Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Golden Quinoa and Kale Salad

Your Weekly Meal Plan is:

Curried Root Vegetable Stew over Golden Quinoa

Whole Grain Penne with Swiss Chard, Olives and Pine Nuts

Hoppin' John Stew

Food For Thought: About those New Years Resolutions.....

I was on a walk a few months back and I got the urge to run. I ran for just a few minutes then resumed walking. These bursts of intensity in the middle of my walk felt so good!

I was really loving this new workout routine. I downloaded an app with a little man on my headphones telling me when it was time to run! I had started adding more and more running to my workout and then I had an idea.....

...I should sign up for a half marathon! I mean, I'm running anyway, so I might as well make it count for something. Plus, this way I'd stay motivated, right?

Well, the strangest thing happened. After a few weeks, I stopped running. Even though I was essentially doing the same exercise routine in getting ready for the event, I simply wasn't enjoying it anymore.

The running event had became the goal, instead of just feeling great and enjoying myself everyday. I decided not to do the event, and miracles of miracles—I've started running again!

If you've made a resolution this year to eat healthy and exercise more, good for you! Just make sure to enjoy yourself in the process.

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

Golden Quinoa and Kale Salad

Golden Quinoa (times 2!!)

NOTE: When quinoa is cooked, take out 2 cups for the salad below and pack the rest for dinner later in the week.

1 Tablespoon olive oil
4 green onions, both white and green parts, sliced
5 cups water
1 teaspoon ground turmeric
2.5 cups yellow quinoa

Heat oil in medium saucepan over medium heat until hot. Add onions; cook until just wilted. Add water and turmeric. Bring to a boil. Add quinoa, reduce heat and simmer for 15-20 minutes until tender.

Salad ingredients:

1 bunch green or red kale, chopped into very small pieces
3 carrots, grated
salt and pepper to taste
2 cups cooked golden quinoa (from above)
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 carrot. 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 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.

Curried Root Vegetable Ragout

Serves 6-8
Preparation Time: 30 minutes
Cooking Time: 30 minutes
Equipment Needed: Soup pot

This stew has a lot of chopping but the results are worth it and it makes a BIG pot (lots of leftovers!) Serve this yummy stew over the leftover quinoa from your fridge staple this week.

1 Tablespoon olive oil
1 large yellow onion, chopped
2 garlic cloves, minced
1 Tablespoon fresh ginger, minced
1 Tablespoon curry powder
1 Tablespoon ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cayenne pepper
1 pound carrots, peeled and diced
1 pound sweet potatoes, peeled and cubed
2 parsnips, peeled and cubed
1/2 lb turnips, peeled and cubed
3 cups vegetable broth
1 28-oz can diced tomatoes, not drained
1 25-oz can chickpeas, drained

Heat oil in heavy large pot over medium-high heat. Add onion to pot and sauté until golden, about 5 minutes. Add garlic, ginger, curry powder, cumin, cinnamon, and cayenne and stir 30 seconds. Add carrots, sweet potatoes, parsnips, and turnips, stirring well to coat vegetables with spices. Add broth, tomatoes and chickpeas, cover and simmer until vegetables are tender, about 30 minutes. Serve over leftover quinoa.

Whole Grain Penne with Chard

Serves 4
MEAL IN MINUTES!
Preparation Time: 10 minutes
Cooking Time: 10 minutes
Equipment Needed: Pasta pot, large skillet

1 lb whole grain penne pasta, cooked according to package directions**
1 Tablespoon olive oil
5 large cloves garlic, minced
1/4 teaspoon red pepper flakes, crushed
2 bunches Swiss chard, washed and sliced
1/2 cup vegetable stock
1/2 cup pitted kalamata olives, chopped
1/4 cup pumpkin seeds or pine nuts
salt and pepper to taste

**Cook pasta according to package direction until al-dente. Heat olive oil in large skillet over medium-high heat. Add garlic and crushed red pepper; cook for 30 seconds. Add Swiss chard; cook, stirring occasionally, for 5 to 7 minutes or until Swiss chard is wilted.

Stir in vegetable stock, olives and cooked pasta. Sprinkle with pine nuts and season to taste with salt and pepper and serve.

Hoppin' John

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 20 minutes
Equipment Needed: Soup pot

Some people believe that eating black-eyed peas on New Years will bring them good luck all year long. Why not give it a try? This is a great New Years Day dish!

2 Tablespoons olive oil
1 yellow onion, chopped
3 cloves garlic, minced
2 stalks celery, sliced
1 large carrot, sliced
1 red bell pepper, sliced
1 6 oz package tempeh bacon, diced
1/2 teaspoon smoked paprika
2-15 oz cans black eyed peas
4 cups vegetable stock
1 bunch collard greens, very thinly sliced
salt and pepper to taste

Heat oil in a large saucepan. Add onion and garlic and sauté for 3-4 minutes. Add celery, carrot, pepper and bacon and cook for a few minutes or until bacon "browns". Add paprika, black eyed peas, stock and greens to the saucepan and bring to a boil. Reduce heat and simmer for 20 minutes. Before serving, add salt and pepper to taste.

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	**Golden Quinoa and Kale Salad**	**Curried Root Veg Stew**	**Whole Grain Penne with Chard**	**Hoppin John**
Produce	4 green onions 1 bunch green or red kale 3 carrots 2 lemons (for 1/4 cup juice)	1 large yellow onion 2 garlic cloves 1 T fresh ginger 1 lb carrots 1 lb sweet potatoes 2 parsnips 1/2 lb turnips	5 large cloves garlic 2 bunches Swiss chard	1 yellow onion 3 cloves garlic 2 stalks celery 1 large carrot 1 red pepper 1 bunch collards
Bulk/Refrig/ Frozen	2.5 cups yellow quinoa		1/4 cup pine nuts	1 6 oz pkg tempeh bacon
Grocery/ Canned	3 T olive oil 1 t tamari 1 T Dijon mustard 1 t agave nectar	1 T olive oil 3 cups vegetable broth 1 28-oz can diced tomatoes 1 25-oz can chickpeas	1 lb whole grain penne pasta 1 T olive oil 1/2 cup vegetable stock 1/2 cup pitted kalamata olives	2 T olive oil 2-15 oz cans black eyed peas 4 cups vegetable stock
Spices/Misc.	1 t ground turmeric	1 T curry powder 1 T ground cumin 1/2 t ground cinnamon 1/4 t ground cayenne pepper	1/4 t red pepper flakes	1/2 t smoked paprika