Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Artichoke Hummus

Your Weekly Meal Plan is:

Roasted Two Pepper Pasta

Shiitake Mushroom Miso Soup

Coconut Kale and Lentils

Food For Thought: Gratitude NOW!

I just had lunch at Café Gratitude (gotta love those raw desserts!) and it got me thinking a lot about gratitude.

Do you ever find yourself thinking that it will be easier to be grateful when you reach some goal you have set for yourself? I used to think I would be happy and grateful for my body if and when I could just reach a magic weight on the scale. It took me a long time to really get that I would only be able to reach my goals if I was truly able to love and appreciate the body I had.

Speaking of appreciating the body you have now, this week's nutrition packed menu will have you feeling great. The Coconut Kale and Lentils is a standout—it is surprisingly delicious when you consider how good it is for you.

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

Artichoke Hummus

Makes about 1 1/2 cups

This high protein spread is simple to make and great to have on hand to keep you full.

1 15-oz can chickpeas, drained
2 crushed garlic cloves
1/2 teaspoon salt
1/4 cup lemon juice
1 Tablespoon olive oil
2 Tablespoons tahini
1 6.5 oz jar artichoke hearts, water packed** and drained, but water saved

Puree all the ingredients in a food processor or blender until creamy. Add some artichoke heart juice, if necessary for desired consistency.

** Personally, I love the taste of the oil-packed artichoke hearts but they generally aren't made with the healthiest oils. So, I recommend buying the water packed and adding more olive oil if you want to make it more satisfying.

Roasted Two Pepper Pasta

Serves 4-6
Preparation Time: 10 minutes
Cooking time: 25 minutes
Equipment needed: Baking tray, large Saucepan, large pot for pasta

Nutrition All Star: This pasta dish is loaded with broccoli and gets most of its fat from olives, which contain healthy monounsaturated fats. Broccoli is packed with nutrients, like vitamin C, folate, vitamin A and potassium, as well as some iron, calcium, vitamin B and fiber. Plus, roasting it gives it a really yummy flavor and texture…crispy and a little salty, like broccoli chips! **Want More Protein?** Add a can of white beans

12 oz brown rice or whole-grain pasta, rotini or penne
1 pound baby broccoli or regular broccoli
1 red pepper, diced
1 yellow pepper, diced
1 Tablespoon olive oil
4 cloves garlic, minced
pinch red pepper flakes
1 cup kalamata olives, cut in half
5 sun dried tomatoes**, sliced
1/2 cup fresh minced parsley
2 Tablespoons fresh minced sage (you really want to use fresh sage here, it is also called for in the Soup recipe this week. If not, just omit it, as dried sage will change the taste too much)
Salt and pepper to taste

Preheat oven to 400F. Wash and cut broccoli and cut the peppers. Place on a baking sheet lined with parchment. Drizzle with olive oil and a little salt and pepper. Roast in preheated oven for 15 minutes, stirring occasionally or until broccoli is browned in some places. Also, bring a large pot of salted water to a boil. Cook pasta according to package directions and drain when done.

Meanwhile, mince garlic. Combine oil, garlic and red pepper flakes in a large saucepan. Add the olives, sun-dried tomatoes, parsley and sage. Cook over low heat until the rest of the pasta ingredients are ready. When pasta is cooked and broccoli is roasted, add all ingredients into the saucepan and cook until all heated through. Add salt and pepper and serve.

**You can use dried sun-dried tomatoes and re-hydrate them or buy the jar and use those.

Shiitake Mushroom Soup

Serves 6
Preparation Time: 15 minutes
Cooking Time: 30 minutes
Equipment needed: Saucepan, large Soup pot

Nutrition All-Star: Miso is a fermented soy product, rich in beneficial enzymes. The good qualities are destroyed by heat, so it is added at the end of cooking and should not be boiled.

2 teaspoons olive oil
1 large leek, chopped
2 cloves garlic, minced
1 large carrot, sliced
2 stalks celery, chopped
4 oz fresh shiitake mushrooms, stems removed and sliced thinly
4 oz fresh cremini mushrooms, sliced thinly
1/4 cup chopped fresh sage (or 1 t dried)
1/2 teaspoon dried thyme
3 cups vegetable broth
2 cups baby spinach leaves
1/2 cup vegetable broth
1 Tablespoon light miso
salt and black pepper to taste

Heat oil in a large soup pot over medium-high heat. Add leek and garlic and sauté until leek is getting clear, about 5 minutes. Add carrot, celery, and mushrooms to pan; sauté 5 minutes or until tender. Add sage and thyme and cook for another 2 minutes.

Add the 3 cups vegetable broth and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Right before serving, stir in spinach leaves until just wilted. Also, whisk miso into 1/2 cup vegetable broth and stir miso mixture into the soup. Keep soup on a low simmer—so not to boil it after adding miso (too much heat destroys the enzymes). Add salt and pepper to taste and serve.

Coconut Kale & Lentils

Serves 4-6
Preparation Time: 15 minutes
Cooking time: 40 minutes total (including 30 minutes for lentils as you are cutting your veggies)
Equipment needed: Soup pot, Skillet

This is a hearty main dish packed with nutrition from the lentils and kale. Talk about comfort food—I often crave this recipe. This is some tasty stuff!

1 cup brown lentils, washed and picked over
3 cups water
1 strip kombu (sea vegetable sold in the Asian section)
1/2 teaspoon thyme
2 Tablespoons coconut oil
1 teaspoon cumin seeds
1/2 teaspoon chili powder
1/4 teaspoon cayenne pepper
1/4 teaspoon turmeric
1 red onion, sliced
3 garlic cloves, minced
1 1-inch piece ginger, minced (about 1 T)
1 bunch lacinato kale, very thinly sliced
1 cup vegetable stock
1 Tablespoon fresh lemon juice
1/4 cup unsweetened grated coconut (optional, for garnish)
Sea salt and pepper to taste

Put lentils in a pot and cover with water, add kombu and thyme. Bring to a boil, reduce heat and simmer, stirring often, until lentils are very tender, about 30 minutes.
Meanwhile, gather remaining ingredients. Cut onion. Mince garlic and ginger. Slice kale. Heat the oil in a skillet and add the cumin seeds, chili powder, cayenne and turmeric and cook for 10 to 15 seconds, until fragrant. Stir in onion, garlic and ginger and cook for about 2 minutes. Add sliced kale, tossing well with spices and cook for 1 minute. Add vegetable stock and cook until kale is wilted (about 5 minutes depending on how thinly kale is sliced). When the lentils are fully cooked, drain off any water that remains and add the lentils to the kale, adding the lemon juice and salt and pepper to taste and serve over brown rice, sprinkled with coconut if desired.

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	**Artichoke Hummus**	**Roasted Pepper Pasta**	**Shiitake Miso Soup**	**Coconut Kale and Lentils**
Produce	2 garlic cloves 2 lemons (for 1/4 c juice)	4 cloves garlic 1 pound baby broccoli or regular broccoli 1 red pepper 1 yellow pepper 1/2 cup fresh minced parsley 2 T fresh minced sage	2 cloves garlic 1 large leek 1 large carrot 2 stalks celery 4 oz fresh shiitake mushrooms 4 oz fresh cremini mushrooms 1/4 cup chopped fresh sage 2 cups baby spinach leaves	3 garlic cloves 1 red onion 1 1-inch piece ginger 1 bunch lacinato kale 1 lemon (for 1 T fresh juice)
Bulk/Refrig/ Frozen		1 cup kalamata olives	1 T light miso	1 cup brown lentils 1/4 cup unsweetened grated coconut (optional, for garnish, but tasty!)
Grocery/ Canned	1 T olive oil 2 T tahini 1 15-oz can chickpeas 1 6.5 oz jar artichoke hearts, water packed	1 T olive oil 12 oz brown rice or whole-grain pasta, rotini or penne 5 sun dried tomatoes	2 t olive oil 3 1/2 cups vegetable broth	2 T coconut oil 1 strip kombu (sea vegetable sold in the Asian section) 1 cup vegetable stock
Spices/Misc.		pinch red pepper flakes	1/2 t dried thyme **or 1 t dried sage	1/2 t thyme 1 t cumin seeds 1/2 t chili powder 1/4 t cayenne pepper 1/4 t turmeric