Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Asian Brown Rice and Almond Salad

Your Weekly Meal Plan is:

Tunisian Black Eyed Pea Soup with Collard Greens

Edamame Rice Bowls

Mushroom and Potato Masala

BONUS: Brown Rice Kripsy Treats (ingredients are NOT on shopping list)

Food For Thought: Sweet!

When I'm working with someone to reduce their overall sugar consumption, at some point, we'll have a discussion about whether eating unrefined sugars, like date sugar and maple syrup is any better for you than regular white sugar.

That's a good question with no easy answer. I consider unrefined sugar to be a healthiest vs. healthier choice.

When you want something sweet, fruit would always be the healthier choice. Sometimes, though, you just must have a cookie (right?). And when you do, enjoying one made with a less refined sugar, like maple syrup or date sugar would be a healthier choice than something made with refined white sugar from a package.

If you have a sweet tooth, making your own healthy treats at home is a great place to start. It is much easier to control the type and amount of sugar, plus, there is more connection to your food.

To get you started, I have included a simple, gluten free rice krispy treat made with brown rice syrup. Healthier than a store bought treat and really delicious.

Have a ***SWEET*** week!

~Chef Jenny

Asian Brown Rice and Almond Salad

Serves 4-6

Brown Rice

The best way to make a grain salad is when the grain is COLD, so prepare the rice in advance if you can:
2 cups dry short-grained brown rice
4 cups water
pinch salt

Combine rice, water and salt in a saucepan or rice cooker. Bring to a boil, reduce heat and simmer until rice is cooked through, 45 minutes or so.

NOTE: When rice is cooked, remove 2 cups for later in the week.

2 cups cooked brown rice
1/2 cup almonds, chopped
1/2 cup chopped parsley
2 stalks celery, chopped
1/2 bunch scallions, chopped
1 small head napa cabbage, sliced very thinly
Dressing:
1/4 cup olive oil
2 Tablespoons brown rice vinegar
1 Tablespoon tamari
1 clove garlic, finely minced
Salt and black pepper to taste

Combine all the ingredients for the dressing. Right before serving, toss the rice with the almonds, parsley, celery, scallions and cabbage. Fold in the dressing, and allow salad to marinate 30 minutes or so before eating.

Tunisian Black Eyed Pea Soup

Serves 6-8
Preparation Time: 25 minutes
Cooking Time: 60 minutes (plus soaking the beans overnight)
Equipment Needed: soup pot, coffee grinder or morter and pestle

This yummy, high fiber soup has dry toasted spices—meaning you toast the seeds and grind them in a coffee grinder. You could also use pre-ground spices to make it easier but grinding your own produces wonderful flavor, so do it if you can.

1 3/4 cup black eyed peas, soaked overnight** OR 2 15-oz cans black eyed peas
1 teaspoon coriander seeds, toasted and ground OR 1 t ground coriander
1 teaspoon caraway seeds, toasted and ground OR 1 t ground caraway
2 teaspoons cumin seeds, toasted and ground OR 1 t ground cumin
2 Tablespoons olive oil
1 large yellow onion, diced
4 large garlic cloves, minced
pinch cayenne pepper
4 cups vegetable stock plus 4 cups water
1 strip kombu (can leave this out if using canned beans)
1 bunch collard greens, washed and thinly sliced
2 Tablespoons tomato paste
salt and pepper to taste

**Place beans in a bowl, cover with water. Let soak overnight. Drain and rinse well before using and set aside.

In a large heavy bottomed soup pot, toast the coriander, caraway and cumin seed in the dry pot (no oil) over medium heat, shaking occasionally to move spices. When it starts to smell fragrant (about 3-5 minutes) remove from heat and grind in a coffee grinder.

In that same soup pot, heat oil over medium heat. Add onion, garlic and spices plus cayenne. Sauté until onions are clear, about 5 minutes. Add drained and rinsed black-eyed peas, vegetable stock, water and kombu and bring to a boil. Lower heat, cover and simmer for 30 minutes (skip this if using canned beans—go on the next step). Add the collard greens, tomato paste and a pinch of salt and pepper, and cook for another 30 minutes or until black eyed peas are tender. Remove kombu before serving.

Edamame Brown Rice Bowls

MEAL IN MINUTES!

Serves 4
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Equipment Needed: Skillet

This recipe was inspired by the frozen rice bowls you can buy at the store. These are much cheaper and taste better (in my humble opinion)!

2 cups cooked Brown Rice **, warmed
1 Tablespoon unrefined coconut oil
2 cloves garlic, minced
1 Tablespoon minced fresh ginger (like a 2 inch slice)
2 carrots, grated or finely chopped (grate in your food processor if you have one)
2 heads Bok Choy, washed and sliced
2 cups frozen shelled edamame
1 1/2 Tablespoons tamari
1 1/2 Tablespoons mirin (Chinese rice wine)
1/2 bunch scallions, sliced
Black Sesame seeds for garnish

Melt oil in a skillet over medium heat and add garlic, ginger and carrots, and sauté for 5-7 minutes or until carrots are tender (this is one of my favorite ways to eat carrots, grated and sautéed in coconut oil—take a taste of these carrots—they kind of melt in your mouth--YUM!) Sorry, I digress--now add bok choy, edamame, tamari and mirin. Saute for 7 more minutes or until bok choy has wilted and edamame is heated through. Stir in scallions and serve over brown rice in bowls and sprinkle with sesame seeds, if desired.

Mushroom and Potato Masala

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 20 minutes
Equipment Needed: Skillet

Yum! Because this has potatoes in it, I usually eat it plain, but you could serve it with a side of Quinoa or Brown Rice for a heartier meal.

2 Tablespoons coconut oil
1 small yellow onion, chopped
2 cloves garlic, minced
2 fresh Anaheim chilies, seeded and chopped (these are the long, thin green ones)
1 pound small red potatoes, cut into small chunks
1 Tablespoon tamari
1/2 lb cremini mushrooms, cut in half
2 teaspoons ground cumin
2 teaspoons chili powder
1 teaspoon paprika
1 teaspoon turmeric
4 plum or dry farm tomatoes, finely chopped
salt and pepper to taste
1/2 cup fresh cilantro, chopped

In a large skillet with a lid, melt the coconut oil over medium heat. Add the onions, garlic and chilies and cook for 3-5 minutes or until onion is clear. Add chunks of potato and tamari and stir to coat. Cook for a few minutes more.

Add the mushrooms and the spices, stirring so spices are incorporated. Cover and cook for 3-5 minutes. Meanwhile, chop tomatoes and add them and any liquid they release to the pan along with a sprinkle of salt and pepper. Again, cover, lower the heat and cook for about 10-15 minutes until the potatoes are cooked through. (Depending on how liquidy your tomatoes are, you may need to add a little water to the pan if it gets too dry). Keep the mixture simmering on low until ready to serve (the longer it simmers the more flavor the will have—but it is ready to eat now.)

When ready to serve, remove from the heat and stir in the fresh cilantro and enjoy!

Healthier Brown Rice Krispy Treats

Rice Krispy treats made with brown rice syrup are much healthier than those made with corn syrup sweetened marshmallows, plus they are SO tasty! Plus, the almonds add fiber and protein.

1/4 cup almond butter
1/2 cup brown rice syrup
1/4 cup non-hydrogenated margarine or coconut oil

Melt ingredients in a large saucepan over medium heat. Remove from heat and add:

3 cups brown rice krispies
1 cup chopped almonds

Press into greased pan and cool for 15-20 minutes.

Optional: You can stir in 1/2 cup chocolate chips with the almonds for chocolaty treats!

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	**Asian Rice Salad**	**Black Eyed Pea Soup**	**Edamame Rice Bowls**	**Potato Masala**
Produce	1 clove garlic 1/2 cup chopped parsley 2 stalks celery 1/2 bunch scallions 1 small head napa cabbage	4 large garlic cloves 1 large yellow onion 1 bunch collard greens	2 cloves garlic 1 T fresh ginger 2 carrots 2 heads Bok Choy 1/2 bunch scallions	2 cloves garlic 1 small yellow onion 2 fresh anaheim chilies 1 lb small red potatoes 1/2 lb cremini mushrooms 4 plum or dry farm tomatoes 1/2 cup fresh cilantro
Bulk/Refrig/ Frozen	2 cups dry short-grained brown rice 1/2 cup almonds	1 3/4 cup black eyed peas, soaked overnight** OR 2 15-oz cans black eyed peas	***(2 cups leftover Brown Rice)*** 2 cups **shelled** edamame (frozen) 2 T Black Sesame seeds (for garnish)	
Grocery/ Canned	1/4 cup olive oil 2 T brown rice vinegar 1 T tamari	2 T olive oil 4 cups vegetable stock 1 strip kombu (a sea vegetable) 2 T tomato paste	1 T unrefined coconut oil 1 1/2 T tamari 1 1/2 T mirin (Chinese rice wine)	2 T coconut oil 1 T tamari
Spices/Misc.		*1 t* ***coriander*** *seeds OR 1 t ground* *1 t* ***caraway*** *seeds OR 1 t ground* *2 t* ***cumin*** *seeds OR 1 t ground* pinch cayenne pepper		2 t ground cumin 2 t chili powder 1 t paprika 1 t turmeric