Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:
Lentil Salad over Baby Greens

Your Weekly Meal Plan is:

Broccoli Tempeh Stir Fry

Easy Black Bean Soup

Coconut Curried Greens

Food For Thought: Ode To Broccoli

Your parents knew what they were doing when they told you to eat your broccoli. This humble vegetable is a powerhouse of nutrients. It benefits digestion, the cardiovascular system and the immune system, and it has anti-inflammatory and even cancer-preventing properties. Plus, broccoli is low in sodium and calories, at about 31 calories per serving.

Broccoli has an impressive nutritional profile. It is a very good source of **dietary fiber**, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1, vitamin A (in the form of carotenoids), potassium and copper. Broccoli is also a good source of vitamin B1, magnesium, omega-3 fatty acids, **protein**, zinc, **calcium**, iron, niacin and selenium.

Broccoli is also packed with phytochemicals and antioxidants. Phytochemicals are chemicals in plants that are responsible for color, smell and flavor. Research shows that they have numerous healthful benefits. According to the American Cancer Research Institute, phytochemicals in broccoli are good for the immune system. They include glucobrassicin; carotenoids, such as zeaxanthin and beta-carotene; and kaempferol, a flavonoid.

Now, if that doesn't make your body 'hungry' for the Broccoli Stir Fry this week, I'm not sure what will! Fortunately, your taste buds will be happy too—with the delicious sauce it is served with. Enjoy!

~Chef Jenny

Lentil Salad

Makes 2-4 lunch servings

Want to add something substantial and healthy to your green salad? Try this delicious lentil salad that tastes wonderful tossed with leafy greens for a quick and easy lunch! Lentils are loaded with fiber and protein and keep you full and provide sustained energy.

1/8 cup olive oil
1 tablespoon red wine vinegar
1 tablespoon Dijon mustard
1/2 small red onion, minced
1/2 cup chopped fresh parsley
1 teaspoon dried thyme
Sea salt and pepper to taste
1 15-oz can lentils, drained (or 2 cups cooked lentils)
4 cups mixed baby greens

Mix together the olive oil, vinegar, mustard, red onion, parsley and thyme, whisk well, and season to taste with salt and pepper. Stir in lentils and refrigerate until service.

Broccoli and Tempeh Stir-Fry

Serves 4-6
Preparation Time: 20 minutes
Cooking Time: 40 minutes
Equipment needed: Large saucepan, large skillet or wok

Get this cooking first: Brown Rice (plus leftovers)

2 cups Short Grain Brown Rice
4 cups water
1 pinch of salt

Stir rice and water together, and bring to a boil. Reduce to a simmer, cover, and cook 40-50 minutes, or until rice is cooked through (no longer tough). Or, prepare using a rice cooker.
Note: When rice is cooked, take out 2 cups for later in the week.

8 oz tempeh, cut into chunks and steamed for 15 minutes
2 pounds broccoli, stalks trimmed, peeled, and cut into 1/4-inch rounds, florets separated into bite-size pieces
1 Tablespoons coconut oil
2 red peppers, sliced
4 garlic cloves, minced
1 inch piece gingerroot, peeled and finely minced or grated
3 Tablespoons tamari
2 Tablespoons rice wine vinegar
1/4 teaspoon red-pepper flakes
1 Tablespoon arrowroot
3/4 cup vegetable stock
1 cup scallions, chopped

Put a large pot of water on the stove, add a pinch of salt and bring to a boil. Add broccoli and cook until bright green, about 3 minutes. Drain; set aside.

In a small bowl, whisk together tamari, vinegar, red-pepper flakes, arrowroot, and 3/4 cup vegetable stock; set aside. Heat oil in a large skillet over medium heat. Add peppers, garlic and ginger and cook for 3 minutes or until fragrant. Add cooked tempeh and broccoli to skillet; cook over high heat, stirring often, until broccoli is crisp-tender, 2 to 3 minutes. Whisk reserved sauce to combine; pour into pan and cook until sauce has thickened, about 3 minutes more. Serve over brown rice topped with chopped scallions.

Easy Black Bean Soup

Serves 6
Preparation Time: 15 minutes
Cooking Time: 25 minutes
Equipment needed: Large soup pot

Although it is listed as garnish, don't leave out the cilantro and lime in this soup. They make the soup burst with flavor!

1 Tablespoons olive oil
1 red onion, chopped
1 carrot, chopped
4 garlic cloves, chopped
1 teaspoons ground cumin
1 teaspoon dried oregano
1-2 jalapeños (depending on desired spiciness), seeded and minced
2 15-oz cans black beans, not drained
1 15-ounce can Fire Roasted diced tomatoes, not drained
2 cups vegetable broth
1/2 cup fresh chopped cilantro (for garnish)
Lime wedges (for garnish)

Heat oil in heavy large pot over medium-high heat. Add onion, carrot, and garlic; sauté until vegetables begin to soften, about 6 minutes. Mix in cumin, oregano and jalapeño. Add beans, tomatoes with juice, and broth; bring soup to boil. Reduce heat to medium, cover, and cook until carrots are tender, about 20 minutes. Season to taste with salt and pepper and serve garnished with cilantro and lime.

Coconut Curried Greens

Serves 6
Preparation Time: 20 minutes
Cooking Time: 50 minutes
Equipment needed: Large skillet or wok

Nutrition All Star! Dandelion greens are one of the healthiest greens you can eat, full of antioxidants and minerals. One cup of cooked dandelion greens has more calcium than a cup of cottage cheese but only 34 calories. Who would have thought a weed could be so good for you? Taste-wise, they are really bitter, so eating them with something sweet, like sweet potatoes is a good way to "diffuse" the bitterness.

Time Saver: Serve this dish over the leftover brown rice form earlier in the week if desired.

Coconut Curried Greens

1 jalepeno pepper, seeds and ribs removed, sliced
3 cloves garlic, crushed
1 1-inch slice fresh ginger, chopped
1 15 oz can coconut milk
2 Tablespoons lemon juice
1 bunch cilantro, chopped (chop entire bunch, stems and all!)
1 cup fresh parsley
1 teaspoon sea salt
1 lb sweet potatoes, peeled and cubed
1 bunch dandelion greens, sliced (or any other leafy green)
1/2 cup raw cashews

In a food processor, puree pepper, garlic, and ginger until chopped into fine pieces. Add coconut milk, lemon juice, cilantro, parsley and salt and blend well.

Gather vegetables. Cube sweet potatoes and slice greens. In a large skillet, combine sweet potatoes with coconut milk mixture. Bring to a boil, reduce heat to a medium simmer and cook until potatoes are fairly softened, about 15 minutes. Add greens and cook 5 minutes more, or until everything is tender. Sprinkle in cashews and serve over leftover brown rice.

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	**Lentil Salad over Baby Greens**	**Broccoli Tempeh Stir Fry**	**Black Bean Soup**	**Coconut Curried Greens**
Produce	1/2 small red onion 1/2 cup chopped fresh parsley 4 cups mixed baby greens	2 pounds broccoli 2 red peppers 4 garlic cloves 1 inch piece gingerroot 3 scallions	1 red onion 1 carrot 4 garlic cloves 1-2 jalapeños (dep on desired spice) 1/2 cup fresh chopped cilantro 1 Lime (for garnish)	1 jalepeno pepper 3 cloves garlic 1 1-inch slice fresh ginger 1 15 oz can coconut milk 1 lemon (for 2 T lemon juice) 1 bunch cilantro 1 cup fresh parsley 1 lb sweet potatoes 1 bunch dandelion greens or other leafy green
Bulk/Refrig/Frozen		2 cups dry brown rice 8 oz tempeh		1/2 cup raw cashews
Grocery/ Canned	1/8 cup olive oil 1 T red wine vinegar 1 T Dijon mustard 1 15 oz can lentils, drained (or 2 cups cooked lentils)	1 T coconut oil 3 T tamari 2 T rice wine vinegar 3/4 cup vegetable stock	1 T olive oil 2 15-oz cans black beans 1 15-ounce can Fire Roasted diced tomatoes 2 cups vegetable broth	
Spices/Misc.	1 t dried thyme	1/4 t red-pepper flakes 1 T arrowroot	1 t ground cumin 1 t dried oregano	