



DAVIS FOOD CO-OP
TEACHING KITCHEN

MEAL PREP: LUNCH AND DINNER FOR THE WEEK

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NOURISHING ROASTED VEGGIE SALAD

Ingredients:

Salad

- 1 cup sweet potato, cubed
- 1 cup cremini mushrooms, sliced
- Small red bell pepper, halved and sliced
- Small red onion, halved and sliced
- 2 tbsp olive oil
- Salt and pepper
- ½ cup quinoa
- 1 cup water
- 15 oz can chickpeas, drained and rinsed
- 5 oz baby kale, spinach, or arugula
- 2 tbsp pumpkin seeds
- ¼ cup goat cheese, crumbled (optional)

Dressing

- ⅓ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 small clove garlic, grated or minced
- ½ teaspoon kosher salt
- Black pepper

Materials:

- 2 glass (or plastic) food storage containers with lids

Instructions:

Preheat the oven to 450 degrees F. Prepare a baking sheet with parchment. Toss sweet potatoes and mushrooms with 1 tbsp olive oil, salt, and pepper. Spread on prepared baking sheet. Cook for 15 minutes. In the same bowl, toss red bell pepper and onion with 1 tbsp

olive oil, salt, and pepper. After the other veggies have roasted for 15 minutes, add peppers and onions and roast for another 10-15 minutes.

Combine water and quinoa in a small pot. Heat over high until boiling then reduce heat to low, cover, and simmer for 10-15 minutes or until quinoa is fluffy and all of the water has been absorbed.

Combine dressing ingredients in a small bowl.

When the veggies and quinoa are done, transfer to a mixing bowl. Let cool slightly, about 10 minutes. Toss veggies and quinoa with dressing, greens, chickpeas, pumpkin seeds, and goat cheese if using. Serve immediately or store in the fridge for up to a week. Salad can be eaten cold or warmed.

TIPS:

Veggies can be swapped to keep this recipe exciting. Try broccoli, fingerling potatoes, butternut squash, etc.

BURRITO BOWLS WITH GROUND TURKEY

Ingredients:

- Small red bell pepper, halved and sliced
- Small green bell pepper, halved and sliced
- Small red onion, halved and sliced
- 1 tbsp olive oil
- Salt and pepper
- ½ pound ground turkey
- 15 oz can diced tomatoes
- ½ packet taco seasoning (or cumin, smoked paprika, chile powder, salt, and pepper)
- ⅔ cup brown rice
- 1 ⅓ cups water
- 15 oz can black beans
- Lime, sliced

- ½ bunch cilantro, chopped fine
- 2 avocados, sliced
- 6 tbsp salsa (optional)
- ½ cup shredded mexican cheese (optional)

Materials:

- heavy bottomed saucepan
- 3 glass (or plastic) food storage containers with lids

Instructions:

Preheat the oven to 450 degrees F. Prepare a baking sheet with parchment paper. Toss pepper and onions in 1 tbsp olive oil, salt, and pepper. Spread evenly over the baking sheet and roast for 10-15 minutes or until pieces are tender.

In a heavy bottom saucepan, brown ground turkey over medium heat. After 10 minutes, add the taco seasoning and diced tomatoes. Continue cooking liquid from the tomatoes has mostly reduced, about 20 minutes.

Combine rice and water in a small pot. Heat over high until boiling, then reduce heat to low, cover, and cook for 20 minutes or until rice is tender and all the liquid has been absorbed. When the rice is done, add a generous pinch of salt, half of the cilantro, and juice from half a lime.

Grab your tupperware and divide turkey, rice, and beans evenly among them. Top with peppers and cheese if using. Store in the fridge and reheat throughout the week. Use avocado slices, cilantro, lime wedges, and salsa as additional toppings.

TIPS:

Easily make this vegetarian with crumbled tofu or sweet potatoes in place of ground turkey.

SESAME TEMPEH BOWLS

Ingredients:

- ½ cup brown rice
- 1 cup + ¼ cup water
- 1 head of broccoli, chopped

- 1 tbsp avocado or olive oil
- 8 oz tempeh, cut into triangles
- 1 green onion, chopped (optional)
- Red pepper flakes for sprinkling on top (optional)

Sesame Sauce

- ¼ cup tamari (or soy sauce)
- 2 tbsp water
- 1 tbsp sesame oil
- 3 tbsp maple syrup or honey
- 1 tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tbsp sesame seeds, plus more for sprinkling on top
- ½ tbsp arrowroot or cornstarch (plus ½ tsp water)

Materials:

- heavy bottomed saucepan
- 2 glass (or plastic) food storage containers with lids

Instructions:

Combine rice and 1 cup water in a small pot. Heat over high until boiling, then reduce heat to low, cover, and cook for 20 minutes or until rice is tender and all the liquid has been absorbed.

Combine sesame sauce ingredients, except arrowroot, in a small bowl. Combine arrowroot starch with ½ tsp of water in a small bowl and then add to the other bowl with the sauce ingredients. Set aside.

In a heavy bottomed saucepan heat ¼ cup water over medium heat. Add broccoli and cook until the water mostly evaporated (broccoli should still be bright green). Set aside cooked broccoli.

Return the saucepan to the stove and heat avocado over medium-high heat. Once shimmering, add the tempeh triangles, reduce heat to medium, and cook until fragrant and browned, about 8 minutes. Flip tempeh pieces over and cook for an additional 5-8 minutes or until well browned. Remove from the saucepan and set aside.

Reduce heat to medium-low and add sesame sauce. Heat for 1-2 minutes (sauce will thicken). Add tempeh

back into the saucepan and toss to coat. To serve: divide rice, broccoli, and tempeh evenly among your bowls. Top with green onion and red pepper flakes if desired. Store in the refrigerator and reheat all week!

TIPS:

Sesame sauce goes great over chicken or tofu too! If using tofu, bake the tofu first.

SPINACH AND CHICKEN SAUSAGE

STUFFED PEPPERS

Ingredients:

- 6 bell peppers (color is up to you), tops cut off and seeds and pith removed
- ½ cup quinoa
- 1 cup water
- 1 pound chicken sausage, casings removed
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup mushrooms, chopped
- Salt and pepper
- 10 oz bag frozen spinach, thawed and drained
- 1 jar marinara sauce
- 1 cup ricotta cheese
- 1 cup mozzarella cheese (optional)

Materials:

- 9 x 13 baking dish
- 3 glass (or plastic) food storage containers with lids

Instructions:

Preheat the oven to 450 degrees F. Prepare a baking sheet with parchment paper. Rub bell peppers inside and out with olive oil. Place them upside down on the baking sheet. Bake for 15 minutes or until softened. Set aside to cool slightly.

In the meantime, combine water and quinoa in a small pot. Heat over high until boiling, then reduce heat to low, cover, and cook for 10-15 minutes or until the quinoa is fluffy and all the liquid has been absorbed.

In a large heavy bottomed saucepan, brown sausage over medium heat. Crumble the sausage as it cooks. After 10 minutes, add garlic. Stir until the fragrant, about 1 minute. Add mushrooms, and a generous pinch of salt and pepper and cook for 5 minutes. Add thawed frozen spinach, marinara sauce, and ricotta cheese. Cook for 5 minutes. Add the quinoa and remove from heat.

Reduce oven heat to 350 degrees F. Rub a 9 x 13 baking dish with olive oil (one with tall sides is ideal). Place the peppers in the dish. Spoon sausage mixture into each pepper. Be careful not to burn yourself. Once filled, top each with a sprinkle of mozzarella cheese. Bake uncovered for 20 minutes. If tops start to catch, you can cover with foil to prevent burning. Store tightly covered in the fridge and reheat in the microwave.

TIPS:

Stuffing peppers is a great way to repurpose other leftovers. I like scrambling leftovers with eggs and then baking them in bell peppers - perfect for any meal of the day.

NOTES: