Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Chickpea Salad

Your Weekly Meal Plan is:

Lentil Goulash

Chard and Avocado Sauté

Buttery Cabbage and White Beans over Roasted Potatoes

Food For Thought: Fall is Here!

Cooler air, golden sunsets, brilliant fall foliage, and pumpkin-spiced ***everything*** can only mean one thing: Fall is here.

With less daylight and more seasonal gatherings, it can feel like there just isn't enough time for yourself. It's important to make taking care of YOU a top priority at the beginning of the transition of the season, so that colds, flu and low energy don't take you out.

And I think that planning your meals is a critical part of self-care, so fall is a great time to be batch cooking, that is, preparing multiple recipes ahead of time in batches (like on a Sunday afternoon) so you have food to eat all week.

Can you put a batch cooking afternoon or evening on your calendar this week? Invite a friend over and cook together—2 times the food and at least that much more fun.

Have a great week!

~Chef Jenny

Chickpea Salad

Makes 1 3/4 cups of salad

This easy to make salad is a fantastic sandwich spread! The kelp flakes make it taste a little like tuna salad while adding over 100% of your daily requirement of iodine, a mineral that helps the thyroid function properly. It is packed with protein and fiber.

1 15-oz can chickpeas, drained, or 1 1/12 cup cooked chickpeas
1 Tablespoon tahini or mayonnaise
1/2 small red onion, finely diced
1 celery stalk, chopped small
2 teaspoons kelp flakes
1 teaspoon fresh lemon juice
sea salt and pepper to taste

Place chickpeas in a bowl and mash with potato masher or fork. Add in remaining ingredients and mash together, seasoning to taste with salt and pepper. Enjoy on sprouted whole grain bread or inside a tortilla for a yummy wrap!!!

Lentil Goulash

Serves 6
Preparation Time: 15 minutes
Cooking Time: 25 minutes
Equipment needed: Large saucepan

My mom makes a really yummy goulash! Here is my version of her recipe made with fiber filled lentils and healthy kamut elbows.

Nutrition All Star! Kamut is an ancient relative of modern durum wheat. It is higher in protein and minerals than "regular" wheat. Try it for a change of pace and you may not go back to regular pasta! It contains GLUTEN so buy rice or quinoa elbows if desired.

1 Tablespoon olive oil
1 yellow onion, chopped
2 stalks celery, chopped
1/2 pound cremini mushrooms
1/2 teaspoon dried basil leaves
1 teaspoon Italian Seasoning
1 15-oz can lentils, drained, or 1 1/34 cup cooked lentils
1 15-oz can plum tomatoes
1/2 cup water
1 1/2 cups kamut elbows (or other small pasta)
salt and pepper to taste

Heat the oil over medium heat in a large saucepan. Sauté onions, celery and mushrooms until onions are clear about 3-5 minutes. Add basil and Italian seasoning and sauté 1 minute more. Stir in the lentils and tomatoes (with the liquid), breaking up the tomatoes with the back of a spoon. Now, add water and pasta and a sprinkle of salt and pepper, bring the mixture to a boil, then reduce heat and simmer, covered, stirring occasionally, until the pasta is tender, about 20 minutes. Season to taste with salt and pepper and serve.

Chard & Avocado Sauté

MEAL IN MINUTES!
Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 15 minutes
Equipment needed: Large skillet

I love avocados! While they are amazing raw, I also LOVE cooking with them! You get the creaminess and satisfaction in a WARM dish. Because avocado is a whole food source of fat, I think that is a healthier option then adding too much cooking oil to a recipe.

Want a grain with this dish? Quinoa would be a healthy choice since it is higher in protein for this all-veggie dish.

1 Tablespoon olive oil
1 large yellow onion, sliced
1 pint cherry tomatoes, washed and stemmed
3 cloves minced garlic
2 bunches Swiss chard, washed and chopped (tough stems removed)
1/2 cup vegetable broth
Salt and pepper to taste
1 large Hass or Reed Avocado, peeled and cut into chunks (get a Reed if you can find it!)
1 teaspoon lemon juice

Heat oil in a large skillet over medium heat. Add onion, tomato and garlic and sauté for 5 minutes, or until the cherry tomato insides start to leak out. Add the chard, broth and a sprinkle of salt and pepper. Cover and cook for 5 to 8 minutes more or until greens are bright green and tender. Remove from heat. Fold in avocado chunks, sprinkle with lemon juice, season to taste with salt and pepper and serve.

Buttery Cabbage over Roasted Potatoes

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 40 minutes
Equipment needed: Baking sheet, Soup pot

One night, I created this recipe when I was having a serious craving for Pierogies, one of my most favorite yum-yum foods! Cabbage is SO good for you and I love it sautéed like this…it tastes so "buttery". YUM!

Get these cooking first: Roasted Potatoes

4 large Yukon Gold Potatoes, washed
olive oil and salt and pepper

Preheat oven to 400F. Wash potatoes and cut into wedges. Place on a baking sheet and drizzle with olive oil and sprinkle with salt and pepper. Roast in oven for 20 minutes, remove sheet and stir them around, return to oven for another 15-20 minutes or until potatoes are done.

Buttery Cabbage and White Beans

1/2 Tablespoon non-hydrogenated margarine (like Earth Balance) and 1/2 Tablespoon olive oil (or you can use all olive oil)
1 onion, finely chopped
2 carrots, peeled, grated
1 teaspoon caraway seed
1/2 small head green cabbage, about 4 cups, sliced very thinly (like you were making cole slaw)
1/4 cup water
1 15-oz can white beans, drained, or 1 1/2 cups cooked white beans
1 tablespoon apple cider vinegar
Salt and pepper to taste

Sauté onions in mixture of oil and margarine in soup pot for 3 minutes. Add carrot and caraway seeds and cook 3 minutes more, until seeds become fragrant. Add cabbage and 1/4 cup water to pot, stirring well to incorporate the mixture together and sauté for 10 minutes over medium-low heat until cabbage is cooked. Add beans and vinegar, and cook uncovered for 3-5 minutes more, or until beans are hot, season with salt and pepper and serve over roasted potato wedges.

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	**Chickpea Salad**	**Lentil Goulash**	**Easy Sauteed Chard**	**Buttery Cabbage and White Beans over Roasted Potatoes**
Produce	1/2 small red onion 1 celery stalk 1 lemon (for 1 t juice)	1 yellow onion 2 stalks celery 1/2 pound cremini mushrooms	1 yellow onion 1 pint cherry tomatoes 3 cloves garlic 2 bunch Swiss chard 1 lg Hass or Reed Avocado (*buy Reed if you can find it)* 1 lemon for 1 tsp juice	1 onion 2 carrots 1/2 small head green cabbage 4 large Yukon Gold Potatoes
Bulk/Refrig/ Frozen			***Quinoa or other grain (optional)***	1/2 T non-hydrogenated margarine (or could use olive oil)
Grocery/ Canned	1 15-oz can chickpeas, ***or 1 1/2 cups cooked*** 2 t kelp flakes 1 T tahini or mayonnaise	1 T olive oil 1 15-oz can lentils, **or *1 3/4 cups cooked*** 1 15-oz can plum tomatoes 1 1/2 cups Kamut elbows	1 T olive oil 1/2 cup vegetable broth	1/2 T olive oil 1 15-oz can white beans, ***or 1 1/2 cups cooked*** 1 T apple cider vinegar
Spices/Misc.		1/2 t dried basil leaves 1 t Italian Seasoning		1 teaspoon caraway seed