Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Traditional Hummus

Your Weekly Meal Plan is:

Pinto Bean Chili

Chard and Kalamata Olive Sauté over Millet

Chinese Green Beans & Tempeh

Food For Thought: The Power of Hummus

You should know by now that I am passionate about healthy refrigerator staples: high protein foods you have in the fridge so you always have something healthy to eat.

Hummus is a fantastic refrigerator staple. It is high in protein, high in fiber and quite frankly, delicious. If you have a similar fondness to hummus, making hummus at home is super easy and it will save you lots of money as compared to buying hummus.

The word 'hummus' comes from an Arabic word meaning chickpeas, which is the staple ingredient. Plus, a traditional hummus recipe will typically include garlic, lemon juice, salt and the spice cumin. For variety, you can always leave out the cumin and add your favorite spices.

I've included a traditional hummus recipe that is super simple to make. Take it and use it as a template for making your own hummus—and experiment adding your favorite herbs and spices until you get a hummus you love.

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

Traditional Hummus

Makes about 2 cups

1 28-oz can chickpeas
2 crushed garlic cloves
3 Tablespoons lemon juice
2 Tablespoons olive oil
2 Tablespoons tahini
1 teaspoon cumin
salt to taste

1. Drain and rinse chickpeas (doing so makes them less beany and the other ingredients get to shine through)
2. In a food processor, puree chickpeas, garlic, lemon juice, olive oil, tahini, cumin, and a pinch of salt together until creamy. Stop to scrape the sides as needed.
3. When pureed, taste it. Does it need more salt? More lemon? Add as needed and enjoy!

This hummus will keep up to 3 days in an airtight container in the fridge.

Pinto Bean Chili

Serves 4-6
Preparation Time: 15 minutes
Cooking time: 30 minutes
Equipment Needed: Soup pot

This chili FREEZES WELL before you add the cabbage and cilantro. Serve this chili with a spoonful of salsa over top.

1 Tablespoon olive oil
1 large yellow onion, chopped
4 cloves garlic, minced
3 cups vegetable broth
2 Tablespoons lime juice
1 teaspoon cumin
1 teaspoon dried oregano
1/4 teaspoon red pepper sauce (like Tabasco)
1/4 teaspoon sea salt
2 15-oz cans pinto beans, drained
3 cups cabbage, chopped fine
1/4 cup fresh cilantro, chopped

Gather all ingredients. Chop onion and mince garlic.

Heat oil in large soup pan over medium heat. Cook onions and garlic until onions are tender (about 5 minutes), stirring occasionally.

Chop cabbage. Stir in remaining ingredients except cilantro. Bring to a boil; reduce heat and simmer 20-25 minutes or until cabbage is tender.

Chop cilantro. Stir in cilantro and serve.

Chard & Kalamata Sauté over Millet

Serves 4
Preparation Time 10 minutes
Cooking time 25 minutes
Equipment Needed: Skillet, rice cooker or saucepan

Your dinner tonight? Two bunches of antioxidant-rich chard sautéed with olives and pumpkin seeds (both loaded with good fats) served over healthy, alkaline forming millet. Yum. Feel free to add a protein if you'd like.

2 bunches Swiss chard, washed and cut into bite sized pieces
1 Tablespoon olive oil
1/2 cup chopped scallions, chopped
2 cloves garlic, minced
2 Tablespoons lemon juice
2 teaspoons stone ground mustard
1/2 cup pitted sliced kalamata olives
1/2 cup pumpkin seeds
salt and pepper to taste

Wash chard well (it is really sandy!) I find the easiest thing is to cut it first, wash the pieces and dry it in a salad spinner. In a large skillet or stockpot, heat the oil over medium heat and sauté the scallions and garlic for 3 minutes. Add the chard to the skillet and sauté until cooked down, about 5 minutes. Add the lemon juice, mustard and olives, stirring to coat the chard. Season to taste with salt and pepper and sprinkle with pumpkin seeds and serve.

Millet

Nutrition All Star: In addition to phosphorus, B vitamins and iron, millet is high in lysine, an essential amino acid. Unlike other grains, mille is alkaline, so it is soothing and easy to digest. It has a delicious, nutty taste and a texture that reminds me a little bit of couscous.

1 cups Millet
2 cups water
1 pinch of salt

Stir millet and water together, and bring to a boil. Reduce to a simmer, cover, and cook 20-25 minutes, or until millet is cooked and fluffy.

Chinese Green Beans and Tempeh

Makes 4 servings
Preparation Time: 25 minutes
Cooking Time: 20 minutes
Equipment Needed: Large skillet, baking sheet, rice cooker

This is my version of a Chinese take out meal with green beans..only healthier and less expensive!

1 pound of green beans, trimmed
olive oil and salt and pepper to taste
8 oz package spicy veggie tempeh (or any variety), crumbled (easiest to do with your hands)
2 Tablespoons tamari
2 Tablespoons Chinese rice wine (mirin)
1 teaspoon agave
1/4 teaspoon paprika
dash hot pepper sauce (optional)
1 Tablespoon coconut oil
1/4 cup minced shallots
1 cup vegetable broth
1 Tablespoon rice vinegar
1 Tablespoon tamari
1 teaspoon toasted sesame oil
2 Tablespoons arrowroot
Salt and pepper to taste

Combine the grated tempeh with 2 Tablespoons tamari, mirin, agave, garlic and ginger and let sit for 10 minutes.

Preheat the boiler to high. Toss the green beans with a few drizzles of olive oil and sprinkle with salt and pepper. Arrange the beans in one layer on a rimmed baking sheet and broil, turning occasionally, for 10 minutes to 12 minutes or until golden brown and tender.

Meanwhile, melt the coconut oil in a large skillet over medium heat and add the grated tempeh and shallots and cook for about 10 minutes, or until shallots are clear and tempeh is browned.

Combine the broth, rice vinegar, 1 Tablespoon tamari, sesame oil and arrowroot. Add to the pan and cook for 3-5 minutes or until thickened. Add the broiled green beans and stir until they are coated with the sauce. Serve over Brown Rice.

Recipe continues next page.....

Brown Rice

1 cups Short Grain Brown Rice
2 cups water
1 pinch of salt

Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook 40-50 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.

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	**Hummus**	**Pinto Bean Chili**	**Chard and Millet**	**Green Beans And Tempeh**
Produce	2 garlic cloves 1-2 lemons (for lemon juice)	1 large yellow onion 4 cloves garlic 1-2 limes (for 2 T lime juice) 3 cups cabbage 1/4 cup fresh cilantro	2 bunches Swiss chard 1 T olive oil 1/2 cup chopped scallions 2 cloves garlic 1 lemon (for 2 T juice)	1/4 cup minced shallots (or sweet white onion) 1 pound of green beans
Bulk/Refrig/ Frozen			1 cup millet 1/2 cup pumpkin seeds 1/2 cup pitted sliced kalamata olives	2 cups Short Grain Brown Rice 8 oz package spicy veggie tempeh (or any variety)
Grocery/ Canned	1 28-oz can chickpeas 2 T olive oil 2 T tahini	1 T olive oil 3 cups vegetable broth 2 15-oz cans pinto beans	2 t mustard	1 T coconut oil 2 T Chinese rice wine (mirin) 1 t agave 1 cup vegetable broth 1 T rice vinegar 3 T tamari 1 t toasted sesame oil
Spices/Misc.	1 t cumin	1 t cumin 1 t dried oregano 1/4 teaspoon red pepper sauce (like Tabasco)		2 T arrowroot 1/4 teaspoon paprika dash hot pepper sauce (optional)