Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Roasted Red Pepper Hummus

Your Weekly Meal Plan is:

Harvest Vegetable Bake with Tahini Gravy

Sage & White Bean Pasta

Coconut Cilantro Green Beans

Food For Thought: Hurray! The Winter Squash Have Arrived!

I love this time of year…the falling leaves and smell of fireplaces in the air! I also love seeing the arrival of the winter squash. Winter Squash have always been so intriguing to me: isn't the fact that you can eat these strange looking things so amazing? And they are SO GOOD for you! Winter Squash, like butternut, delicata and kabocha is an excellent source of vitamin A (in the form of beta-carotene), a very good source of vitamin C, potassium, dietary fiber and manganese. In addition, winter squash are a good source of B-vitamins and omega-3 fatty acids.

Here's an interesting tidbit: Indigenous Americans believed Winter Squash was so powerful that they buried it along with the dead to provide them nourishment on their final journey.

This week, Enjoy the Harvest Vegetable Bake made with Delicata or Butternut Squash. And get ready….you'll be seeing a fair amount of recipes in the upcoming months featuring these amazing seasonal wonders!

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

Roasted Red Pepper Hummus

1-2 cloves garlic
1 15-oz can chickpeas, drained, liquid reserved
2 teaspoons tahini
2 tablespoons lemon juice
1 Tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper (or to taste)
1/2 teaspoon paprika
1 7-oz jar roasted red peppers, drained, liquid reserved

First, mince garlic in a food processor. Next, add chickpeas and all other ingredients and blend well, stopping to scrape the sides as needed. If needed, use reserved bean liquid or red pepper liquid to thin.

Harvest Vegetable Bake with Tahini Gravy

Serves 4-6
Preparation Time 30 minutes
Cooking time 30 minutes
Equipment needed: Large baking dish, saucepan

In my house, we eat a simple veggie bake like this at least once a week. I LOVE the simplicity of baking seasonal vegetables and eating them with a yummy sauce or gravy. I also love having leftover gravy or some other yummy sauce in the fridge—this way, the simplest plate of grains and greens becomes an amazing eating experience!

1 large delicata squash, washed, seeds removed and sliced (you can eat the skin) OR a small butternut squash, peeled, seeds removed and cubed
4 small red potatoes, unpeeled and quartered
1 yellow onion, thickly sliced
1 lb carrots, sliced (or you can use baby carrots to save time)
1/2 lb Brussels sprouts, washed, ends cut off and sliced in half
1 Tablespoon tamari
1 Tablespoon olive oil
generous sprinkle of salt and pepper to taste
4 sprigs fresh thyme

Heat oven to 425. In a large bowl combine squash and all vegetables. Add tamari, oil and sprinkle with salt and pepper and toss to coat. Spread vegetables in a baking pan and stick the fresh thyme springs throughout the dish. Cover and bake at 425 for 30 minutes or longer depending on the size of your veggies until vegetables are tender. Remove sprigs of thyme and serve.

Meanwhile, prepare Tahini Gravy.

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Tahini Gravy

If you like tahini dressing, you will LOVE this gravy. Tahini is sesame seed paste and it is a great source of calcium. When tahini is overheated, it does a strange coagulation thing, so don't panic if that happens! Just whisk well and you can add a little water to thin it out. That said, make this gravy RIGHT before you are ready to eat so you won't have to deal with it!

1 cup vegetable stock
1 clove garlic, finely minced
3 scallions, sliced thinly
1/2 Tablespoon tamari
3 Tablespoons lemon juice
1/2 cup tahini
1 teaspoon miso paste

In a small saucepan, bring vegetable stock, garlic, scallions, and tamari to a boil, reduce heat and simmer for 3 minutes. Turn the heat to LOW, and add lemon juice. With a whisk, add the tahini, and whisk really well, until the gravy is thick and creamy. Remove from heat, whisk in miso paste and serve immediately. If it gets too thick or starts to coagulate, add a little water or vegetable stock and whisk well.

Sage and White Bean Pasta

MEAL IN MINUTES
Serves 4-6
Preparation Time: 20 minutes
Cooking time: 20 minutes
Equipment needed: Soup pot, skillet

Just like the sautéed quinoa recipe last week, this recipe focuses on pairing pasta with an entire bunch of kale and a can of beans so you get the yumminess of pasta with a major boost of minerals and fiber.

1 12-oz package brown rice pasta, cooked according to package directions

1 Tablespoon olive oil
3 garlic cloves, chopped
2 15-oz cans cannellini beans, drained
10 fresh sage leaves, chopped (could use about 1-2 teaspoons of dried sage but it isn't really going to taste the same—get fresh sage if you can)
pinch red pepper flakes
1 bunch dinosaur kale, stemmed and chopped
1/2 cup dry white wine or vegetable stock
salt and pepper to taste

Get pasta cooking according to package directions. In a saucepan, heat oil and add garlic, beans, sage and red pepper flakes and sauté for 5 minutes over medium heat.

Add sliced kale and wine to skillet, tossing well with beans to incorporate. Cook until kale is wilted, about 10 minutes. Add salt and pepper to taste and serve warm with cooked pasta.

Coconut Green Beans & Tempeh

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 10 minutes
Equipment Needed: a small saucepan and a large skillet

8 oz tempeh, cut into cubes**

1 Tablespoon coconut oil
1 teaspoon Brown Mustard Seeds
1/2 teaspoon Ground Coriander
1/2 teaspoon Ground Cardamom
1 teaspoon Chili Powder
1 inch piece fresh Ginger, minced
2 cloves Garlic, minced
1 lb Green Beans, ends trimmed off
1 15-oz can Coconut Milk
1 teaspoonmaple syrup (the spices are bitter so this counteracts it, but you can leave it out if desired)
1 Tablespoon Tamari

Place tempeh cubes in a steamer basket and steam for 15-20 minutes.

Meanwhile, heat oil in a medium skillet and quickly fry the mustard seeds, coriander, cardamom and chili powder until the mustard seeds begin to pop. Add the ginger and garlic and sauté for one minute. Add green beans and sauté another 2 minutes (your house should be smelling so good right now!). Add all other ingredients, including cooked tempeh chunks, and simmer for 10 minutes, or until beans are crisp-tender. Serve over brown rice if desired.

Brown Rice

1 1/2 cups Short Grain Brown Rice
3 cups water
1 pinch of salt

Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook for 40-50 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.

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 Pepper Hummus**	**Harvest Vegetable Bake**	**Sage & White Bean Pasta**	**Coconut Beans**
Produce	1-2 cloves garlic 1 lemon (for 2 T juice)	4 small red potatoes 1 yellow onion 1 lb carrots (or baby carrots) 1/2 lb Brussels sprouts 1 delicata squash (could also use a small butternut) 3 scallions 3 T lemon juice 4 sprigs thyme 1 clove garlic	3 garlic cloves 1 bunch dinosaur kale 10 fresh sage leaves (you can use 2 t dried but it won't taste the same, so get fresh if they have it! 2 15-oz cans canellini beans	1 inch piece fresh Ginger 2 cloves Garlic 1 lb Green Beans
Bulk/Refrig/ Frozen		1 t miso paste		1 8-oz package Tempeh 1 1/2 cups dry brown rice
Grocery/ Canned	1 T olive oil 1 15-oz can chickpeas 2 t tahini 1 7-oz jar roasted red peppers	1 cup vegetable stock 2 T tamari 1 T olive oil 1/2 cup tahini	1 12-oz package brown rice pasta 1 T olive oil 1/3 cup dry white wine 1/2 cup veg stock	1 T Coconut Oil 1 15-oz can Coconut Milk 1 T maple syrup 1 T Tamari
Spices/Misc.	1/4 t cayenne pepper 1/2 t paprika		pinch red pepper flakes	1 t Brown Mustard Seeds 1/2 t Ground Coriander 1/2 t Ground Cardamom 1 t Chili Powder