Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Pumpkin Seed & Lentil Spread

Your Weekly Meal Plan is:

Taco Salads with Tempeh Chili and Homemade Corn Chips

Green Vegetable Curry

White Bean and Mushroom Ragout

Food For Thought: Yummmmmmm.....Umami!

Umami is one of the five basic taste categories in food, along with sweet, sour, salty and bitter. It was first discovered and defined in Japan in 1908 and loosely translates from Japanese to mean “delicious” or “savory.”

Speaking more technically, umami is the flavor sensation that occurs when taste responders on your tongue detect an amino acid called glutamate. Your brain receives these signals, and you experience a deep, meaty, savory taste.

In the plant world, it can be found in tomatoes, soy sauce, miso paste, and, my favorite, mushrooms.

All mushrooms are a rich source of umami and the darker the mushroom the more umami it contains. Cooking mushrooms concentrates the umami, making them even more satisfying.

Enjoy this week's White Bean and Mushroom Ragout, featuring cremini mushrooms sauteed in olive oil with garlic and spices.

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

Pumpkin Seed and Lentil Spread

Makes about 2 cups of spread

This spread is really yummy and a great source of protein. Pumpkin seeds are a good source of zinc which helps build immunity. Try this spread on a brown rice tortilla with baby spinach and tomatoes for a tasty lunch.

1 cup raw pumpkin seeds, soaked overnight*
2 cloves garlic, minced
1/4 cup lemon juice
1/2 cup chopped scallions
1/4 cup tahini
1/4 cup tamari
1 15-oz can lentils, drained
1/2 cup fresh parsley, chopped

In a food processor, process the soaked pumpkin seeds with the garlic and lemon juice until creamy. Add scallions, tahini, tamari, lentils, and parsley until the mixture is a smooth paste.

* Soaking nuts and seeds makes them more digestible and easier to blend into a creamy spread.

Taco Salads with Tempeh Chili

Serves 6
Preparation Time: 20 minutes
Cooking Time: 20 minutes
Equipment Needed: Soup pot, baking sheet

Tempeh Chili

This recipe uses grated tempeh to replace ground meat. Tempeh is a cultured food made from soybeans. Using canned beans makes this a quick and easy recipe. The leftover chili will ***FREEZE WELL.***

8 ounces tempeh, any variety
1 Tablespoon olive oil
1 onion, chopped
1 red pepper, chopped
1 jalepeno pepper, seeded and diced
3 cloves garlic, minced
1- 28 ounce can whole plum tomatoes
1-15 ounce can black beans, drained and rinsed
2-15 ounce cans kidney beans, drained and rinsed
1 teaspoon cumin
1 Tablespoon chili powder
dash cayenne pepper
2 Tablespoons apple cider vinegar

Crumble or grate tempeh into small pieces using your hands or a grater. Set aside. In a large saucepan, heat the oil over medium high heat. Sauté onions and red and jalepeno peppers in oil until onions are clear. Add garlic cloves and grated tempeh and cook, stirring often, for 5 minutes until tempeh is starting to brown. Add tomatoes and break them up into the tempeh using the back of a wooden spoon. Add remaining ingredients and bring to a boil. Reduce heat, and simmer for at least 20 minutes before serving.

Recipe continues next page.....

Homemade Sprouted Corn Tortilla Chips:

4 sprouted grain, corn tortillas
olive oil or spray oil
salt

Preheat oven to 375F. Cut tortillas into 6 wedges. Brush or spray each wedge with olive oil, sprinkle with salt and any other desired spices and bake for 5-7 minutes or until crispy—watch carefully as they will burn quickly!

Taco Salad Ingredients:

4-6 cups baby salad greens
4 plum tomatoes, chopped
2 avocados, sliced and Salsa for garnish

While tempeh chili is cooking, assemble salad greens and tomatoes on plate. Top with chili and garnish with avocado slices, salsa and homemade corn chips

Green Vegetable Curry

Serves 6
Preparation Time: 25 minutes
Cooking Time: 20 minutes
Equipment Needed: Food processor, Soup pot, rice cooker or skillet

This recipe is SO good! I crave Thai food as the weather gets warmer (I must be dreaming of tropical islands!) yet still want it to be light, so here is a yummy all-vegetable curry. I recommend serving it over quinoa and sprinkling on your favorite nut for protein.

1 jalepeno pepper, seeds and ribs removed, sliced
3 cloves garlic, crushed
1 1-inch slice fresh ginger, chopped
1 teaspoon lemon zest
1 15 oz can coconut milk
Juice from one lemon (get its zest off first)
1 bunch cilantro, chopped (chop entire bunch, stems and all!)
1 teaspoon sea salt
2 large carrots, sliced
1 sweet potato, peeled and cubed
1 head bok choy, sliced
1/2 lb green beans, ends trimmed, cut in 1-inch pieces
½ cup nuts - cashews, pistachios or peanuts

In a food processor, puree pepper, garlic, ginger and lemon zest until chopped into fine pieces. Add coconut milk, lemon juice, cilantro and salt and blend well.

Gather vegetables and slice carrots, cube sweet potatoes. In a large soup pot, combine sweet potatoes and carrots (and protein if using) with coconut milk mixture. Bring to a boil, reduce heat to a medium simmer and cook until potatoes are fairly softened, about 15 minutes. Add bok choy and green beans and cook 5 minutes more, or until all vegetables are tender. Serve over quinoa sprinkled with nuts.

Recipe continues next page.....

Quinoa (times two!) Serves 4 plus leftovers

Nutrition All Star: Quinoa (pronounced keen-wa) is a whole, gluten-free grain that is an excellent source of complete protein (all essential amino acids) and minerals.

2 cups red or golden quinoa
4 cups water
pinch salt

Stir quinoa, water and salt together, and bring to a boil. Reduce to a simmer, cover, and cook 15 to 20 minutes, or until quinoa is tender and fluffy. **When cooked, take out 1 1/2 to 2 cups for later in the week.**

White Bean and Mushroom Ragout

Serves 4
Preparation Time: 15 minutes
Cooking time: 20 minutes
Equipment Needed: Large skillet

Serve this easy to make dish over the leftover quinoa from earlier in the week. Fresh sage and white beans are a match made in culinary heaven.

1 Tablespoon olive oil
1 pound fresh cremini (baby Portobello) mushrooms, sliced
2 cloves garlic, minced
1 large onion, diced
1 teaspoon Italian seasoning
1/2 teaspoon sea salt
1/2 cup dry white wine (or 1/2 cup vegetable stock plus 1 teaspoon any kind of vinegar—red or white wine vinegar will work best)
1 teaspoon dried thyme
1 15-oz can stewed tomatoes, with their liquid
2 15-oz cans white beans (cannellini), drained
3-4 fresh sage leaves, minced (easy to do with kitchen scissors)

Gather all ingredients. Slice mushrooms, dice onion and mince garlic. In a large skillet over medium heat, heat oil until hot.

Add mushrooms, onion, garlic, Italian seasoning and salt and cook until mushrooms are tender, stirring occasionally, about 5 minutes. Add white wine (or veg stock mixture), thyme and stewed tomatoes, breaking them up with the back of a spoon. Simmer for 3-5 minutes.

Add white beans to the skillet and heat through. Right before serving, stir in fresh sage. Season to taste with salt and pepper and serve over quinoa.

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	**Pumpkin Seed & Lentil Spread**	**Taco Salads**	**Green Vegetable Curry**	**White Bean & Mushroom Ragout**
Produce	2 cloves garlic 2 lemons (for 1/4 cup juice) 1/2 cup scallions 1/2 cup fresh parsley	1 onion 1 red pepper 1 jalepeno pepper 3 cloves garlic 4-6 cups salad greens 2 avocados 4 plum tomatoes	1 jalepeno pepper 3 cloves garlic 1 1-inch slice fresh ginger 1 lemon 1 bunch cilantro 1 head bok choy 1/2 lb green beans 1 bunch carrots 1 sweet potato	1 pound fresh cremini (baby Portobello) mushrooms 2 cloves garlic 1 large onion 3-4 leaves fresh sage
Bulk/Refrig/ Frozen	1 cup raw pumpkin seeds	8 ounces tempeh, any variety 1 package sprouted grain corn tortillas	2 cups red or yellow quinoa ½ cup nuts	
Grocery/ Canned	1/4 cup tahini 1/4 cup tamari 1 15-oz can lentils	1 T olive oil 2 T apple cider vinegar 1- 28 oz can whole plum tomatoes 1-15 oz can black beans 2-15 oz cans kidney beans ***Salsa (for garnishing)***	1 15-oz can coconut milk	1 T olive oil 2 15-oz cans white beans (cannellini) 1 15-oz can stewed tomatoes 1/2 cup dry white wine (or 1/2 cup veg stock)
Spices/Misc.		1 t cumin 1 T chili powder dash cayenne pepper		2 t Italian seasoning 1 t dried thyme