

## PREP GUIDE

### MEAL #1

- Make polenta \* *see below*
- Cut vegetables:
  - ½ yellow onion, chopped (½ cup)
  - 1 carrot, chopped or minced (½ cup)
  - 1 pound brussels sprouts, trimmed and halved (4 cups)

### MEAL #2

- 4 sweet potatoes, baked \* *see below*
- Cut vegetable:
  - 1 bunch kale, chopped (4 cups)
  - 3 fuyu persimmons, cut into wedges

### MEAL #3

- 2 cups cooked barley prepared according to package directions
- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 3 carrots, diced small (1½ cups)
  - 1 bell pepper, diced small (1 cup)
  - 1 bunch kale, chopped (4 cups)

### MEAL #4

- Cut vegetables:
  - 1 yellow onion, chopped (1 cup)
  - 2 bell peppers, chopped (2 cups)
  - 3 carrots, shredded (1 cup)

### MEAL #5

- Cut vegetables:
  - ½ yellow onion, diced (½ cup)
  - 2 carrots, shredded (¾ cup)
  - 1 bell pepper, chopped (1 cup)
  - 1 bunch kale, chopped (4 cups)

### **Sweet potatoes** (Meal #2)

4 medium (6-8 oz) sweet potatoes

Pierce with fork and bake at 400°F for 50-60 minutes.

<b>Polenta</b> (Meals #1 & #5)	2 cups low fat milk
2 Tablespoons olive oil	2 cups low-sodium vegetable broth
2 cloves garlic, minced	1¼ cups cornmeal (medium grind)
¼ teaspoon kosher salt	¼ cup grated parmesan cheese
dash of black pepper	

Heat sauce pan over medium heat. Add oil and garlic and sauté for 1 minute. Add salt, pepper, milk, and broth and bring to simmer. Whisk in cornmeal and turn heat to low and stir until thickened and smooth. Turn off heat and stir in parmesan. Pour into 9x13 dish and cool. Cut into 8 squares when cool.

## MENU

### MONDAY ①

POACHED EGGS TOMATO SAUCE  
Brussels Sprouts & Polenta

### TUESDAY ②

WARM PERSIMMON SALAD  
Sweet Potatoes

### WEDNESDAY ③

BEAN & BARLEY SOUP

### THURSDAY ④

TAMALE PIE

### FRIDAY ⑤

BEAN RAGU OVER POLENTA





# (1) POACHED EGGS IN TOMATO SAUCE

## brussels sprouts & polenta

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cooked polenta *\*see prep guide*
- Cut vegetables: brussels sprouts, onion, carrot

### DIRECTIONS

#### *For brussels sprouts*

1. Heat oven to 375°F.
2. Toss brussels sprouts with oil, salt, and pepper and put on a baking sheet.
3. Cook about 20 minutes, turning occasionally.

#### Meanwhile

#### *For poached eggs in tomato sauce*

1. Heat a medium saucepan over medium heat.
2. Add oil, onions, carrots, and garlic and cook for 1-2 minutes.
3. Add broth or wine and then add tomatoes, salt, and pepper.
4. Bring to a simmer for 5 minutes.
5. Crack eggs into pan and then cover and poach to desired doneness, about 7-8 minutes.
6. Serve over polenta topped with basil.

### INGREDIENTS

#### *For brussels sprouts*

- 1½ Tablespoons olive oil
- 1 pound brussels sprouts, trimmed and halved (4 cups)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

#### *For poached eggs in tomato sauce*

- 1 Tablespoon olive oil
- ½ yellow onion, chopped (½ cup)
- 1 carrot, chopped or minced (½ cup)
- 2 cloves garlic, minced
- ½ cup low sodium vegetable broth or wine
- 1½ (15 oz) cans whole peeled tomatoes, crushed
- dash of salt and pepper
- 8 eggs
- ¼ cup chopped basil

4 squares polenta, warmed *\*see prep guide*

Baked Eggs in tomato Sauce: 220kcal, 14g Protein, 12g Carb, 240mg Sodium, 2g Fiber, 360mg Cholesterol, 13g Fat, 3g Saturated, 6g Sugar, 6% Calcium, 10% Iron

Brussels: 100kcal, 4g Protein, 9g Carb, 90mg Sodium, 5g Fiber, 0mg Cholesterol, 6g Fat, 0.5g Saturated, 2g Sugar, 2% Calcium, 6% Iron

Polenta: 180kcal, 6g Protein, 25g Carb, 180mg Sodium, 0g Fiber, 5mg Cholesterol, 6g Fat, 1.5g Saturated, 3g Sugar, 10% Calcium, 6% iron



## (2) WARM PERSIMMON SALAD

sweet potatoes

### MADE AHEAD

- 4 sweet potatoes, baked \* *see prep guide*
- Cut vegetables: kale, persimmons

### DIRECTIONS

#### *For warm persimmon salad*

1. Heat a large skillet over medium heat and add oil.
2. When oil is hot add garlic, kale, salt, and pepper and cook for about 3 minutes.
3. Add persimmons and beans and stir until warmed through.
4. Turn off heat and add almonds, basil, and balsamic vinegar.

#### *For sweet potatoes*

Mix yogurt with chili powder and honey. Dollop over warmed sweet potatoes and serve alongside salad.

### INGREDIENTS

#### *For warm persimmon salad*

1½ Tablespoons olive oil  
2 cloves garlic, minced  
1 bunch kale, chopped (4 cups)  
¼ teaspoon kosher salt  
dash of black pepper  
3 fuyu persimmons, cut into wedges  
1½ (15 oz) cans white beans, drained and rinsed  
¼ cup slivered almonds  
2 Tablespoons chopped basil  
2 Tablespoons balsamic vinegar

#### *For sweet potatoes*

4 baked sweet potatoes, warmed  
1 cup plain low-fat Greek yogurt  
¼ teaspoon chili powder  
1 Tablespoon honey or maple syrup

Warm Persimmon Salad: 260kcal, 9g Protein, 31g Carb, 200mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 1g Saturated, 2g Sugar, 8% Calcium, 15% Iron

Sweet Potatoes: 210kcal, 9g Protein, 43g Carb, 85mg Sodium, 7g Fiber, 5mg Cholesterol, 1g Fat, 0.5g Saturated, 15g Sugar, 10% Calcium, 6% Iron



## (3) BEAN & BARLEY SOUP

### MADE AHEAD

- 2 cups cooked barley prepared according to package directions
- Cut vegetables: onion, carrots, bell pepper, kale

### DIRECTIONS

#### *For bean & barley soup*

1. Heat a large pot over medium heat and add oil, then onion and garlic; sauté for 1 minute.
2. Add carrots, sweet potato, bell pepper, salt, pepper, and Herbes and cook for 3-4 minutes.
3. Add broth, beans, barley, kale, and tomatoes and bring to a simmer for 15-20 minutes.
4. Garnish with cheese.

### INGREDIENTS

#### *For bean & barley soup*

2 Tablespoons olive oil  
1 yellow onion, diced (1 cup)  
2 cloves garlic, minced  
3 carrots, diced small (1½ cups)  
1 medium (6-8 oz) sweet potato, diced  
1 bell pepper, diced small (1 cup)  
¼ teaspoon salt and pepper  
½ teaspoon Herbes de Provence  
5 cups low-sodium vegetable broth  
2 (15 oz) cans white beans, drained and rinsed  
2 cups cooked barley  
1 bunch kale, chopped (4 cups)  
½ (15 oz) can whole peeled tomatoes, crushed  
¼ cup grated parmesan cheese

Soup: 470kcal, 18g Protein, 74g Carb, 570mg Sodium, 15g Fiber, 5mg Cholesterol, 11g Fat, 2g Saturated, 15g Sugar, 20% Calcium, 30% Iron

OVEN TEMPERATURE: 375°F

### MADE AHEAD

- Cut vegetables: onion, bell pepper, carrots

### DIRECTIONS

#### *For tamale pie*

1. Heat a large oven proof skillet over medium heat.
2. Add oil and onion and sauté for 1 minute.
3. Add bell pepper and carrots and cook for 2-4 minutes.
4. Add beans, salt, pepper, paprika, cumin, oregano, and chili powder and stir to combine.
5. Add in corn and tomatoes. Cook until warmed through.
6. Drop the cornmeal crust mixture on top by spoonfuls.
7. Bake for about 20 minutes.

#### Meanwhile

#### *For cornmeal crust*

1. Heat milk or water with salt.
2. Whisk in cornmeal, stirring constantly until thickened.
3. Take off heat and stir in egg and cheese. Drop by spoonfuls over skillet and bake.

### INGREDIENTS

#### *For tamale pie*

- 1 Tablespoon olive oil
- 1 yellow onion, chopped (1 cup)
- 2 bell peppers, chopped (2 cups)
- 3 carrots, shredded (1 cup)
- 1 (15 oz) can organic kidney beans, drained and rinsed
- ¼ teaspoon kosher salt
- dash of black pepper or cayenne
- ½ teaspoon paprika
- 2 teaspoons cumin
- 1 teaspoon oregano
- 2 teaspoon chili powder, optional
- 1 cup frozen corn kernels
- 1 (15 oz) can whole peeled tomatoes, crushed

#### *For cornmeal crust*

- 1½ cups low fat milk or water
- ¼ teaspoon kosher salt
- ½ cup cornmeal (medium grind)
- 1 egg, beaten
- ½ cup parmesan or shredded cheese (your choice)

Tamale Pie: 450kcal, 20g Protein, 60g Carb, 420mg Sodium, 13g Fiber, 60mg Cholesterol, 13g Fat, 4g Saturated, 19g Sugar, 25% Calcium, 15% Iron

### MADE AHEAD

- Polenta squares *\*see prep guide*
- Cut vegetables: onion, carrot, bell pepper, kale

### DIRECTIONS

#### *For bean ragu over polenta*

1. Heat a large pot over medium heat and add oil.
2. Add onions, garlic, and carrots and cook for 2-3 minutes.
3. Add bell pepper and kale and cook for 2 minutes then add beans, tomatoes, tomato paste, broth, salt, pepper, and oregano.
4. Bring to a simmer for at least 5 minutes.
5. Serve over warmed polenta topped with basil and cheese.

### INGREDIENTS

#### *For bean ragu over polenta*

- 1 Tablespoon olive oil
- ½ yellow onion, diced (½ cup)
- 3 cloves garlic, minced
- 2 carrots, shredded (¾ cup)
- 1 bell pepper, chopped (1 cup)
- 1 bunch kale, chopped (4 cups)
- 2½ (15 oz) cans white beans, rinsed and drained
- 1½ (15 oz) cans whole peeled tomatoes, crushed
- 2 Tablespoons tomato paste
- ½ cup water or low sodium broth
- ¼ teaspoon kosher salt
- dash of black pepper
- 1 teaspoon oregano
- ½ cup chopped basil
- ½ cup parmesan or shredded cheese (your choice)

Polenta squares, warmed *\*see prep guide*

Bean Ragu: 280kcal, 14g protein, 38g carb, 270mg sodium, 10g Fiber, 10mg Cholesterol, 9g Fat, 3g Saturated, 13g Sugar, 20% Calcium, 20% Iron

Polenta: 180kcal, 6g Protein, 25g Carb, 180mg Sodium, 0g Fiber, 5mg Cholesterol, 6g Fat, 1.5g Saturated, 3g Sugar, 10% Calcium, 6% iron