Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

White Bean and Kalamata Olive Spread

Your Weekly Meal Plan is:

Three Sisters Tacos with Hempseed Cilantro Crema

Red Quinoa and Broccoli di Ciccio

Potato and Chickpea Curry

Food For Thought: Yum, Cilantro!

The herb cilantro, also known as coriander or Chinese parsley has been shown to remove heavy metals, specifically mercury from the body.

Dr. Yoshiaki Omura of The Heart Research Foundation in New York discovered that his patients, who suffered from recurrent infections, had deposits of heavy metals in their organs. After ingesting a soup made with cilantro, his patients began to excrete the mercury in large amounts. Further testing showed that along with mercury, cilantro accelerated the excretion of lead and aluminum. Using only cilantro leaves, Dr. Omura was able to detoxify his patients of heavy metals in just 3 weeks!

This week, you will enjoy cilantro in both the Three Sisters Tacos and the Potato and Chickpea Curry, both very tasty ways to get this powerful detoxifying herb into your body.

Enjoy!

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

White Bean and Kalamata Olive Spread

Makes about 2 cups

Canned white beans have enough liquid surrounding them to make creamy dips without any added oil. The olives give it a yummy taste and are a healthy, whole food fat source.

2 cloves garlic
3 scallions, chopped
2 15-oz cans white beans, lightly drained
1 cup pitted kalamata olives
1 1/2 Tablespoons lemon juice
1 pinch cayenne pepper
Salt to taste

Place garlic cloves and scallions in a food processor and pulse until minced. Add beans and olives and pulse until well blended. Add remaining ingredients and puree until smooth and creamy.

Three Sisters Tacos with Hempseed Cilantro Crema

Serves 6
Preparation Time: 10 minutes
Cooking time: 15 minutes
Equipment Needed: Large skillet

To Indigenous Americans the term “Three Sisters” referred to the trilogy of corn, beans, and squash. Grown together, they compliment each other: Corn provides a climbing stalk for the beans; the beans provide nitrogen to the soil which nourishes the corn; and the squash leaves spread out, providing shade for corn's shallow roots.

Hempseed Cilantro Crema
½ cup hempseeds
¼ cup water
Juice from ½ lemon or lime
1 garlic clove, chopped
1/2 cup chopped cilantro

Blend above ingredients in a blender and set aside.

Tacos
1 Tablespoon avocado or olive oil
2 cloves garlic, minced
2 scallions, sliced
2 zucchini, diced
1 15-oz can fire roasted diced tomatoes with green chilies
1 15-oz can pinto beans, drained well
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon dried oregano
pinch cayenne
Salt and pepper to taste
Sprouted Corn Tortillas
1 ripe avocado, sliced

Heat oil in a large skillet over medium heat. Add garlic, scallions, zucchini, and sauté for 5 minutes. Add tomatoes, beans and spices and cook for 10 minutes longer or until heated through.

Serve in warmed corn tortillas with slices of fresh avocado and drizzled hempseed cilantro crema on top.

Red Quinoa Pilaf with Broccoli di Ciccio

Serves 4
Preparation Time 15 minutes
Cooking time 25 minutes
Equipment Needed: Saucepan

I recently saw a list of the **Top 10 Super Foods** and both broccoli and quinoa were on the list. That must mean this super quick supper is off the charts!

Broccoli Di Ciccio is a variety of broccoli characterized by small, compact florets. It is easy to use and just requires a bit of trimming. The florets cook quickly and are really tasty!

1 Tablespoon olive oil
1 red onion, finely diced
3 cloves garlic, minced
1 1/2 cups vegetable broth
1 cup dry white wine (don't want to use alcohol? Substitute 1 cup veggie stock and add another 1 teaspoon lemon juice)

1 Tablespoon lemon juice
1 teaspoon dried tarragon
1 cup dry red quinoa
1 teaspoon sea salt, or to taste
8 oz broccoli di ciccio or baby broccoli, cut into florets or bite-sized pieces
1 cup tamari roasted cashew pieces

Heat the olive oil over medium heat in a saucepan and sauté the onion and garlic for 3 minutes.

Add the vegetable broth, wine, lemon juice and tarragon and bring to a boil.

Stir in the quinoa and salt. Reduce heat and simmer covered, about 20 minutes, or most of the liquid has been absorbed.

Meanwhile, prepare the broccoli into florets or pieces, trimming away the excess.

Lay the broccoli florets overtop of the quinoa (don't mix in), cover and continue to cook (you're actually steaming the broccoli) for 5 minutes, or until the broccoli is bright green. Remove pot from heat, and toss gently to combine. Season to taste with salt and pepper. Garnish with cashews before serving.

Easy Chickpea and Potato Curry over Shredded Kale

Serves 6
Preparation Time: 15 minutes
Cooking time: 25 minutes (plus 45 for brown rice)
Equipment Needed: Large soup pot, rice cooker or saucepan

Since both the potatoes (yum) and chickpeas provide starch, I call for serving this curry over shredded and steamed kale instead of rice.

1 Tablespoon coconut oil
1 red onion, diced
2 cloves garlic, minced
2 teaspoons minced ginger
1 jalepeno pepper, seeded and minced
1 lb small purple potatoes (or red), diced
1/2 teaspoon chili powder
1/2 teaspoon turmeric
1/4 teaspoon cayenne pepper (optional)
1 25-oz cans chickpeas (garbanzo beans), drained and rinsed
1 28-oz can whole plum tomatoes
Salt and pepper to taste
1/2 cup chopped cilantro, for garnish (optional)

In a large pot, melt margarine or oil and add onion, garlic, ginger and jalepeno and cook for 3 minutes or until onions are getting clear. Add potatoes and seasonings, stirring well to coat with spices. Add chickpeas and tomatoes, breaking up the tomatoes with the back of a wooden spoon. Bring mixture to a boil, reduce heat and simmer for 20 minutes or until potatoes are tender. Season to taste with salt and pepper. Serve garnished with cilantro. YUM!

Shredded and Steamed Kale

2 bunches lacinato or dinosaur kale, cut into small shreds

Steam kale in a steamer until tender or alternately, blanch kale shreds in boiling water for 1-2 minutes. Drain well, and serve hot curry overtop to wilt further.

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 Kalamata Spread**	**Three Sisters Tacos & Hempseed Crema**	**Quinoa and Broccoli**	**Potato and Chickpea Curry over Kale**
Produce	2 cloves garlic 3 scallions 2 lemons (for 1 1/2 T juice)	4 scallions 3 cloves garlic 2 zucchini 1 ripe avocado 1/2 cup chopped cilantro 1 lemon or lime	1 red onion 3 cloves garlic 1 lemon (for 1 T juice) 8 oz broccoli di ciccio or baby broccoli	1 red onion 2 cloves garlic 2 t fresh minced ginger 1 jalepeno pepper 1 lb small purple potatoes (or red) 1/2 cup chopped cilantro 2 bunches lacinato or dinosaur kale
Bulk/Refrig/ Frozen	1 cup pitted kalamata olives	Sprouted Corn Tortillas ½ cup hempseeds	1 cup tamari roasted cashew pieces 1 cup dry red quinoa	
Grocery/ Canned	2 15-oz cans white beans	1 T olive oil 1 15-oz can fire roasted diced tomatoes with green chilies 1 28-oz can pinto beans	1 T olive oil 1 1/2 cups vegetable broth 1 cup dry white wine (or 1 cup veggie stock)	1 T coconut oil 1 25-oz can chickpeas (garbanzo beans) 1 28-oz can whole plum tomatoes
Spices/Misc.	1 pinch cayenne pepper	1 t chili powder 1/2 t cumin 1/2 t dried oregano pinch cayenne	1 t dried tarragon	1/2 t chili powder 1/2 t turmeric 1/4 t cayenne pepper