Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Lemony White Bean Salad

Your Weekly Meal Plan is:

Corn and Potato Chowder

Shiitake Mushroom Hotpot

Butter Bean Creole

Food For Thought:

"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and a mystery"—H.G. Wells

Summer is fast approaching (can you believe it!?) and that means making time to slow down and enjoy the best of summer produce.

Preferably in a hammock.

You Know - Corn. Tomatoes. Zucchini. Yellow Squash. Strawberries.

My mouth is watering in anticipation.

This week, slow down and savor the Corn and Potato Chowder – a delicious recipe I created to say welcome to summer.

Best eaten BEFORE you enter the hammock.

Have a wonderful week!
~Jenny

Lemony White Bean Salad over Arugula

Serves 4

2-15 ounce cans cannellini (white kidney beans), drained and rinsed
1/2 small red onion, diced
2 Tablespoons fresh lemon juice
1 teaspoon lemon zest
2 Tablespoons olive oil
Sea salt and pepper to taste
2 Tablespoons chopped Italian parsley

4 cups arugula (1 5-oz bag)

In a large bowl, toss together beans, onion, lemon juice and lemon zest. Drizzle with olive oil, and season with salt and pepper. Mix in parsley and allow to marinate to develop flavors.

Eat as it is or serve on top a bed of arugula.

Corn and Potato Chowder

Serves 4-6
Preparation Time: **20 minutes**
Cooking Time: **30 minutes**
Equipment Needed: Soup pot

Yum! This recipe is a result of my never ending quest to eat potatoes all the time (hey, give me a break! I'm Irish!). Plus, just because the weather is warm doesn't mean a nice lighter soup isn't a wonderful thing to sit down to for dinner.

Serve this soup with the Lemony White Bean Salad for a light, summery supper.

Equip Yourself! I think kitchen sheers (scissors) are a really valuable tool to have in your kitchen. I particularly love them for cutting up fresh herbs, like the rosemary in this recipe.

1 yellow onion, chopped
1 carrot, thinly sliced
2 stalks celery, sliced
1 Tablespoon fresh rosemary, minced
1 Tablespoon olive oil
3 cups vegetable stock
2 medium red potatoes, diced, skin left on
2 ears fresh corn, cut off the cob (do this into a bowl so they don't go everywhere!) or you can use 2 cups frozen corn
2 cups unsweetened milk (rice, almond, etc, any will do--just make sure it is unsweetened)
1/2 cup fresh parsley, chopped
1 teaspoon salt and black pepper to taste

Gather all ingredients, chop onion, slice carrots, celery and mince rosemary. Over medium heat, heat oil and sauté onion, carrot, celery, and rosemary for 5 minutes, stirring frequently.

Meanwhile, cut potato and corn. Add vegetable stock, potato and corn to pot and simmer over medium heat, stirring occasionally, until potato is tender, about 20 minutes. While soup is simmering, cut parsley. When potatoes are tender, stir in milk and parsley and season with salt and pepper to taste. Heat through, being careful not to boil (or milk may curdle) and serve.

Shiitake Mushroom Hotpot

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

Want more protein? Add 8 oz protein, cut into strips to this dish as desired.

1 Tablespoon unrefined coconut oil
1 onion, chopped
2 garlic cloves, minced
2 Tablespoons minced fresh ginger
2 cups Napa cabbage, chopped
1 red bell pepper, seeded and sliced thinly
8 fresh shiitake mushrooms, stem removed and thinly sliced (Be sure to slice the shiitakes as thinly as possible since thick slices can be rubbery)
1 carrot, thinly julienned or grated
8 oz protein, cut into strips
1 cup vegetable broth
2 Tablespoons arrowroot
2 Tablespoons tamari
1/2 bunch scallions, sliced

Prepare red quinoa (recipe below).

Gather ingredients. Chop onion, mince garlic and ginger. Chop cabbage, slice pepper and shitakes. Grate carrot. In a soup pot, heat the oil. Add onion, garlic, and gingerroot and cook for 3 minutes. Add cabbage, pepper, shiitakes, carrots and protein (if using) and sauté for 3-5 minutes, or until shiitakes are cooked through.

Meanwhile, whisk together vegetable broth and arrowroot, making sure it is well dissolved. Add tamari to mixture and then add entire mixture to pot.

Turn heat to simmer and allow mixture to thicken, about 5 minutes.

Garnish with chopped scallions and serve over red quinoa.

Recipe continues next page....

Red Quinoa

Serves 8 (you are making leftovers for later in the week)

Nutrition All Star: Quinoa (pronounced keen-wa) is a whole, gluten-free 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: After cooking, remove half of the quinoa and place it in the fridge for eating later in the week with the Butter Bean Creole.

2 cups red quinoa
4 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.

Butter Bean Creole

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

Growing up, I loved when my mom would make us Creole. This spicy dish originated in New Orleans and has a French influence. In this recipe, I've re-created my mom's recipe using butter beans.

Butter Beans are baby lima beans—smooth and buttery and delish! Really, how could something called a ***butter bean*** not be yummy? If you can't find them you can use regular white beans, but try to find the butter beans! They are SO yummy!!

I use margarine (trans-free of course!) in this dish, which is in traditional Creole, but you could use butter or olive oil instead.

2 Tablespoons trans-fat free margarine (like Earth Balance)
1 yellow onion, chopped
1 red bell pepper, chopped
2 celery stalks, chopped
2 15-oz cans EDEN butter beans
1 15-oz can stewed tomatoes
3 cups baby spinach leaves
1 teaspoon dried thyme leaves
1 teaspoon regular paprika
1/8 teaspoon black pepper
dash hot pepper sauce to taste
chopped fresh parsley for garnish

Gather all ingredients. Chop onion, pepper and celery. Melt margarine in a medium saucepan over medium heat. Sauté onion, green pepper, and celery until crisp-tender.

Stir in beans, tomatoes, spinach, thyme, paprika, pepper, and hot pepper sauce. Bring to a boil, reduce heat, and simmer for 10 to 15 minutes. Serve over leftover red quinoa garnished with parsley.

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	**Lemony White Bean Salad**	**Corn and Potato Chowder**	**Shiitake Mushroom Hotpot**	**Butter Bean Creole**
Produce	1/2 small red onion 2 lemons (for 2 T fresh juice) 1 teaspoon lemon zest 2 Tablespoons chopped parsley 4 cups arugula (1 5-oz bag)	1 yellow onion 1 carrot 2 stalks celery 1 Tablespoon fresh rosemary 2 medium red potatoes 2 ears fresh corn on the cob (or 2 cups frozen corn) 1/2 cup fresh parsley	1 yellow onion 2 garlic cloves 2 T ginger 1 small head napa cabbage 1 red bell pepper 8 fresh shitake mushrooms 1 carrot 1/2 bunch scallions	1 yellow onion 1 red pepper 2 celery stalks 3 cups baby spinach leaves
Bulk/Refrig/ Frozen			2 cups red quinoa 8 oz protein if desired	2 T margarine (or olive oil)
Grocery/ Canned	2 T olive oil 2-15 ounce cans cannellini (white kidney beans)	1 T olive oil 3 cups vegetable stock 2 cups unsweetened milk	1 T unrefined coconut oil 1 cup vegetable broth 2 T tamari	1 15-oz can stewed tomatoes 2 15-oz cans EDEN butter beans
Spices/Misc.			2 T arrowroot	1 teaspoon dried thyme leaves 1 t paprika dash hot pepper sauce to taste