Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Red Quinoa Tabouli

Your Weekly Meal Plan is:

Stuffed Chard Rolls with Sweet Pepper Coulis

Lentil Loaf with Mushroom Gravy

Creamy Tomato Soup

BONUS: Chocolate Walnut Tart with Simple Cherry Sauce (NOTE: Ingredients aren't on shopping list)

Food For Thought: I LOVE Food!

~Happy Valentine's Day!~

In honor of Valentines Day, I thought it would be great to have a LOVEFEST for food. By now, most of you know that I make it no secret that I love food and love to eat.

For many years, I tried to pretend I didn't love food, thinking that in order to have a healthy body and maintain my weight I had to let my love of good tasting food go. When I went to culinary school and learned how to prepare healthy foods that tasted delicious, I knew I could finally make both sides of me happy.

In an effort to spread the message that you can eat great tasting food AND feel great in your body, I've included a recipe for a Healthy Chocolate Tart that you can make for someone you love (including yourself!!)

Enjoy!

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

Red Quinoa Tabouli

If you want to improve your diet, learn to love this grain. It cooks quickly, it is versatile and probably one of the healthiest grains out there. Quinoa Rocks!

First, cook quinoa (you are making extra for later in the week):

2.5 cups dry red quinoa, rinsed
5 cups water
pinch salt

Place quinoa in a small saucepan with water and salt. Bring to a boil over medium heat, reduce heat and simmer for 15 minutes until tender. Or, use a rice cooker for perfect quinoa every time!! Let quinoa cool before using in the salad and refrigerate the rest for later in the week)

2 cups cooked red quinoa
2 plum tomatoes, chopped into small pieces
3 green onions, finely chopped
1/2 cup finely chopped parsley
1/4 cup finely chopped fresh mint, or more to taste
3 Tablespoons lemon juice
2 Tablespoons olive oil
1-15 oz can chickpeas, drained
Salt and pepper to taste

Transfer cooled quinoa to a bowl and combine with remaining ingredients, and refrigerate.

Smoky Stuffed Chard with Red Pepper Coulis

Serves 4-6

Preparation Time: 30-40 minutes

Cooking Time: 20 minutes

Equipment Needed: saucepan, large skillet, baking dish

Note: this recipe calls for 2 cups cooked red quinoa from earlier this week, so if you didn't make that get some cooking now!

16 green chard leaves (choose small-medium leaves), washed and stems cut off just where it meets the bottom of the leaf
Water and Salt

Fill a large saucepan (big enough to submerge entire chard leaf without folding) with water, add a pinch of salt and bring to a boil. Blanch leaves, one at a time for about 30 seconds to 1 minute, just to soften. You want them to remain bright green. Drain in a single layer on towels. Set aside. ***NOTE: Prepare yourself—there will be a few chard casualties as some of your leaves will fall apart! Sigh… Save these for a side to go with the lentil loaf later in the week…***

1 teaspoon olive oil
1 small red onion, diced
1 clove garlic, minced
2 stalks celery, diced
1 teaspoon dried thyme
pinch cayenne pepper
1 package (6-oz) smoky tempeh strips, diced
2 cups cooked red quinoa
2 Tablespoons tomato paste
1/2 cup water
1 Tablespoon tamari
2 teaspoons apple cider vinegar

Gather all ingredients. Cut onion, garlic, and celery. Heat oil in a large skillet and saute onion, garlic, celery and spices for 3-5 minutes. Meanwhile, cut tempeh and add it to the pan, sautéing until tempeh starts to brown, about 5 minutes (at this point, it should be smelling SO good!) Add cooked quinoa and break up grains with the back of a wooden spoon.
Recipe continues next page….

In a small bowl, whisk together the tomato paste, water, tamari and vinegar and add it to the pan, stirring to incorporate. Cook just 5 minutes more to make sure it is all heated through.

Preheat oven to 375F. Lay reserved chard leaves out flat. Spoon quinoa filling into the center of each leaf leaving at least 1/2 inch at the edges (so it doesn't fall out the sides). Roll leaf around filling and into a long cigar shaped roll (like an enchilada). Carefully place in a baking dish. (You can make it up until this point and put it in the fridge to cook later).

Bake about 20 minutes, until heated through.

While rolls are baking, assemble this easy coulis:

Sweet Pepper Coulis

Coulis sounds fancy but this yummy sauce is really easy to make.

1 8-ounce jar roasted red peppers, drained well, 1 tablespoon of juices reserved
1 teaspoon balsamic vinegar
1 shallot, chopped
1 teaspoon agave nectar (more or less to taste)

Purée all ingredients together until smooth, adding reserved pepper juice if needed for smooth consistency. Transfer to small saucepan and stir over medium heat until warmed through; season to taste with salt and pepper.

Lentil Loaf with Mushroom Gravy

Serves 4-6
Preparation Time: 10 minutes
Cooking Time: 50 minutes

This recipe calls for cooking lentils from dry, but you can save time by using canned.

1 cup dry brown lentils** or 2 cups canned brown lentils
2 cloves garlic
1/2 cup walnuts
1 cup rolled oats (Gluten Free? Be sure you buy certified gluten free oats)
1 Tablespoon ground flaxseed
1 teaspoon Italian seasoning
1 teaspoon poultry seasoning
1 teaspoon mustard powder
pinch cayenne
2 Tablespoons tomato paste
1 Tablespoon Worcestershire sauce
1 Tablespoon tamari or soy sauce
1 Tablespoon olive oil
2 Tablespoons water
Salt and pepper to taste

**Place lentils in 3 cups of water in a saucepan, bring to a boil, then reduce heat and simmer for 35 minutes or until lentils are tender.
Preheat oven to 350F. In a food processor, grind garlic, walnuts, oats, flaxseed and spices. Pulse until it is well ground. Add remaining ingredients, including cooked lentils and a sprinkle of salt and pepper. Pulse until well mixed, stopping to scrape down the sides as needed. Spread into a greased loaf pan and bake, covered, for 35 minutes. Remove cover and bake another 15 minutes. Let stand a few minutes before cutting and serving.

Flour Free Mushroom Gravy

YUM! I could probably eat hockey pucks if they had mushroom gravy on them….

Nutrition All Star! Feeling sluggish? Skip the coffee and go for some nutritional yeast instead! Nutritional Yeast is high in the B-vitamins that aid your body in producing energy efficiently.

1 Tablespoon olive oil
8 oz cremini mushrooms, sliced
2 cloves garlic, minced
1 teaspoon dried thyme
sprinkle of salt and black pepper
1/2 cup vegetable stock
2 Tablespoons arrowroot powder
2 Tablespoons tamari
2 1/2 cups vegetable broth
1/4 cup nutritional yeast

In a medium size saucepan, heat oil and add sliced mushrooms, garlic, thyme, salt, and pepper and cook, stirring occasionally, for 5 minutes, or until mushrooms shrink and release liquid. In a small bowl, whisk together 1/2 cup vegetable stock and arrowroot powder until dissolved. Add arrowroot mixture, tamari and vegetable broth to the saucepan, bring to a boil, lower heat, and simmer, stirring occasionally, for 15 minutes or until thickened. Right before serving, whisk in nutritional yeast until it dissolves and serve.

Creamy Tomato Soup

Serves 4-6
Preparation Time: 10 minutes

Cooking Time: 20 minutes
Equipment Needed: large soup pan

You won't believe how easy this delicious soup it is to make—you will never buy canned tomato soup again!! Canned tomatoes are a fantastic source of the antioxidant lycopene, which helps prevent cancer.

I will make this soup when I'm cooking for a friend who is sick or just had a baby. Nothing says comfort like Tomato Soup and Sandwiches!

FREEZE RIGHT THERE! This soup will freeze well before you add the milk (see below). Then when you thaw and reheat, add the milk and enjoy!

1/2 cup vegetable stock
1 Tablespoon arrowroot
2 Tablespoons olive oil or margarine
1 medium onion, finely chopped
1 4-oz can Tomato Paste
2 1/2 cups vegetable stock
1 28-oz can crushed tomatoes
2 cups unsweetened milk (any variety, just not fat free)
2 Tablespoons fresh tarragon, or 1 Tablespoon dried
Salt and pepper to taste

In a small bowl, whisk together 1/2 cup of stock and arrowroot and set aside. In a saucepan over medium heat, saute onions in oil or margarine for 3-5 minutes, or until clear. Add tomato paste and arrowroot mixture and whisk until smooth. Cook until mixture starts to bubble. Add stock and tomatoes and bring to a boil, then reduce heat and simmer 15 minutes. **Freeze some now if desired.** Before serving, stir in milk and heat gently, being careful not to boil as milk will curdle. When soup is heated through, season to taste with salt and pepper and serve.

Creamy Chocolate Tart with Simple Cherry Sauce

My husband, Eric is a serious lover of ALL things chocolate and I will be making him this special dessert for Valentines Day.

The base of this creamy, dreamy pie is avocados—you won't believe how delicious this healthier dessert is!

Note: The crust is super-sticky so it's best made in a springform pie pan (the kind that comes apart)

2 cups walnuts
1/2 cup dates, pitted
1/2 cup dried cranberries
1/2 cup unsweetened coconut, plus 2 Tablespoons reserved for sprinkling
pinch of salt

Place walnuts and pecans in food processor with metal blade and pulse until nuts are in small pieces. Add cranberries, ½ cup coconut and salt and pulse until everything is ground together. Mixture should be sticky (add a little water if necessary to make it hold together).

Sprinkle 1-2 Tablespoons coconut on the bottom of an 8-inch pie pan. Press crust mixture into pan and keep refrigerated until ready to use.

2 medium ripe avocados
1/2 cup cocoa powder
1/4 cup agave or brown rice syrup (or more to taste)
1 Tablespoon Vanilla extract

Puree all ingredients in a food processor until smooth. Note: Be sure to taste it. Depending on the size of your avocados you may want to add more cocoa and sweetener if desired. Spread into crust and chill until ready to serve.

Simple Cherry Sauce

2 cups frozen red cherries
1 1/2 teaspoons arrowroot dissolved in 1 Tablespoon cold water
1/4 teaspoon vanilla extract

Place cherries in a medium saucepan, and bring to a boil. In a cup, dissolve the arrowroot in the cold water and stir it into the pot. As soon as the sauce thickens remove the pan from the heat and stir in the vanilla. Serve warm or refrigerate and serve cold.

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	**Quinoa Tabouli**	**Stuffed Chard & Pepper Coulis**	**Lentil Loaf with Mushroom Gravy**	**Tomato Soup**
Produce	2 plum tomatoes 3 green onions 1/2 cup finely chopped parsley 1/4 cup finely chopped fresh mint 2 lemons for 3 T juice	1 clove garlic 1 small red onion 2 stalks celery 16 green chard leaves (small) or about 2 bunches 1 shallot	4 cloves garlic 8 oz cremini mushrooms	1 medium onion 2 T fresh tarragon, **or***
Bulk/Refrig/ Frozen	2.5 c dry red quinoa	1 package (6 oz) smoky tempeh strips (2 cups cooked red quinoa)	1 cup brown lentils **or*** ½ cup walnuts 1 cup rolled oats (GF? Be sure you buy certified gluten free oats) 1 T ground flaxseed 1/4 cup nutritional yeast	2 cups unsweetened milk (any variety, just not fat free)
Grocery/ Canned	2 T olive oil 1-15 oz can chickpeas	1 t olive oil 2 T tomato paste 1 T tamari 2 t apple cider vinegar 1 8-oz jar roasted red peppers 1 t balsamic vinegar 1 t agave nectar	2 T tomato paste 1 T worcestershire 1 T tamari 1 T olive oil 2 T tamari 3 cups vegetable broth **(*2 15 oz cans lentils)**	2 T olive oil or margarine 1 4-oz can Tomato Paste 3 cups vegetable stock 1 28-oz can crushed tomatoes
Spices/Misc.		1 t dried thyme pinch cayenne pepper	1 t Italian seasoning 1 t poultry seasoning 1 t mustard powder pinch cayenne 2 T arrowroot powder 1 t dried thyme	1 T arrowroot **(*or 1 T dried tarragon**)