Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Red Lentil Paté

Your Weekly Meal Plan is:

Creamy Potato Chowder with Dulse

Roasted Broccoli Udon Noodles

Curried Spring Vegetable Sauté

Food For Thought: Veggies from the Sea!

How would you like to dramatically increase the mineral content of your diet in an instant? Eat more sea vegetables! These veggies from the sea are loaded with minerals like calcium, magnesium and zinc. Sea vegetables contain up to 20 times the minerals of land plants. They are also the richest whole food source of iodine, a mineral that helps to keep the thyroid functioning properly.

Some great ways to sneak sea vegetables in your diet are:

- Sprinkle Kelp flakes on your food
- Cook your beans with Kombu
- Roll hummus in Nori and enjoy it like a burrito
- Enjoy this week's recipe for Creamy Potato Chowder with Dulse

You won't believe that this creamy, delicious soup is loaded with minerals!

Enjoy!

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

Savory Red Lentil Paté

1 cup red lentils
2 cups water
2 tablespoons coconut or olive oil
3 cloves garlic, minced
1 large onion, chopped fine
1 teaspoon dried thyme
1 teaspoon salt
1/2 cup minced parsley
1/2 teaspoon black pepper
1 teaspoon apple cider vinegar

Place lentils into a saucepan with the water, bring to a boil, reduce heat to medium, and simmer, covered, for 20 minutes, until tender. In a large skillet, heat the oil over medium heat. Add the garlic, onions and herbs and sauté over medium heat, stirring constantly, for about 10 minutes, or until the onions and garlic are browned and fragrant. When the lentils are tender, remove them from the heat and drain off any excess water. Mash them thoroughly with a fork or potato masher, then add the onion mixture and parsley. Season to taste with salt, vinegar and pepper. Refrigerate until service (this will harden up in the fridge. You can put it in a greased loaf pan and "unmold" it for parties, hence the name paté!)

Creamy Potato Chowder with Dulse

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 15 minutes
Equipment Needed: Soup pot

Dulse, a smoky sea vegetable, is great source of vitamins, iodine, iron, magnesium and calcium. You won't believe this delicious, creamy soup has sea vegetables in it AND is dairy-free.

1 Tablespoon olive oil
1 yellow onion, finely chopped
3 cloves garlic, minced
4 oz oyster mushrooms, chopped into small pieces
4 oz cremini mushrooms, chopped into small pieces
3 celery ribs, diced
2 carrots, diced
3 bay leaves
1 Tablespoon fresh or 1 teaspoon dried thyme
1/2 teaspoon smoked paprika
salt and pepper to taste
1 1/2 lbs (about 3 medium) red potatoes, cut in a small dice (peeled or unpeeled-up to you)
4 cups vegetable broth
1 cup raw cashews
1 cup of water
1 teaspoon arrowroot
1 ounce dulse, cut into small pieces (this is easiest to do with kitchen scissors—you can snip it right into the pot)
1/4 cup fresh Italian parsley, minced (you can use the scissors for this too)

In a large soup pot over medium-high heat, heat oil and sauté onion, garlic, and mushrooms. Sauté for 5 minutes, then add celery, carrots, bay leaves, thyme, smoked paprika and a generous sprinkle of salt and pepper. Sauté for 3-5 minutes or until spices are well-incorporated. Add potatoes and vegetable broth, bring to a boil and then reduce to low heat and cook for 15-20 minutes or until potatoes are fairly tender.

Meanwhile, in a food processor or blender, grind cashews to a fine powder, then add the water and arrowroot and blend until smooth.

Stir cashew mixture into the soup. Add dulse and parsley and simmer for another 10 minutes. Season to taste with salt and pepper and serve.

Roasted Broccoli Udon Noodles

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 15 minutes
Equipment Needed: Pasta pot, large skillet or wok, baking sheet

This dish is really tasty! I call for tofu but you can use any protein with yummy results.

8 oz whole wheat udon, soba or rice noodles (rice noodles are gluten free)
1 lb broccoli, cut into florets
olive oil and salt and pepper
3 cloves garlic, minced
1 2-inch slice fresh ginger, minced
2 Tablespoons tamari
1 Tablespoon mirin (Chinese rice wine)
1/4 cup vegetable broth
1 teaspoon toasted sesame oil
pinch red pepper flakes
1 Tablespoon olive oil
1 small bunch scallions, sliced
2 carrots, grated (use your food processor if you have one)
1 red pepper, thinly sliced
1 8-oz package baked tofu, oriental style, sliced into matchsticks (long thin pieces) OR another protein
Sesame seeds for garnish

Cook pasta according to package directions. When finished, drain and rinse with cold water to prevent overcooking.

Preheat oven to 400F. Place broccoli florets on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Roast for 10-15 minutes, or until broccoli is browned.

In a food processor bowl or small mixing bowl, blend together garlic, ginger, tamari, mirin, broth, toasted sesame oil and pepper flakes. (I like using the food processor here because the garlic and ginger get really pulverized and I think it makes the dish so much more flavorful). Set aside.

In a large skillet, heat oil and sauté scallions, carrots and pepper for 5 minutes. Add cooked pasta, baked tofu and garlic sauce and cook until just heated through, about 3-5 more minutes. Right before serving, toss in roasted broccoli and serve.

Curried Spring Vegetable Sauté

Serves 4
Preparation time: 20 minutes
Cooking Time: 20 minutes
Equipment Needed: Large skillet

This recipe is a great way to say "Hello!" to spring veggies. Fennel has a delicious licorice like flavor. You will buy a big plant but just use the bulb in this recipe. Also, choose the smaller spring carrots for this recipe—they are really sweet. Try the multi-colored ones if you can find them—what a treat!!

Nutrition All-Star: CABBAGE IS SO GOOD FOR YOU! Sorry, just needed to get that out! This cruciferous vegetable is loaded with antioxidants and cancer fighting compounds. It helps your liver cleanse and detoxify itself—perfect for spring.

1 Tablespoon unrefined coconut oil
1 yellow onion, chopped
1 Tablespoon fresh ginger, minced
3 cloves garlic, minced
2 teaspoons curry powder
1/2 teaspoon sea salt
1/4 teaspoon cayenne pepper
4 cups thinly sliced cabbage
1 fennel bulb, sliced
4 carrots, sliced
1 cup vegetable broth
1/2 cup raw cashews
1/4 cup fresh cilantro, chopped

Gather all ingredients. Chop onion, mince ginger and garlic. Slice cabbage, fennel and carrots. Heat oil over medium heat in a large skillet and add onions, ginger, garlic, curry powder, salt and cayenne. Saute until onion starts to brown, about 5 minutes.

Add cabbage, fennel, and carrots to skillet, sauté 3 minutes more. Stir in vegetable broth and reduce heat to simmer. Cover and cook for 10-15 minutes, or until vegetables are cooked. Stir in cashews and let simmer for just a few minutes or until cashews have soaked up a little sauce (I like it when they turn yellow!). Sprinkle in cilantro and serve over quinoa.

Recipe continues next page.....

Quinoa
Serves 4

Quinoa (pronounced keen-wa) is a whole grain that is an excellent source of complete protein (all essential amino acids) and minerals. It cooks in about 20 minutes so it can be easily substituted for refined grains, like white rice. Rinse it before cooking to remove a natural bitter coating.

Time Saver: Double this recipe and have cooked quinoa in the fridge for a healthy high protein addition to green salads.

1 cups quinoa, rinsed
2 cups water
pinch salt

Stir quinoa, water and salt together, and bring to a boil. Reduce to a simmer, cover, and cook 15 to 20 minutes, or until quinoa is tender and fluffy.

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 Lentil Pate**	**Creamy Potato Chowder with Dulse**	**Broccoli Udon**	**Spring Vegetable Sauté**
Produce	3 cloves garlic 1 large onion 1/2 cup minced parsley	3 cloves garlic 1 yellow onion 4 oz oyster mushrooms 4 oz cremini mushrooms 3 celery ribs 2 carrots 3 bay leaves 1 Tablespoon fresh or* 1 1/2 lbs (about 3 medium) red potatoes 1/4 cup fresh Italian parsley	3 cloves garlic 1 lb broccoli 1 2-inch slice fresh ginger 1 small bunch scallions 2 carrots 1 red pepper	3 cloves garlic 1 yellow onion 1 Tablespoon fresh ginger 1 small head or half a large head green cabbage) 1 fennel bulb 4 carrots (get the multi colored ones if you can--how fun!) 1/4 cup fresh cilantro
Bulk/Refrig/ Frozen	1 cup red lentils	1 cup raw cashews	1 8-oz package baked tofu, oriental style OR another desired protein Sesame seeds	1 cup quinoa 1/2 cup raw cashews
Grocery/ Canned	2 T coconut or olive oil 1 tsp apple cider vinegar	1 T olive oil 4 cups vegetable broth 1 ounce dulse	1 T olive oil 8 oz whole wheat udon, soba or rice noodles 2 T tamari 1 T mirin (Chinese rice wine) 1/4 cup vegetable broth 1 t toasted sesame oil	1 T unrefined coconut oil 1 cup vegetable broth
Spices/Misc.	1 tsp dried thyme	1 tsp arrowroot *1 tsp dried thyme 1/2 tsp smoked paprika	pinch red pepper flakes	2 tsp curry powder 1/4 tsp cayenne pepper