Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Almond Paté

Your Weekly Meal Plan is:

Mexican Stew

Eggplant and Chickpea Moju

Quinoa with Caramelized Tomatoes and Seasonal Vegetables

Food For Thought: Magnesium & Stress & You

Magnesium is a trace mineral involved in numerous processes in your body, including how well you respond to stress.

Under conditions of mental or physical stress, magnesium is released from your blood cells and goes into the blood plasma to calm things down (Magnesium acts as a smooth muscle relaxer).

In other words, the more stressed you feel, the more magnesium you lose.

And if you aren't replenishing those magnesium stores through diet (which chances are you aren't—according to estimations, 70% of individuals do not get enough magnesium) then it is harder and harder for your body to deal with stress.

The best food sources of magnesium are green vegetables (like broccoli, spinach, Swiss chard), legumes (like navy beans, kidney beans, and black-eyed peas), and nuts (like almonds, Brazil nuts, and cashews).

This week's refrigerator staple is Almond Paté—enjoy this delicious way to replenish your magnesium.

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

~Chef Jenny

Almond Paté

Makes about 2 cups

This high fiber pate is DELISH and almonds are a great source of magnesium. Also, the kelp flakes are an easy way to get more of the mineral iodine, which is essential for keeping the thyroid running properly.

1 cup raw almonds, soaked overnight
2 stalks celery, minced
1/2 cup tahini
1/2 cup minced parsley
1/4 cup minced scallions
1/4 cup lemon juice
1 Tablespoon kelp granules
1 Tablespoon tamari

Soak almonds, drain, and rinse, removing any skins that have come off.

(***Note: Once you've drained the almonds, you can rub the almonds vigorously in a kitchen towel to get more skins off.)***

Put the almonds in a food processor and pulse until well blended. Add celery, tahini, parsley, scallions, lemon juice, kelp, tamari and puree thoroughly. Taste and season to taste if needed. Remove to a bowl, keeps several days, covered, in the refrigerator.

Mexican Corn Stew

Serves 6
Preparation Time: 30 minutes
Cooking Time: 25 minutes
Equipment Needed: Soup pot

Serve this light summery stew with a green salad.

2 Tablespoons olive oil
1 red onion, sliced
1 red pepper, diced
2 cloves garlic, minced
3 cups vegetable stock
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper
1/2 teaspoon red pepper flakes or to taste
1 lb red potatoes, unpeeled, cut into a small dice
2 cups green beans, cut in 1-inch pieces
1 28-oz can pinto beans, drained
1 cup fresh corn (1 ear) or frozen corn
2 Tablespoons lime juice
1/2 cup fresh parsley, for garnish

In a large saucepan, heat oil and sauté onion, red peppers, and garlic until soft, about 5 minutes. Add stock, spices, potatoes and green beans; cover and simmer 10 minutes, or until beans are cooked.

Add the pinto beans, corn, lime juice and parsley. Reduce heat and simmer 10 minutes, or until all the vegetables are tender and serve.

Eggplant & Chickpea Moju

Serves 4
Preparation Time: **20 minutes**
Cooking Time: **20 minutes**
Equipment Needed: Large Skillet

1 Tablespoon unrefined coconut oil
1 red pepper, sliced
1 yellow onion, sliced
1 large eggplant, diced, unpeeled
2 cloves garlic, minced
1 Tablespoon shallots, minced
1/2 Tablespoon ginger, minced
2 Tablespoons apple cider vinegar
1 Tablespoon agave nectar
1 teaspoon olive oil
1 teaspoon turmeric
1 teaspoon ground mustard
1/2 teaspoon ground cumin
pinch cayenne pepper
1 teaspoon sea salt
1/2 teaspoon black pepper
1 28-oz can chickpeas, drained

Gather all ingredients. Dice eggplant, slice pepper and onion, mince garlic, shallot and ginger. In a large skillet, heat oil to medium. Sauté onion and pepper for 3 minutes. Turn up heat to medium high and add eggplant, and cook, stirring frequently until eggplant gets browns on sides & starts to break down, about 5 minutes. Add garlic, shallots and ginger and sauté 3-5 minutes more.

Meanwhile, in a small bowl, whisk together vinegar, agave, olive oil, turmeric, mustard, cumin and cayenne. Add to skillet and simmer for 5 minutes. Add chickpeas, heat through, season to taste with salt and pepper and serve.

Recipe continues next page....

Quinoa times two!

When Quinoa is cooked, take out 2 cups and refrigerate for later in the week.

2 cups yellow quinoa, rinsed well
4 cups water
1 pinch of salt

Stir quinoa and water together, and bring to a boil. Reduce to a simmer, cover, and cook 15-20 minutes, or until quinoa is cooked through (no longer tough). Or, prepare using a rice cooker (easiest method! If you don't have a rice cooker, I really suggest buying one. It makes life easier….no more burning grains!).

Quinoa with Caramelized Tomatoes

Serves 4
Preparation Time: 20 minutes
Cooking Time: 20 minutes
Equipment Needed: wok or large skillet

This easy to make quinoa dish is fabulous warm from the pan. But it's also delicious cool, as a yummy quinoa salad.

Check the produce drawer: If you have leftover scallions, slice up 2 or 3 for a garnish.

2 cups leftover quinoa
1 1/2 Tablespoons olive oil
1 red onion, diced
3 cloves garlic, chopped
1 pint cherry tomatoes
2 yellow pattipan squash, sliced
1 bunch asparagus, trimmed, sliced
8 oz cremini mushrooms, sliced
1 Tablespoon fresh thyme, minced
Sea salt and ground pepper
1 Tablespoon balsamic vinegar

Heat the oil in a wok or large skillet over medium heat. Add the onion and garlic and stir until translucent, about 5 minutes. Add the cherry tomatoes (whole), reduce heat and cook until tomatoes start to caramelize and squirt out their inners, about 7 minutes. Add squash, asparagus and mushrooms and cook until tender. Add the fresh thyme, a generous sprinkle of salt and pepper and the vinegar and toss to combine.

Add quinoa to the skillet and stir to combine with the vegetables. Season to taste and serve immediately.

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	**Almond Pate**	**Mexican Stew**	**Eggplant Moju**	**Quinoa with Summer Veg**
Produce	1/4 cup minced scallion 2 stalks celery 1/2 cup fresh parsley 2 lemons (for 1/4 cup juice)	1 red onion 1 red pepper 2 cloves garlic 1 lb red potatoes 2 cups green beans 1 ear fresh corn 2 limes (for 2 T juice) 1/2 cup fresh parsley	1 yellow onion 1 large eggplant 1 red pepper 2 cloves garlic 1 Tablespoon shallots 1/2 T ginger	1 red onion 3 cloves garlic 1 pint cherry tomatoes 2 yellow pattipan squash 1 bunch asparagus 8 oz cremini mushrooms 1 T fresh thyme
Bulk/Refrig/ Frozen	1 cup raw almonds		2 cups yellow quinoa	***(2 cups leftover quinoa)***
Grocery/ Canned	1 T kelp granules (in a shaker by the sea vegetables) 1/2 cup tahini 1 T tamari	2 T olive oil 1 28-oz can pinto beans 3 cups vegetable stock	1 T coconut oil 1 28-oz can chickpeas 2 T apple cider vinegar 1 T agave nectar 1 teaspoon olive oil	1 1/2 T olive oil 1 T balsamic vinegar
Spices/Misc.		1/4 t cayenne pepper 1/2 t red pepper flakes 1 t cumin 1 t chili powder 1 t dried oregano	1 t turmeric 1 t ground mustard 1/2 t ground cumin pinch cayenne	