Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Brazil Nut Paté

Your Weekly Meal Plan is:

Spicy Quinoa and Black Bean Sauté

Easy Chard Cashew Curry

Chickpea Tahini Casserole

Food For Thought: Back-to-School Shopping!

I get questions all the time about the best type of kitchen equipment to have in a well-supplied kitchen. So, just in case you are really ready to do some back-to-school shopping for your kitchen, here are my top pieces of equipment to make cooking easier:

1. *A good SHARP knife (or get your knives sharpened)*
2. *A food processor*
3. *A stainless steel soup pot*
4. *A stainless steel rice cooker (most are aluminum)*
5. *A pressure cooker*
6. *Anything at Williams-Sonoma*

Okay, so I'm kidding about #6, but if you plan to spend time in the kitchen making healthy foods, give yourself the gift of having some nice kitchen equipment to use to make your life easier.

Enjoy this week's Brazil Nut Paté, made in my favorite piece of kitchen equipment: my food processor.

Enjoy!
~Chef Jenny

Brazil Nut Paté

Makes about 1 1/2 cups
Equipment needed: Food Processor

Nutrition All Star: Brazil nuts are one of the best sources of the mineral selenium, which is important for proper blood sugar balance and immune function. Enjoy this yummy pate on celery, cucumbers or whole grain pita chips!

1 cup raw Brazil nuts, soaked overnight
2 cloves garlic, minced
1/4 cup lemon juice
1/2 cup chopped scallions
1/4 cup tahini
1 Tablespoon tamari (soy sauce)
1/2 cup fresh parsley, chopped

In a food processor, process the soaked Brazil nuts and garlic until well ground. Add lemon juice, scallions, tahini, parsley, garlic and cayenne until the mixture is a smooth paste. Enjoy!

Spicy Quinoa and Black Bean Sauté

Serves 6
Preparation Time: 30 minutes
Cooking Time: 25 minutes
Equipment needed: Large Saucepan

I have never met a black bean I don't like! This dish is super tasty and light enough for warm weather over a big green salad. The leftover bean filling ***FREEZES WELL.***

2 teaspoons olive oil
2 ears fresh corn, corn cut off the cob
1 red pepper, diced
2 garlic cloves, minced
1 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon dried oregano
1/4 teaspoon cayenne (or to taste)
2 15-oz cans black beans, drained
1 cup red quinoa, rinsed
2 cups vegetable broth
1/2 cup chopped cilantro
salt and black pepper to taste

Heat oil in a large saucepan over medium-high heat. Add corn, pepper, garlic, cumin, chili powder, oregano and cayenne; sauté 3-5 minutes. Stir in beans, dry quinoa, broth and cilantro and bring to a boil. Reduce heat and simmer 20 minutes or until liquid is absorbed and quinoa is tender. Serve over a green salad with homemade tortilla chips.

Homemade Corn "Chips"

Makes 4 servings

I LOVE tortilla chips so I came up with an easy and healthier way to make them on my own.

4 sprouted grain, corn tortillas
olive oil and salt

Preheat oven to 400F. Cut tortillas into 6 wedges. Brush each wedge with olive oil, sprinkle with salt and any other desired spices and bake for 5 minutes or until crispy.

Chard and Cashew Curry

Serves 6
Preparation Time: 15 minutes
Cooking Time: 15 minutes (plus 45 minutes for rice)
Equipment needed: Large Soup pan, a saucepan and/or rice cooker

1 Tablespoon unrefined coconut oil
1 red onion, thinly sliced
1 red pepper, thinly sliced
2 portabello mushroom caps, thinly sliced
1 head green or red chard, washed well and thinly sliced
1 15-oz can organic coconut milk
1/2 teaspoon thai red curry paste**
1 teaspoon tamari
1 cup raw cashews
1 Tablespoon fresh lime juice and lime wedges for garnish

Melt coconut oil in a large soup pan over medium heat. Add onion, pepper and mushrooms and sauté until onion is clear, about 3 minutes. Add chard and cook, stirring occasionally until chard is wilting, about 5 minutes. Add coconut milk and stir to combine. Now, push the veggies to the side and add the curry paste to the pot, stirring really well to make sure it is dissolved. Stir in tamari, cashews and lime juice. Simmer for 5 minutes more and serve with lime wedges over brown rice.

**Curry paste is really spicy, start with a small amount and taste for spiciness. You can always add more but can't take it our once it is there, so go easy!

Brown Rice (you are making A LOT here for use in the casserole later in the week. IF you are not making the casserole just prepare enough for tonight's meal)

3 cups dry brown rice
6 cups water
1 pinch of salt
Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook 45-55 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.

NOTE: After cooking, refrigerate 4 cups for later in the week.

Chickpea Tahini Casserole and Easy Sautéed Zucchini

Serves 6
Preparation Time: 15 minutes
Cooking Time: 45 minutes
Equipment needed: Saucepan, 9 x 13 casserole dish

Leftovers of this yummy casserole will *FREEZE WELL*.

1 Tablespoon olive oil
4 cloves of garlic, crushed
1 red pepper, chopped
3 Tablespoons tahini
3 Tablespoons water
1 Tablespoon tamari
1 teaspoon lemon juice
2 15-oz cans chickpeas
1 15-oz can stewed tomatoes
4 cups cooked brown rice**
1 cup chopped parsley

Preheat the oven to 350°F. Gather all ingredients and mince garlic and cut red pepper. Saute in oil until tender. In a large bowl, whisk together the tahini, water, tamari and lemon juice. Add chickpeas, tomatoes and rice. Toss in red pepper mix and parsley and stir to blend. Place into a lightly greased 9 x 13 casserole dish. Cover and cook for 45 minutes or until heated through.

Easy Sautéed Zucchini
Serves 4
Cooking Time: 5 minutes

2 medium zucchini, washed and sliced
2 cloves garlic, sliced
1 Tablespoon olive oil
pinch red pepper flakes and salt and pepper to taste

Heat oil in a medium skillet. Add garlic, zucchini and red pepper flakes and sauté until zucchini is getting clear, about 5 minutes. Season to taste with salt and pepper and serve.

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	**Brazil Nut Pate**	**Spicy Quinoa & Black Bean Sauté**	**Chard Cashew Curry**	**Chickpea Tahini Casserole**
Produce	2 cloves garlic 1/2 cup fresh parsley 2 lemons (for 1/2 cup juice) 1/2 cup scallions	2 cloves garlic 1 red pepper 2 ears fresh corn 1/2 cup chopped cilantro **Salad Ingredients**	1 red onion 1 red pepper 1 bunch red or green chard 2 portobello mushroom caps 1-2 limes (for 2 T juice and lime wedges)	6 cloves of garlic 1 red pepper 1 lemon (for 1 t juice) 1 cup chopped parsley 2 medium zucchini
Bulk/Refrig/ Frozen	1 cup raw brazil nuts	1 cup dry red quinoa	1 cup raw cashews 3 cups dry short grained brown rice	4 cups cooked brown rice**
Grocery/ Canned	1/2 cup tahini 1 T tamari	2 t olive oil 2 15-oz cans black beans 2 cups vegetable broth **4-6 sprouted corn tortillas**	1 T unrefined coconut oil 1 t thai red curry paste 1 t tamari 1 15 oz can coconut milk	2 T olive oil 3 T tahini 1 T tamari 2 15 oz cans chickpeas 1 15 oz can stewed tomatoes
Spices/Misc.		1 t ground cumin 1/2 t chili powder 1/2 t dried oregano 1/4 t cayenne		pinch red pepper flakes