Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Creamy Cashew Cheese

Your Weekly Meal Plan is:

French Lentil and Spinach Soup

Napa Cabbage and Shiitake Mushroom Soba

Avocado and Pinto Bean Enchiladas

Food For Thought: *And speaking of crucifers….*

Last week I praised the nutritional value of kale and highlighted the fact that it is a cruciferous vegetable that has been shown to fight cancer.

Research has shown that cruciferous vegetables detoxify compounds and prevent toxic compounds from binding to our DNA, thus preventing damage that could lead to cancer. A review of research in the *Journal of the American Dietetic Association* showed that over 70% of the studies found a link between cruciferous vegetables and protection against cancer. That is a powerful finding.

I like to call cruciferous veggies the 'stinky veggies'. I say that in a loving way, of course, because the chemical that causes the strong smell is the very phytochemical that provides the most impressive protection against cancer.

So, really, the stinkier the better…

This week, enjoy the delicious Soba Noodle recipe this week made with Napa Cabbage—a healthy, 'stinky' crucifer.

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

Creamy Cashew Cheese

Yum! Enjoy this easy-to-make spread as a filling for sandwiches to hold in your loads of yummy veggies! Or, enjoy it on crackers with a dollop of sun dried tomato pesto for a "pizza" snack!

1 cup raw cashews, soaked overnight**, water drained
2 cloves garlic, minced
1 Tablespoon tahini
1 Tablespoon olive oil
4 Tablespoons water
1/8-1/4 cup fresh lemon juice
1/4-1/2 teaspoon sea salt (add little bits at a time and taste)

In a food processor, puree cashews until well ground. Add remaining ingredients, and puree for 5 minutes, or until mixture is VERY smooth, stopping to scrape the sides as needed. Taste for more salt or lemon juice. Enjoy!

**soaking nuts and seeds overnight makes them more digestible and easier to blend into creamy spreads.

French Lentil and Spinach Soup

Serves 4-6
Preparation Time: 10 minutes
Cooking Time: 50 minutes
Equipment Needed: 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. Herbs de Provence is a dried spice sold with the bulk spices and it contains a hint of lavender and tastes great in this soup.

1 Tablespoon olive oil
1 small yellow onion, chopped
2 cloves garlic, minced
3 carrots, sliced
2 teaspoons Herbs de Provence
1/2 teaspoon dried oregano
2 cups dried French lentils
4 cups vegetables stock
4 cups water
1 bunch red chard, washed well and cut into small pieces
Sea salt and pepper to taste

In a large soup pot, cook onion and garlic in oil over medium heat for 3-5 minutes. Add carrots and herbs and stir to toss with spices. Cook for 3 minutes more or until good smells are coming from the pot.

Add lentils, stock and water and bring to a boil, reduce heat and simmer for 45 minutes or until lentils are tender. (Taste them to see—they do not get as "visibly" cooked as the other kind of lentils) Add chard and stir to wilt. Add salt and pepper to taste and serve.

Napa Cabbage and Shiitake Mushroom Soba

Serves 4
Preparation Time: 15 minutes
Cooking time: 20 minutes
Equipment Needed: Skillet, pasta pot

8 ounces soba noodles or Udon pasta, **cooked according to package directions**, then drained and rinsed with cold water (gluten free? Make sure they are all 100% buckwheat soba or buy gluten free spaghetti)
1 Tablespoon olive oil
1-1inch piece ginger, minced (about 1 Tablespoon)
2-3 cloves garlic, minced
4 green onions, sliced
1 medium red bell pepper, diced
1/4 teaspoon crushed red pepper flakes
1/2 lb shitake mushrooms, stems removed and thinly sliced
1 head napa cabbage, washed and sliced thinly
3 Tablespoons miso mixed well with 1/2 cup warm water
1 Tablespoon tamari
1 teaspoon toasted sesame oil
1/4 cup black sesame seeds

In a large skillet, heat oil. Add ginger, garlic, green onions, bell pepper, red pepper flakes and cook over medium heat for 3-5 minutes. Add the shitake
mushrooms and sauté for another 2-3 minutes. Add cabbage and 1/2 cup water and a pinch of salt, cover and cook until cabbage is crisp-tender, about 53-5 minutes.

Meanwhile whisk together miso mixture, tamari and toasted sesame oil. When sprouts are cooked through, add miso mixture and cooked noodles to skillet, tossing well to combine. Sprinkle with sesame seeds and serve.

Avocado and Pinto Bean Enchiladas

Serves 6-8
Preparation Time: 30 minutes
Cooking Time: 35 minutes
Equipment Needed: Skillet, Baking Dish

Yum! I love enchiladas but really do not enjoy preparing them--all that rolling! So, in this version you just layer the tortillas and bake it—much easier, plus you use less corn tortillas, so it's less starchy. Avocados are a great source of heart healthy monounsaturated fats and fat-soluble vitamins. Plus, the taste and texture!? DELISH!

Make Your Own Enchilada Sauce
It is much more economical to make your own enchilada sauce and I think it tastes so much better! **PRODUCE CHECK:** If you have leftover green onions from the soba noodles, you can throw them in the sauce.

1 chipotle pepper, canned in adobo (or could use dry)
2 cloves garlic, minced
1 28-oz can crushed tomatoes
1 Tablespoon cumin
1/2 Tablespoon dried oregano
1 cup water
1 Tablespoon apple cider vinegar

Blend together all ingredients in a blender. Put mixture in saucepan and bring to a boil. Reduce heat and simmer on low for 15 minutes (or however long it takes you to do the following):

3-4 ripe avocados, depending on size, pitted and diced
1 red pepper, seeded and diced
2 cups fresh cilantro, chopped
1 small or 1/2 large red onion, diced
2 15–oz cans pinto beans, drained
Juice of 1 lime
Salt and pepper to taste
2 cups baby spinach leaves
12 Corn tortillas

Recipe continues next page….

In a large mixing bowl, mix together the avocado chunks, red pepper, cilantro, red onion, and beans. Now, squeeze lime juice over mixture and sprinkle with salt and pepper to taste.

Lightly grease a 9 x 11 inch baking pan. Spread about 1/2 cup enchilada sauce on the bottom of the baking pan. Lay out 4 tortillas (they will overlap in some places, and there will be some gaps) and spread another 1/2 cup sauce on top of the tortillas. On top of this, spread about 2 cups avocado mixture and 1 cup of the baby spinach leaves. Repeat with 4 tortillas and spread 1/2 cup sauce over them. Now, spread 2 cups of avocado mixture and 1 cup baby spinach. Top with remaining 4 tortillas, and pour remaining enchilada sauce all over the top.

Cover and bake in a 350 degree F oven for 30 to 35 minutes or until heated through. Remove from oven and let stand for 10 minutes before serving.

**If you can't find dried chipotles, you could use the kind canned in adobo sauce.

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	**Cashew Cheese**	**French Lentil Soup**	**Napa Soba**	**Avocado Enchiladas**
Produce	2 cloves garlic 2 lemons (for 1/4 c juice)	2 cloves garlic 1 small yellow onion 3 carrots 1 bunch red chard	2-3 cloves garlic 4 green onions 1-1inch piece ginger 1 medium red bell pepper 1 head napa cabbage 1/2 lb shiitake mushrooms	2 cloves garlic 1 medium red onion 3-4 ripe avocados 1 red pepper 2 cups fresh cilantro 1 lime 2 cups baby spinach leaves
Bulk/Refrig/ Frozen	1 cup raw cashews	2 cups dried French lentils	3 T miso 1/4 cup black sesame seeds	12 Corn tortillas (sprouted if you can find them)
Grocery/ Canned	1 T tahini 1 T olive oil	1 T olive oil 4 cups vegetable stock	1 T olive oil 1 T tamari 1 t toasted sesame oil 8 oz soba, udon or gluten free noodles	1 28-oz can crushed tomatoes 1 chipotle peppers (canned or dry) 1 T apple cider vinegar 2 15-oz cans pinto beans
Spices/Misc.		2 t Herbs de Provence 1/2 tsp dried oregano	1/4 t crushed red pepper flakes	1 T cumin 1/2 T dried oregano