# Your Weekly Meal Plan

## *Eat Well, Be Well and LOVE Every Bite!*

### *Your refrigerator staple for healthy lunches and snacks:*

***Cabbage-Cilantro Slaw with Avocado Vinaigrette***

### *Your Weekly Meal Plan is:*

***Chickpea and Cauliflower Curry***

***Two Potato and Chard Chowder***

***Tempeh Ole!***

### Food For Thought: Enjoy the process of cooking!

**"Cooking is like Love. It should be entered into with abandon or not at all."**
**~ Harriet Van Horne**

Do you enjoy yourself when you are cooking? Sometimes with our busy lives, it can be easy to view cooking as a means to an end…in other words, we cook just so that we can eat.

Yet I truly believe that **enjoying the process of cooking** is just as important as the food itself. When I find myself thinking about cooking as a 'chore', I remind myself to focus my full attention on cutting, sautéing and tasting. Being present while I cook helps me enjoy the process.

And to really enjoy the process, I listen to inspiring talks and podcasts when I cook. I figure if I am in a state of inspiration and gratitude when I cook, the food HAS to be better, right?

What can you do this week to make the process of cooking more enjoyable? Be sure to share your strategies with us on the Nourishing Nutrition Facebook Page.

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

# Cabbage Cilantro Slaw with Avocado Vinaigrette

Cilantro is a cleansing herb. In fact, some studies show it can rid the body of mercury and other heavy metals. And the avocado vinaigrette? Please, if I could drink the stuff I would!

Serves 4-6 (makes a big bowl)

## Make this first: Avocado Vinaigrette

This dressing is thick so it is perfect for the slaw since cabbage releases a lot of water. If you want to make this vinaigrette for a green salad, you would want to add more oil and vinegar (about a T of each) to make it more of a dressing consistency.

3 Tablespoons olive oil
2 Tablespoons red wine vinegar
2 Tablespoons fresh lime juice
Salt and pepper to taste
1 pitted and peeled, ripe avocado
Dash of hot pepper sauce

Place all ingredients in a blender or food processor and blend until creamy.

## Cabbage-Cilantro Slaw

1 small head green cabbage, finely shredded
1 cup chopped fresh cilantro
3 large carrots, grated
1/4 cup sliced green onion
Salt and pepper to taste

In a large bowl, mix cabbage, cilantro, carrots and green onion and season with salt and pepper. Pour avocado vinaigrette over slaw, mix well and let marinate for at least 30 minutes before serving.

# Chickpea and Cauliflower Curry

**Serves 6**
**Preparation Time: 20 minutes**
**Cooking Time: 40 minutes (for rice, 20 minutes for stew)**
**Equipment Needed: Rice cooker or saucepan, large soup pot**

**Get this cooking first:**

1 cup Brown Rice
2 cups water or vegetable stock
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).

1 Tablespoon unrefined coconut oil
1 onion, chopped
2 garlic cloves, finely chopped
2 carrots, sliced
1 small head cauliflower, cut into florets
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon turmeric
1/2 teaspon garam masala
pinch cayenne
1 28-oz can chickpeas, drained and rinsed
1 15 oz can diced tomatoes
1 cup vegetable broth
1/4 cup chopped cilantro
salt and pepper or to taste

Heat oil in a large pot and add onions, garlic, carrots and cauliflower and cook until translucent, about 5-7 minutes. Cauliflower should be getting browned a bit as it touched the sides of the pan. Add the chili powder, cumin, turmeric, garam masala, cayenne and a sprinkle of salt and pepper. Stir and cook until fragrant--about 3 minutes.

Add the chickpeas, tomatoes, vegetable stock and cilantro and cook, stirring occasionally for about 10 minutes. Season to taste and serve with brown rice.

# Two Potato Chowder

**Serves 6**
**Preparation Time: 15 minutes**
**Cooking Time: 30 minutes**
**Equipment Needed: Large soup pot, blender (optional)**

**I love soup with potatoes in it. This soup is extra special—there are 2 types of potatoes! The Yukon Gold Potatoes are buttery and yummy, while the red potatoes (because you leave the skin on) add color and texture. If you would like more protein, add a 15 oz can of white beans to the soup when you add the chard.**

1 Tablespoon olive oil
1 onion, diced
3 cloves garlic, minced
1 1/2 lbs red potatoes, cubed, unpeeled
1/2 lb Yukon Gold potatoes, cubed, peeled
1 teaspoon dried tarragon
3 cups vegetable broth
2 cups water
1 bunch chard, sliced very thinly (or even better, pulse it in a food processor)
1 15 oz can white beans (optional)

Salt and pepper to taste

Gather ingredients and dice onion and mince garlic. Heat oil in a in a soup pot and saute onion and garlic until tender. Meanwhile, wash and cube potatoes. Add tarragon, potatoes, broth and water to soup pot, bring to a boil, then reduce heat to medium and cover for 20 minutes or until potatoes are tender.

Add chard (and beans if using) to soup and cook until wilted (about 5 minutes or longer depending on size of the pieces).

***To Puree Or Not to Puree?*** The soup can be enjoyed as is now, filled with chunks of potatoes. But, if you are in the mood for a creamy soup (great for chilly weather), that is great too! Just puree soup using an immersion blender or regular blender. Season to taste with salt and pepper and serve. Like eating a bowl of mashed potatoes, how great is that?

# Tempeh Olé

**Serves 6**
**Preparation Time: 15 minutes**
**Cooking Time: 30 minutes**
**Equipment Needed: Baking dish**

This recipe has a delicious sweet and smoky sauce coating tempeh. Serve this yummy dish alongside the Cilantro Cole Slaw in corn tortillas or alongside a grain, like brown rice.

2 cloves garlic, minced
1 Tablespoon tamari
1 Tablespoon olive oil
1 (14-ounce) can tomato sauce
3 Tablespoons ketchup
2 Tablespoons apple cider vinegar
1 teaspoon smoked paprika
3/4 teaspoon chili powder

Preheat oven to 375F. Whisk together all above ingredients.

1 lb tempeh, cut into cubes OR 1 lb white fish
1 red bell pepper, sliced
1 onion, sliced

Place tempeh, onions and peppers in an 8 x 11 baking dish with a lid. Pour in the tomato sauce mixture and stir to coat. Cover and cook for 25 minutes, remove cover and cook 5 minutes more until tempeh is browned.

# 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 | **Cabbage Cilantro Slaw** | **Chickpea and Cauliflower Curry** | **Two Potato Chowder** | **Tempeh Ole!** |
|---|---|---|---|---|
| Produce | 1 small head green cabbage<br>1 cup chopped fresh cilantro<br>3 large carrots<br>1/4 cup sliced green onion<br>1 avocado<br>2 limes (for 2 T fresh lime juice) | 1 yellow onion<br>2 garlic cloves<br>2 carrots<br>1 small head cauliflower<br>1/4 cup chopped cilantro | 1 yellow onion<br>3 cloves garlic<br>1 1/2 lbs red potatoes<br>1/2 lb Yukon Gold potatoes<br>1 bunch chard | 1 yellow onion<br>1 red bell pepper<br>2 cloves garlic |
| Bulk/Refrig/ Frozen | | 1 cup Brown Rice | | 1 lb tempeh<br>**Corn Tortillas OR Brown Rice** |
| Grocery/ Canned | 3 T olive oil<br>2 T red wine vinegar<br>Dash of hot pepper sauce | 1 T coconut oil<br>1 cup vegetable broth<br>1 15 oz can diced tomatoes<br>1 28 oz can chickpeas | 1 T olive oil<br>3 cups vegetable broth<br>**1 15-oz can white beans (optional)** | 1 T olive oil<br>1 T tamari<br>1 (14-ounce) can tomato sauce<br>3 T ketchup<br>2 T apple cider vinegar |
| Spices/Misc. | | 1 tsp chili powder<br>1 tsp cumin<br>1/2 tsp turmeric<br>1/2 tsp garam masala<br>pinch cayenne | 1 t tarragon | 1 tsp smoked paprika<br>3/4 tsp chili powder |