Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Red Bean Hummus

Your Weekly Meal Plan is:

Creamy Split Pea Soup

Peanutty Cauliflower Rice Bowls

Quinoa Jambalaya and Sautéed Chard

Food For Thought: Focus on Fiber in the Fall

In Traditional Chinese Medicine, Fall is the season associated with the lungs and large intestines - both organs of release. To keep your bowels moving properly, I suggest consuming foods high in soluble fiber. They bulk up your stool, making it easier to pass and promotes regularity.

Plus Soluble fiber significantly benefits the immune system by increasing production of anti-inflammatory proteins. Soluble fiber boosts production of the protein interleukin-4, which stimulates the body's infection-fighting T-cells. Soluble fiber changes immune cells from being pro-inflammatory warrior cells to anti-inflammatory peacekeeper cells.

Lentils and beans, flaxseed, buckwheat, oats and apples also contain loads of soluble fiber. This week's recipes all feature beans as it is a great time for enjoying these foods loaded in soluble fiber.

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

Red Bean Hummus

Red Beans are an excellent source of antioxidants. The source is in their color: the red pigment in these beans is similar to the red pigment in fruits and vegetables.

This garlicky spread is yummy with whole grain pita chips or fresh vegetables. It has a hint of smoke from the paprika—feel free to adjust seasonings to your taste.

1 15-oz can small red beans or red kidney beans, drained and rinsed
2 cloves garlic
1-2 Tablespoon lemon juice (to taste)
1/4 teaspoon smoked paprika
1/4 teaspoon cumin
1 Tablespoon olive oil
Salt and Pepper to taste

Blend ingredients in a food processor until well combined.

Creamy Split Pea Soup

Serves 4-6
Preparation Time: 15 minutes
Cooking Time: 60 minutes
Equipment Needed: large soup pot, blender

Yum! This creamy soup is really satisfying, loaded in fiber and protein. Don't leave out the parsnip—it adds great sweetness to balance the split peas. Also, fresh thyme tastes really great but you can also use dried.

1 Tablespoon olive oil
2 medium carrots, finely chopped
2 stalks celery, finely chopped
1 parsnip, finely chopped
1 onion, finely chopped
2 cups green split peas, rinsed and picked over
4 cups vegetable stock
4 cups water
1 Tablespoon fresh thyme, minced
1 bay leaf
salt and black pepper to taste

Heat oil in a large saucepan over medium heat. Stir in carrot, celery, parsnip, and onion, and sauté until softened (8-10 minutes), stirring occasionally. Add split peas, stock, water, thyme, and bay leaf. Bring mixture to a boil, cover, and reduce heat to simmer. Cook until split peas are very tender, about 50 minutes to an hour.
Remove bay leaf. Transfer mixture to a food processor, or blender, and pulse until almost smooth.
Return to pot and heat until hot, season with salt and pepper and serve. This soup is thick and creamy, but feel free to add more water if you would like it to be thinner. You may need to adjust the seasonings to taste.

Peanutty Cauliflower Rice Bowls

Serves 4-6

1 teaspoon olive oil
1 small red onion, sliced
2 large carrots peeled & thinly sliced
1 large red bell pepper sliced
½ large cauliflower, riced**(4 cups)
15 oz can chickpeas drained & rinsed
1 cup fresh snow peas
1 cup chopped green onion for garnish

For the Peanut Sauce
1/3 cup peanut butter or almond butter, smooth or crunchy
3 Tablespoons lime juice - approx 1 large lime
2 Tablespoons rice vinegar
2 Tablespoons soy sauce or tamari
1 clove garlic, minced
1 teaspoon minced fresh ginger
1 teaspoon hot sauce

**To make your cauliflower rice, break your cauliflower into florets and using a food processor, shred to a rice consistency and set aside. Here is a video where I demonstrate this technique: https://youtu.be/l8Yc_T-DdSw

Add all the peanut sauce ingredients in a small bowl and mix until well combined. In a large skillet, heat oil and sauté the onion, carrots, and peppers and cook until veggies are softened, approx 5-7 minutes. Then add the cauliflower rice, chickpeas and snow peas and sauté an additional 3-4 minutes, until slightly reduced without over cooking.

Turn off the heat, add the peanut sauce and mix well. Serve sprinkled with green onions if desired.

Quinoa Jambalaya & Chard

Serves 6
Preparation Time: 25 minutes
Cooking Time: 30 minutes
Equipment Needed: large skillet

You can make this dish more spicy by adding additional cayenne and hot sauce.

1 Tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
8 ounces cremini mushrooms, sliced
1 red pepper, diced
2 stalks celery, diced
1 Tablespoon dried oregano
1/2 teaspoon black pepper
1 bay leaf
1 15-oz can tomato puree
1 15-oz can fire roasted diced tomatoes, not drained
1 1/2 cups dry quinoa
1 cup vegetable stock
1 15-oz can butter beans or other white bean, drained
8 oz smoked tofu, cut into chunks
1/4 to 1/2 teaspoon cayenne pepper (more or less)
1 to 2 teaspoons bottled hot sauce (more or less)

In a large skillet, heat oil over medium heat and sauté onions, garlic, mushrooms, pepper, celery, oregano and black pepper and sauté for 5-7 minutes. Add bay leaf, tomato puree, diced tomatoes, quinoa and vegetable stock and simmer for 20 minutes. Add beans, tofu, cayenne and hot sauce to taste and heat for 5 minutes. Season to taste with salt and pepper and serve with sauteed chard (recipe below).

Sauteed Chard

1 teaspoon olive oil
2 cloves garlic, minced
pinch red chili flakes
2 bunches of red or green chard, washed, stemmed and sliced
1 teaspoon red wine or balsamic vinegar
Salt and pepper to taste

Heat oil in a skillet over medium high heat. Add garlic, chili flakes and sauté for 1-2 minutes or until fragrant. Add chard in batches, stirring to wilt. Right before serving, add vinegar and 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	**Red Bean Hummus**	**Creamy Split Pea**	**Peanutty Rice Bowls**	**Quinoa Jambalaya & Sauteed Chard**
Produce	2 cloves garlic 1 lemon (for 2 T juice)	2 carrots 2 stalks celery 1 parsnip 1 onion 1 T fresh thyme	1 clove garlic 1 t fresh ginger 1 small red onion 2 large carrots 1 large red bell pepper ½ large cauliflower 1 cup fresh snow peas 1 cup chopped green onion 1 large lime	1 yellow onion 6 cloves garlic 8 oz cremini mushrooms 1 red pepper 2 stalks celery 2 bunches of red or green chard
Bulk/Refrig/ Frozen		2 cups green split peas	1 lb tofu	1 1/2 cups dry quinoa 8 oz smoked tofu
Grocery/ Canned	1 T olive oil 1 15-oz can red beans	1 T olive oil 4 cups vegetable stock	1 t olive oil 15 oz can chickpeas 1/3 cup peanut butter 2 T rice vinegar 2 T soy sauce or tamari 1 t hot sauce	2 T olive oil 1 15-oz can tomato puree 1 15-oz can fire roasted diced tomatoes 1 cup vegetable stock 1 15-oz can butter or white beans 1 to 2 t hot sauce 1 t red wine or balsamic vinegar
Spices/Misc	1/4 t smoked paprika 1/4 t cumin	1 bay leaf		1 bay leaf 1 T dried oregano 1/4 t cayenne pepper pinch red chili flakes