

WHAT'S FOR SUPPER?

Smothered Tempeh Sandwiches

MAKES 4 SERVINGS
Preparation time: 25 mins

Mmmm... rich and cheesy with mushrooms and onions!

2 T. butter, divided
8 oz. mushrooms, sliced
½ onion, thinly sliced
¼ tsp. salt
1 package tempeh, cut in half, then sliced horizontally to make 4 patties
4-6 oz. provolone cheese, sliced
Dijon or stone ground mustard
8 slices whole wheat bread, toasted

1. Warm 1 T. of the butter in a large skillet. Add the mushrooms and onions, and sprinkle with salt. Sauté over low-medium heat for 10-12 minutes, until the onions are golden and the liquid has evaporated. Set aside and keep warm.
2. Add the remaining 1 T. butter to the skillet. Sauté the tempeh patties in the butter until golden brown on each side. Turn flame off.
3. Spread the cheese evenly on top of each tempeh patty. Cover and let sit for a few minutes, until the cheese has melted.
4. Spread 4 of the toasted bread slices with mustard. Top each with mushroom mixture, then one of the cheese-covered tempeh patties. Cover with the remaining toasted bread.

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MENU SUGGESTION: Serve with fresh steamed asparagus.

NUTRITION TIP:

If you have trouble digesting tempeh, steam the patties for 5-10 minutes before sautéing in butter.

VEGETARIAN

SHOPPING LIST

PRODUCE

- 8 oz. mushrooms
- 1 onion

GROCERY/BULK

- 1 package tempeh
- Dijon or stone ground mustard

DAIRY

- butter
- 4-6 oz. provolone cheese

BAKERY

- whole wheat bread from the Wedge bakery

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MINNEAPOLIS MN 55405

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WHAT'S FOR SUPPER?

Hot & Sour Chicken & Broccoli

MAKES 4 SERVINGS
Total Preparation time: 25 mins

Sriracha is an Asian hot sauce made from ground chili peppers. Use the larger amount only if you like things HOT.

- 4 c. chopped broccoli, about 1 bunch
- 1/3 c. ketchup
- 1-2 T. sriracha
- 1 T. tamari (regular or gluten-free)
- 1 T. Sucanat® or brown sugar
- 1 T. water
- 1 T. corn starch, divided
- 2 T. sesame or peanut oil
- 1 lb. boneless skinless chicken thighs, cut into bite-size pieces
- 4 cloves garlic, chopped
- 1/4 tsp. salt
- OPTION: 1 T. sesame seeds

1. Steam broccoli until just tender. Set aside.
2. In a small bowl, combine the ketchup, sriracha, tamari, Sucanat® or brown sugar, water and 2 tsp. of the cornstarch. Mix well until smooth.
3. Warm the oil in a large skillet. Add the chicken and garlic, and sprinkle with the remaining 1 tsp. cornstarch and the salt. Sauté 4-5 minutes, stirring occasionally.
4. Pour the sauce over the cooking chicken and continue cooking 1-2 minutes, until sauce is thick and chicken is cooked through.
5. Add the broccoli to the skillet and stir to coat.
6. Serve over rice or noodles and garnish with sesame seeds, if using.

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MENU SUGGESTION: Serve over brown rice or noodles

NUTRITION TIP:

Chili peppers contain compounds that can act as decongestants -- help for spring-time colds and allergies.

DAIRY-FREE/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 1 bunch broccoli
- garlic

GROCERY/BULK

- ketchup
- sriracha
- tamari
- Sucanat® or brown sugar
- cornstarch
- sesame or peanut oil
- OPTION: sesame seeds
- brown rice or noodles

MEAT/SEAFOOD

- 1 lb. boneless, skinless chicken thighs

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WHAT'S FOR SUPPER?

Fennel & Cannellini Salad

MAKES 4 SERVINGS
Total Preparation time: 15 mins

Use this fresh tasting spring salad as a vegetarian main dish or as a hearty side for a meal with meat.

- 1 14-oz. can cannellini beans, rinsed and drained well
- 1 medium fennel bulb, cored and diced, about 1 c.
- ¼ c. parsley, finely chopped
- 2-3 oz. Romano cheese, cut into small cubes
- black pepper
- OPTION: 2 T. red onion, diced
- OPTION: 2 T. pine nuts

dressing:

- ¼ c. olive oil
- 2 T. fresh lemon juice
- ¼ tsp. salt

1. Place the beans in a large bowl. Add the fennel, parsley, cheese, and onion and pine nuts, if using. Mix gently, as the cannellini beans break easily.
2. In a small bowl or jar, mix the dressing ingredients together well.
3. Pour dressing over salad and stir gently until well coated.
4. Sprinkle with black pepper before serving.

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MENU SUGGESTION:

Serve with lamb or chicken.

NUTRITION TIP:

Fennel is a good source of a phytonutrient called *anethole*, which has anti-inflammatory and anti-carcinogenic properties.

VEGETARIAN/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 1 medium bulb fennel
- parsley
- 1 lemon
- OPTION: 1 red onion

GROCERY/BULK

- 1 14-oz. can cannellini beans
- olive oil
- OPTION: pine nuts

DAIRY

- 2-3 oz. Romano cheese

HERBS/SPICES

- black pepper

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WHAT'S FOR SUPPER?

Beef & Vegetable Chili Verde

MAKES 4 SERVINGS
Total Preparation time: 30 mins

Chili Verde is usually made by stewing beef or pork in tomatillos for several hours. Take a short cut here by using green salsa!

- 1 T. olive oil
- 1 onion, diced
- 1 lb. ground beef
- 2 c. water
- 16 oz. green salsa
- 1 sweet potato (white or yellow, not orange) peeled and chopped into bite-size pieces
- 2 carrots, sliced
- 1 zucchini, chopped
- 3-4 cloves garlic, minced
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. salt
- 1½ c. frozen sweet corn
- OPTION: ½ c. sliced green or black olives
- OPTION: sour cream for garnish
- OPTION: ½ c. cilantro, coarsely chopped, for garnish

1. Warm the oil in a soup pot. Add the onion and sauté for 3-4 minutes.
2. Add the beef to the cooking onion and continue cooking for 5-6 minutes more, until browned.
3. Add the water, salsa, sweet potato, carrots, zucchini, garlic, spices and salt. Bring to boil, then simmer for 15 minutes, until the vegetables are soft.
4. Stir in the frozen corn and olives, if using. Continue cooking for 5 more minutes. Serve with sour cream and cilantro, if using.

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MENU SUGGESTION:

Serve with warmed corn tortillas or corn chips.

NUTRITION TIP:

Beef is a rich source of B vitamins, including B12, B6, B3 and B2, all of which are needed to support a healthy cardiovascular system

DAIRY-FREE/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 1 onion
- 1 sweet potato
- 2 carrots
- 1 zucchini
- garlic
- OPTION: cilantro

GROCERY/BULK

- olive oil
- 16 oz. green salsa
- OPTION: green or black olives

MEAT/SEAFOOD

- 1 lb. ground beef

DAIRY

- OPTION: sour cream

HERBS/SPICES

- cumin
- chili powder

FREEZER

- frozen sweet corn

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