

Meal Plan Menu

Thursday:

How about this stir fry recipe below? Try experimenting with substitutions. You can use the snap peas AND greens...you've got kale and spinach this week!

Three Pea (or Greens) Stir Fry

This recipe comes from the "Simply in Season" Cookbook, and instead of the 3 kinds of peas it calls for, you can substitute 12-16 loosely packed cups of stemmed and chopped fresh greens (think Spinach, Pac Choi, or Kale). After adding greens to the garlic, oil, ginger, and hot chilies, cover and cook until just wilted, about 5 minutes. Add water if necessary. Season with salt and pepper to taste. Drizzle with balsamic vinegar immediately before serving.

Ingredients:

1 large clove garlic (minced)
1 Tbs ginger root (peeled, minced)
1/8-1/4 tsp crushed hot chilies
1 1/2 cups sugar snap peas (cut in 1-inch pieces)
1 1/2 cups snow peas (cut in 1-inch pieces)
1 cup peas
1 tsp soy sauce
1 tsp sesame seed oil

Directions:

Heat 1 Tbs oil in large frying pan over moderately high heat until hot but not smoking. Add ingredients and stir-fry until fragrant, about 1 minute.

Add sugar snap and snow peas and cook until crisp-tender, about 3 minutes.

Add peas and stir-fry until hot, about 2 minutes. Remove from heat.

Stir in soy sauce and sesame seed oil. Sprinkle with toasted sesame seeds and salt to taste. Serve immediately.

Citrus Variation: Omit garlic, crushed dried chilies, soy sauce, sesame seed oil, and sesame seeds. Add 1/2 tsp grated orange peel with the sugar snap and snow peas.

Friday:

[Edamame Quinoa Lettuce Wraps](#)

Ingredients:

1 1/2 cups cooked quinoa
1 cup cooked, shelled edamame
1 medium red pepper, seeded and chopped
3 green onions, sliced thin
1/2 cup chopped fresh cilantro

1-2 shredded carrots
8-10 leaves of bibb, butter or green leaf lettuce, washed and dried (Red romaine will work just fine!)

Sauce:

1/4 cup soy sauce
2 tablespoon rice vinegar
2 tablespoons water
1-2 tablespoons sweet chili sauce
1 tablespoon sesame oil (optional)
1-2 cloves minced fresh garlic

Directions:

In a large bowl, combine the cooked quinoa, edamame, red pepper, green onions, cilantro and shredded carrots together. Combine the sauce ingredients together in an empty jar and shake well. Mix about half the dressing over the quinoa mixture. Place a couple of tablespoons of the mixture in a lettuce cup, top with a little extra drizzle of sauce, wrap and enjoy!

Saturday:

Massaged Kale Salad with Strawberries and Pine Nuts

Ingredients:

1 bunch kale, hard stems removed and torn into pieces
3 oz strawberries, sliced
2 tbsp pine nuts, raw or toasted (optional)
1 tbsp Extra Virgin Olive Oil
1 tsp salt
Juice of 1 lemon
1 tbsp honey
Salt and freshly ground pepper to taste

Directions:

1. Place kale pieces in a large bowl, add olive oil and salt.
2. Massage kale until it turns a darker shade of green and becomes soft.
3. Combine lemon juice and honey in a smaller bowl and add to the massaged kale.
4. Add salt and pepper.
5. Drizzle with more EVOO and add more honey if a little bit more sweetness is desired.
6. Add the slices strawberries and pine nuts.
7. Chill in the fridge for a few minutes and serve cold.

Sunday:

Kohlrabi Hash Browns

From "*Farmer John's Cookbook*"

This makes a unique bed for serving just about any meat, or try it with eggs instead of traditional potato hash browns.

Ingredients:

4 medium kohlrabi bulbs, peeled
2 eggs, lightly beaten
1 small onion, chopped (about 1/3 cup)
2 Tbs dried bread crumbs
1 tsp salt
1/2 tsp ground ginger
1/3 tsp dried red pepper flakes
freshly ground black pepper
2 Tbs olive oil
2 Tbs butter
plain yogurt or sour cream

Directions:

1. Grate the kohlrabi and wrap it in a dish towel. Squeeze out excess moisture.
2. Combine eggs, onion, bread crumbs, salt, ginger, red pepper in a large mixing bowl. Add black pepper to taste. Stir until well blended.
3. Heat the oil and butter in a large, heavy skillet. Add the kohlrabi and press down firmly with a sturdy spatula. Do not stir. Let the kohlrabi cook until brown, 5-7 minutes. (If the kohlrabi is in a layer thicker than 1/4 inch, you may want to stir it up after the last 5-7 minute to let the inner part cook and brown.) Serve with yogurt or sour cream.

Monday:

One of the quickest and easiest meals to make are these dragon noodles!

Dragon Noodles

Recipe from [BudgetBytes](#)

Ingredients:

4 oz. lo mein noodles
2 Tbsp butter
1/4 tsp crushed red pepper
1 large egg
1 Tbsp brown sugar
1 Tbsp soy sauce
1 Tbsp sriracha (rooster sauce)
1 handful fresh cilantro
1 sliced green onion

Directions:

Begin to boil water for the noodles. Once the water reaches a full boil, add the noodles and cook

according to the package directions (boil for 5-7 minutes).

While waiting for the water to boil, prepare the sauce. In a small bowl stir together the brown sugar, soy sauce, and sriracha.

In a large skillet melt 2 tablespoons of butter over medium-low heat. Add the red pepper to the butter as it melts. Whisk an egg in a bowl and then add to the melted butter. Stir gently and cook through. Once the egg is done cooking, turn off the heat.

When the noodles are tender, drain the water and then add them to the skillet with the cooked egg. Also add the prepared sauce. Turn the heat on to low to evaporate excess moisture, and stir until everything is coated well with the sauce. Sprinkle the sliced green onions and cilantro leaves (whole) on top and serve!

Tuesday:

Eggs or a protein of your choice would make a great addition to this dish.

Spinach Frico

Submitted by Eliza Bodkin from *The Food Matters Cookbook* by Mark Bittman

Ingredients:

2 Tablespoons olive oil
2 cups spinach leaves, chopped
Black pepper
2 cups grated Parmesan or Manchego cheese

Directions:

1. Put the oil in a large skillet over medium-high heat. When it's hot, add the spinach and cook, stirring, until the leaves have wilted and all of their liquid has evaporated, 4 to 5 minutes. Sprinkle with a good amount of black pepper and the Parmesan and stir.
2. Use a rubber spatula to distribute the spinach and cheese evenly over the bottom of the pan. Cook until the cheese is melted and golden brown on the bottom, about 2 minutes.
3. Use the spatula to slide the crisp onto a plate; put another plate on top of the crisp. Put one hand firmly in the center of the bottom plate and the other hand the same way on the top plate; flip the crisp over. Use the spatula to slide it back into the pan and continue cooking until the cheese is golden brown, 1 to 2 minutes. Serve whole as an appetizer or broken into smaller pieces as a garnish.

Wednesday:

Leftovers day! Clean out that fridge for new vegetables coming Thursday.