



WINTER HEALTHFUL



Winter drags on in these last few weeks and sometimes I just get bored looking at my pantry. To be honest, I'm ready for spring.

While it's easy to get through these final weeks of winter if you're eating heavy dishes, it can be hard to come up with somewhat healthy options.

This meal plan features three of my favorite healthy meals that bring some change to bland winter menus. All of these are fast and dishes that I would eat any day of the week! Give them a shot if you're in a winter rut!

Helpful Equipment:

- Cast Iron Skillet
- Food Processor



You can click on these to zap you to Amazon and see my recommendation for each.

MEAL 1

- Weekday Lentil Stew

MEAL 2

- Kale Pasta Toss

MEAL 3

- Mushroom Burgers

HEARTY BFAST!

- Broiled Grapefruits

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!



MEAL 1 | A Simple Lentil Stew

If you don't regularly cook with lentils, you are missing out! They cook quickly, are super-filling, packed with protein, and go with lots of other flavors. This is one of my favorite stews. You would think it simmered for hours, but it's really quick to make.

Weekday Lentil Stew

Yield: Serves 4 | **Time:** 40 min.

Ingredients:

- 2 tablespoons olive oil
- 1 medium white onion, diced
- 2 medium carrots, peeled and diced
- 1 1/2 cups green lentils
- 1 (28-ounce) can diced tomatoes
- 2 cups water
- 2 cups vegetable broth
- 1 bunch Swiss chard
- Salt and pepper

Cumin Spiced Yogurt:

- 1 cup Greek yogurt
- 1 teaspoon ground cumin
- 1/2 lemon, juice only
- Pinch of salt

Directions:

For cumin yogurt: Mix ingredients together in a small bowl and store in the fridge until needed.

1) For stew, add olive oil to a large pot over medium heat. Once oil is hot, add onions and carrots and a pinch of salt.

Cook vegetables until they begin to soften, about 5 minutes.

2) Add lentils, tomatoes with liquid, water, and broth to the pot and bring to a simmer. Let simmer until lentils are soft, about 10-15 minutes. If the stew ever looks very dry, add more water. Depending on the exact lentils you use, you might need a bit more.

3) Rinse the Swiss chard and cut out the thick rib in the leaves. Very roughly chop the leaves. Add chard to the pot and cook for another minute or two so the greens are wilted.

4) Season with salt and pepper and serve with cumin yogurt on top.





MEAL 2 | Kale Pasta Toss

More winters greens for you in this dish! It's far from a heavy pasta dish though. You'll probably have leftovers and they are fantastic for lunch the next day!

Spicy Kale Pasta Toss

Yield: Serves 4 | **Time:** 30 min

Ingredients:

- 1 large bunch kale, chopped and rinsed
- 1 pound penne pasta
- 2 cloves garlic
- 1/4 cup olive oil
- 1 teaspoon red pepper flakes
- 1 lemon, juice only
- 1/2 cup slivered almonds
- 1/2 cup Parmesan cheese, grated
- Salt and pepper

Directions:

- 1) Rinse kale and chop off leaves to remove any large stems. Blanch kale in salted, boiling water for 30 seconds. Remove kale and immediately submerge in cold water to stop the cooking.
- 2) In a large high-walled pan or large pot, add olive oil over low heat. Add minced garlic and red pepper flakes. Cook for a few minutes until fragrant, being careful not to burn the garlic.
- 3) Cook pasta in same water that you blanched the kale in.
- 4) Add drained kale to pan with garlic, pepper flakes and olive oil. Stir to coat the kale.
- 5) Once pasta is cooked, drain and add immediately to pan with kale. Stir to combine well and season with salt and pepper.
- 6) Add fresh squeezed lemon juice to pan and stir to combine.
- 7) Serve pasta toss with slivered almonds and parmesan cheese.

More Protein



I think this dish is plenty filling as is, but if you wanted to add some additional protein to it, you could sear a few chicken breasts, chop them, and stir them in or stir in a drained can of chickpeas!





MEAL 3 | 'Shroom Burgers

These are my absolute favorite veggie burgers. To cut down on the prep time, you can prepare the burgers well in advance and store them in the fridge in the breadcrumbs. Then just sear them off when it's dinner time!

Savory Mushroom Burgers

Yield: 6 burgers | Time: 1 hour

Ingredients:

- 1.5 pounds cremini mushrooms
- 3-4 dried shiitake mushrooms
- 1/2 cup white onion, diced
- 1 cup breadcrumbs
- 2 eggs
- 1/2 cup flour
- 1/3 cup Parmesan cheese, grated
- 1/2 teaspoon cayenne pepper
- 2 tablespoons soy sauce
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons olive oil
- Pinch of salt
- 2 cups breadcrumbs (for forming patties)

Burger fixings:

- Buns
- Swiss cheese
- Tomatoes
- Red Onion
- Pea Sprouts
- Avocado
- Chips, for serving

Directions:

- 1) Wash and dice cremini mushrooms. Add dried mushrooms to a few cups of boiling water to reconstitute.
- 2) Add olive oil to a large skillet over medium heat. Once hot, add diced mushrooms. Add diced dried mushrooms as well once reconstituted. Let mushrooms cook until they release their liquid and dry out a bit, about 7-8 minutes, stirring regularly. Add onions and continue to cook for a few more minutes.
- 3) Remove mushroom mixture from pan and add to food processor. Pulse a few times to roughly grind mushrooms. You don't want them completely smooth, but like a very rough paste.
- 4) Stir in eggs, flour, breadcrumbs, and other ingredients. The finished mixture should be wet, but not liquid. It should roughly hold its shape. If it is really wet, add more breadcrumbs or flour in 1/4 cup batches.
- 5) Sprinkle two cups of breadcrumbs in a large baking dish. Form six large patties with mushroom mixture. As you form the patties, place them in the breadcrumbs and turn them to completely coat each patty in breadcrumbs, forming a crust.
- 6) Once all the patties are formed and in the breadcrumb mixture, let sit in the fridge for at least a few minutes (or you can make them to this point well in advance.)
- 7) Cook the burgers in a large skillet over high heat for 5 minutes per side until the outside is nice and crispy. Add swiss cheese if you want during the last 2-3 minutes of cooking.
- 8) Serve with normal burger fixings on grilled buns.



No Food Processor?

Food processors are far from a required piece of kitchen equipment. I went without one for many many years.

If you don't have one to make these burgers, no worries at all. Once your mushrooms are cooked, just roughly chop everything and stir it together in a large bowl. Your burgers will have a bit more texture, but they'll still be delicious.



Fruity! | Broiled Grapefruits

It's the tail end of grapefruit season, but you should still be able to snag a few for this super-fast and delicious breakfast. The spicy/sweet mixture is one of my favorites.

Spicy Broiled Grapefruits

Yield: 2 grapefruits | Time: 10 minutes

Ingredients:

- 2 large ruby red grapefruits, halved and sectioned
- 1 tablespoon brown sugar
- 1 tablespoon sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon fresh rosemary, minced

Directions:

- 1) Preheat broiler to high heat.
- 2) In a small bowl, stir together sugars, salt, red pepper flakes, and rosemary.
- 3) Cut grapefruits in half and use a serrated knife to cut around the edges of the grapefruit and into each segment to separate the fruit from the grapefruit membrane.
- 4) Divide the topping between the four grapefruit halves. Pack it on each half.
- 5) Add grapefruit halves to a baking sheet and broil for 2-3 minutes until sugar is starting to caramelize and grapefruit is hot.
- 6) Remove, let cool briefly, but serve while still slightly warm.





SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

Fresh Produce

- Avocado (garnish)
- Carrots (2)
- Cremini mushrooms (1 1/2 lb.)
- Garlic (2 cloves)
- Grapefruits, ruby red (2)
- Kale (1 bunch)
- Lemon (1 1/2)
- Parsley (2 Tbsp.)
- Pea sprouts (garnish)
- Red onion (garnish)
- Rosemary (1/2 teas.)
- Swiss chard (1 bunch)
- Tomatoes (garnish)
- White onions (2)

Meat, Poultry, Seafood

Vegetarian Plan!

Dairy

- Eggs, large (2)
- Greek yogurt (1 cup)
- Parmesan cheese (1 cup)
- Swiss cheese (6 slices)

Spices and Pantry Items

- All-purpose flour (1/2 cup)
- Almonds, slivered (1/2 cup)
- Black pepper
- Breadcrumbs (3 cups)
- Brown sugar (1 Tbsp.)
- Cayenne pepper (1/2 teas.)
- Chips (for serving)
- Cumin, ground (1 teas.)
- Dried Shiitake mushrooms (3-4)
- Hamburger buns (6)
- Kosher salt
- Lentils, green (1 1/2 cups)
- Penne pasta (1 lb.)
- Olive oil (1/2 cup)
- Red pepper flakes (1 1/2 teas.)
- Soy sauce (2 Tbsp.)
- Sugar (1 Tbsp.)
- Tomatoes, diced (1 28-oz. can)
- Vegetable stock (2 cups)