Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Black Bean Hummus

Your Weekly Meal Plan is:

Soba Noodle Sauté

Coconut Kidney Bean Stew

Stir-Fried Millet with Kale and Tomatoes

Food For Thought: Cooking! You've Gotta Love it!

Do you dread making dinner sometimes?

If so, I'd invite you to ask yourself, "When Do I LOVE cooking?" Is it when you are on vacation with your family and you are all cooking together? Maybe it is when you have lots of time on the weekends and have some new recipes to try.

I know I love my cooking time a lot more when I put on my favorite music and sing along ~ using my time in the kitchen as a time to be inspired and uplifted.

And I really believe the food tastes better that way!

As much as possible this week, check in with yourself about what you need to LOVE making dinner…an inspiring playlist or podcast, or inviting a friend over to cook together.

Whatever you need to do to love cooking, do it ~ when you enjoy yourself, you'll be more motivated to cook healthy foods at home.

To get you started, here is a link to my Nourishing Nutrition Playlist on Spotify featuring some of my favorite artists and songs.

Enjoy!

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

Black Bean Hummus

This high protein spread is delish and super easy to make. Enjoy it with vegetables for a healthy snack or wrapped in tortillas for lunch.

1 clove garlic, minced
1 15-oz cans black beans, drained, liquid reserved
1 Tablespoon tahini
1/4 cup lemon juice
1 Tablespoon olive oil
1/2 teaspoon cumin, ground
1/2 teaspoon salt
1/4 teaspoon cayenne pepper (or to taste)
1/2 teaspoon paprika
1/2 cup fresh cilantro

Process all ingredients in a food processor until smooth, using reserved bean liquid to thin.

Soba Noodle Sauté

Serves 4
Preparation Time: 20 minutes
Cooking time: 10 minutes
Equipment Needed: pasta pot, large skillet or wok

Nutrition All Star: Soba noodles are made from buckwheat, which isn't a type of wheat at all, it is actually a fruit seed that is related to rhubarb and sorrel (who knew?). It is gluten free and a good source of rutin, a powerful bioflavonoid shown to reduce high blood pressure. Make sure you buy 100% buckwheat soba noodles (some are made with half wheat flour) for maximum health benefit and so they are completely gluten free.

ANY PROTEIN GOES: Add 8 oz of baked tofu, if desired.

There are more vegetables than pasta in this recipe so you get the yummy taste and texture of pasta with the lower calorie veggies filling you up. It's a win-win!

1 8 oz package 100% soba noodles
1 Tablespoon coconut oil
2 Tablespoons minced ginger
2 teaspoons minced garlic
1 red bell peppers, sliced
2 carrots, julienned or grated
2 zucchini, thinly sliced
2 Tablespoons tamari
1 teaspoon toasted sesame oil
1/2 cup vegetable broth
2 teaspoons rice vinegar
2 cups snow peas
1/4 cup chopped cilantro
3 scallions, thinly sliced
1 8-oz package oriental baked tofu or other desired protein, cut into chunks (optional)

Gather all ingredients. Prepare soba noodles according to package directions and drain well.

Meanwhile, mince garlic and ginger and slice red pepper, zucchini and carrot. Heat oil in a large skillet and sauté ginger, garlic, peppers, carrots and zucchini for 5-7 minutes. Add tamari, sesame oil, broth and vinegar. Sauté 3 minutes. Stir in snow peas, cilantro, scallions and tofu (if using), and sauté 3-5 minutes until snow peas are bright green. Add soba noodles to skillet, heat through and serve immediately.

Coconut Kidney Bean Stew over Millet

Serves 4-6
Preparation Time: 15 minutes
Cooking time: 35 minutes
Equipment Needed: large soup pot, rice cooker or small saucepan

This stew is so yummy and relatively simple. The smaller you chop your sweet potatoes, the faster it will cook. It is a great combination of flavors!

1 Tablespoon unrefined coconut oil
3 cloves of garlic, minced
1 Tablespoons fresh ginger, minced
1 yellow onion, chopped
1 red pepper, chopped
1 jalepeno pepper, seeded and diced
1 sweet potato, peeled and diced
1 15 oz can whole plum tomatoes
1 15 oz can coconut milk
1 15 oz can red kidney beans, drained
1/2 teaspoon cayenne pepper (optional)
Salt and pepper to taste

Gather all ingredients. Mince the garlic and ginger, chop onion, red and jalepeno pepper. Peel and cut sweet potato.

Heat oil in a soup pot over medium heat. Saute the garlic, ginger, onion and peppers in the oil until onion is clear, about 3-5 minutes; add sweet potatoes and stir to combine with oil and other vegetables. Add tomatoes, breaking them up with the back of a spoon.

Add coconut milk and beans and simmer mixture for 20-25 minutes, or until sweet potatoes are tender.

Before serving, add cayenne if desired and season to taste with salt and pepper.

Recipe continues next page……

Millet (times two!)

Nutrition All Star: In addition to phosphorus, B vitamins and iron, millet is high in lysine, an essential amino acid. Unlike most other grains, millet is alkaline, so it is soothing and easy to digest. It has a delicious, nutty taste and a texture that reminds me a little bit of couscous.

Time Saver: When millet is cooked, take out 2 cups for later in the week.

2 cups Millet
4 cups water
1 pinch of salt

Stir millet and water together, and bring to a boil. Reduce to a simmer, cover, and cook 20-25 minutes, or until millet is cooked and fluffy.

Stir-Fried Millet with Kale and Tomatoes

Serves 4
Preparation Time: 15 minutes
Cooking time: 15 minutes
Equipment Needed: large skillet or wok

Easy, Easy! This super fast meal is tasty and good for you.

1 Tablespoon of coconut oil
2 cups cooked millet
1 teaspoon cumin seeds
1 red onion, sliced into rings
1 bunch lacinato kale, sliced
4 medium tomatoes, quartered
1 teaspoon of sea salt
pinch of cayenne (or more to taste)
2 Tablespoons of fresh lemon juice

1/2 cup raw almonds or cashews, chopped

Gather all ingredients and slice onion. Heat the oil in a heavy skillet or wok over medium-high heat. Add in the cumin seeds and onion, stir-frying about 5-7 minutes, until cumin is fragrant and the onion is turning clear.

Meanwhile, slice kale and tomato. Add kale to the skillet and stir fry for 3 minutes. Next, add the tomato, and stir-fry for a few minutes, or just until the tomatoes start to break down and cook.

Stir in the salt, cayenne, lemon juice and the millet, stir-frying for 5 minutes until heated through. Serve garnished with nuts.

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	**Black Bean Hummus**	**Soba Saute**	**Coconut Kidney Bean Stew**	**Stir-fried Millet**
Produce	1 clove garlic 2 lemons (for 1/4 c juice) 1/2 cup fresh cilantro	2 cloves garlic 3 scallions 2 T ginger 1 red bell peppers 2 carrots 2 zucchini 2 cups snow peas 1/4 cup chopped cilantro	3 cloves garlic 1 yellow onion 1 T fresh ginger 1 red pepper 1 jalepeno pepper 1 sweet potato 1/2 cup fresh cilantro	1 red onion 1 bunch lacinato kale 4 medium tomatoes 1 lemon (for 2 T juice)
Bulk/Refrig/ Frozen		**1 8 oz package *baked tofu if desired***	2 cups Millet	1/2 cup raw almonds or cashews *(2 cups cooked millet-leftover)*
Grocery/ Canned	1 T olive oil 1 15-oz cans black beans 1 T tahini	1 T coconut oil 1 8-oz package 100% soba noodles 2 T tamari 1 t toasted sesame oil 1/2 cup vegetable broth 2 t rice vinegar	1 T coconut oil 1 15-oz can whole plum tomatoes 1 15-oz can coconut milk 1 15-oz can red kidney beans	1 T of coconut oil
Spices/Misc.	1/2 t cumin 1/4 t cayenne 1/2 t smoked paprika			1 1/2 t cumin seeds pinch of cayenne