

This crunchy Chickpea Salad is the perfect protein-packed meal you can take just about anywhere!

# COOK ONCE for the Whole Week!

The glorious days of summer may be coming to an end, but farmers' markets will be bursting with colorful, nutrient-loaded fruits and veggies for weeks to come - it's the perfect time of year for discovering fresh new flavors. And as you ease back into your work and school routines, it's also a great time for getting organized in the kitchen. Our prep-ahead meal ideas make it easy to eat healthy all week long and still have time to bask in every last ray of sunshine.

RECIPES BY AMY SYMINGTON, PHOTOGRAPHY BY PAULA WILSON

## PREMAKE A HEALTHIER FROZEN PIZZA

Nothing says love like a handcrafted pizza pie! Skip the refined flours, processed meats and excess sodium in your standard 'za and premake your own (or two!) and freeze them for a convenient, weekday meal. Not only will these save your bacon on nights when you are tempted to call the local pizzeria, but your wallet will not mind either. Try our Caramelized Fennel, Sweet Potato & Pine Nut Cheese Pizza - free of refined flour, high in fiber and full of flavor. (Get the recipe at [cleaneating.com/pinenutpizza](http://cleaneating.com/pinenutpizza).) For ease of future baking, freeze the unbaked pie on a parchment-lined baking sheet and then slide it into an extra-large resealable bag or cover it with aluminum foil and store in the freezer until ready to bake.

**NOTE:** Increase the baking time for a homemade pie from frozen by 8 to 10 minutes.

## ON THE MENU THIS WEEK

### BREAKFAST

Huevos Rancheros  
Savory Quinoa

Ultimate  
Chocolate  
Shake or  
Smoothie

### LUNCH

Chickpea  
Salad in a  
Sandwich  
or Wrap

Easy Garlic  
Chile Greens

### DINNER

Cannellini  
Bean Alfredo  
Sauce with  
Fresh Herbs  
over Whole-  
Grain Pasta  
or Veggie  
Noodles

Your Favorite  
Homemade  
Frozen Pizza

### SNACKS

Ultimate  
Chocolate  
Shake or  
Smoothie

Chickpea  
Salad on  
Whole-Grain  
or Seed  
Crackers

## PREP SUNDAY

Huevos Rancheros Savory Quinoa - will keep until Thursday

Ultimate Chocolate Shake Protein Powder - will keep until Thursday

Chickpea Salad - will keep until Friday

Easy Garlic Chile Greens - will keep until Friday

Cannellini Bean Alfredo Sauce - will keep until Friday

Your favorite homemade frozen pizza - will keep in the freezer up to 3 months



## MAKE YOUR OWN PROTEIN POWDER

For a quick add to your morning smoothie, oatmeal or breakfast bowl, make your own protein powder using staples you may already have in your pantry. It's cost-efficient and much easier than you'd think. Our Ultimate Chocolate Protein Powder is packed with healthy essential fatty acids (EFAs) from chia and hemp, and it contains antioxidant-rich cacao powder. Paired with a cup of organic soy milk, it'll give you more than 20 grams of satiating protein. The powder can be used within a few days, or frozen in individual servings for up to 1 month.

### *The Ultimate Chocolate Protein Powder*

MAKES **5 SERVINGS**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **15 MINUTES**.

- ¾ cup** chia seeds
  - ½ cup** hemp seeds
  - ½ cup** cacao powder
  - ¼ cup** maca powder
  - ½ tsp** stevia
- FOR BLENDING
- Fresh or frozen berries of your choice
  - Milk or non-dairy milk of your choice

1. To a spice grinder or high-powered flour grinder, add chia and hemp seeds and grind to a smooth powder (you may have to do this in batches depending on the size of your grinder). Transfer to a large plastic zip-top bag. To bag, add cacao, maca and stevia; seal and shake well.
2. To serve, blend ¼ cup powder with 1 cup berries, 1 cup milk and ice, as desired.

**NOTE:** *If you don't have a spice grinder or flour grinder, keep the ingredients whole and add to smoothies before blending or use as a topper for your cereal or oats.*

**PER SERVING** (¼ cup protein powder, 1 cup berries, 1 cup soy milk): Calories: 429, Total Fat: 22 g, Sat. Fat: 4 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 14 g, Carbs: 41.5 g, Fiber: 18 g, Sugars: 14 g, Protein: 21 g, Sodium: 78 mg, Cholesterol: 0 mg

## EXPERIMENT WITH QUINOA PORRIDGE

Premake your favorite porridge on Sunday for a quick reheal on weekday mornings. Try our Huevos Rancheros Savory Quinoa when you have a hankering for something savory over sweet for breakfast.

### *Huevos Rancheros Savory Quinoa*

MAKES **5 SERVINGS**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **30 MINUTES**.

- 1 tbsp** grape seed oil
  - 1** small yellow onion, diced
  - 1** red bell pepper, diced
  - 4** cloves garlic, minced
- 2 tsp** each ground cumin and ground coriander
- 1 tsp** each ground turmeric and smoked paprika
- 1 tsp** ground cayenne pepper, optional
- 3 cups** quinoa, rinsed
- 2 15-oz** BPA-free cans black beans, drained and rinsed
- ½ cup** nutritional yeast
  - 1** lime, zested and juiced
- 1 tsp** sea salt
  - ½** bunch cilantro, chopped
- All-natural hot sauce, to taste, optional

1. In a large pot on medium, heat oil. Add onion and sauté until soft, about 3 minutes.
2. Add bell pepper, garlic, cumin, coriander, turmeric, paprika and cayenne (if using) and sauté until the garlic and spices are fragrant, about 3 minutes.
3. Stir in 6 cups water and quinoa and bring to a simmer. Cover and allow quinoa to cook, stirring occasionally, about 15 minutes.
4. Stir in beans, nutritional yeast, lime zest, juice and salt. Heat through, about 2 minutes. Top with cilantro and hot sauce (if using).

**NOTE:** *If storing, scoop 2-cup servings into Mason jars, seal and store for up to 4 days in the fridge. Reheat when ready to eat and top with cilantro and hot sauce (if using).*

**PER SERVING** (2 cups): Calories: 559, Total Fat: 10 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 5.5 g, Carbs: 91.5 g, Fiber: 18 g, Sugars: 2 g, Protein: 28 g, Sodium: 398 mg, Cholesterol: 0 mg

## MAKE A MULTI-USE SAUCE

Store-bought sauces can be filled with a plethora of surprise additions including added sugar, unnecessarily high levels of sodium or excessively refined oils. Make your own homemade versions of your favorite sauces for easy use in stir-fries, curries and pastas. Try this satisfying dairy-free alfredo sauce over whole-grain linguine or veggie noodles with fresh herbs.

### *Cannellini Bean Alfredo Sauce*

MAKES **6 SERVINGS**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **10 MINUTES**.

- 2 15-oz** BPA-free cans cannellini beans (aka white kidney beans), drained and rinsed
- 1 cup** low-sodium vegetable stock
- ¼ cup** extra-virgin olive oil
- 1** lemon, zested and juiced
- 1 to 2** large cloves garlic (or more if you're feeling adventurous)
- Sea salt and ground black pepper, to taste

additional stock or water, if needed. Toss in your favorite cooked whole-grain pasta or vegetable noodles along with your choice of chopped fresh herbs such as dill or basil.

**NOTE:** *If storing for later use, there is no need to heat the sauce immediately. Place in a Mason jar and refrigerate until needed. Follow heating directions when ready to use.*

**CHEF'S TIP:** *For even more fiber, add sautéed mushrooms and fresh spinach to the mix!*

**PER SERVING** (½ cup sauce): Calories: 165, Total Fat: 10 g, Sat. Fat: 1 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 15 g, Fiber: 4 g, Sugars: 1 g, Protein: 5 g, Sodium: 64 mg, Cholesterol: 0 mg

1. Place all ingredients in a blender and blend until smooth, about 3 minutes.
2. To use the sauce, add to a medium saucepan over medium and whisk slowly until heated through, about 4 minutes. Adjust consistency with



## PREP YOUR GREENS AHEAD

When you get home with your groceries, wash, dry and prep your greens before putting them away in the fridge. This little trick will make you far more likely to toss them up for salads, layer on sandwiches or stir into soups and stews. Be sure to store your greens with a damp cloth or towel in a resealable bag to keep them at their freshest. Use greens in pastas, wraps, sandwiches, stews and soups, or enjoy them raw paired with your favorite *Clean Eating* salad dressing, like the one in our Easy Garlic Chile Greens.

### *Easy Garlic Chile Greens*

MAKES 5 SERVINGS. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

- 10 cups** greens (such as spinach, watercress, bok choy), torn or thinly sliced into bite-size pieces
- ¼ cup** grape seed oil
- ¼ cup** rice vinegar
- 1** red chile pepper, minced
- 1** clove garlic, puréed
- 1 tbsp** pure maple syrup
- ⅓ tsp** sea salt
- Ground black pepper, to taste

- 1.** In a large bowl, mix together greens and set aside.
- 2.** To a Mason jar, add remaining ingredients and shake until emulsified.
- 3.** Just before serving, add dressing to greens and toss. To store for later use, keep greens with a damp paper towel in a zip-top bag and store dressing in Mason jar with lid. Refrigerate until ready to use.

**CHEF'S TIP:** *Top with chopped roasted almonds and sesame seeds for added protein and crunch.*

**PER SERVING** (2 cups greens with dressing): Calories: 138, Total Fat: 11 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 8 g, Carbs: 8 g, Fiber: 2 g, Sugars: 5 g, Protein: 2 g, Sodium: 120 mg, Cholesterol: 0 mg





## A NEW TWIST ON EGG SALAD

For a quick, make-ahead lunch that can keep for days in the fridge, look no further than the classic salad sandwich filling. These comforting, creamy staples are satisfying and satiating; however, typical egg salad fillings also contain excessive amounts of unhealthy fat. Try substituting your favorite mayo-laden egg or tuna salad with this truly unique Chickpea Salad, a mouthwatering, protein- and fiber-rich substitute that is not only creamy and delicious but also easy to prepare. It holds up in the fridge throughout the week for quick and easy sandwiches and wraps or snacks with your favorite cracker. Be sure to make a large batch to get you through the week.

### Chickpea Salad

MAKES 10 SERVINGS. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

|         |   |                                   |
|---------|---|-----------------------------------|
| 2 15-oz | BPA-free cans chickpeas, lightly mashed | DRESSING                          |
| 3       | green onions, thinly sliced             | 1 cup soft or silken organic tofu |
| 2       | stalks celery, finely chopped           | 1 lemon, zested and juiced        |
| 1       | small carrot, finely chopped            | 2 tbsp extra-virgin olive oil     |
| ¼ cup   | packed chopped fresh dill               | 2 tbsp nutritional yeast          |
| 2 tsp   | dulse flakes, optional                  | 2 tsp Dijon mustard               |
|         |   | 2 tsp pure maple syrup            |
|         |   | 1 large clove garlic              |
|         |   | ½ tsp sea salt                    |
|         |   | Ground black pepper, to taste     |

1. In a large bowl, mix together chickpeas, onions, celery, carrot, dill and dulse (if using); set aside.
2. To a blender, add all dressing ingredients and blend until smooth. Add to chickpea mixture and stir until dressing is incorporated.
3. Store covered in the fridge for up to 5 days or serve immediately with fresh peppery arugula and sliced tomato on your favorite crusty bread, in a whole-grain wrap or on a collard green leaf.

**PER SERVING** (½ cup): Calories: 109, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 12.5 g, Fiber: 3.5 g, Sugars: 3 g, Protein: 5 g, Sodium: 142 mg, Cholesterol: 0 mg



## Your Cook Once SHOPPING LIST

### PROTEINS

- 1 carton milk or non-dairy milk (almond, soy or rice)
- 1 cup soft or silken organic tofu

### VEGGIES & FRUITS

- 1 small carrot
- 2 stalks celery
- 1 bulb fennel
- 1 large head garlic
- 3 green onions
- 10 cups your choice of greens (spinach, watercress, bok choy)
- 2 lemons
- 1 lime
- 1 sweet potato
- 1 red bell pepper
- 1 red chile pepper
- 1 red onion
- Veggies for noodles (zucchini, carrots, sweet potato)
- 1 small yellow onion
- 1 bunch fresh basil
- ¼ bunch fresh dill
- ½ bunch fresh cilantro

### WHOLE GRAINS

- 1 box quinoa
- 1 box whole-grain or seed crackers
- 1 box whole-grain pasta
- 1 loaf whole-grain wheat or rye bread or 1 package whole-grain wraps
- 1 bag whole-grain spelt flour

### NUTS, SEEDS & OILS

- 1 bag chia seeds
- 1 bag hemp seeds
- 1 package pine nuts
- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil

### EXTRAS

- 2 15-oz BPA-free cans black beans
- 1 bag cacao powder
- 2 15-oz BPA-free cans chickpeas
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bag maca powder
- 1 bag nutritional yeast
- 1 bottle smoked paprika
- 1 bottle ground turmeric
- 1 bottle ground cayenne pepper
- 2 15-oz BPA-free cans cannellini beans (aka white kidney beans)
- 1 cup low-sodium vegetable stock
- 1 container stevia
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar Dijon mustard
- 1 bottle all-natural hot sauce
- 1 jar instant yeast
- 1 jar pure maple syrup
- 1 bag frozen berries of your choice
- 1 bag dulse flakes, optional



**Paula Wilson**  
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Paula Wilson began her career shooting portraits and photographing entertainers before making the switch to food. Her work has appeared in cookbooks, restaurants and magazines. “I love being able to work with such a diversity of talented, amazing people who inspire me every day,” says Wilson. “And of course, the food itself! It’s a pleasure to be able to tell such interesting stories through food.” ☺