Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Quinoa Pumpkin Seed Salad

Your Weekly Meal Plan is:

Chickpea And Sweet Potato Curry

Late Summer Corn and Vegetable Chowder

Red Lentil Bolognese

Food For Thought: Quinoa Rocks!

I love Quinoa for many reasons, but here are my top 5 reasons I believe that Quinoa does in fact, TOTALLY ROCK:

1. Quinoa (pronounced keen-wa) is a gluten-free grain (well, actually, botanically it is considered a seed, but nutritionally, it is more similar to a whole grain)
2. Quinoa has 8 grams of protein per cup (most grains have 4 or 5 grams)
3. The protein in Quinoa is a "complete" protein, meaning it contains all 9 essential amino acids
4. Quinoa has 5 grams of fiber per cup!
5. Quinoa cooks in just 15-20 minutes making it a great kitchen staple for quick meals.

Not sure what to do with it or stuck in a Quinoa Rut? My favorite Quinoa recipe is this weeks refrigerator staple: Quinoa Pumpkin Seed Salad. This is an old favorite that I updated to include raw beets which are great for your liver!

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

Red Quinoa Pumpkin Seed Salad

Serves 6

1 cup dry red quinoa, rinsed well
2 1/2 cups water
2 Tablespoons olive oil
2 Tablespoons lemon juice
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/2 cup fresh cilantro, chopped
4 scallions, sliced
1 red bell pepper, diced
1 beet, grated (use a food processor to save time)
1 carrot, grated (use a food processor to save time)
salt and pepper to taste
1/4 cup raw pumpkin seeds

In a saucepan, boil water and add quinoa, lower heat and simmer until water is absorbed and quinoa is tender, about 15 minutes. Allow to cool.

In a bowl, combine oil, lemon juice, cumin, chili powder, cilantro and scallions. Pour over quinoa and stir in peppers, beets and carrots, mixing thoroughly. Season to taste with salt and pepper and refrigerate until service. Right before serving, stir in pumpkin seeds.

Chickpea & Sweet Potato Curry over Yellow Basmati Rice

Serves 6
Preparation Time: 25 minutes
Cooking Time: 40 minutes
Equipment Needed: Rice cooker, large soup pot

Get this cooking first: Yellow Basmati Rice

Nutrition All-Star: Turmeric is a powerful anti-inflammatory spice. I like to add it to my grains while cooking. It produces a beautiful yellow color and provides extra nutritional benefit.

3 cups water
2 teaspoons ground turmeric
4 scallions, sliced
1 1/2 cups brown basmati rice

In medium saucepan, bring broth, turmeric and scallions to a boil. Stir in rice, return to a boil. Reduce heat and cook until rice is done, about 35-40 minutes. Or, prepare using a rice cooker.

Chickpea and Sweet Potato Curry

2 Tablespoons unrefined coconut oil
1 medium onion, chopped
1 red pepper, chopped
1 1-inch piece fresh ginger, minced
2 garlic cloves, minced
1 large sweet potato, peeled and cut into chunks
1/4 teaspoon red chili flakes
1 cup vegetable stock
1 15-oz can coconut milk
1 15-oz can chickpeas, drained
1 teaspoon tamari
1/2 cup chopped fresh basil
juice from half a lime

In a large soup pan, heat the oil over medium heat. Add the onion, pepper, ginger and garlic and sauté until onion softens, about 5 minutes. Add sweet potato chunks, chili flakes and sauté for about 1 minute. Add vegetable stock, coconut milk and chickpeas and bring to a boil, then reduce heat and simmer until sweet potatoes are tender (depending on the size of your chunks—10-20 mins). Add tamari, basil and lime juice, simmer for 5 minutes and serve over yellow basmati rice.

Late Summer Corn Chowder

Serves 6
Preparation Time: 25 minutes
Cooking Time: 35 minutes
Equipment needed: A large soup pot

I absolutely LOVE potatoes (no apologies here) so adding them to this lighter vegetable soup helps me feel more satisfied when I eat it. Plus, the late season corn and tomatoes are super sweet right now!

Enjoy this light soup with a green salad with some protein added.

Time Saver! Red Potatoes are one my favorite potatoes to use in most recipes since you can eat the skin. No peeling = time saved!

3 ears fresh corn, kernels cut off
2 Tablespoons non-hydrogenated margarine or olive oil
1 large onion, chopped
1 shallot, minced
2 garlic cloves, minced
1 pound red potatoes, cut into 1/2-inch cubes (I like to leave the peel on for fiber)
3 cups vegetable broth
2 cups water
1 lb dry farm or plum tomatoes, diced
2 small zucchini, peel left on, diced
1/4 cup chopped fresh basil
Sea salt and black pepper to taste

Slice corn kernels off cob (do this into a bowl so they don't go everywhere). Be sure to run your knife down the ear to get out the white milky liquid too.

In a soup pot, melt margarine or heat oil over medium heat. Stir in onion, shallot, garlic and corn kernels. Cook, stirring occasionally, until onion has softened, about 5 minutes. Add potatoes, broth, water and a sprinkle of salt and pepper. Bring to a boil over high heat, then reduce heat to medium and simmer for 15 minutes or until potatoes are tender.

Stir in diced tomatoes (with their juices) and zucchini and simmer for 15 minutes more. Right before serving, stir in the basil and taste for salt and pepper.

Red Lentil Bolognese

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 25 minutes
Equipment needed: A large soup pot for pasta, a Saucepan
Leftovers will FREEZE WELL

1 12-oz package brown rice pasta spirals, cooked according to package directions

2 Tablespoons olive oil
1 yellow onion, chopped
3 garlic cloves, crushed
2 carrots, coarsely grated
2 celery stalks, chopped
1 cup red lentils
1 28-oz can diced tomatoes
2 Tablespoons tomato paste
1 cup vegetable broth
1 tablespoon chopped fresh oregano
Salt and black pepper to taste

In a large saucepan, heat the oil and cook the onion, garlic, carrots and celery for about 5 minutes until they are soft. Add the lentils, tomatoes, tomato paste, broth and oregano. Bring the mixture to a boil, stirring well so tomato paste dissolves and then simmer for 20 minutes until lentils are cooked and mixture is thick and soft and desired sauce consitency. (you may need to add a little more broth).

Serve over brown rice pasta spirals and enjoy!!!

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	**Quinoa Salad**	**Chickpea Curry**	**Corn Chowder**	**Red Lentil Bolognese**
Produce	1 cup dry red quinoa 2 T lemon juice 1/2 cup fresh cilantro 4 scallions 1 red bell pepper 1 beet 1 carrot	4 scallions 1 medium onion 1 red pepper 1 1-in piece fresh ginger 2 garlic cloves 1 lg sweet potato 1/2 cup chopped fresh basil 1 lime	3 ears fresh corn 1 yellow onion 1 shallot, minced 2 garlic cloves 1 pound red potatoes 1 lb dry farm tomatoes 2 small zucchini 1/4 cup chopped fresh basil **Salad Ingredients**	1 yellow onion 2 carrots 2 celery stalks 3 cloves garlic 1 tablespoon chopped fresh oregano
Bulk/Refrig/ Frozen	1/4 cup raw pumpkin seeds	1 1/2 cups brown basmati rice		1 cup red lentils
Grocery/ Canned	2 T olive oil	2 T unrefined coconut oil 1 cup vegetable stock 1 15-oz can coconut milk 1 teaspoon tamari 1 15-oz can chickpeas	2 T margarine or olive oil 3 cups vegetable broth	2 T olive oil 1 cup vegetable broth 1 28-oz can diced tomatoes 2 T tomato paste **12 oz brown rice pasta**
Spices/Misc.	1/2 t cumin 1/2 t chili powder	2 t ground turmeric 1/4 t red chili flakes		