Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Basil Hummus

Your Weekly Meal Plan is:

Basil Eggplant and Tempeh over Brown Rice

Vegetarian Gumbo with Collard Greens

Rainbow Rice Sauté

Food For Thought: Ode to Exercise!

In an ironic twist of fate, this former self-proclaimed exercise hater fell in love with an exercise physiologist and married him. Sigh!

Gone are the days of sitting on my couch making excuses for not exercising daily.

Thank goodness! I credit daily exercise as the main reason I am able to eat what I want without dieting. Exercise has SO many benefits that go beyond just weight loss and maintenance and, unlike counting calories, portioning foods or depriving yourself of your favorite food items, regular exercise is empowering.

What is your relationship with exercise like these days? Are you moving regularly? If not, is there something you could do this week to get more exercise?

Maybe you could sign up for a dance class, meet a friend for a walk, or check out that yoga class you've been meaning to try?

And as always, if you can use some support, come on over and join the community on the Nourishing Nutrition facebook page.

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

Basil Hummus

This high protein spread is simple to make and great to have on hand to keep you full.
I call for basil since you are purchasing a bunch this week and I want you to be able to use it all.
If you'd like, you could add another fresh herb instead.

1 15-oz can chickpeas, drained
2 crushed garlic cloves
1/2 teaspoon salt
1/4 cup lemon juice
2 Tablespoons olive oil
2 Tablespoons tahini
1/2 cup fresh basil leaves, chopped

Puree all the ingredients, except basil in a food processor or blender until creamy. Spoon into a bowl and stir in chopped basil and serve.

Basil Eggplant over Brown Rice

Serves 4
Preparation Time: 15 minutes
Cooking Time: 20 minutes
Equipment Needed: Rice cooker or saucepan, wok or large skillet

When I saw the package of fresh basil in the store, I totally started craving basil and eggplant. Interesting craving, right? Anyway, here is the recipe I came up with.

First, get the rice cooking:

Brown Rice times Two

NOTE: When the rice is cooked, take out 1 1/2 cups and put it in the fridge for later this week.

2 cups 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.

Basil Eggplant
1 8-oz package tempeh, cubed
2 Tablespoons avocado oil
1 red onion, sliced
1 shallot, minced
3 cloves garlic, minced
1 large green bell pepper, sliced into thin strips
pinch red chili flakes and black pepper
2 medium sized eggplants, peeled and diced
2 Tablespoons tamari
1 Tablespoon maple syrup
1 cup vegetable stock
1 Tablespoon arrowroot
20-25 fresh basil leaves, left whole if small, chopped if large

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In a steamer basket, steam tempeh cubes for 20 minutes and set aside.

Heat 1 Tablespoon of oil in a wok or skillet over medium-high heat. Add onions, shallots, garlic and peppers. Sauté for 3-5 minutes, or until onions are getting clear. Stir in red chili flakes and a generous pinch of black pepper and push to the sides of the pan. Add remaining oil and fry eggplant and tempeh cubes for 5-7 minutes, stirring often to ensure that all sides get brown and eggplant cubes are pretty soft.

While eggplant is browning, whisk together the tamari, maple syrup, stock and arrowroot until arrowroot is dissolved. When eggplant is brown and soft, add sauce to the pan, stirring for 1 minute and serve over brown rice.

Gumbo with Collard Greens

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

Cooking 101: A roux (pronounced rue) is a mixture of oil and flour that is heated until it gets brown and nutty. It burns easily, so it requires constant attention, but the results are worth it!

To save time, start this recipe by getting the roux cooking and then cut your vegetables while it is cooking over LOW heat. Serve this delicious stew with cornbread if desired.

Nutrition All Star! Collard greens are an amazing green, full of antioxidants and minerals. They are one of my favorite user friendly green since they are so easy to clean and cut. They are perfect in this gumbo!

1/4 cup olive oil
1/4 cup all purpose flour (**See below for gluten free version)
1 onion, chopped
1 red pepper, chopped
2 stalks celery, chopped
2 cloves garlic, minced
4 cups vegetable broth
1-15 oz can crushed tomatoes
2 bay leaves
1 teaspoon dried thyme
1/2 teaspoon black pepper
1/4 teaspoon cayenne (or more or less to taste)
1 15-oz can kidney beans, drained
1 bunch collard greens (or another leafy green), cut into pieces
Sea salt to taste
Tabasco sauce to taste

Gather all ingredients. To make a roux, combine oil and flour in a heavy soup pot. Cook over low heat, stirring with a wooden spoon or wire whisk, until it reaches a light brown color, about 15 minutes, being very careful not to burn. Meanwhile, chop onion, pepper, celery and garlic, but remember to stir the roux as well!

Recipe continues next page…….

Slice the leafy greens. When roux is done, add chopped onion, bell pepper, celery, and garlic, and continue stirring about 2 minutes until vegetables have been coated with the roux and are beginning to soften. Add vegetable broth and whisk until roux is dissolved. Add crushed tomatoes, dried spices, kidney beans and collard greens. Simmer for 20 minutes, or until the greens are wilted.

Before serving, remove bay leaf, season to taste with salt and pepper and Tabasco if desired.

Produce Drawer Check: If you bought a bunch of green onions for the rainbow rice sauté, save 4 of them for the sauté, and cut up the rest and use them as garnish for this gumbo!

****Gluten Free? No Worries!** Instead of all-purpose flour, use an all-purpose gluten free mix (I like Bob's Red Mill) in the same amount. Follow directions for the roux as written. Reduce the amount of vegetable broth to 3 cups. Enjoy!

Rainbow Rice Sauté with Edamame

Serves 4
Preparation Time 20 minutes
Cooking time 10 minutes
Equipment Needed: Wok or large skillet

This dish is a study in color! Grating your carrots and beets allows the sweetness and color to "infuse" this dish. I get so many compliments on this recipe which is crazy because it is outrageously easy to make.

Time Saver: You will be using leftover brown rice in this recipe. If you have a food processor, use it to grate your carrots and beets.

1 Tablespoon unrefined coconut oil or avocado oil
2 cloves garlic, minced
1 teaspoon minced ginger
4 green onions, sliced
1 yellow pepper, diced
2 carrots, grated
1 beet, grated
1 Tablespoon tamari
1 teaspoon toasted sesame oil
1 1/2 cups leftover short grained brown rice, cold
8 oz shelled edamame, frozen is easiest

Salt and freshly ground pepper to taste

1 cup cashews, almonds or hazelnuts, chopped

Gather all ingredients and mince garlic and ginger. Slice onion and celery. Cut pepper. Grate carrots and beets.

Heat oil in a large skillet or wok over medium heat. Add the garlic, ginger, onions, and pepper, stirring for 2 minutes. Add the grated carrots and beets and sprinkle in tamari and sesame oil, and cook for 3-5 minutes.

Add the cold rice and edamame to the skillet, using the back of a wooden spoon to break up the grains and cook until heated through, about 5-7 minutes. Add nuts, season with salt and pepper and serve.

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	**Basil Hummus**	**Basil Eggplant & Tempeh**	**Veg Gumbo (*buy Cornbread mix if desired)***	**Rainbow Rice Sauté (*this recipe uses leftover rice)***
Produce	2 cloves garlic 2 lemons (for 1/4 cup juice) 1/2 cup fresh basil leaves	1 red onion 3 cloves garlic 2 medium sized eggplants 1 large green bell pepper 1 shallot 20-25 fresh basil leaves	1 yellow onion 2 cloves garlic 1 red pepper 2 stalks celery 1 bunch collard greens	4 green onions 2 cloves garlic 1 t minced ginger 1 yellow pepper 2 carrots 1 beet
Bulk/Refrig/Frozen		2 cups brown rice 1 8-oz package tempeh	1/4 cup all purpose flour (***or gluten free all-purpose mix)***	1 cup cashews, almonds or hazelnuts 8 oz frozen shelled edamame
Grocery/ Canned	2 T olive oil 2 T tahini 1 15-oz can chickpeas	2 T olive or coconut oil 1 cup vegetable broth 2 T tamari 1 T maple syrup	1/4 c olive oil 4 cups vegetable broth 1 15-oz can kidney beans 1 15-oz can crushed tomatoes	1 T unrefined coconut oil 1 T tamari 1 t toasted sesame oil
Spices/Misc.		pinch red chili flakes 1 T arrowroot	2 bay leaves 1 t dried thyme 1/2 t black pepper 1/4 t cayenne Tabasco to taste	