Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

White Bean and Walnut Spread

Your Weekly Meal Plan is:

Kung Pao Tempeh over Brown Rice

Creamy Sweet Potato Soup

Stuffed Acorn Squash

Bonus! Old Fashioned Gingerbread with Maple Cashew Cream
(note: ingredients are not on your shopping list)

Food For Thought: Happy Holidays to You!

I wanted to put together a very user-friendly meal plan for this holiday week. First, you have a delicious white bean spread to put out for a party. I have also included a Kung Pao dish that is sure to please guests coming in from out of town and you don't have to call for take out (you can use whatever protein you desire). The Sweet Potato Soup is a wonderful way to start a holiday meal and the Stuffed Acorn Squash is one of my favorite holiday dinner recipes.

But the crème de le (cashew) crème is the gingerbread. This cake will knock your socks off and warm your kitchen with the most amazing smells….

May you be happy and peace-full this holiday season.

Happy Holidays from my kitchen to yours!

~Chef Jenny

White Bean and Walnut Spread

Makes about 2 cups

1 (15-oz) can white beans, drained
1 cup walnuts, toasted and chopped
1 teaspoon dried basil
2 Tablespoons extra virgin olive oil
2 Tablespoons lemon juice
1 clove garlic, chopped
1/4 to 1/2 teaspoon sea salt
Freshly ground black pepper

Place the beans, walnuts, basil, olive oil, lemon juice and garlic in the bowl of a food processor. Puree until smooth, adding a little more olive oil or lemon juice if needed to obtain smooth consistency. Add salt and pepper to taste.

Kung Pao Tempeh

Serves 4
Preparation Time: 30 minutes
Cooking Time: 45 minutes (includes rice)
Equipment Needed: Saucepan or rice cooker, large skillet or wok

YUM! You won't have to call for Chinese take-out anymore once you taste this dish! I recommend tempeh, but you can use any protein in this dish with delicious results.

Get this cooking first:

Brown Rice

1 cup 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.

1/2 cup vegetable broth
2 Tablespoons tamari (soy sauce)
2 Tablespoons mirin (Chinese rice wine)
1 1/2 Tablespoons balsamic vinegar
1 teaspoon maple syrup
1/2-3/4 teaspoon crushed red pepper flakes (depends on desired spice level)
8 ounces tempeh, cut in half, then into cubes
1 Tablespoon olive oil
3 cloves garlic, minced
1 1-inch piece ginger, minced (around 1 T)
1 yellow onion, chopped
1 red bell pepper, seeded and diced
1 green bell pepper, seeded and diced
1 carrot, sliced
1/2 Tablespoon arrowroot
1/2 cup peanuts
1 head broccoli, cut into florets and steamed

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Kung Pao Tempeh, continued…

In a small bowl, whisk together broth, tamari, mirin, vinegar, syrup and pepper flakes. Add tempeh cubes, and marinate.

Meanwhile, cut all of your vegetables and get them ready to go. If using broccoli, cut and steam. Heat oil in a large skillet, and add onions, garlic, peppers and carrot. Stir-fry on medium high heat for 5 minutes until vegetables are getting tender.

Using a slotted spoon, remove tempeh from marinade and add it to skillet, stirring around so tempeh has contact with bottom of pan (so it "fries"). Meanwhile, add arrowroot to marinade and whisk to dissolve. Add marinade to pan with peanuts and cook for 1-2 minutes until sauce is thickened. Serve immediately over brown rice.

Cream of Sweet Potato Soup

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 35 minutes
Equipment Needed: Soup pot

1 teaspoon olive oil
1 onion, chopped
2 ribs celery, chopped
1 medium carrot, chopped
2 sweet potatoes, peeled and chopped
1 red bell pepper, chopped
2 cloves garlic, minced
4 cups vegetable stock or water
1 teaspoon minced fresh thyme
1 cup unsweetened soy or almond
Salt and pepper to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery and carrot for 5 minutes. Add sweet potato, pepper, garlic, stock or water and thyme. Reduce heat and simmer for 20 minutes or until vegetables are tender.

Puree soup in a blender until smooth. Return to saucepan. Stir in the milk and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve.

White Bean and Chard Stuffed Acorn Squash

Serves 4
Preparation Time: 10 minutes
Cooking Time: 30 minutes
Equipment Needed: skillet, baking dish

2 medium acorn squash, halved and seeds scooped out
2 Tablespoons olive oil, divided
1 yellow onion, chopped
2 cloves garlic, minced
2 Tablespoons water
1 Tablespoon tomato paste
1 large bunch chard, stemmed and chopped
1 15-ounce can white beans, rinsed
1/4 cup chopped kalamata olives
1 Tablespoon fresh thyme
1/3 cup coarse dry whole-wheat or gluten free breadcrumbs
salt and pepper to taste

Preheat oven to 375F. Cut a small slice off the bottom of each squash half so it rests flat. Place cut side down in a 9-by-13-inch baking dish with 1/2 inch of water. Bake for 25-30 minutes or until squash is just tender to get a fork through (don't overcook, you will be broiling it later).

Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and a sprinkle of salt and pepper. Stir in chard, cover and cook until tender, 3 to 5 minutes. Stir in white beans, olives and thyme; cook until heated through, 1 to 2 minutes more.

Position rack in center of oven; preheat broiler.

Combine breadcrumbs and the remaining 1 Tablespoon oil in a bowl. Fill each squash half with about 1 cup of the chard mixture and place back in a baking pan (remove any water left in pan) stuffed side up. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 3-5 minutes. Enjoy!

Old Fashioned Gingerbread with Maple Cashew Cream

YUM! This vegan cake is really moist and smells wonderful as it is cooking and...

...it tastes amazing!!

1 cup dark molasses
1 1/2 cups boiling water
1 teaspoon baking soda
1/2 cup vegan butter or margarine
1 cup Wholesome Sweeteners Sucanat (unrefined sugar)
3/4 cup soy or rice milk mixed with 3 T ground flaxseed
1/2 teaspoon sea salt
2 teaspoons cinnamon
2 1/2 tablespoons ground ginger
1 teaspoon ground cloves
2 1/2 cups whole wheat pastry flour OR all-purpose Gluten free baking mix
zest of one orange
1 tablespoon baking powder

Preheat oven to 375°F. In a large bowl, stir together molasses and boiling water; add baking soda and let cool till lukewarm. In a separate bowl, Cream margarine and sugar; and add flax mixture. Sift in all remaining ingredients to margarine mixture. Add molasses and water and sir well; batter will be thin. Place batter in greased 9 x 13 pan. Bake for 20 minutes then reduce heat to 300°F and bake for an additional 20 minutes or until cake tests done.

Maple Cashew Cream

1 cup raw, unsalted cashews
1/4 cup water
2 tablespoons maple syrup
1 teaspoon vanilla

Coarsely chop the nuts in a blender or food processor. With the motor running, gradually add the water, 2 tablespoons maple syrup, and vanilla. Taste and add additional maple syrup, if desired. Continue processing until the mixture achieves a consistency similar to whipped cream. Add a bit more water if needed.

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	**White Bean and Walnut Spread**	**Kung Pao Tempeh over Brown Rice**	**Sweet Potato Soup**	**White Bean Acorn Squash**
Produce	1 lemon (for 2 T lemon juice) 1 clove garlic	3 cloves garlic 1 1-inch piece ginger 1 yellow onion 1 red bell pepper 1 green bell pepper 1 carrot 1 head broccoli	1 onion 2 ribs celery 1 carrot 2 large sweet potatoes 1 red bell pepper 2 cloves garlic 1 t fresh thyme	2 medium acorn squash 1 yellow onion 2 cloves garlic 1 large bunch chard 1 T fresh thyme
Bulk/Refrig/ Frozen	1 cup walnuts	8 oz tempeh (or other protein) 1/2 cup peanuts 1 cup brown rice	1 t olive oil 1 cup unsweetened soy or almond milk	1/4 cup chopped kalamata olives
Grocery/ Canned	1 15-oz can white beans 2 T olive oil	1 T olive oil 1/2 cup veg broth 2 T tamari (soy sauce) 2 T mirin (rice wine) 1 1/2 T balsamic vinegar 1 t maple syrup	4 cups vegetable stock	2 T olive oil 15-ounce can white beans 1 T tomato paste 1/3 cup coarse dry whole-wheat or gluten free breadcrumbs
Spices/Misc.	1 t dried basil	1/2 T arrowroot 1/2-3/4 t crushed red pepper flakes		