Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Kale, Quinoa and Hempseed Salad

Your Weekly Meal Plan is:

Lemony Red Lentil and Chard Soup

Creamy Spinach and Walnut Sauce over Brown Rice Pasta

Italian White Bean Bake

Food For Thought: Healthy Hemp!

Hempseed is a small nutty seed that tastes a little like sunflower seeds. Since it is ready to eat from the package (and doesn't need to be ground, like flaxseed), it is an easy way to get more nutrition in your diet.

Hempseed is a fantastic source of healthy fats, and contains a naturally balanced 1:3 ratio of Omega-3 and Omega-6 Essential Fatty Acids (EFA's). Plus, Hemp seeds contain all 10 Essential Amino Acids, the building blocks of protein. Hemp protein is comprised of 66 percent high-quality edistin protein, an amino acid critical for keeping your immune system strong. Additionally, hemp is high in magnesium, iron, potassium, fiber and phytonutrients and natural antioxidants like vitamin E.

I like to use hempseed in place of pine nuts in pestos or sprinkle them on my cereal and yogurt.

And they are great in salads. Enjoy this week's recipe for Kale, Quinoa and Hempseed Salad as you enter ***the wild world*** of hemp!

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

Kale & Hempseed Salad

Makes a large bowl

Hempseed is a fantastic source of Omega-3 fatty acids and a great source of protein. Sprinkle it into salads or over cereal or yogurt.

1 cup dry red quinoa
1 bunch green or red kale, chopped into very small pieces
3 carrots, grated
salt and pepper to taste
1/4 cup lemon juice
2 Tablespoons olive oil
1 teaspoon tamari
1 Tablespoon Dijon mustard
1 teaspoon agave nectar
1/2 cup hempseed

**Place quinoa in a small saucepan with 2 cups water and a pinch of salt. Bring to a boil over medium heat, reduce heat and simmer for 15 minutes until tender.

In a large bowl, combine the kale and carrot. Sprinkle with salt and pepper and toss using tongs or with your hands for a few minutes, or until kale is starting to break down. Add cooked quinoa and mix well. (Warm quinoa works well here because it "cooks" the kale a bit as you toss).

In a smaller bowl, whisk together lemon juice, olive oil, tamari, mustard and agave. Pour over salad, add hempseed and toss well to combine. Store covered in the refrigerator.

Lemony Red Lentil and Chard Soup

Serves 6
Preparation Time: 15 minutes
Cooking time: 35 minutes
Equipment Needed: Soup pot

This easy soup makes a nice, light summery meal. Serve with some whole grain bread or flatbread if desired. This soup ***freezes well***, just do so before you add the chard.

1 Tablespoon olive oil
1 red onion, chopped
3 garlic cloves, minced
1 stalk celery, chopped
1 teaspoon cumin seed (whole)
4 cups vegetable stock (1 32-oz container)
2 cups water
2 cups dry red lentils
pinch cayenne, to taste
1 bunch red chard, cut into really small pieces
Juice of one lemon
Salt and pepper to taste

Heat oil in a large soup pot over medium heat. Add onion, garlic, celery and cumin seed and cook for 3-5 minutes or until onion is starting to brown. Add the stock, water, lentils and cayenne and bring to a boil. Reduce the heat and simmer, uncovered, for 20 minutes or until the lentils are tender. Add the chard and lemon juice and cook 10 minutes more, or until chard is wilted and lentils are tender. Season to taste with salt and pepper and serve.

Creamy Spinach Walnut Sauce over Pasta

Serves 6
Preparation Time: 20 minutes
Cooking time: 15 minutes
Equipment Needed: Pasta pot, food processor, saucepan

This is a healthy version of a comforting, creamy pasta dish. The fat is coming exclusively from from walnuts, which are loaded with fiber and have protein, plus there is an entire head of spinach in the sauce.

1 cup walnut halves, toasted and cooled
3 garlic cloves, peeled
1 bunch spinach, cut, washed and spun dry (dry it well)
1 Tablespoon nutritional yeast flakes (sold in bulk, loaded with B-vitamins, adds a tang to foods like this)
1/2 Tablespoon arrowroot
1 Tablespoon fresh lemon juice
1 1/2 cups unsweetened almond milk (or any milk, just make sure it is unsweetened)
1 teaspoon salt
1/2 teaspoon black pepper

Pulverize walnuts together with the garlic in the food processor until very finely ground. Add the spinach and pulse until mixture looks like pesto (very finely ground and all mixed together. You may have to stop and scrape the sides). Add nutritional yeast, arrowroot and lemon juice and blend well. With motor running, slowly add almond milk until it is well-incorporated (again, stopping to scrape down the sides). Season to taste with salt and pepper. Place sauce in a saucepan and simmer over medium-low heat, stirring until thickened and creamy, about 10 minutes. You do not want to boil it, just lightly simmer (little bubbles on the sides).

1-16 oz bag Brown Rice Spirals (or any pasta you wish—I like spirals because the sauce stays in the twists)

Cook pasta according to package directions until al dente. Drain and toss with desired amount of warm sauce and serve (depending on how much sauce you like on your pasta, you might not use all of the sauce and will have leftovers). Season with more salt and pepper if needed and serve.

Italian White Bean Bake

Serves 6-8 (makes a big casserole dish--and the leftovers are GREAT!)
Preparation Time: 20 minutes
Cooking time: 45 minutes
Equipment Needed: 9 x 13 casserole or a crockpot

This dish is really tasty and is great with a salad. The leftovers from this dish will ***FREEZE WELL.***

1 Tablespoon olive oil
1 large yellow onion, diced
4 cloves garlic, minced
1 lb cremini mushrooms, sliced
1 large eggplant, peeled and cubed
salt and pepper to taste
1 28-oz can Muir Glen crushed tomatoes w/basil
2 Tablespoons fresh oregano (or 1-2 tsp dried if you can't find fresh)
1 bay leaf
2-15 oz cans white cannellini beans, drained

Preheat oven to 350F. Heat oil in large skillet. Add onions, garlic, mushrooms and eggplant; sprinkle with salt and pepper and sauté until slightly softened (adding salt here is good because it helps to draw out some of the liquid from the mushroom and eggplant). Add tomatoes, spices and white beans and simmer until eggplant is getting tender, about 10 minutes. Transfer mixture in a 9 x 13 casserole dish with a lid**. Bake, covered, for 25 minutes, remove cover and bake for another 10-15 minutes until hot and bubbly.

**Or a crockpot—cook for 6-8 hours (I love using my crockpot in the summer…my kitchen stays cool yet I can enjoy a warm dinner!)

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	**Kale, Quinoa and Hempseed Salad**	**Lemony Red Lentil Soup**	**Spinach Walnut Pasta**	**White Bean Bake**
Produce	1 bunch regular green or red kale 3 carrots 2 lemons (for 1/4 cup juice)	1 red onion 3 garlic cloves 1 stalk celery 1 bunch red chard 1 lemon	3 garlic cloves 1 bunch spinach 1 lemon (for 1 Tablespoon juice)	1 large yellow onion 4 cloves garlic 1 lb cremini mushrooms 1 large eggplant 2 Tablespoons fresh Oregano (can't find it? Use 1 tsp dried)
Bulk/Refrig/ Frozen	1 cup dry red quinoa	2 cups dry red lentils	1 Tablespoon nutritional yeast flakes *(yellow flakes--sold in bulk)* 1 cup walnut halves or pieces	
Grocery/ Canned	1/2 cup hempseed 2 Tablespoons olive oil 1 teaspoon tamari 1 Tablespoon Dijon mustard 1 teaspoon agave nectar	1 T olive oil 1 32-oz vegetable stock	16-oz brown rice pasta spirals 1 1/2 cups ***unsweetened*** almond milk	1 Tablespoon olive oil 2-15 oz cans white cannelini beans 1 28-oz can crushed tomatoes w/basil
Spices/Misc.		1 teaspoon whole cumin seed pinch cayenne	1/2 Tablespoon arrowroot	1 Bay leaf