greens

Serves 4-6
Preparation Time 20 minutes
Cooking time 35 minutes (after roux is cooked, no attention needed)
Equipment Needed: Large Soup pot, rice cooker or small saucepan

Cooking 101: A roux (pronounced rue) is a paste made from oil and flour and is a thickening base for Cajun and Creole cooking.

NOTE: Get your brown rice cooking first!

To save time, start this recipe by getting the roux cooking and then cut your vegetables while it is cooking over LOW heat--you do not want it to burn. Serve this hearty stew with a scoop of brown rice overtop.

1/4 cup olive oil
1/4 cup all purpose flour (**Want it to be Gluten free? See version below**)
1 onion, chopped
1 red pepper, chopped
2 stalks celery, chopped
2 cloves garlic, minced
4 cups vegetable broth
1 cup crushed tomatoes
2 bay leaves
1 Tablespoon fresh thyme or 1 teaspoon dried thyme
1/2 teaspoon black pepper
1/4 teaspoon cayenne (or more or less to taste)
1 bunch kale or chard, cut into pieces
2 15-oz cans butter or white beans, drained
Sea salt to taste
Tabasco sauce to taste

Gather all ingredients. To make a roux, combine oil and flour in a heavy soup pot. Cook over low heat, stirring with wooden spoon or wire whisk, until it reaches a light brown color, about 15 minutes, being very careful not to burn. Meanwhile, chop onion, pepper, celery and garlic, but remember to stir the roux as well! You might want to set your timer for **5 minute intervals** to remind you!

Recipe Continued Next Page.....

Slice the leafy greens. When roux is done, add chopped onion, bell pepper, celery, and garlic, turn the heat up to medium and continue stirring about 2 minutes until vegetables have been coated with the roux and are beginning to soften. Add vegetable broth and whisk until roux is dissolved. Add crushed tomatoes, dried spices and leafy greens. Bring to a boil, reduce heat and simmer for 20 minutes, or until greens are wilted, and then add beans. Let simmer another 10 minutes.

Season to taste with salt and pepper and Tabasco if desired. Serve in bowls with a scoop of brown rice over top.

****Gluten Free?** Instead of all purpose flour, use an all purpose gluten free baking mix (I like Bob's Red Mill) in the same amount. Follow directions for the roux as written. Reduce the amount of vegetable broth to 3 cups. Enjoy!

Brown Rice

2 cups Short Grain Brown Rice
4 cups water
1 pinch of salt

Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook 40-50 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.

Portabella Bourguignon with Fennel Mashed Potatoes

Serves 4-6
Preparation Time: 35 minutes
Cooking time: 45 minutes
Equipment Needed: Large Saucepan

1 cup dry red wine (Merlot or Bordeaux)
2 Tablespoons fresh thyme, chopped
1/4 cup fresh parsley, chopped
1 bay leaf
1/4 teaspoon pepper
2 lbs Portobello Mushrooms, sliced
2 Tablespoons olive oil
2 large onions, chopped
1 Tablespoon all purpose flour (gluten free? Use 1 Tablespoon GF baking mix)
1 Tablespoon tomato paste
2 cups vegetable stock
1 large carrot, cut into chunks
2 celery stalks, sliced
3 cloves garlic, minced
1 Teaspoon salt
Additional parsley to garnish, if desired

Combine first five ingredients, mix well, and add the sliced mushrooms, and marinate at least 30 minutes. Meanwhile, prepare remaining ingredients. Drain mushrooms, reserving marinade. Heat oil in a large saucepan, add onions and marinated mushrooms and cook until onions are clear. Add flour and tomato paste and stir well to prevent sticking.

Add remaining ingredients and reserved marinade, making sure flour is dissolved in liquid. Cook mixture over medium heat for 35-45 minutes. Serve hot over fennel mashed potatoes garnished with additional parsley.

Fennel Mashed Potatoes

Time Tip: Leaving the skin on your potatoes will not only save you a bunch of time, but it will add nutrients and color to your dish.

Chef's Tip: Fennel is a delicious addition to the traditional mashed potato recipe. This recipe calls for red potatoes, but if you prefer yellow potatoes, Yukon Gold is a good choice. Mash potatoes by hand with an old-fashioned potato masher. Mashing with electric mixers will make the potatoes gummy.

2 medium-size fresh fennel bulbs trimmed, cored, bulbs coarsely chopped, fronds chopped and reserved
2 pounds red skinned potatoes, cut into 1-inch pieces
1 cup milk
2 teaspoons fennel seeds, crushed
1-1/2 teaspoons dried tarragon
2 Tablespoons non-hydrogenated margarine

Bring large pot of salted water to boil. Add fennel bulbs; cook until slightly softened, about 5 minutes. Add potatoes and boil gently until fennel and potatoes are very tender, about 25 minutes. Meanwhile, combine milk, fennel seeds, and tarragon in small saucepan; bring to simmer. Remove from heat; cover to keep warm.

Drain potato mixture; return to pot. Add hot milk and spice mixture and butter or margarine and mash until vegetables are almost smooth (small fennel bits may still remain). Season to taste with salt and pepper and serve garnished with fennel fronds.

Pumpkin Cranberry Bread

Makes 1 loaf

1 1/2 cups whole-wheat pastry flour or gluten free baking mix
2/3 cup sucanat or unrefined cane sugar
2 teaspoons pumpkin pie spice
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon sea salt
1 cup canned pumpkin purée
Juice and zest of 1/2 orange
1/4 cup filtered water
3 Tablespoons coconut oil, melted
1 cup fresh cranberries
1/2 cup walnut pieces

Preheat oven to 375 degrees. Spray or brush a loaf pan with oil. In a large bowl, mix together flour, sucanat, pumpkin pie spice, baking powder, baking soda, and salt. In a small bowl, whisk together pumpkin purée, orange juice and zest, water, and coconut oil. Add it to the flour mixture and mix gently.

Stir in cranberries and walnuts. Pour batter into prepared pan and bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.

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	**Pumpkin Seed Lentil Spread**	**Stuffed Kabocha**	**Gumbo with Greens over Brown Rice**	**Portobello Bourguignon over Fennel Potatoes**
Produce	2 cloves garlic 2 lemons (for 1/4 cup juice) 3 scallions 1/2 cup fresh parsley	1 Kabocha squash (a BIG one--4 1/2 to 5 lb.) 1 red onion 3 cloves garlic 2 T fresh ginger 2 carrots 1 red bell pepper 1/2 lb shiitake or portabella mushrooms 1 cup snow peas	1 onion 1 red pepper 2 stalks celery 2 cloves garlic 1 bunch kale or swiss chard 1 T fresh thyme or*	2 lbs Portobello mushrooms 2 large onions 1 large carrot 2 stalks celery 2 T fresh thyme 1/2 cup fresh parsley 3 cloves garlic 2 fennel bulbs 2 lb red potatoes
Bulk/Refrig/ Frozen	1 cup raw pumpkin seeds	1 cup raw or tamari roasted cashews ***8 oz Sesame Ginger Tempeh***	2 cups Short Grain Brown Rice 1/4 cup AP flour (or gluten free baking mix)	2 T Margarine 1 cup milk 1 T AP flour (or gluten free baking mix)
Grocery/ Canned	1/4 cup tahini 2 T tamari 1 15-oz can lentils	2 T olive oil 1/2 cup vegetable broth 2 T cooking sherry or mirin (Chinese rice wine) 2 T tamari	2 15-oz cans butter or white beans 4 cups vegetable broth 1 cup crushed tomatoes 1/4 cup olive oil ***Tabasco sauce***	1 cup red wine 2 T olive oil 2 cups vegetable stock 1 T tomato paste
Spices/Misc.		1/4 t cayenne	2 bay leaves *1 t dried thyme 1/2 t pepper 1/4 t cayenne	1 bay leaf 2 t fennel seeds 2 t tarragon