Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Tomato Corn Salad

Your Weekly Meal Plan is:

Black Bean Burritos (plus leftovers for lunch!)

Hearty Vegetable Soup

Tempeh and Vegetables in Parsley Sauce

Food For Thought: Sweet September

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil.

And at no season, safe perhaps in Daffodil time, do we get such superb colour effects as from August to November."

- Rose G. Kingsley, *The Autumn Garden*, 1905

September is just about here—where did the summer go?

Any sadness I feel about the end of summer is quickly replaced with joy when I see the fall produce arrive. I love late summer produce—sweet tomatoes, like dry-farm and the last of the sweet corn.

I've included a salad recipe this week that highlights both of these seasonal treats for you.

Enjoy these seasonal favorites this week as you fill your kitchen with the first smells of autumn.

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

Tomato, Corn and Avocado Salad

Yum! This delicious salad is a great way to use up tomatoes. It is really good with dry farm or heirloom tomatoes.

2 Tablespoons fresh lemon juice
1 teaspoon salt
1 teaspoon chopped, fresh oregano
2 cloves garlic, minced
1/2 teaspoon chili powder
1/4 teaspoon pepper
1/4 cup olive oil
2 pounds fresh dry-farm or plum tomatoes, seeded and diced
4 ears fresh corn, cut off cob and cooked for 5 minutes in salted boiling water
1 cup thinly sliced scallions
2 medium avocados, diced

Combine lemon juice, salt, oregano, garlic, chili powder and pepper; gradually beat in oil. Gently toss with remaining ingredients. Allow to marinate 30 minutes before serving.

Black Bean Burritos

MEAL IN MINUTES! PLUS LEFTOVERS FOR LUNCH

Makes at least 6 large burritos (probably more)
Preparation Time: 15 minutes
Cooking Time: 15 minutes

Why not prepare extra burritos and freeze them for lunches this week? Wrap really well using waxed paper or plastic wrap. Just grab and go! So much healthier and a heck of a lot cheaper than store bought frozen burritos!

1 teaspoon olive oil
1 onion, diced
2 cloves garlic, minced
1 orange or red pepper, diced
2 teaspoons cumin, ground
1 teaspoon chili powder
1 Tablespoon fresh oregano or 1 teaspoon oregano
1 teaspoon salt
1/2 teaspoon black pepper
pinch cayenne pepper (optional)
2-25 oz cans black beans, drained
1-14.5 oz can diced tomatoes with their liquid

6-8 burrito size tortillas of choice, warmed

Gather all ingredients. Cut onions, garlic and peppers. Heat oil in a skillet and sauté onion, garlic and peppers until onions are clear, about 5 minutes. Add spices and sauté for another 3 minutes. Add black beans and tomatoes and heat through. Serve filling rolled up in warm tortillas.

Produce drawer check: Do you have leftover scallions? Cut them up and throw them in!

NOTE: This would be great with a side of the Tomato Corn Salad. What a delicious, healthy lunch!!!

Hearty Vegetable and Pasta Soup

Serves 6-8
Preparation Time: 25 minutes
Cooking Time: 35 minutes
Equipment needed: 4qt soup pot

Nutrition All Star! This recipe calls for kamut elbows. Kamut is a type of wheat that is higher in protein than regular wheat but it isn't gluten-free, so be sure to use rice elbows if needed.

2 teaspoons olive oil
2 large cloves garlic, minced
1 leek, sliced
3 carrots, cut into small pieces
3 stalks celery, sliced
1/2 pound green beans, trimmed and cut into 1-inch pieces
1 28-oz can diced tomatoes, with their juices
2 bay leaves
4 cups vegetable stock
1/2 cup chopped fresh parsley leaves
1 15-oz can kidney beans, drained
3/4 cup Kamut elbows (or rice elbows for gluten free)
Salt and pepper to taste

Heat oil in a heavy 4-quart saucepan over medium-high heat. Cook garlic, leek, carrots, and celery until they begin to soften, 3-5 minutes. Add green beans, diced tomatoes, bay leaves and stock. Bring to a boil, cover, reduce heat to medium-low, cover and simmer for 25 minutes. (you can do this ahead of time and gently reheat and follow the instructions below when ready to eat).

Ten minutes before you want to eat the soup, turn up the heat a bit to medium and add parsley, beans and pasta and cook, stirring frequently, until pasta is tender but firm (al dente), about 10 minutes. Season with salt and pepper to taste, remove bay leaves and serve.

Tempeh and Summer Vegetables Roasted in Parsley Sauce

Serves 4
Preparation Time: 20 minutes
Cooking Time: 40 minutes
Equipment needed: Food processor, 9x13 inch baking dish

This dish is really tasty and a great way to use summer vegetables. You can serve it with a grain, if you like or as it with a simple green salad. If you don't like tempeh, you can use 8 oz of another protein if desired.

1/4 cup olive oil
1/4 cup vegetable broth or water
1/8 cup fresh lemon juice
2 teaspoons salt
4 garlic cloves, chopped
2 cups chopped fresh parsley (this is almost a whole bunch, but save a little parsley for the soup later in the week)
1 8-oz package tempeh, cut into 2-inch squares
2 small zucchini, sliced into 1/4 inch rounds
1 pint grape or cherry tomatoes, sliced in half
Salt and pepper to taste

Preheat oven to 350°F.

In a food processor, mix together the oil, broth, lemon juice, salt, garlic, and parsley and pulse until emulsified.

In a 9 x 13 inch baking dish, mix together the tempeh cubes, zucchini slices and tomatoes. Sprinkle with salt and pepper. Now, add parsley sauce over top and mix all together. Cover and bake for 30 minutes; remove the lid and bake for 5-10 more minutes until mixture is browned.

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	**Tomato Corn Salad**	**Black Bean Burritos**	**Hearty Veg Soup**	**Tempeh in Parsley Sauce**
Produce	2 cloves garlic 1 lemon (for 2 Tbl juice) 1 teaspoon fresh oregano 2 pounds fresh dry-farm or plum tomatoes 4 ears fresh corn 1 bunch scallions 2 medium avocados	2 cloves garlic 1 red onion 1 orange or red pepper 1 Tbl fresh oregano (or 1 tsp dried)	2 cloves garlic 1 leek, sliced 3 carrots 3 stalks celery 1/2 pound green beans 1/2 cup chopped fresh parsley leaves	1 lemon (for 1/8 cup juice) 4 garlic cloves 2 cups packed parsley (1 bunch for this and soup recipe is good) 2 small zucchini 1 pint grape or cherry tomatoes ***Salad Ingredients***
Bulk/Refrig/ Frozen		6-8 burrito size tortillas of choice (I really like sprouted)		1 8-oz package tempeh ***Grain of Choice***
Grocery/ Canned	1/4 cup olive oil	1 tsp olive oil 2-25 oz cans black beans 1-14.5 oz can diced tomatoes	2 tsp olive oil 1 28-oz can diced tomatoes 1 15-oz can kidney beans, drained 3/4 cup Kamut elbows (or rice elbows for gluten free) 4 cups vegetable stock	1/4 cup olive oil 1/4 cup vegetable broth or water
Spices/Misc.	1/2 tsp chili powder 1/4 tsp pepper	2 tsp cumin 1 tsp chili powder pinch cayenne pepper (optional)	2 bay leaves	