Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Quinoa Tabouli with Chickpeas

Your Weekly Meal Plan is:

Vegetable Ragout over Grilled Polenta

Grilled Portobella Mushroom Sandwiches with Basil Pesto

Gingery Quinoa Veggie Bowls

Food For Thought: Happy 4th of July!!!

This week, I have included some more grill friendly and guest friendly recipes for you:

The Vegetable Ragout can be made ahead of time (it actually tastes better this way) and is served over grilled polenta…a nice change of pace from your typical grill favorites.

Also, the Grilled Portabella Mushroom Sandwiches are wonderful with the Basil Pesto and can be enjoyed on their own or as a sandwich.

The Quinoa Tabouli is a yummy grain salad you can serve at a BBQ.

I hope you have a great holiday!

~Chef Jenny

Quinoa Tabouli with Chickpeas

If you want to improve your diet, learn to love this grain. It cooks quickly, it is versatile and is one of the healthiest grains out there. Quinoa Rocks!

Note: you are preparing extra quinoa in this recipe for another recipe later in the week.

1 cup quinoa, rinsed
2 cups water
2 plum tomatoes, chopped into small pieces
2 green onions, finely chopped
1/4 cup finely chopped parsley
1/4 cup finely chopped fresh mint, or more to taste
3 Tablespoons lemon juice
2 Tablespoons olive oil
1-15 oz can chickpeas, drained
Salt and pepper to taste

Put quinoa into a large saucepan, add the water and bring to a boil. Cover, reduce the heat to medium-low and cook 12-15 minutes or until tender. Drain well, and cool. Remove 2 cups and save for later in the week.

Transfer remaining quinoa to a bowl and combine with remaining ingredients, and refrigerate until service.

Summer Vegetable Ragout over Grilled Polenta Wedges

Serves 6-8
Preparation Time: 35 minutes
Cooking Time: 20 minutes (plus 60 if preparing polenta from scratch)
Equipment Needed: skillet, saucepan, baking sheet

Have dinner guests coming over this holiday weekend? Make them this dish—it is really, really tasty! It is also impressive served with the grilled polenta that follows. You can make the ragout a day in advance and gently reheat it before serving.

2 Tablespoons olive oil
1 leek, washed and sliced
5 cloves garlic, minced
2 yellow squash, diced
1 zucchini, diced
1 red bell pepper, diced
1 pint grape or cherry tomatoes, halved
1 cup pitted Kalamata olives, sliced
3/4 cup dry white wine (or veg stock)
2 Tablespoons fresh rosemary, chopped (easy with kitchen scissors)
1/4 cup chopped fresh parsley leaves
1 15-oz can cannellini beans, drained
Salt and freshly ground black pepper, to taste

Heat the olive oil in a large skillet over medium-high heat, add the leek and garlic, and sauté for about 3 minutes. Add the zucchini, yellow squash, and pepper and sauté stirring often, for 5 minutes. Add the remaining ingredients, cover and simmer the vegetables over low heat, stirring occasionally, for about 5 minutes, or until vegetables are clear. Remove the skillet from the heat and season to taste with salt and pepper if needed. Serve over grilled polenta wedges.

Grilled Polenta Wedges

Okay, so you can save time and buy the prepared polenta in the tube, but it is really easy, and MUCH more economical to make your own. Plus, polenta tastes divine when made from scratch. **NOTE: It is best when you chill polenta for up to an hour, so allow for that in your timing.**

4 cups water
2 cups vegetable stock
1 3/4 cup yellow cornmeal
2 teaspoons salt
2 Tablespoons olive oil

Bring water and stock to a boil and add the cornmeal and salt, and simmer gently over medium heat, stirring frequently with a wire whisk, being careful to not boil over.

Add olive oil and whisk until liquid is absorbed and polenta is smooth, about 10-15 minutes. Add additional salt, if necessary.

Turn off heat and pour polenta mixture out onto a parchment lined baking sheet (it is best if the polenta is at least 1/2 inch thick for grilling). **Cover, and chill for at least an hour to set**, but you can also chill it overnight. Once it's set, cut into 12 wedges, and brush each side with olive oil. Place the squares on a hot grill, and cover. Grill until polenta is golden brown, about 3 minutes per side. Top with Summer Vegetable Ragout.

Grilled Portabella Mushroom Sandwiches with Basil Pesto

Serves 4
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Equipment Needed: grill, food processor

Grilled Portabellas:
4 portabella mushrooms
2 Tablespoons olive oil
4 cloves garlic, minced
3 Tablespoons balsamic vinegar
salt and pepper

Clean mushrooms and remove stems. Place caps in a dish with the gills up. In a small bowl, combine the oil, onion, garlic and vinegar and pour evenly over the mushroom caps and let stand for 1 hour. When finished marinating, sprinkle each cap with salt and pepper and grill until the mushrooms are heated through and tender, about 5 minutes per side. Alternatively, you could bake these at 350 F for 5-7 minutes per side.

Easy Basil Pesto:
2 cups loosely packed fresh basil leaves (Are you making the peach compote this week? Take 3 sprigs of basil off and reserve it for that recipe)
2 teaspoons fresh lemon juice
2 cloves garlic, finely chopped
2 Tablespoons olive oil

Combine all ingredients in a food processor and pulse until well blended.

Sandwich Fixings:
4 sprouted grain hamburger buns
2-3 vine ripe slicing tomatoes
1 cup arugula or baby spinach leaves

Assemble sandwiches by placing mushroom cap on a bun, topped with tomato and arugula, with some basil pesto spread on the bun. Or, enjoy bun-less with a dollop of pesto on top. Enjoy!!!

Gingery Quinoa Veggie Bowls

MEAL IN MINUTES!!!
Serves 4
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Equipment Needed: skillet

This recipe was inspired by the frozen rice bowls you can buy at the store. These are WAY cheaper and taste better (in my humble opinion)!

2 cups cooked quinoa (leftover from the tabouli recipe)

1 Tablespoon unrefined coconut oil
2 cloves garlic, minced
1 Tablespoon minced fresh ginger (like a 2 inch slice)
2 carrots, grated or finely chopped (grate in your food processor if you have one)
2 heads Bok Choy, washed and sliced
1 15 oz can Westbrae Soybeans, drained
1 1/2 Tablespoons tamari
1 1/2 Tablespoons mirin (Chinese rice wine)
1/2 bunch green onions, sliced for garnish
Sesame seeds for garnish

Melt oil in a skillet over medium heat and add garlic, ginger and carrots, and sauté for 5-7 minutes or until carrots are tender (this is one of my favorite ways to eat carrots, grated and sautéed in coconut oil—take a taste of these carrots, don't they kind of melt in your mouth?--YUM!) Sorry, I digress--now add bok choy, soybeans, tamari and mirin. Sauté for 5 more minutes or until bok choy has wilted. Serve over quinoa in bowls and sprinkle with sesame seeds and green onions, if desired.

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	**Quinoa Tabouli**	**Summer Veg Ragout over Polenta**	**Grilled Portabella Sandwiches**	**Quinoa Veg Bowls**
Produce	2 plum tomatoes 2 green onions 1/4 cup finely chopped parsley 1/4 cup chopped fresh mint 2 lemons (for 3 T juice)	1 leek 5 cloves garlic 2 yellow squash 1 zucchini 1 red bell pepper 1 pint grape tomatoes 2 Tablespoons fresh rosemary 1/4 cup fresh parsley leaves	6 cloves garlic 4 portabello mushrooms 2 cups loosely packed fresh basil leaves 1 lemon (for 2 t juice) ***2-3 slicing tomatoes*** ***1 cup arugula or baby spinach leaves***	1/2 bunch green onions 2 cloves garlic 1 T minced fresh ginger (like a 2 inch slice) 2 carrots 2 heads Bok Choy
Bulk/Refrig/ Frozen	1 cup dry yellow quinoa	1 3/4 cup yellow cornmeal (***or purchase prepared polenta tube)*** 1 cup pitted Kalamata olives		Sesame seeds for garnish ***(note:2 cups leftover quinoa)***
Grocery/ Canned	2 T olive oil 1-15 oz can chickpeas	2 cups veg stock 4 T olive oil 1 15 oz can cannellini beans 3/4 cup dry white wine (or you could use veg stock)	4 T olive oil 3 T balsamic vinegar ***sprouted grain hamburger buns***	1 T unrefined coconut oil 1 15-oz can Westbrae Soybeans 1 1/2 T tamari 1 1/2 T mirin (chinese rice wine)
Spices/Misc.				