

Week 2 - Menu

Monday: [Black Bean, Spinach and Cheese Quesadillas](#) with [Cilantro Rice](#)

Quesadillas:

- Cooking spray
- 1 cup chopped onion
- 3 cups torn spinach
- 4 tortillas (gluten free - brown rice tortillas)
- 1 cup canned black beans
- 1 cup shredded cheddar cheese (eliminate if you're dairy free)
- Mango peach salsa (optional: I added this)

Rice:

- White or brown rice, 1 cup uncooked
- 2/3 cup cilantro
- 1/3 cup chopped onion
- 1/4 cup chopped scallions
- 1 jalapeno
- 1 tbsp. lime juice
- 1 tsp. olive oil

Tuesday: Pasta with meat sauce with a side salad

Pasta:

- 1 package pasta noodles (we use a pack of Bionaturae organic gluten-free penne)
- 1 lb. organic lean ground turkey
- 2 jars organic tomato sauce
- 1/2 tbsp. oregano
- 1/4 tbsp. basil
- 1/2 tsp. garlic powder
- Parmesan cheese (eliminate if you're dairy free)

Directions:

- Cook pasta according to package directions
- Brown turkey, drain fat and add garlic powder
- Add tomato sauce, oregano and basil to meat and simmer on low heat for 5 minutes
- Serve sauce over pasta, add cheese and enjoy!

Side Salad:

- 1 bag spinach or romaine salad mix
- 2 small tomatoes, chopped
- 1 cucumber, chopped
- Baby carrots, chopped
- Dressing of your choice (or use oil and vinegar)

Wednesday: Jessie's Chicken and Grain Salad with steamed broccoli

Chicken and Grain Salad

- 3 cups chicken broth
- 1.5 cups couscous
- Handful chopped fresh parsley
- 1tsp thyme
- 2 cups frozen peas
- Small bunch of scallions, thinly sliced (into some of the greens)
- ½ bell pepper, diced
- 2 cups cooked chicken, diced

- ¼ cup raisins
- ¼ cup chopped nuts
- 1 can garbanzo beans, drained and rinsed
- 2Tbsp lemon juice
- 2Tbsp olive oil
- 1Tbsp curry powder (mild)
- Freshly ground black pepper to taste

- 2 heads broccoli, steamed

Directions:

In a large pot, bring broth to a boil. Add couscous, parsley, and thyme and cook the mixture for 30 seconds (yes seconds not minutes). Remove pan from heat, cover, and let the couscous stand for 5 minutes.

Place peas, scallions, bell pepper, chicken, raisins, nuts, and garbanzo beans in a large bowl. This is your “goodies” bowl.

In a small bowl, combine the lemon juice, curry powder, oil, and fresh ground pepper. Pour this mixture over the goodies bowl and toss to combine well.

Toss your now deliciously flavored goody bowl contents into your big pot with the grain and mix it all up well. Yum! You can serve it warm now, or refrigerate and serve cold.

Notes:

This recipe can be made using any grain, such as brown rice or quinoa. Just follow the cooking instructions for the grain on the package. You can add the parsley and thyme near the end of the grain cooking process. The great thing about couscous is it cooks so fast! Although the couscous I use is made from wheat, so would not work for gluten free. There are other types of couscous, however, such as corn and millet.

It can also use just about any goodies! It could be made vegetarian by omitting chicken (optionally replacing with tofu) and using vegetable broth in place of chicken broth. Other veggies could be substituted for peas, etc.

The quantities of all the various goodies are totally up to you! The only quantities that really matter are that you follow the broth to grain ratio specified on the grain’s package. Also stick to approximately the same amount of olive oil/lemon juice mixture relative to grain. With too much, the grain would get too soggy (although you could probably use more with rice than with couscous or quinoa, since rice is heavier).

If using frozen peas per the recipe above, I have found no need to steam them or even thaw them at all. Once they are mixed in with the hot grain, they get plenty cooked. (So much easier to just toss a few handfuls of frozen peas in a bowl with the other goodies!)

This can be served hot or cold (or room temperature... doesn’t really matter)

Thursday: Tony's Slow-Cooker Chili with [Cornbread](#)

Chili:

- 12 oz - 16 oz ground beef (depending on how hearty you like your chili)
- 1 cup chopped onions (1 large)
- 1/2 cup chopped green sweet pepper (since I make a large pot for guests, I usually throw in one red, green, and yellow pepper)
- 2 garlic cloves minced
- 2-3 tablespoons of Frank's Red Hot

- 1/8 cup of sugar
- One 14 1/2 ounce can of diced tomatoes
- One 15 oz can dark red kidney beans - rinsed and drained
- One 8 oz can of tomato sauce
- 2-3 teaspoons of chili powder
- 1/2 teaspoon of dried basil
- 1/4 teaspoon of pepper

Instructions:

In a large saucepan cook ground beef, onion, sweet pepper, sugar and garlic till meat is brown and onion is tender. Drain fat. Stir in undrained tomatoes, kidney beans, tomato sauce, Frank's Red Hot, chili powder, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Makes about 5 cups.

If you taste it at the end and want to tweak it a little, I suggest adding either sugar (to sweeten) or Frank's Red Hot (to sour).

Cornbread (not gluten-free):

- 1 cup flour
- 1 cup cornmeal
- 1/4 cup white sugar
- 1 tsp. baking soda
- 3/4 tsp. salt
- 1 cup plain nonfat yogurt
- 2 eggs, beaten

Friday: [Fish Tacos](#) with a side of [Oven Roasted Corn](#)

- 1 lb. boneless, skinless tilapia fillets
- Olive oil
- Salt
- Pepper
- 3/4 cup sour cream (try a soy-based sour cream if you're dairy free)
- Salsa (I'll use mango peach)
- 4 tortillas (gluten free - brown rice tortillas)
- 1 1/2 cups shredded cabbage
- Optional garnishes: cheese, cilantro, lime, avocado

- 4 ears fresh corn

Saturday: Chicken stir fry with brown rice

- 1 lb. organic chicken (I try to find chicken that's pre-cut into stir fry slices)
- 1 cup uncooked brown rice
- 1 package frozen pepper strips
- 1 package frozen broccoli florets (or carrots, or whatever other veggie you prefer)
- BBQ sauce (we use Bone Suckin' Sauce)

Directions:

Brown rice:

- Bring 2.25 cups of water to a boil
- Add 1 cup brown rice and reduce heat to low
- Let rice simmer for 45 minutes, stirring occasionally

- Cook chicken in a pan or wok, drain fat
- Add frozen veggies and cook until fully thawed

- Put meat and veggies over rice, add a little Bone Suckin' Sauce and enjoy!

Sunday: [Turkey Stuffed Peppers](#) with a side of fruit salad

Stuffed Peppers:

- 1 lb. lean turkey
- 1 garlic, minced
- 1/4 onion, minced
- 1 tbsp. fresh cilantro or parsley
- 1 tsp. garlic powder
- 1 tsp. cumin powder
- Salt to taste
- 3 large red bell peppers
- 1 cup fat free chicken broth
- 1/4 cup tomato sauce
- 1 1/2 cups cooked rice
- Olive oil spray
- 1/4 cup reduced fat shredded cheddar cheese (eliminate if you're dairy free)

Fruit Salad:

- Fresh strawberries
- Cantaloupe
- Grapes
- Apples
- Plain or vanilla yogurt (optional, eliminate if you're dairy free or try coconut milk yogurt)