

Meal Plan Menu

Thursday:

Soup and salad for tonight.

Gingered Carrot Soup

From *The New Moosewood Cookbook* by Mollie Katzen

Ingredients:

2 lbs. carrots
4 cups water
1 tbsp. butter or oil
1 1/2 cups chopped onion
2 medium cloves garlic, minced
2 tbsp. freshly grated ginger
1 1/2 tsp. salt
1/4 tsp. cumin
1/4 tsp. ground fennel
1/4 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. dried mint
3 to 4 tbsp. fresh lemon juice
1 cup lightly toasted cashews
optional: buttermilk to drizzle on top

Directions:

Peel and trim carrots and cut them into 1 inch chunks. Place in a medium-large saucepan with the water, cover and bring to a boil. Lower the heat and simmer until very tender (about 10-15 minutes, depending on the size of the carrot pieces).

Meanwhile, heat the butter or oil in a small skillet. Add onions, and saute over medium heat for about 5 minutes. Add garlic, ginger, salt and spices. Turn heat to low and continue to saute for another 8-10 minutes, or until everything is well mingled and the onions are very soft. Stir in lemon juice.

Use a food processor or blender to puree everything together. (Including the toasted cashews). You will need to do this in several batches. Transfer the puree to a kettle and heat gently just before serving. If desired, pass a small pitcher of buttermilk for individual drizzlings.

Notes: This can be made with no dairy products. It keeps and freezes very well and doesn't suffer from repeated re-heatings. This can be served as a thick sauce over rice for a simple supper.

Friday:

Rice and Spinach Gratin

Vegetarian Cooking for Everyone

Ingredients:

Béchamel for Rice Gratin (separate recipe below)
2 bunches spinach leaves
2 Tbsp olive oil or butter
1/2 cup finely chopped scallions, including an inch or two of the greens
2 small garlic cloves, minced
2 Tbsp each chopped parsley, dill and marjoram
Salt and freshly ground pepper
1 cup white or brown rice, cooked
1 cup ricotta cheese, optional

Directions:

Preheat oven to 400°F and lightly butter or oil a baking dish. Make the béchamel sauce (directions, below). Cook the spinach in a wide skillet in the water clinging to its leaves until limp, just a few minutes. Rinse it quickly, then squeeze out the water and finely chop. In a wide skillet, cook the spinach in the oil with the scallions, garlic, and parsley mixture for about 3 minutes. Season with salt and pepper to taste. Combine the rice with the spinach, sauce, and ricotta, if using. Turn into the dish and bake until puffed and lightly browned, about 25 minutes.

Béchamel Sauce

Ingredients:

1/4 cup minced shallot or onion
3 Tbsp butter
2 Tbsp flour
1 1/2 cups milk, scalded
Salt and freshly milled white pepper
1/2 tsp grated nutmeg

Directions:

Cook the shallot in the butter in a small saucepan over low heat for 3 minutes. Stir in the flour and cook for 2 minutes more. Whisk in the hot milk all at once, then cook for 20 minutes, stirring frequently, or for 30 minutes in the top of a double boiler. Season with 1/2 t salt, a little pepper, and the nutmeg

Saturday:

QUICHE!!!

Swiss Chard (OR Collards OR Kale) and Cheddar Quiche

Ingredients:

3 tablespoons olive oil

1 bunch Swiss chard, chopped (or collards or kale)
1 onion, chopped
3 large eggs
3/4 cup half-and-half
kosher salt and black pepper
2 ounces Cheddar, grated (1/2 cup)
1 prebaked 9-inch piecrust

Directions:

Heat oven to 350° F.

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the chard and onion and cook until tender, 3 to 4 minutes.

In a medium bowl, beat the eggs with the half-and-half; season with 1 teaspoon salt and 1/4 teaspoon pepper. Add the Cheddar and chard mixture and mix to combine. Pour into the prebaked 9-inch piecrust and bake until set, 40-45 minutes.

Sunday:

Another soup and salad meal now that we're into the cooler weather.

Sweet Potato and Black Bean Chili

Ingredients:

1 tbsp. olive oil
2 lbs. sweet potatoes, peeled and cut into 1/4 inch cubes
1 red bell pepper, chopped
1 green bell pepper, chopped
1 onion, chopped
1 tbsp. minced garlic
6 cups chicken broth (or vegetable broth)
2 (15 oz.) cans black beans, rinsed and drained
2 (14.5 oz.) cans fire-roasted diced tomatoes
1 tbsp. ground cumin
1 tsp. dried, crushed oregano
1 tsp. ground chipotle chile pepper
1 tsp. salt
1/2 cup chopped fresh cilantro
Toppings: fresh cilantro and lime wedges

Directions:

In a large dutch oven, heat oil over medium high heat. Add sweet potatoes and next 4 ingredients. Cook, stirring frequently for 10 minutes. Add broth and next 6 ingredients; bring to a boil, reduce heat and simmer for 35 minutes or until potatoes are tender and chili is slightly thickened. Stir in cilantro. Serve with fresh cilantro and lime wedges.

Monday:

Any random root veggies you've got left in your fridge? Roast them along with the watermelon radishes as a delicious side to your main dish.

Roasted Watermelon Radishes

From myrecipes.com

Ingredients:

1 lb. watermelon radishes, trimmed
3 tbsp. olive oil, divided
1 tsp. coarse sea salt

Directions:

Preheat oven to 375°. Cut radishes into wedges. Mix with 2 tbsp. oil and put in a 2-qt. baking dish. Roast radishes, stirring occasionally, until fork tender, about 1 hour. Drizzle with remaining 1 tbsp. oil and sprinkle with sea salt.

Tuesday:

Spicy Unstuffed Cabbage

Ingredients:

1 lb. spicy bulk pork sausage
1 lb. lean ground beef
1 28 oz. can diced tomatoes
1 onion, chopped
1 6 oz. can tomato paste
2 tbsp. distilled white vinegar
2 tsp. chile powder
1/2 tsp. salt
1/4 tsp. red pepper flakes, or more to taste
10 cups shredded cabbage

Directions:

Heat a large skillet over medium-high heat. Cook and stir sausage and beef in the hot skillet until browned and crumbly, 7-10 minutes. Drain and discard grease.

Stir diced tomatoes, onion, tomato paste, vinegar, chili powder, salt and red pepper flakes into the sausage and mixture. Add cabbage and fold into the mixture. Reduce heat to medium-low and cook, stirring occasionally, until the cabbage is tender, 20-25 minutes.

Wednesday:

Leftovers day! Clean out your fridge!

BONUS Recipe!

Check out our Recipe Archive for more [pumpkin](#) and [winter squash](#) recipes. Try them as a main dish or in a baked good.

Pumpkin Cheesepie

From *Farmer John's Cookbook*

Ingredients:

1 ½ cups pumpkin pureé
1 ½ cups vanilla wafer or graham cracker crumbs
6 Tbs butter, melted, divided
¾ cup plus 1 Tbs sugar, divided
3 eggs
8 oz cream cheese, softened
2 tsp ground cinnamon, divided
1 tsp vanilla
1 tsp ground ginger
½ tsp freshly grated nutmeg
¼ tsp ground cloves
1 cup sour cream

Directions:

1. Preheat oven to 350° F
2. To prepare fresh pumpkin: cut the pumpkin in half and scoop out the seeds. Cut each half in half and lightly brush with oil. Place on a rimmed baking sheet and bake for 45 minutes, or until very tender when pierced with a butter knife. Scoop and scrape the flesh from the skin, and mash it as you would when making mashed potatoes.
3. Reduce the oven temperature to 325°F.
4. Combine the crumbs, 5 tablespoons of the butter and 1 tablespoon sugar in a small mixing bowl. Mix well.
5. Grease the bottom of a 9-inch springform pan with the remaining 1 Tbs butter. Press the buttered crumbs into the bottom of the pan to form a crust. Press on the crumb mixture with the bottom of a glass to form a solid, tightly packed crust.
6. Bake the crust until lightly brown, about 10 minutes. Remove from the oven and let cool. Increase the oven temperature to 450°F.
7. Reserve 2 Tbs of the sugar. Beat the eggs with the remaining sugar. Stir in the pumpkin pureé, cream cheese, 1 tsp of the cinnamon, vanilla, ginger nutmeg, and cloves. Pour the mixture into the crust; bake until the top is browned and the center is still a little jiggly, about 40 minutes.
8. Remove from the oven; let stand on a rack for 5 minutes.

9. Combine the sour cream, the reserved 2 Tbs sugar, and the remaining 1 tsp cinnamon. Spoon the mixture on top of the pie. Bake until browned and bubbly, about 5 minutes. Let cool; then chill before serving.