Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Asian Carrot Salad

Your Weekly Meal Plan is:

Chana Dal with Spinach

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Spring Vegetable Soup

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Healthy Fried Rice

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Veggie Burgers (Bonus Recipe)

Food For Thought: Two Ways to Green Your Diet

In honor of Earth Day, let's look at two ways to lighten up our load on the environment. The first way to green your diet and get healthy is to **Buy Local Foods**. Did you know that the average carrot travels over 1500 miles to get to your kitchen? Not only is all that transport bad for the environment, produce loses vitamin and mineral content as soon as it is picked. By choosing foods grown close to you, you are getting more nutrition and doing a good thing for the earth.

And secondly, a great way to green your diet is to **reduce meat in your diet and replace it with unprocessed plant proteins**. The website www.eatlowcarbon.org lets you see the CO_2 Output of your favorite food item. ***The output for one 4 oz hamburger patty is 1462 units of CO_2, while the output for 4 oz of dry beans is 24 units CO_2.*** Plus, beans are low in fat and high in fiber making them a better choice for health. And, beans are really inexpensive!

In honor of Earth Day and eating lower on the CO_2 chain, I'm including one of my most favorite veggie burger recipes ever. These smoky, cornmeal dusted burgers are a delicious way to eat better for the earth.

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

Asian Carrot Salad

Use sweet carrots from your produce drawer in this easy to make salad that can also be a wonderful side dish.

4 carrots, grated (use a food processor to make it easy)
3 green onions, sliced
2 Tablespoons rice wine vinegar
1 Tablespoon toasted sesame oil
1-1 inch piece fresh ginger, minced
1 clove garlic, minced
sea salt and pepper
2 Tablespoons black sesame seeds
1/2 cup fresh cilantro leaves

Combine the carrots, onions, vinegar, oil, garlic and ginger in a large bowl. Season with salt and pepper. Refrigerate for at least an hour. Right before serving, sprinkle with sesame seeds and cilantro.

Chana Dal With Spinach

Serves 4
Preparation Time: 15 minutes
Cooking Time: 1 hour, 15 minutes
Equipment Needed: Large soup pot, skillet, rice cooker

Chana Dal are baby chickpeas that are split, you can find them in the bulk section of the store. They are really delicious and a change of pace from lentils. This dish is wonderful with brown rice and also good with chapati (flat bread).

Note: If you cannot find Chana dal, you could use red lentils in this recipe instead.

Time Saver: The Chana Dal needs to be cooked for 45 minutes until tender. You could cook this ahead of time, refrigerate it and continue the rest of the recipe.

1 1/2 cups split dried Chana dal
6 cups water
2 bay leaves

First, sift through the dal to make sure there are no little stones. In a large stockpot, bring the dal, water and bay leaves to a boil. Reduce heat to a high simmer and cook the dal until tender, about 45 minutes.

1 tablespoons coconut oil
3 cloves garlic, minced
1 Tablespoon freshly minced ginger
1/2 tablespoon Garam masala
1 teaspoon cumin
1 teaspoon red chili powder
1/4 teaspoon cayenne pepper
4 heaping cups baby spinach
1 1/2 cups vegetable stock
2 tablespoons lime juice
salt and pepper to taste

Recipe continues next page....

While the dal is cooking, gather all ingredients and mince your garlic and ginger. In a small skillet, melt the coconut oil and add the garlic and ginger, and sauté for about two minutes over medium heat. Add all the other spices except the cayenne pepper and red pepper and fry for about a minute, stirring vigorously. Add cayenne pepper, stir quickly, and take the skillet off the heat.

When the dal is cooked, add the spinach and the cooked spices to the pot. Add the vegetable stock and lime juice and cook until spinach is wilted and flavors are merged, at least 5 minutes.

Season to taste with salt and pepper and more lime juice if desired. Serve with brown rice.

Brown Rice times Two!!!

Time Saver: When the rice is cooked, take out 1 1/2 cups and put it in the fridge for later this week.

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.

Spring Vegetable Soup

Serves 6
Preparation Time: 25 minutes
Cooking Time: 20 minutes
Equipment Needed: Large soup pot

This tomato-based soup is easy to make and freezes well. Use any vegetables you have in your produce drawer, leftover grain in the pantry, etc.

1 Tablespoon olive oil
1 yellow onion, diced
2 carrots, sliced
3 stalks celery, sliced
2 garlic cloves, minced
2 medium zucchini, sliced
1 quart (4 cups) vegetable stock
1 bay leaf
1 teaspoon dried oregano
1 teaspoon dried basil
Salt and freshly ground black pepper
1 28-ounce can diced tomatoes or whole plum tomatoes
1 15-ounce can white beans or any canned bean you have on hand
1 cup fresh or frozen peas
1 cup of small pasta shapes (can omit if desired)

Heat the oil in a stockpot, and add the onion, celery, garlic, and zucchini and sauté for 3-5 minutes. Add vegetable stock and add bay leaf, spices and salt and pepper.

Add canned tomatoes, beans with their liquid, peas and pasta to soup pot. Cover, bring to a boil, reduce heat and simmer for 10-15 minutes, or until vegetables and pasta are tender.

Discard bay leaf, season to taste and serve.

Healthy Fried Rice

Serves 4
Preparation Time: 20 minutes
Cooking time: 10 minutes
Equipment Needed: Wok or large skillet

This dish is a study in color! Grating your carrots and beets allows the sweetness and color to "infuse" this dish. This is like fried rice, but with the emphasis more on veggies and less on the rice. If you have a food processor, save time and use it to grate your carrots and beets.

ANY PROTEIN GOES!! Choose 8-16 oz of any desired protein and add it when you add the carrots (see instructions).

1 Tablespoon unrefined coconut oil
2 cloves garlic, minced
1 1-inch piece ginger, minced
3 green onions, sliced (use the rest of the bunch from the salad earlier this week)
1 yellow pepper, diced
2 carrots, grated
1 beet, grated
1 Tablespoon tamari
1 teaspoon toasted sesame oil
1 1/2 cups leftover short grained brown rice, cold
1/2 cup chopped cilantro
Salt and freshly ground pepper to taste

1 cup raw almonds, chopped

Gather all ingredients and mince garlic and ginger. Slice onion and pepper. Grate carrots and beets.

Heat oil in a large skillet or wok over medium heat. Add the garlic, ginger, onions, and pepper, stirring for 2 minutes. Add any protein you are using (optional), the grated carrots and beets and sprinkle in tamari and sesame oil, and cook for 3-5 minutes (just veggies), or until protein is cooked through.

Meanwhile, chop cilantro. Add the cold rice and cilantro to the skillet, using the back of a wooden spoon to break up the grains and cook until heated through, about 5 minutes. Add almonds, season with salt and pepper and serve.

Black Eyed Pea Burgers

Serves 6
Preparation Time: 15 minutes
Cooking Time: 20 minutes

These low fat, high fiber burgers are SO tasty! Enjoy them on a spouted whole grain bun with green salad. They are also wonderful with a side of cooked leafy greens.

FREEZE RIGHT THERE! You can freeze these burgers: wrap in wax paper, plastic or foil and freeze individually. Then you can grab one for an easy lunch.

1 cup raw sunflower seeds
2 cloves garlic, minced
2 scallions, chopped
1 15-oz can black eyed peas, drained and rinsed (rinsing makes them taste less beany) OR 2 cups cooked black eyed peas
1 teaspoon thyme
1 teaspoon smoked paprika
1 Tablespoon ketchup
1 Tablespoon tamari
2 Tablespoons flaxseed, ground mixed with 2 Tablespoons water
salt and pepper to taste

1/4 cup cornmeal mixed with salt and pepper
1 Tablespoon olive oil, for brushing

Blend sunflower seeds in a food processor until ground. Remove half of them and set aside. Add garlic and scallions and pulse until ground. Add rinsed peas, thyme, smoked paprika, ketchup and tamari and blend well, stopping to scrape the sides as needed. Remove mixture to a bowl and stir in flaxseed mixture and reserved sunflower seeds. Season to taste with salt and pepper and chill mixture for 30 minutes (or longer).

Preheat oven to 400F. Take out mixture and form into small balls and roll in cornmeal mixture, flatten into burger shapes and place on baking sheet lightly greased with olive oil. Brush burgers with olive oil and bake for 10 minutes. Remove cookie sheet, turn burgers over, brush again with olive oil, return to oven and bake another 10 minutes until firm and brown. Burgers will firm up more as they cool. Enjoy!

Shopping List

Remember to read through your recipes before shopping. 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	**Carrot Salad**	**Chana Dal**	**Vegetable Soup**	**Healthy Fried Rice**	**Black Eyed Pea Burgers**
Produce	4 carrots 3 green onions 1-1 inch piece fresh ginger 1 clove garlic 1/2 cup fresh cilantro leaves	3 cloves garlic 4 heaping cups baby spinach 2 limes (for 2 T juice) 1 T fresh ginger	2 garlic cloves 1 yellow onion 2 carrots 3 stalks celery 2 medium zucchini	2 cloves garlic 1 inch piece fresh ginger 3 green onions 1 yellow pepper 2 carrots 1 red beet	2 cloves garlic 2 scallions
Bulk/ Refrig/ Frozen	2 T black sesame seeds	1 1/2 cups Chana dal (baby chickpeas, split) 2 cups Short Grain Brown Rice		1 cup almonds *(1 1/2 cups leftover short grained brown rice)* ***8-16 oz of your protein of choice***	1 cup raw sunflower seeds
Grocery Canned	2 T rice wine vinegar 1 T toasted sesame oil	1 T coconut oil 1 1/2 cups vegetable stock	1 T olive oil 1 quart (4 cups) vegetable stock 1 28-ounce can whole or diced tomatoes 1 15-ounce can white beans 1 cup of small pasta shapes	1 T unrefined coconut oil 1 T tamari 1 t toasted sesame oil	1 15-oz can black eyed peas OR 2 cups cooked black eyed peas 1 Tablespoon ketchup 1 Tablespoon tamari 2 Tablespoons flaxseed
Spices/ Misc.		1/2 T Garam masala 1 t cumin 1 t chili powder 1/4 t cayenne pepper	1 bay leaf 1 t dried oregano 1 t dried basil		1 t thyme 1 t smoked paprika