Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Potato Salad with White Beans

Your Weekly Meal Plan is:

Spicy Orange, Cilantro and Cumin Marinade with Grilled Tempeh

Red Quinoa Pumpkin Seed Salad

Roasted Vegetables with Balsamic Marinade

Curried Red Lentil Soup

Food For Thought: Happy Memorial Day!

When deciding what recipes to include in this week's meal plan, I had weekend picnics and BBQ's in mind.

I've included two wonderful salads: first, a yummy potato salad with white beans--higher in fiber and protein than traditional potato salad. Also, the Quinoa Pumpkin Seed Salad tastes great eaten with the Grilled Tempeh or all by itself (plus, it's a potluck favorite).

I also included 2 fantastic marinades for grilled Tempeh and vegetables. Lastly, for later in the week, I have included my favorite soup of all time: Curried Red Lentil.

If you have guests, make them this soup and they will love it.

Have a wonderful, relaxing holiday weekend.

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

Potato Salad with White Beans

Serves 4-6

I love potatoes and potato salad is one of my favorites so when I eat it, I want to eat A LOT of it. Here, I've added a can of beans for protein and fiber so I am more satisfied eating less. White Beans are mild so they won't detract too much from the delicious potatoes! Serve this over baby arugula for a wonderful lunch. Yum!

4 red potatoes, diced and cooked
1-15 oz can white beans, drained
1/2 small red onion, minced
2 celery stalks, sliced
1/2 cup chopped fresh parsley
Sea salt and pepper to taste
1/3 cup olive oil
2 Tablespoons apple cider vinegar
1 Tablespoon Dijon mustard
1/2 teaspoon dried thyme

1 5-oz bag arugula (if desired)

Dice potatoes and cook in salted boiling water until done. Drain and set aside (You can do this ahead of time).

In a medium bowl, mix together the cooked potatoes, beans, red onion, celery, parsley along with a generous sprinkle of salt and pepper and set aside.

In a small bowl, whisk together olive oil, vinegar, mustard and thyme. Add to potatoes and toss to incorporate. Season to taste and refrigerate until service (the longer it marinates the better it tastes).

Spicy Orange, Cilantro and Cumin Marinade with Grilled Tempeh

Serves 4-6
Preparation Time: 60 + minutes (from marinating)
Cooking time: 20 minutes

16 oz tempeh, sliced into thick strips

1/2 cup olive oil
1 cup orange juice
1 cup chopped fresh cilantro
2 cloves garlic, minced
1 teaspoon cumin
1 teaspoon smoked paprika
pinch or two red pepper flakes
salt and pepper (don't leave these out…just a pinch of each makes a difference)

Steam tempeh strips in a steamer basket for 15 minutes.

Mix together oil, orange juice, cilantro, garlic and spices in a food processor or blender. Pour marinade over steamed tempeh and marinate for at least 30-60 minutes (the longer the better).

Reserving marinade, grill tempeh for 5 minutes on each side or until done (don't overgrill or it will get dry). Pour remaining marinade overtop and serve.

Red Quinoa Pumpkin Seed Salad

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 15 minutes

Nutrition All Star: Quinoa Rocks! It is a complete protein (meaning it has all 8 essential amino acids), is gluten free and cooks in 15 minutes. Need I say more? Okay, I will—it is loaded with iron and calcium.

1 cup dry red quinoa, rinsed well
1 cup water
2 Tablespoons olive oil
2 Tablespoons lemon juice
1/2 teaspoon cumin
1/2 teaspoon chili powder
1/2 cup fresh cilantro, chopped
4 scallions, sliced
1 red bell pepper, diced
1 15-oz can black beans, drained
salt and pepper to taste
1/4 cup raw pumpkin seeds

In a saucepan, boil water and add quinoa, lower heat and simmer until water is absorbed and quinoa is tender, about 15 minutes. Allow to cool.

In a bowl, combine oil, lemon juice, cumin, chili powder, cilantro and scallions. Pour over quinoa and stir in peppers and black beans, mixing thoroughly. Season to taste with salt and pepper and refrigerate until service. Right before serving, stir in pumpkin seeds.

Roasted Vegetables with Balsamic Marinade

Serves 6
Preparation Time: 60 minutes (from marinating)
Cooking time: 20 minutes

A very simple marinade that tastes wonderful over vegetables. I call for roasting them but they are also amazing grilled!

2/3 cup balsamic vinegar
1/4 cup olive oil
1 shallot, minced
2 cloves garlic, minced
1/2 cup fresh basil, plus some for garnish
salt and pepper to taste (don't leave these out…just a pinch of each makes a difference)
2 pounds assorted veggies, like eggplant, zucchini, summer squash, sweet peppers, or portobello mushrooms, cut in large slices

In a small bowl, whisk together all ingredients except vegetables. Pour marinade over vegetables and marinate for at least 30-60 minutes.

Preheat oven to 400F. Reserving marinade, place veggies on top rack and roast for 5-10 minutes on each side until charred. Remove from oven, pour remaining marinade overtop and serve garnished with additional basil.

You can also grill these vegetables….and they are wonderful!!!

Curried Red Lentil Soup

Serves 6
Preparation Time: 10 minutes
Cooking time: 30 minutes

Red Lentils are one of my favorite kitchen staples. They don't require soaking and cook faster than other legumes. Since they break down as they cook, they are great soups, stews and sauces.

This soup is the ultimate in comfort food! The coconut milk is creamy and the spices are satisfying! Oh, and it is good for you (of course!)—the lentils are high in fiber and protein. This soup **freezes well**, just wait to add the baby spinach until after you thaw it.

1 Tablespoon unrefined coconut oil
1 medium onion, chopped
3 cloves garlic, minced
1 teaspoon garam masala
1/2 teaspoon chili powder
1 teaspoon cumin
1 28-oz can diced tomatoes
1 cup red lentils
2 cups vegetable broth
1 15-oz can coconut milk
2 teaspoons lemon juice
3 cups baby spinach
salt and pepper to taste

Gather all ingredients. Chop onion and mince garlic.

Heat oil in a large saucepan. Add onion and garlic and sauté for 3-4 minutes. Add spices and cook for one minute. Add tomatoes, lentils, broth or water and bring to a boil. Reduce heat and simmer for 30 minutes or until lentils are tender.

Before serving, stir in coconut milk, lemon juice and baby spinach just until it wilts and add salt and pepper to taste.

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	**Potato Salad**	**Grilled Tempeh or Salmon**	**Quinoa Salad**	**Roasted Veg**	**Red Lentil Soup**
Produce	2 large red potatoes 1/2 small red onion 2 celery stalks 1/2 cup chopped fresh parsley 1 5-oz bag arugula (optional)	2 cloves garlic 1 cup fresh cilantro	1 lemon (for 2 T juice) 1/2 cup fresh cilantro 4 scallions 1 red bell pepper	1 shallot 2 cloves garlic 1/2 cup fresh basil 2 lbs assorted veggies (ie, eggplant, zucchini, summer squash, or portobello mushrooms)	1 medium onion 3 cloves garlic 1 lemon 3 cups baby spinach
Bulk/Refrig/ Frozen		16 oz tempeh or Salmon Fillets 1 cup orange juice	1 cup dry red quinoa 1/4 cup raw pumpkin seeds		1 cup red lentils
Grocery/ Canned	1/3 cup olive oil 1-15 oz can white beans 2 T apple cider vinegar 1 T Dijon mustard	1/2 cup olive oil	2 T olive oil 1 15-oz can black beans	2/3 cup balsamic vinegar 1/4 cup olive oil	1 T coconut oil 2 cups vegetable broth 1 15 oz can coconut milk 1 28-oz can diced tomatoes
Spices/Misc.	1/2 t dried thyme	1 t cumin 1 t red pepper flakes 1 t smoked paprika	1/2 t cumin 1/2 t chili powder		1 t garam masala 1/2 t chili powder 1 t cumin