Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy snacks:

White Bean Guacamole with Homemade Corn Chips

Your Weekly Meal Plan is:

Fennel & Cabbage Soup

Black Bean Feijoda with Yellow Rice and Marinated Kale

Mushroom Barley Stew

Food For Thought: More Fiber, please!

For years, I have been promoting the wonder effects of fiber for health. When I was teaching nutrition to college students they affectionately referred to me as "The Fiber Queen" (looking back on it, I wonder if it was affectionate?!).

Eating enough fiber can help stabilize blood sugar, minimize food cravings and help you feel more satisfied after eating. It is recommended that we eat about 25-35 grams of fiber per day yet many people fall way short of that goal.

How does your diet measure up?

There are easy ways to sneak in more fiber into your diet: Drink a hemp smoothie in the morning, stir flaxseed into yogurt or oatmeal, or (my favorite) add more beans to your diet. Just 1/2 cup of beans, like white or kidney, has 8 grams of fiber. Wow! This week I included a recipe for a delicious guacamole with an entire can of white beans for added fiber.

GO ahead…snack away and notice how much more satisfying it is with the addition of fiber and an extra dose of protein!

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

Guacamole with White Beans and Homemade Corn Chips

Holy Guacamole---fiber, fiber, fiber! By adding a can of white beans to traditional guacamole you get all the deliciousness of creamy avocados with a healthy does of protein and fiber. This way, you get full long before you eat the entire bowl of guacamole!

2 ripe avocados, flesh removed
1 can white beans, drained and rinsed well
2 plum tomatoes, diced
juice from 1-2 limes
salt and pepper to taste
1/2 small red onion, diced
1/2 cup fresh cilantro, minced

Place avocado flesh and white beans into a bowl and mash together well using a potato masher or fork. Add remaining ingredients, seasoning to taste and serve.

Homemade Corn Chips

6 sprouted corn tortillas (Food For Life)
spray oil or olive oil
salt, cumin, chili powder

Preheat oven to 375F. Cut tortillas into wedges, spray or brush with oil and sprinkle with desired seasonings. Bake for 5-7 minutes or until crispy.

Fennel and Napa Cabbage Soup

Serves 6
Preparation Time: 20 minutes
Cooking Time: 45 minutes
Equipment Needed: Soup pot

Napa cabbage is normally used in Asian dishes but I also love it in soups. Since its leaves are thinner than regular cabbage, it wilts nicely in soups, adding nutrition without that heavy texture.

Nutrition All Star! Kamut is a type of wheat that has more protein than regular wheat and is a wonderful change of pace from regular pasta. It does contain gluten so substitute rice or quinoa elbows for a gluten free soup.

1 Tablespoon olive oil
1 yellow onion, diced
2 cloves garlic, minced
1 fennel bulb, chopped
3 carrots, sliced
2 teaspoons tarragon
1 bay leaf
2 Tablespoons tomato paste
1 28-oz can whole plum tomatoes
5 cups water
1 small head napa cabbage, sliced
1 cup kamut elbows (or other pasta)
salt and pepper to taste

In a large soup pot, heat the oil and add the onion, garlic, fennel, carrots, tarragon and bay leaf and sauté for 5-7 minutes, stirring occasionally. Stir in tomato paste, coating the vegetables, and add canned whole tomatoes and break them up with the back of a wooden spoon. Add water and cabbage, bring to a boil, reduce heat and simmer for 20 minutes. Add pasta and continue cooking for 10-15 minutes or until pasta is cooked. Season to taste with salt and pepper, remove bay leaf and serve.

Black Bean Feijoda over Yellow Rice and Marinated Kale

Serves 4
Preparation Time: 30 minutes
Cooking time: 20 minutes (plus time for the rice—get rice cooking first)
Equipment Needed: Rice cooker, large skillet

You can use either black beans or black soybeans in this recipe. It tastes wonderful served with the marinated kale (recipe follows).

Cook's Tip: Dried Chipotle Peppers (smoked jalepenos) are a great addition to your Pantry. They provide a nice smoky flavor, so you can use them in place of bacon (which is what I did in this recipe).

FREEZE RIGHT THERE: This bean mixture will freeze well and you can use leftovers in burritos or enjoy over a green salad.

2 Dried Chipotle peppers, rehydrated in hot water
1 Tablespoon olive oil
1 yellow onion, chopped
3 cloves garlic, minced
1 red pepper, diced
1 teaspoon dried thyme
1 teaspoon ground cumin
1 cup vegetable broth
2 15-oz cans Black Beans or Black Soybeans
Sea Salt and pepper to taste
1 cup cilantro, minced

Gather all ingredients. Rehydrate chipotles in hot water. Chop onion and mince garlic. Dice red pepper. Slice open rehydrated chipotle peppers, remove seeds and chop into small pieces.

Heat the oil in a large skillet over medium-high heat, adding the onion, garlic, red pepper and spices; and sauté 5 minutes.

Stir in broth, beans, reserved chipotle pieces and salt and pepper to taste. Reduce heat, and simmer 15 minutes, stirring occasionally. Right before serving, stir in cilantro, season to taste with salt and pepper and serve over yellow rice.

Yellow Rice

Nutrition All-Star: Turmeric is a powerful anti-inflammatory spice. I like to add it to my grains while cooking. It produces a beautiful yellow color and provides extra nutritional benefit.

3 cups water
2 teaspoons ground turmeric
1 1/2 cups brown basmati rice

In medium saucepan, bring water and turmeric to a boil. Stir in rice, return to a boil. Reduce heat and cook until rice is done, about 35-40 minutes.

Marinated Kale

This raw salad tastes so good and is so good for you. Kale breaks down when you "massage" it! Massage in the kitchen? Woohoo!

1 bunch Lacinato (Dinosaur) Kale, very thinly sliced
1/2 teaspoon Sea Salt
2 Tablespoons Lemon Juice
1 Tablespoon Tamari
1 teaspoon olive oil
2 cloves garlic, minced
1 teaspoon Cumin, ground
1/2 teaspoon Cayenne Pepper

Gather all ingredients and slice kale. In a large bowl, massage kale with sea salt for 5 minutes. In a small bowl, whisk together all other ingredients and pour over kale, mixing well. Allow to marinate 30 minutes or so before eating and keep refrigerated until ready to eat.

Mushroom and Barley Stew

Serves 4-6
Preparation Time: 15 minutes
Cooking time: 45 minutes
Equipment Needed: Soup pot

I love mushrooms and this stew is really delicious! I call for one pound assorted mushrooms, and that assortment is up to you. Personally, I would splurge and get at least 1/2 pound of shitakes for this recipe. Barley is a grain that is great for stews since it helps to thicken liquids as it cooks and releases its starch. It contains gluten, so I have included a gluten free version below.

Leftover Alert: When this stew sits overnight, the barley 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.

FREEZE RIGHT THERE: This stew freezes nicely, but you will want to add additional liquid to thin it out when you reheat.

1 Tablespoon olive oil
1 lb of assorted mushrooms (1/2 pound shitake, 1/2 cremini?—just a suggestion!)
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
1 Tablespoon arrowroot dissolved in 1/2 cup water
4 cups water (if you have leftover vegetable broth, you could use that here--more flavor!)
1 cup barley
1 Tablespoon balsamic vinegar

Recipe Instructions Continue on the next page.....

Gather all ingredients. Clean all mushrooms with a damp paper towel (don't submerge mushrooms to clean them as they will soak up water and become rubbery when you cook them) and slice mushrooms 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 barley is cooked, about 30 minutes and stew is thickened. At this point, decide if you want to add more water based on desired consistency (if you do add water, you may want to add more spices for flavor).

Before serving, stir in vinegar. And season to taste with additional seasoning or salt and pepper and serve.

Gluten-Free Version:

Increase arrowroot to 1 1/2 Tablespoons. Add 1 cup of brown rice or wild rice in place of the barley. The rice may need a bit longer to cook than the barley (45 minutes?), but it is also really good in this stew. Enjoy!

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	**White Bean Guacamole**	**Fennel and Cabbage Soup**	**Black Soybean Feijoda**	**Mushroom Stew**
Produce	1/2 small red onion 2 ripe avocados 2 plum tomatoes 2 limes 1/2 cup fresh cilantro	1 yellow onion 2 cloves garlic 1 fennel bulb 3 carrots 1 small head napa cabbage	1 yellow onion 5 cloves garlic 1 red pepper 1 bunch Lacinato (Dinosaur) Kale 1 lemon (for 2 TBSP juice) 1 cup fresh cilantro	1 lb of assorted mushrooms (1/2 pound shitake, 1/2 cremini) 1 shallot 2 garlic cloves 2 carrots 2 celery stalks
Bulk/Refrig/ Frozen	Sprouted Corn Tortillas		1 1/2 cups brown rice	1 cup barley (or rice for gluten free)
Grocery/ Canned	Spray oil or olive oil 1 15-oz can white beans	1 T olive oil 2 T tomato paste 1 28-oz can whole plum tomatoes 1 cup kamut elbows (or other pasta)	1 T olive oil 1 cup vegetable broth 2 15-oz cans Black Beans or black soybeans 1 T Tamari (soy sauce)	1 T olive oil 1 T balsamic vinegar
Spices/Misc.		2 t tarragon 1 bay leaf	2 Dried Chipotle peppers 1 t dried thyme 2 t ground cumin 2 t turmeric 1/2 t Cayenne	2 t dried thyme 1 t dried sage 1 t Italian Seasoning 1 T arrowroot