Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Sunflower & Pumpkin Seed Pate

Your Weekly Meal Plan is:

Vegetable Ragout and Brown Rice Pasta

Easy Black Bean Burgers
With Cabbage-Cilantro Slaw with Miso-Tahini Dressing

French Lentil Soup

BONUS Breakfast recipe: Creamy Amaranth Cereal

Food For Thought: Breakfast Bonus!

Some of you have asked for some healthy breakfast recipes so I thought I would include a great one in this meal plan. The Creamy Amaranth cereal is a delicious way to start your day.

Maybe you aren't a breakfast eater just yet, but I hope I can convince you to start.

Studies show that eating something within 45 minutes to an hour of waking helps to optimize your Leptin levels. Leptin is the hormone, responsible to regulating your appetite and fat metabolism—meaning, breakfast eaters regularly consume less calories throughout the day and typically weigh less than non-breakfast eaters.

This week, enjoy the Creamy Amaranth Cereal, even if you just have a very small bowl in the morning.

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

Sunflower & Pumpkin Seed Paté

Yum! I could live on these raw nut spreads. Seriously, when I have these in my fridge I am so happy when I come home and have a reason to eat raw vegetables. This time I used both sunflower and pumpkin seeds for extra nutrition and I use basil for flavoring since you purchased it for the sauce later in the week. Enjoy!

1 cup sunflower seeds, soaked overnight and rinsed well
1 cup pumpkin seeds, soaked overnight and rinsed well
2 garlic cloves, peeled and chopped
1 Tablespoon tahini
1 Tablespoon olive oil
2 Tablespoons lemon juice
sea salt and pepper to taste
1 cup basil leaves, cut very finely

Process seeds in a food processor until well ground. Add remaining ingredients, except basil and blend until creamy. Scoop into a bowl and stir in basil (food processing basil makes it turn brown). Store in an airtight container in the fridge.

Vegetable Ragout over Brown Rice Pasta

Serves 6
Preparation Time: 25 minutes
Cooking time: 15 minutes
Equipment Needed: pasta pot, large skillet

This dish is really tasty. There is a fair amount of cutting but the result is worth it. This is special enough for dinner guests.

Want more protein? There is a good amount in whole grain pasta, but for even more protein, simply **add a 15-oz can of drained white beans** to the sauce when you add the vegetables.

2 Tablespoons olive oil
1 leek, washed and sliced
5 cloves garlic, minced
4 mini yellow pattipan squash, diced
1 zucchini, diced
1 red bell pepper, seeded and cut into small pieces
1 medium fennel bulb, thinly sliced
1 pint grape or cherry tomatoes, halved
1 cup pitted Kalamata olives, sliced
3/4 cup dry white wine (or vegetable stock, but wine is better!)
1/2 cup fresh basil leaves
1/4 cup chopped fresh parsley leaves
Salt and freshly ground black pepper, to taste

12 oz brown rice or other whole grain pasta, cooked according to package directions

Heat the olive oil in a large skillet over medium heat, add the leek and garlic, and sauté for about 5 minutes, until leek gets clear. Add the zucchini, yellow squash, pepper and fennel, reduce the heat to low, and sauté stirring often, for 5 to 6 minutes. Add the remaining ingredients, cover and simmer, stirring occasionally, for about 5 minutes. Remove the skillet from the heat and season to taste with salt and pepper if needed. Serve with brown rice pasta.

Easy Black Bean Burgers With Cabbage-Cilantro Slaw with Miso-Tahini Dressing

Makes 4 large or 6 small burgers
Preparation Time: 15 minutes plus 30 minutes chillin' time
Cooking time: 30 minutes
Equipment Needed: food processor, baking sheet

You won't believe how easy these are to make when you taste how delicious they are. Because they are ready in a snap, double the recipe and freeze half for quick lunches. ***They freeze well wrapped tightly to keep them fresh.***

They will taste wonderful wrapped in a tortilla with some of the slaw--YUM!

Oats are the binder in these burgers. Oats are naturally gluten free but contain residual gluten since they are processed with wheat. So, if you are gluten free be sure to buy certified gluten free oats.

Multiple Recipe Action Plan:

-Prepare black bean mix and chill in refrigerator
-Prepare Slaw while burgers are chillin'!
-Cook burgers while slaw marinates

1/2 large onion, chopped
2 cloves garlic, chopped
1 teaspoon ground cumin
1-15 oz can black beans, drained
2/3 cup rolled oats
1/3 cup chopped fresh cilantro leaves
3/4 cup walnuts, toasted and finely chopped
Sea salt and pepper to taste
Cayenne pepper (to taste)
Olive oil

Preheat oven to 400F. Gather all ingredients. Toast walnuts (at 350 F for 5-10 minutes, be careful not to burn). Meanwhile, chop onion and garlic. Chop walnuts in a food processor, remove and set aside.

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Place onion, garlic, and cumin in processor bowl; pulse until coarsely chopped. Add beans, oats, and cilantro; pulse until just combined. Transfer mixture to a bowl; stir in chopped walnuts. Season with salt, pepper and cayenne and stir mixture until combined. Refrigerate mixture for 30 minutes.

Form into six 2-inch patties. Place burgers onto parchment-lined baking sheet. Brush with olive oil and bake for 30 minutes, turning after 15 minutes. Remove from oven and allow to cool slightly (burgers will firm up as they cool).

Cabbage-Cilantro Slaw with Miso-Tahini Dressing
Serves 4-6

Preparation Time
5-20 mins (depending on if you use a processor) plus 30 minutes of marinating

This slaw is so delicious! You should have a fair amount leftover and it tastes even better after a day!

4 cups finely shredded cabbage
2 cups carrots, grated
1 cup chopped fresh cilantro
1/4 cup sliced green onion
Salt and pepper to taste
2 Tablespoons light or yellow miso
2 Tablespoons lemon juice
2 Tablespoons tahini
1/4 cup water

Gather all ingredients. Using the food processor, shred cabbage and grate carrot and put into a large mixing bowl.

Chop cilantro and slice green onion and add it to the bowl. Season with salt and pepper.

In a small bowl, whisk together miso, lime juice, tahini and water.

Pour over cabbage mixture and let marinate for at least 30 minutes before serving.

French Lentil Soup

Serves 6-8
Preparation Time: 20 minutes
Cooking time: 55 minutes
Equipment Needed: large soup pot

French lentils are small green lentils, also called Le Puy lentils. They are high in soluble fiber and less starchy than common brown lentils. They are really tasty but if you cannot find them you can use regular brown lentils.

This soup FREEZES WELL. Just wait to add the greens until you have thawed and reheated.

2 Tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon herbs de provence
2 stalks celery, sliced
3 carrots, sliced
4 cups vegetable stock
4 cups water
1/4 cup tomato paste
1 1/2 cups French lentils
salt and pepper to taste
3 cups baby spinach leaves
2 Tablespoons red wine vinegar

In a large stockpot on medium heat, heat olive oil and sauté onions, garlic and thyme and herbs de provence for 5 minutes, until the vegetables are translucent and very tender. Add the celery and carrots and sauté for 5 more minutes.

Add the stock, water, and tomato paste and mix to make sure the tomato paste is broken up. Then add the lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 45 minutes, until the lentils are cooked through. Right before serving, stir in the baby spinach and add the red wine vinegar and serve when spinach is wilted. Season with salt and pepper and serve.

Creamy Amaranth Cereal

Serves 4
Preparation Time: 5 minutes
Cooking time: 10 minutes
Equipment Needed: saucepan

This is a bonus recipe to help you start your mornings off right! Amaranth is a gluten-free grain that is high in minerals. When it cooks, it gets gummy so it is great for creamy breakfast cereals like below. Enjoy it with all of your favorite oatmeal toppings.

1 cup Amaranth
2 1/2 cups Water
1/2 cup Apples, diced
1/3 cup Raisins or other dried fruit
1/2 teaspoon Cinnamon
1/2 cup chopped raw walnuts
Sweetener to taste
Additional liquid, like Milk or juice, if desired

In a saucepan, stir together amaranth, water and a pinch of salt; bring to a boil. Reduce heat; simmer for 5 minutes. Add apples, raisins and cinnamon; simmer until water is absorbed. Serve with additional liquid, if desired and sweeten 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	**Sunflower & Pumpkin Pate**	**Vegetable Sauce with Pasta**	**Black Bean Burgers**	**French Lentil Soup**	**Creamy Amaranth Cereal**
Produce	1 cup basil leaves 2 garlic cloves 2 lemons (for 2 T juice)	1 leek 5 cloves garlic 4 mini yellow squash (patty pan) 1 zucchini 1 red bell pepper 1 medium fennel bulb 1 pint grape or cherry tomatoes 1/2 cup fresh basil 1/4 cup fresh parsley leaves	1 large onion 2 cloves garlic 1 1/3 cup cilantro 1 small head green cabbage 3 carrots 3 scallions 2 lemons (for 2 T juice)	1 large onion 3 cloves garlic 2 stalks celery 3 carrots 3 cups baby spinach leaves	1 Apple
Bulk/Refrig/ Frozen	1 cup sunflower seeds 1 cup raw pumpkin seeds	1/2 cup pitted kalamata olives	3/4 cup walnuts 2/3 cup rolled oats 2 T light or yellow miso	1 1/2 cups french lentils	1 cup amaranth 1/3 cup Raisins 1/2 cup raw walnuts
Grocery/ Canned	1 T olive oil 1 T tahini	12 oz brown rice or other whole grain pasta 2 T olive oil 3/4 cup dry white wine ***1 15 oz can white beans (optional, see recipe)***	2 T tahini 1-15 oz can black beans, drained	2 T olive oil 2 T red wine vinegar 1/4 cup tomato paste 4 cups vegetable stock	sweetener to taste
Spices/Misc.			1 teaspoon ground cumin cayenne pepper	1 t dried thyme 1 t herbs de provence	1/2 teaspoon cinnamon