Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Sunflower Seed Paté

Your Weekly Meal Plan is:

Lentil Orzo Soup

Moroccan Chickpea Stew over Quinoa

Sweet Potato and Spinach Hash

Food For Thought: Grandma was right! An apple a day keeps the…. diet away!

Want an easy tip for shaving calories off of your diet?

Eat an apple!

In a recent study, participants were given an apple 15 minutes before their mid-day meal. Results showed that after eating the apple, participants ate about 190 fewer calories at lunch than they did when they didn't eat the apple.

Apples are loaded with soluble and insoluble fibers, which helps you feel full. Plus, soluble fibers, like apple pectin prevent cholesterol buildup in the lining of blood vessel walls, reducing the risk of heart disease.

I'm adding apples to my shopping list this week—I'm loving the Pink Lady Apples right now.

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

Sunflower Seed Paté

This raw spread is one of my most popular and asked for recipes—it is so delicious! Sunflower seeds are a great source of protein and are loaded with B vitamins and minerals. This is a great spread to enjoy with vegetables, or a filling for sandwiches.

1 1/2 cups raw sunflower seeds, soaked overnight*
1/2 cup lemon juice
4 scallions, chopped
1/4 cup tahini
1/4 cup tamari (soy sauce)
1/2 cup fresh parsley, chopped
2 cloves garlic, minced
1/2 teaspoon cayenne pepper (or more to taste)

In a food processor, process the soaked sunflower seeds, lemon juice, scallions, tahini, tamari, parsley, garlic and cayenne until the mixture is a smooth paste. Season to taste, adding more tamari or cayenne as needed.

*Soaking the seeds overnight makes them more digestible and easier to blend into a creamy paste. Discard soaking water and rinse seeds, removing hulls that have come off. If you don't have time, you can soak for an hour instead.

Lentil and Orzo Soup

Serves 6 (makes a big ol' pot!)
Preparation Time: 15 minutes
Cooking Time: 50 minutes
Equipment Needed: Large soup pot

Orzo are little pasta shapes that look like grains of rice. Garden Time makes a wonderful whole-wheat orzo. If you want the recipe to be gluten-free, substitute gluten-free pasta, the smallest shape you can find. This soup will really take the chill off a rainy day!

FREEZE RIGHT THERE! **This soup makes a lot and freezes well. It is wonderful reheated when you add some fresh leafy greens.**

1 Tablespoon olive oil
2 cloves garlic, minced
1 leek, sliced
3 carrots, sliced
2 celery stalks, sliced
2 teaspoons thyme
1 teaspoon Italian seasoning
1 bay leaf
1 1/2 cups dry brown lentils
1 strip kombu**
4 cups vegetable broth
1 cup whole wheat orzo (or gluten-free small pasta shapes)
1 bunch lacinato kale, sliced
4 cups water
salt and pepper to taste

In a large soup pot, heat oil and sauté garlic and leek for 5 minutes, stirring, until leek is softened. Add carrots, celery, thyme, Italian seasoning, and bay leaf, stirring to coat all vegetables with spices. Add lentils, kombu and vegetable broth, bring to a boil, reduce heat and simmer for 25 minutes. Add orzo, sliced kale, water and a sprinkle of salt and pepper. Simmer for an additional 20 minutes, or until lentils and orzo are thoroughly cooked. Remove kombu strip and bay leaves, season to taste with additional salt and pepper if needed and serve.

**Kombu is a sea vegetable that adds minerals to the cooking water helping to make beans and legumes more digestible. You can find it in the Asian Food section.

Moroccan-Style Chickpea Stew

Serves 4 (or double for great leftovers)
Preparation Time: 10 minutes
Cooking time: 15 minutes (stir occasionally)
Equipment Needed: Rice cooker or saucepan, large saucepan

Get this cooking first: Quinoa
Makes 4 cups cooked (*Time Saver:* After quinoa is cooked, take out 1 1/2 cups for the recipe later in the week)

Quinoa (pronounced keen-wa) is a whole grain that is an excellent source of protein and minerals. It cooks in about 20 minutes so it can be easily substituted for refined grains, like white rice. Rinse it before cooking to remove a natural bitter coating.

2 cups quinoa, rinsed
4 cups water
pinch salt
Stir quinoa, water and salt together, and bring to a boil. Reduce to a simmer, cover, and cook for 15 to 20 minutes, or until quinoa is tender and fluffy.

Chickpea Stew
This stew is a staple in my house—quick and easy and loaded with fiber and protein. Turmeric is an anti-inflammatory spice that adds a beautiful yellow color and slightly bitter flavor.

FREEZE RIGHT THERE: This chickpea stew freezes well and tastes even better as leftovers!

1 Tablespoon olive oil
1 medium onion, chopped
3 cloves garlic, minced
1 red pepper, sliced
1 teaspoon cumin seed (whole, or you could use ground)
1 teaspoon ground turmeric
1/4 teaspoon cayenne pepper
2-15 oz cans chickpeas, drained
1-28 oz can whole plum tomatoes
1/4 cup fresh lemon juice
salt and pepper to taste

Gather ingredients and chop onion and mince garlic. Slice red pepper.

Heat oil in a large saucepan over medium heat. Add onion, garlic and red pepper and sauté for 3-4 minutes. Add spices and cook for one minute. Add chickpeas and tomatoes, breaking up tomatoes with the back of a spoon and simmer on low for 10 minutes. Before serving, add lemon juice, and salt and pepper to taste and serve over quinoa.

Sweet Potato, Spinach and Quinoa Hash

Serves 4 (NOTE servings and double for lots of leftovers)
Preparation Time: 10 minutes
Cooking time: 25 minutes
Equipment Needed: Wok or large skillet

Sometimes simple is really tasty! This dish is easy to prepare with subtle, wonderful flavors and a great way to use leftover quinoa. We sprinkled it with tamari at the table. If you'd like, you can also add almonds or cashews to garnish.

Nutrition All Star! I chose quinoa for this all-vegetable recipe because it is the highest protein grain and its nutty flavor is a wonderful contrast to the sweet potatoes.

1 Tablespoon unrefined coconut oil
2 cloves garlic, minced
1 Tablespoon minced ginger (about a 1-inch circle, minced)
1 small yellow onion, diced
1 1/2 lb sweet potatoes, peeled and cut into small chunks
1 teaspoon garam masala
pinch cayenne pepper
1/2 cup water
1/2 lb baby spinach leaves
1 1/2 cups leftover quinoa, cold
Salt and freshly ground pepper to taste

Gather and prepare all ingredients. Heat oil in a large skillet or wok. Add the garlic, ginger, onion, sweet potato chunks and spices, stirring for 5 minutes or until onion is getting clear and sweet potatoes are softening. Add the water, cover and simmer for 10 minutes. Remove cover, lay baby spinach on top and cover again. Cook for another 3-5 minutes, or until spinach is wilted and sweet potatoes are tender (this may take longer depending on the size of your sweet potato chunks).

Add the quinoa and use the back of a wooden spoon to break up the grains and cook until heated through, about 3 minutes. Season with salt and pepper and serve.

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	**Sunflower Seed Spread**	**Lentil and Orzo Soup**	**Moroccan Chickpea Stew**	**Sweet Potatoes, Spinach Quinoa *(this recipe uses leftover quinoa)***
Produce	2 cloves garlic 4 scallions 1/2 cup parsley 2 lemons (for 1/2 c juice)	1 leek 2 cloves garlic 3 carrots 2 celery stalks 1 bunch lacinato (dinosaur) kale	1 yellow onion 3 cloves garlic 1 red pepper 1 fresh lemon (for 1/4 cup juice or**)	1 yellow onion 2 cloves garlic 1 inch piece of ginger 1 1/2 lb sweet potatoes/yams 1/2 lb baby spinach leaves
Bulk/Refrig/ Frozen	1 1/2 cups raw sunflower seeds	1 1/2 cups dry brown lentils	2 cups dry quinoa	Add a protein (see recipe)
Grocery/ Canned	1/4 cup tahini 1/4 cup tamari (soy sauce)	1 T olive oil 1 strip kombu 4 cups vegetable broth 1 cup whole wheat orzo (or gluten-free small pasta shapes)	1 T olive oil 2-15 oz cans chickpeas 1-28 oz can whole plum tomatoes **1/4 cup bottled lemon juice	1 T unrefined coconut oil
Spices/Misc.	Pinch cayenne	2 t thyme 1 t Italian seasoning 1 bay leaf	1 t whole cumin seed (or ground) 1/2 t turmeric 1/4 t cayenne pepper	1 t garam masala pinch cayenne pepper