Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Chickpea and Walnut Spread

Your Weekly Meal Plan is:

Bonus Recipe: Coconut Water & Kale Smoothies
(Note: ingredients are not on your shopping list)

Tuscan White Bean Soup

Summer Vegetable Gratin

Smoky Quinoa Hash over Garlicky Collard Ribbons

Food For Thought: Don't take a vacation from your food plan.

Summer is officially here! Whether your summer schedule changes dramatically or just a little, one thing is for sure:

Food is <u>everywhere</u>!

Graduations, holidays and vacations can all throw a big wrench in your desire to eat clean and light so you feel ready for all of the adventures summer has to offer.

That's why I suggest doubling down on your meal planning efforts when things get busy in order to keep your food decisions as simple as possible.

Start each day with a healthy breakfast, have salads regularly, and stay hydrated with a delicious and nutritious smoothie like the one featured in this week's meal plan.

Enjoy!

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

Chickpea & Walnut Spread

Makes about 2 cups

This spread is like traditional hummus, but instead of using tahini, you use walnuts that add a nice, rich flavor. Plus, walnuts are a good source of essential Omega-3 fatty acids.

1 cup raw walnuts, chopped
1 (15-oz) can chickpeas, drained and rinsed
1 teaspoon dried basil
2 Tablespoons extra virgin olive oil
2 Tablespoons lemon juice
1 clove garlic, chopped
1/4 to 1/2 teaspoon sea salt
Freshly ground black pepper

Place the walnuts in the bowl of a food processor and pulse until finely chopped. Add chickpeas, basil, olive oil, lemon juice and garlic, and puree until smooth, adding a little more olive oil, lemon juice or water if needed to obtain smooth consistency. Add salt and pepper to taste and serve with raw vegetables for a delicious snack.

Bonus Recipe: Kale Smoothies

Makes one smoothie
(NOTE: these ingredients are not on your shopping list)

Coconut water is packed with electrolytes and kale is loaded with antioxidants making this smoothie a perfect summer pick me up! You need a pretty high-powered blender to blend the kale so it dissolves in your smoothie.

Add a scoop of protein powder, like hemp to add protein for more staying power.

1 1/2 cups coconut water
2 lacinato or dinosaur kale leaves, stems removed and chopped roughly
1 frozen banana
1/2 cup fruit of choice, fresh or frozen
Scoop protein powder (if desired)

Blend all ingredients together in a blender until smooth and creamy.

Tuscan White Bean Soup

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 30 minutes
Equipment Needed: Soup pot

1 Tablespoon olive oil
1 medium yellow onion, chopped
1 stalk celery, chopped
2 garlic cloves, minced
2 carrots, diced
1 teaspoon dried rosemary
1/4 teaspoon red chili flakes
4 cups vegetable broth
2 15-oz cans white beans, drained
1/2 teaspoon sea salt and pinch black pepper
1 Tablespoon balsamic vinegar**
3 cups baby spinach leaves

Heat the oil in a soup pot and add onions. Cook over low heat for 5 minutes, stirring frequently, until onions begin to soften. Add celery, garlic, carrots, rosemary and chili flakes and cook, stirring frequently, for 5 minutes. Add broth, beans, and salt and pepper. Bring soup to a boil, then cover, reduce heat, and allow to simmer over low heat for 20 minutes, or until vegetables are tender. Before serving, add vinegar and spinach, season to taste (do you think it needs more salt or pepper?) and heat until spinach is wilted, just a minute or so, and serve.

****Cooking 101:** Adding an acidic ingredient, like vinegar or lemon juice to a soup right before serving brings out all of the flavors of the other ingredients, so don't leave it out!

Summer Vegetable Gratin

Serves 6
Preparation Time: 30 minutes
Cooking Time: 45 minutes
Equipment Needed: Food processor, baking dish

This all-vegetable dish is SO tasty and is one of my most requested recipes! The sauce is a base of cashews and vegetable stock, thickened with arrowroot bakes on top of wonderful seasonal vegetables. Serve this with whole grain pasta if desired.

Sauce
1 cup raw cashews (not roasted)
3 cloves garlic, minced
1 cup vegetable stock, heated
1 Tablespoon fresh lemon juice
1 Tablespoon nutritional yeast
1/2 Tablespoon arrowroot
1 Tablespoon fresh oregano (or 1 teaspoon dried)
salt and pepper to taste

Pulverize raw cashews together with the garlic in the food processor until very finely ground. Heat the vegetable stock until hot and add it slowly to the cashews with the motor running, until well-blended. Add remaining ingredients and blend well. Season to taste with salt and pepper.

5 plum or regular tomatoes, cut into 1/4-inch slices
2 medium-large zucchini, thinly sliced
1/2 lb cremini mushrooms, sliced
1 large leek, cut into small pieces and washed well**
3/4 teaspoon salt
3/4 teaspoon pepper
2 teaspoons dried basil

Layer half of the zucchini, tomatoes, mushrooms and leeks into a greased baking dish. Sprinkle with salt, pepper and dried basil. Repeat with a second layer of vegetables. Pour cashew sauce over vegetables. Bake, covered in 350-degree oven for 30 minutes. Remove cover and bake for an additional 10-15 minutes, or until top is golden.

***** Leeks are milder than onions and taste wonderful and slightly sweet when baked. The thing is—they are dirty little guys! So be sure to wash them well.***

Smokey Quinoa Hash over Garlicky Collards

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 15 minutes
Equipment Needed: Skillets

Wow--this dish sounds complicated, but it's not! It is actually pretty easy and really tasty! PLEASE NOTE: This recipe calls for 2 cups cooked quinoa (1 cup dry cooked in 2 cups water for 15 minutes) so get that started ASAP.

2 teaspoons olive oil
1 small red onion, diced
1 clove garlic, minced
1 small red pepper, diced
2 stalks celery, diced
1 teaspoon dried thyme
pinch cayenne pepper
1 package (6-oz) smoky tempeh strips, diced
2 cups cooked red quinoa
2 Tablespoons Tomato Paste (put the rest in an airtight container and freeze it)
1/2 cup water
1 Tablespoon tamari
2 teaspoons apple cider vinegar
1/2 cup chopped flat leaf parsley

Gather all ingredients. Cut onion, garlic, pepper, and celery. Heat oil in a skillet. Saute onion, garlic, pepper, celery and spices for 3-5 minutes. Meanwhile, cut tempeh and add it to the pan, sautéing until tempeh starts to brown, about 5 minutes (at this point, it should be smelling SO good!) Add quinoa and break up grains with the back of a wooden spoon.

In a small bowl, whisk together the tomato paste, water, tamari and vinegar and add it to the pan, stirring to incorporate. Cook just 5 minutes more to make sure it is all heated through. Sprinkle in parsley right before serving. Yum!

Recipe continues next page….

Garlicky Collard Ribbons

Serves 2-4 (2 people who like leafy greens could polish this off in one serving so be sure to double it if you want more servings or leftovers)

Collard greens are loaded with nutrition—high in minerals like calcium and high in folate, vitamin C and beta-carotene.

I call collards a User-Friendly leafy green—easy to wash, easy to cut and easy to cook. Plus, unlike some of the other greens, their taste is really mild.

1 bunch collard greens, washed well
2 Tablespoons olive oil
2 large cloves garlic, minced
1/2 cup vegetable stock
1 Tablespoon lemon juice
Salt and pepper to taste

Wash collards and cut to remove stems. Lay collard leaves on top of each other and roll up like a burrito. Now, cut the ends off in very thin slices (ribbons). This cutting technique is called chiffonade—cutting in very thin slices.

In a large skillet or wok, heat olive oil over medium heat. Add garlic and greens and sauté until tender, about 3 minutes. Add stock and lemon juice tossing so that greens are coated. Cook until greens wilt and get tender, about 5-7 minutes. Season to taste and serve immediately.

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	**Chickpea and Walnut Spread**	**Tuscan White Bean Soup**	**Summer Veg Gratin**	**Smoky Quinoa and Collards**
Produce	1 lemon (for 2 T lemon juice) 1 clove garlic	1 med yellow onion 2 garlic cloves 1 stalk celery 2 carrots 3 cups baby spinach leaves	1 large leek 3 cloves garlic 5 plum or regular tomatoes 2 medium-large zucchini 1/2 lb cremini mushrooms 1 lemon (for 1 T juice) 1 T fresh oregano (or 1 teaspoon dried)	1 red onion 1 clove garlic 1 small red pepper 2 stalks celery 1/2 cup chopped flat leaf parsley 1 bunch collard greens (or 2 if you want more) 2 large cloves garlic 1 lemon (for 1 T juice)
Bulk/Refrig/ Frozen	1 cup raw walnuts		1 cup raw cashews	1 package (6 oz) smoky tempeh strips 1 cup red quinoa
Grocery/ Canned	1 (15-oz) can chickpeas 2 T olive oil	1 T olive oil 1 T balsamic vinegar 4 cups vegetable broth 2 15-oz cans white beans	1 cup vegetable stock ***Whole grain Pasta (optional to go with gratin)***	2 T olive oil 2 T Tomato Paste 1 T tamari 2 t apple cider vinegar 1/2 cup vegetable stock
Spices/Misc.	1 t dried basil	1 t dried rosemary 1/4 t red chili flakes	1 T nutritional yeast 1/2 T arrowroot 2 t dried basil	1 teaspoon dried thyme pinch cayenne pepper