

## Meal Plan Menu

### *Thursday:*

#### **Buttermilk Dressing**

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

#### *Ingredients:*

1 cup buttermilk  
1 cup mayonnaise or salad dressing  
1 tbsp. fresh dill or 1 tsp. dried dill  
1 tbsp. chopped fresh parsley  
1/2 tsp. basil  
1/4 tsp. Worcestershire sauce  
1/8 tsp. garlic powder  
1/8 tsp. onion powder

#### *Directions:*

Whisk all ingredients together in a small bowl. Cover and refrigerate at least 12 hours to blend flavors.

Variation: Whisk together 1 cup buttermilk, 1/2 cup mayonnaise or salad dressing, 1/4-1/2 cup sugar and 1/4 cup vinegar.

### *Friday:*

#### **Vegetarian Black Bean Sweet Potato Enchiladas**

#### *For the filling:*

1 1/4 lbs. sweet potatoes (about 2 small-medium)  
1 can (15 oz.) black beans, rinsed and drained or 1 1/2 cups cooked black beans  
4 oz. (1 cup) grated Monterey Jack cheese  
2 oz. (1/2 cup) crumbled feta cheese  
2 small cans (4 oz. each) diced green chiles  
1 medium jalapeno, seeded and minced  
2 cloves garlic, pressed or minced  
2 tbsp. lime juice  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1/4 tsp. cayenne powder (optional)  
1/4 tsp. salt (more to taste)  
fresh ground black pepper

#### *Remaining Ingredients:*

2 cups (16 oz.) mild salsa verde, either homemade or store bought  
10 corn tortillas  
4 oz. (1 cup) grated Monterey Jack cheese

2 tbsp. sour cream  
1 tbsp. water  
1/4 cup chopped red onion  
1/4 cup chopped fresh cilantro

*Directions:*

Preheat the oven to 400F and line a large baking sheet with parchment paper for easy cleanup. Slice the sweet potatoes in half lengthwise and coat the flat sides lightly with olive oil. Place the sweet potatoes flat-side down on the baking sheet. Bake them until they are tender and cooked through, about 30-35 minutes.

Meanwhile, pour enough salsa verde into a 9x13 inch baking dish to lightly cover the bottom (about 1/2 cup). In a medium mixing bowl, combine all the remaining filling ingredients.

Once the sweet potatoes are cooked through and cool enough to handle, scoop out the insides with a spoon. Discard the potato skins and mash up the sweet potato a bit.

Stir the mashed sweet potato into the bowl of filling and season to taste with additional salt (I added 1/4 tsp.) and pepper.

Warm up your tortillas, one by one in a skilled or all at once in the microwave so they don't break when you bend them. Wrap them in a tea towel so they stay warm.

Working with one tortilla at a time, spread about 1/2 cup filling down the center of each tortilla, then wrap both sides over the filling and place it in your baking dish. Repeat for all of the tortillas.

Top with the remaining salsa verde and cheese. Bake for 25-35 minutes, until sauce is bubbling and the cheese is lightly golden.

Let the enchiladas cool for about 5 minutes. Whisk the sour cream and water together to make a drizzly sour cream sauce. Drizzle it back and forth over the enchiladas, then top with cilantro and red onion. Serve.

***Saturday:***

**Vegetarian Stuffed Cabbage**

From Eating Well magazine

To make ahead: Prepare through step 10, cover and refrigerate for up to 1 day. Let stand at room temperature for about 30 minutes before baking.

*Ingredients:*

Cabbage and Filling —  
1 cup water

1/2 cup short grain brown rice  
1 tsp extra virgin olive oil plus 2 Tbsp, divided  
1 large Savoy cabbage, 2-3 pounds  
1 lb baby bella mushrooms, finely chopped  
1 large onion, finely chopped  
4 cloves garlic, minced  
1/2 tsp dried rubbed sage  
1/2 tsp crumbled dried rosemary  
1/2 tsp salt, divided  
1/4 tsp freshly ground pepper plus 1/8 tsp, divided  
1/2 cup red wine  
1/4 cup dried currants  
1/3 cup toasted pine nuts, chopped

Sauce —

2 Tbsp extra virgin olive oil, divided  
1 small onion, chopped  
2 cloves garlic, minced  
1/4 tsp salt  
1/4 tsp freshly ground pepper  
1 28-oz can no salt added crushed tomatoes  
1/2 cup red wine

*Directions:*

1. To prepare cabbage and filling: Combine water, rice, and 1 tsp oil in a medium saucepan; bring to a boil. Reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is just tender, 40-50 minutes. Transfer to a large bowl and set aside.
2. Meanwhile, half fill a large pot with water and bring to a boil. Line a baking sheet with a clean kitchen towel and place near the stove.
3. Using a small, sharp knife, remove the core from the bottom of the cabbage. Add the cabbage to the boiling water and cook for 5 minutes. As the leaves soften, use tongs to gently remove 8 large outer leaves. Transfer the leaves to the baking sheet and pat with more towels to thoroughly dry. Set aside.
4. Drain the remaining cabbage in a colander for a few minutes. Finely chop enough to get about 3 cups. (Save any remaining cabbage for another use.)
5. Heat 1 and 1/2 Tbsp oil in a large skillet over medium-high heat. Add mushrooms, onion, garlic, sage, rosemary, and 1/4 tsp each salt and pepper; cook, stirring, until the mushrooms have released their juices and the pan is fairly dry, 8 to 10 minutes. Add wine and cook, stirring, until evaporated, about 3 minutes more. Add the mixture to the cooked rice along with currants and pine nuts.

6. Heat the remaining 1/2 Tbsp oil in the skillet over medium-high. Add the chopped cabbage, the remaining 1/4 tsp salt and 1/8 tsp pepper; cook, stirring, until the cabbage is wilted and just beginning to brown, 3 to 5 minutes. Add to the rice mixture.

7. To prepare sauce: Heat 1 Tbsp oil in a large skillet over medium heat. Add onion, garlic, salt and pepper and cook, stirring, until starting to soften, 2 to 4 minutes. Add tomatoes and wine; bring to a simmer and cook until slightly thickened, about 10 minutes.

8. Preheat oven to 375 F.

9. To stuff cabbage: Place a reserved cabbage leaf on your work surface; cut out the thick stem in the center, keeping the leaf intact. Place about 3/4 cup filling in the center. Fold both sides over the filling and roll up. Repeat with the remaining 7 leaves and filling.

10. Spread 1 cup of the tomato sauce in a 9×13 inch baking dish. Place the stuffed cabbage rolls, seam side down, on the sauce. Pour the remaining sauce over the rolls and drizzle with the remaining 1 Tbsp oil.

11. Bake, uncovered, basting twice with the sauce, until hot, about 45 minutes.

Serves 4, 2 rolls each.

***Sunday:***

### **Butternut Squash and Sage Lasagna**

From [marthastewart.com](http://marthastewart.com)



***Monday:***

### **Stir-Fried Bok Choy with Ginger and Garlic**

*Ingredients:*

1 tbsp. olive oil  
2 cloves of garlic, minced  
1 tbsp. minced fresh ginger  
8 cups chopped, fresh bok choy  
2 tbsp. reduced-sodium soy sauce  
salt and ground black pepper

*Directions:*

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

+++

### **Spinach Braised with Soy and Ginger**

*Ingredients:*

2 Tbsp sesame oil  
2 cloves garlic, minced  
1 Tbsp ginger, grated

1 Tbsp soy sauce  
1 bunch spinach

*Directions:*

Skip the butter. Put 2 tablespoons sesame oil in a large saucepan, along with 2 cloves minced garlic, 1 tablespoon freshly grated ginger and 1 tablespoon soy sauce. Add spinach and braise until completely wilted and soft, about 10 minutes.

***Tuesday:***

**Pureed Sweet Potato Soup**

Submitted by Zach Davis

*Ingredients:*

5 medium orange-fleshed sweet potatoes  
Salt  
3 tbsp. olive oil  
1 large yellow onion, peeled and chopped  
1 large leek, white part only, trimmed, cleaned, and chopped  
2 medium carrots, peeled, trimmed, and chopped  
1 rib celery, trimmed and chopped  
2 cloves garlic, peeled and chopped  
1 cup dry white wine  
10 cups chicken stock  
1 cup heavy cream  
Freshly ground white pepper  
1/4 cup Cranberry Oil, optional

*Directions:*

1. Put sweet potatoes into a large pot and cover with cold water. Add 2 large pinches salt and bring to a boil over high heat. Reduce heat to medium and simmer until soft when pierced with the tip of a knife, 30–40 minutes. Drain and set aside until cool enough to handle. Peel and quarter sweet potatoes, then set aside.
2. Meanwhile, heat oil in a large heavy-bottomed pot over medium-high heat. Add onions, leeks, carrots, celery, and garlic and cook, stirring often with a wooden spoon, until vegetables begin to soften, about 5 minutes. Add wine, scraping any browned bits stuck to bottom of pot, and cook until alcohol has evaporated, about 2 minutes.
3. Add stock and reserved sweet potatoes to pot, increase heat to high, and bring to a boil. Reduce heat to medium and simmer until vegetables are very soft, about 30 minutes.
4. Working in batches, put vegetables and stock into a food processor or blender and purée until smooth, then return soup to pot. Stir in cream, season to taste with salt and pepper, and bring to a simmer over medium heat. Drizzle some of the cranberry oil, if using, over each serving.

***Wednesday:***

**Sesame-Walnut-Ginger Broccoli**

From *The Vegetable Dishes I Can't Live Without* by Mollie Katzen

*Ingredients:*

1/3 cup roasted walnut oil  
1 Tbs Chinese-style dark sesame oil  
1 Tbs soy sauce  
1 tsp salt  
1 Tbs finely minced fresh garlic  
1 Tbs finely minced fresh ginger  
Freshly ground black pepper, to taste  
Pinch of cayenne  
2 pounds broccoli, cut into 2-inch spears  
1/3 cup unseasoned rice vinegar  
1 ½ cups walnut halves, lightly toasted

*Directions:*

1. Combine the oils, soy sauce, salt, garlic, ginger, and black and cayenne peppers in a large bowl.
2. Steam the broccoli until just tender and bright green. Refresh under cold running water, then drain thoroughly and pat dry with paper towels. Add to the marinade and stir gently until well coated. Cover tightly and allow to marinate at room temperature for at least 2 hours. If marinating longer, refrigerate.
3. Stir in the vinegar within 15 minutes of serving. Sprinkle on the walnuts at the very last minute. This recipe can be served cold or at room temperature.