Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Pumpkin Seed Spread

Your Weekly Meal Plan is:

Chunky Winter Vegetable Chowder

Enchilada Bake with Kale Guacamole

Easy Mujaderra (Lentils and Caramelized Onions) over Brown Rice

Food For Thought: The Power of Soup!

There are so many reasons to love soup, but I thought I would break it down to what I consider to be the Top 3:

<u>Soup is Comforting</u>
When people were asked about their favorite comfort foods, soups topped the list. It is easy to see why. Warm, creamy, steaming, delicious….what could be more nourishing than a nice bowl of soup? This is what people want when they are sick. It just makes you feel better.

<u>Soups are Naturally Healthy</u>
Soups are great vehicles for beans and grains and vegetables and make foods that are really good for you taste really delicious. I have had clients who did not like leafy greens start to love them when they added them to their soup and now eat them regularly. Yeah!

<u>Soups are One Pot & Easy</u>
This is my favorite part. First, soups can be made in one pot, or even better, a slow cooker. Plus, they are generally easy to make and can simmer unattended while you do other things and the leftovers! There is generally soup to eat the next day, and it is true that soup gets better as time passes.

Enjoy this week's Chunky Vegetable Chowder—one of my favorites!
~Chef Jenny

Pumpkin Seed Spread

This spread is so delicious and good for you to boot! Pumpkin seeds are a great source of protein and are loaded with minerals, like Zinc that build immunity.

This is a great spread to enjoy with vegetables, or a filling for sandwiches.

1 1/2 cups raw pumpkin seeds, soaked for at least an hour or longer if you have time
1/2 cup lemon juice
4 scallions, chopped
1/4 cup tahini
1/4 cup tamari (soy sauce)
1/2 cup fresh parsley, chopped
2 cloves garlic, minced
1/2 teaspoon cayenne pepper (or more to taste)

In a food processor, process the pumpkin seeds, lemon juice, scallions, tahini, tamari, parsley, garlic and cayenne until the mixture is a smooth paste. Season to taste, adding more tamari or cayenne as needed.

*Soaking nuts and seeds makes them more digestible and easier to blend into a creamy paste. Discard soaking water and rinse before using.

Chunky Winter Veggie Chowder

Serves 4-6
Preparation Time: 20 minutes
Cooking time: 40 minutes
Equipment Needed: Soup pot

YUM! Tis the season for hearty root vegetables! This recipe calls for the rutabaga, a root vegetable that has half the calories of potatoes and is loaded with beta-carotene. There are also potatoes in here (one of my favorites) but by varying the types of roots I get more nutrition for less calories yet still get to eat potatoes.

2 Tablespoons non-hydrogenated margarine or olive oil
2 large leeks, washed well and sliced
2 cloves garlic, minced
2 teaspoons of dried thyme
2 large carrots, sliced
1 lb sweet potatoes, peeled and diced
1 lb small purple potatoes, diced
1 lb rutabaga, peeled and diced
3 Tablespoons all-purpose flour or Gluten Free flour
5 cups vegetable broth
2 bay leaves
1/2 cup chopped flat-leaf parsley
Salt and pepper to taste

In a large soup pot over medium heat, melt margarine or heat oil. Sauté leeks, garlic and thyme for 3-5 minutes until leeks are starting to soften. Add carrots, sweet potatoes, purple potatoes and rutabaga, and cook for 5 more minutes. Sprinkle in flour and stir to coat the vegetables. Add vegetable broth and bay leaves and cook for 25 minutes, or until vegetables are tender. Stir in parsley and a sprinkle of salt and pepper and heat through. Remove bay leaves and serve.

Enchilada Bake with Kale Guacamole

Serves 6-8
Preparation Time: 20 minutes
Cooking time: 40 minutes
Equipment Needed: Skillet, baking pan

I love eating enchiladas but not making them—all that rolling! This recipe tastes just like enchiladas but is much easier to make and produces a large dish for lots of leftovers!

Nutrition All Star! I recommend using Sprouted Grain Corn Tortillas in this recipe--When a grain is sprouted, vitamin content is increased and enzymes are activated that make the grain more digestible. If you enjoy bread and tortillas like I do, try switching to the less refined sprouted versions. You can find these in the refrigerated section of the store.

2 teaspoons olive oil
1 onion, diced
1 red bell pepper, diced
6 cremini mushrooms, sliced
2 carrots, grated
2 cloves garlic, minced
1 15-oz can pinto beans, drained
1 28-oz can fire roasted diced Tomatoes
2 teaspoons ground cumin
2 teaspoons chili powder
salt and pepper to taste
1 16-oz jar enchilada sauce
12 Spouted Grain Corn Tortillas

Gather all ingredients and preheat oven to 350F. Dice onion and pepper. Grate carrot. Slice mushrooms. Mince garlic. In a large skillet, heat oil and sauté onions, peppers, mushrooms and carrots for 5 minutes, or until onions are clear (about 3-5 minutes). Add garlic, beans, tomatoes, cumin, chili powder, salt and pepper to taste and simmer for 3-5 minutes. Remove from heat.

Lightly grease a 9 x 11 inch baking pan. Spread about 1/2 cup enchilada sauce on the bottom of the baking pan. Lay out 4 tortillas and spread about 1/3 of the bean mixture on top of the tortillas. On top of this, spread 1/2 cup enchilada sauce. Repeat with 4 tortillas, 1/3 of bean mixture and 1/2 cup enchilada sauce. Top with remaining 4 tortillas, remaining bean mixture and enchilada sauce. Cover and bake in a 350 degree F oven for 35 to 40 minutes or until heated through. Remove from oven and let stand for 10 minutes before serving. **Recipe continued...**

Recipe continued….

While Enchilada Bake is baking, prepare kale guacamole.

Kale Guacamole

Do you have a picky eater in your family? Pulsing greens in a food processor makes them hard to notice in dips, soups and sauces. You won't even notice them in this delicious guacamole, but it gives you yet another excuse to eat tons of avocados (like you needed an excuse!)! YUM!

4 lacinato or dinosaur kale leaves, stems removed and chopped roughly
1 clove garlic, minced
2 ripe avocados, flesh removed
1 small red onion, diced finely
1 1/2 Tablespoon lime juice
salt and pepper to taste

Gather all ingredients. Chop kale and peel garlic. In a food processor, chop kale leaves and garlic. Remove avocado flesh into a bowl. Dice onion and tomato and add to avocado and mash together.

Add pulsed kale and garlic to avocado along with lime juice and salt and pepper to taste and serve.

Mujaderra (Lentils and Rice)

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: large soup pot

Yum…Healthy Comfort Food! Cooking your beans with a strip of kombu, a sea vegetable, adds valuable minerals to the beans and makes them more digestible. It's sold in the international section of the grocery store.

Get this cooking first: Brown Rice
2 cups Short Grain Brown Rice
4 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.

Get these cooking next:
1 cup brown lentils, washed and picked over
3 cups water
1 strip kombu (sea vegetable)
1 bay leaf
Put lentils in a pot and cover with water, add kombu and bay leaf. Bring to a boil, reduce heat and simmer, stirring often, until lentils are tender, about 30 minutes.

Mujaderra
2 Tablespoons olive oil
1 teaspoon cumin seeds
2 yellow onions, thinly sliced
1 bunch chard, very thinly sliced
Sea salt and pepper to taste

Heat the oil in a skillet over medium heat and add the onion and cook, stirring, for 15 minutes or until the onion is starting to caramelize and get clear. Add cumin seeds and a sprinkle of salt and pepper and sauté for a minute. Add sliced chard, stirring well to incorporate, and cook for another 5-7 minutes, or until chard is very wilted. When the lentils are fully cooked, remove kombu and bay leaf and drain off any water that remains. Add the lentils to the onions and chard, adding the salt and pepper to taste and serve over brown rice.

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	**Pumpkin Seed Pate**	**Chunky Winter Veg Chowder**	**Enchilada Bake**	**Mujaderra**
Produce	2 lemons (for 1/2 cup juice) 4 scallions 1/2 cup fresh flat- leaf parsley 2 cloves garlic	2 large leeks 2 cloves garlic 2 large carrots 1 lb sweet potatoes 1 lb small purple potatoes 1 lb rutabaga 1/2 cup chopped flat-leaf parsley	1 yellow onion 1 red pepper 6 cremini mushrooms 2 carrots 2 cloves garlic 1 bunch lacinato (dinosaur) kale 1 clove garlic 2 ripe avocados 1 small red onion 1 lime (for 2 T lime juice)	2 yellow onions 1 bunch chard
Bulk/Refrig/ Frozen	1 1/2 cups raw pumpkin seeds		12 Sprouted Grain Corn Tortillas	1 cup brown lentils 2 cups brown rice
Grocery/ Canned	1/4 cup tahini 1/4 cup tamari (soy sauce)	2 T non- hydrogenated margarine or olive oil 3 T all-purpose or gluten free flour 5 cups vegetable broth	2 t olive oil 1 15-oz can pinto beans 1 28-oz can fire roasted diced Tomatoes 1 16-oz jar enchilada sauce	2 T olive oil 1 strip kombu (sea vegetable sold in the Asian section)
Spices/Misc.	1/2 t cayenne pepper	2 t dried thyme 2 bay leaves	2 t ground cumin 2 t chili powder	1 bay leaf 1 t cumin seeds