



Balanced Meals for Busy Families

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Meat + Sauce in the Slow Cooker

Rough Guideline: For 2-3 lbs. meat (bone-in chicken pieces or a beef, lamb, or pork roast), use ½ - 1 c. sauce & around ½ c. water or home made bone stock. Cook 6-8 hours on low.

Ideas:

- Beef stew chunks + peanut sauce. Serve over rice with steamed bok choy.
 - Bone-in chicken pieces + marinara sauce + mushrooms. Serve with bread and salad.
 - Pork roast + salsa + can of black beans. Serve in tortillas, with or without cheese on top.
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Barbeque Beef/Pork *(Makes 6-8 servings)*

Don't worry about having too much here - it freezes really well! If you're in a hurry you can use 1 cup bottled barbeque sauce instead of homemade.

1 2-3 lbs. beef chuck roast or boneless pork shoulder roast	1/3 c. maple syrup
	2 T. molasses
1 onion, sliced	3 T. apple cider vinegar
½ c. water or home made bone stock	1 tsp. dry mustard
1 T. chili powder	2 tsp. chili powder
<i>homemade barbeque sauce:</i>	½ tsp. salt
1 6-oz. can tomato paste	Option: ¼ tsp. cayenne pepper

1. Mix sauce ingredients together in a small bowl. Add water and additional chili powder. Stir. If you're using bottled sauce, mix it with the water and chili powder.
2. Place meat and onions in a slow cooker (you may have to cut the roast to fit). Pour the BBQ sauce over the meat. Cover and cook on low for 8 hours, or on high for 4-5 hours.
3. Remove the meat from the slow cooker and place it on a cutting board. Leave the sauce in the slow cooker. Cut the meat and shred it with a big fork.
4. Return the shredded meat to the slow cooker and mix well with the sauce.
5. Serve the meat and sauce spooned over (or next to) cornbread or on whole wheat buns. The BBQ meat is also delicious with corn on the cob.

Nutrition Tip: Cooked tomatoes (as in tomato paste) are our best source of *lycopene*, a phytochemical that helps to prevent prostate and pancreatic cancers.

Bean Based Soups

Rough Guideline: Use 4-5 c. water or home made bone stock per 1 – 1 ½ c. soaked and drained beans. Cook 8-10 hours on low.

Ideas:

- Pinto or black beans + chorizo + tomatoes + Mexican spices (cumin, oregano, chili...) & veggies (zucchini, corn..) Serve with a few corn chips.
 - White beans + chicken thigh + dill (fresh or dried) + celery / zucchini / leek + stir in some piima cream or sour cream or yogurt.
 - Garbanzo beans + lamb stew chunks + winter squash + curry powder + stir in some coconut milk or peanut butter at the end
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Split Pea Soup with Ham *(Makes 4+ servings)*

Warming and nutritious, split pea soup is a classic autumn favorite.

1½ c. green split peas, soaked 8-24 hours and drained	3 T. butter
5 c. water or home made bone stock	1 bay leaf
1 medium yellow onion, chopped	1 tsp. caraway seeds
4 carrots, chopped	8-12 oz. ham, cubed
2 stalks celery, chopped	2-3 T. ume vinegar or 2 tsp. salt + 2 T. lemon juice <i>*see Helpful Hint</i>

1. **FOR THE SLOW COOKER:** Put everything except the ume vinegar OR salt + lemon juice in the slow cooker. Cook on low for 8-10 hours.
2. Add the ume vinegar OR salt + lemon juice. Stir well and adjust as needed.
3. **FOR THE STOVE TOP:** Warm butter in a soup pot. Sauté the onions and celery for 3-4 minutes. Add the peas and bring to boil. Skim off any foam that comes to the top.
4. Lower the heat to medium and add everything else except the ume vinegar OR salt + lemon. Cook for 1 hour, stirring often.
5. Add ume vinegar OR salt + lemon. Adjust as needed.

Helpful Hint: Legumes taste best when prepared with salt and something acidic – this can be lemon/lime juice, tomatoes or vinegar. Ume vinegar, made from the sour umeboshi plum, combines salt and acid, and is a great addition to recipes. If your legumes ever taste flat or boring, add a little bit of ume vinegar and they'll come alive!

The One Pot Squash Meal

How To:

Start with squash. I prefer either kabocha or kuri squashes because they don't have to be peeled. You could also use a peeled butternut squash (they're easy to peel with a peeler) *Or you could also use sweet potatoes.* In a big hurry? Use frozen cubed butternut squash.

Chop whichever one you choose into bite-size chunks. (For the bigger squashes, you obviously don't need the whole thing – just cut off what you want to eat.) Put the chunks into a small pot with about an inch of water or home made bone stock. Add a pinch of salt and bring it to boil. Let it cook for ~5-6 minutes.

Next you add any green vegetable you want. Vegetables that take a longer time to cook (such as kale or cabbage) can be added sooner than short cooking ones (such as spinach or pea pods). Cook it for a few minutes until it's close to being done.

And then you add your protein. This can be any kind of meat you want: lamb, beef, bison, chicken... you could even add a steak-y fish. Use 4-6 oz. per person. Cut the meat into bite-size pieces. Add them to the pot and cook for 2 minutes. By this time some of the water has boiled off. The squash or sweet potatoes are tender, the greens are done, and so is the meat. Pour it into a bowl and serve with butter. You'll be surprised how tasty and satisfying it is.

You can also add different herbs or spices during cooking. And you can serve it with whatever condiments you like.

Ideas:

- Butternut squash + cauliflower + peas + curry powder
- Yellow sweet potato + chicken breast or thigh + nappa cabbage + dill
- Kabocha + green beans + bison + a dash of balsamic vinegar
- Sweet potato + salmon + pea pods + ginger + tamari

The Big Salad

The Basic Plan:

Greens (any kind of raw leafy greens: bagged salad, head lettuce, spinach, radicchio...)

+

Protein (cooked chicken, turkey, fish or beef... canned salmon or tuna, smoked fish, hard boiled eggs...)

+

Fun Stuff (nuts or seeds, dried or fresh fruit, fresh herbs, cheese, tomatoes, cucumbers, onions, rinsed and drained canned beans, peas, corn, carrots...)

+

Dressing

4 Easy Salad Dressings:

All Purpose Basic Dressing

¼ c. extra virgin olive oil
2 T. balsamic vinegar
1 T. maple syrup
pinch of salt

Combine ingredients in a small bowl or jar, mix well.

Basic Asian Dressing

¼ c. sesame oil (raw, not toasted)
2 T. rice vinegar
3 T. tamari or shoyu
1 T. maple syrup
1-2 cloves garlic, minced &/or 1 tsp. fresh grated ginger or 1 tsp. hot chili oil

Combine ingredients in a small bowl or jar, mix well.

Fruity Dressing

¼ c. extra virgin olive oil
1 T. raspberry vinegar or wine vinegar
1½ T. jam - any kind
pinch of salt

Combine ingredients in a small bowl or jar. Mix well. **It's very helpful to use an immersion blender for this - you'll get a creamy dressing.*

Lemon Cream Dressing

¼ c. fresh lemon juice
2 T. honey
½ tsp. salt
½ c. whipping cream

Combine the lemon juice, honey and salt in a small bowl. Mix well. Whisk in the whipping cream and stir until it's smooth.

Tex-Mex Big Salad *(Makes 4 servings)*

1 lb. chicken breast or steak, cooked and cut into thin strips	2 hard boiled eggs, quartered
2 bags salad spinach	3-4 oz. Colby cheese, cubed
1 ripe avocado, sliced	<i>dressing:</i>
1 c. cherry tomatoes, halved	¼ c. olive oil
¼ red onion, sliced thinly	2 T. lime juice, fresh or bottled
1 c. frozen sweet corn, steamed	1 T. honey
	pinch of salt

Options: 1/3 c. pumpkin seeds, 1/3 c. black olives, sliced

1. Toss spinach, tomatoes, onions, avocado, eggs, cheese, corn and olives, if using, together in a bowl.
2. Place chicken OR steak strips on top of salad. Sprinkle with pumpkin seeds, if using.
3. Combine dressing ingredients in a small bowl or jar. Mix well. Pour over salad.

Indonesian Big Salad with Peanut Sauce *(Makes 4 servings)*

1 lb. cooked pork or chicken, cubed OR 1 lb. cooked peeled shrimp	<i>Peanut Sauce:</i>
1 head lettuce, shredded (about 4 c.)	¼ c. peanut butter
4 scallions, thinly sliced	2 T. lime juice, fresh or bottled
1 carrot, grated	3 T. tamari or shoyu
½ c. cilantro, chopped	2 T. sucanat OR maple syrup
½ c. fresh mint OR Thai basil, chopped	2 cloves garlic, minced
½ cucumber, sliced into thin half-moons	2-4 T. water
4-6 T. roasted peanuts, coarsely chopped	Option: ½ - 1 tsp. chili oil

1. In a large mixing bowl, toss together all salad ingredients except peanuts. Make sure they are evenly distributed.
2. Mix dressing ingredients together well in a small bowl.
3. Pour dressing over served salads and top with peanuts.

Coconut Creations

Concept: Coconut milk is delicious and makes an easy base for soups and sauces!

Good Flavor Pairs: Indian curry powders or Thai curry pastes; lime or lemon juice; peanuts/peanut butter; tomato; ginger; citrus fruits...

Brazilian Tomato-Coconut Soup with Salmon *(Makes 4 servings)*

This simple creamy soup is as hearty and warming as it is delicious!

1 onion, diced	1-2 cloves garlic, minced
1 T. coconut oil	1 tsp. salt
1 14-oz. can coconut milk	1-1½ lbs. salmon, skinned
1 14-oz. can diced tomatoes	½ bunch cilantro, coarsely chopped
2 T. grated ginger OR ginger juice	

Options: ½ tsp. red pepper flakes or 1 jalapeno pepper, seeds removed, minced

1. Warm the oil in a soup pot. Add onions and sauté for 4-5 minutes, until tender but not browned.
2. Add the coconut milk, diced tomatoes, ginger, garlic and salt. Bring to boil.
3. Remove any bones from the fish. Chop fish into chunks, and add to the pot. Cook over medium heat for around 5 minutes, or until fish easily flakes.
4. Serve garnished with cilantro.

Nutrition Tip: Fish really is “brain food!” Recent studies have shown that regular consumption of fish (at least once a week) lowers the risk of both Alzheimer’s disease and ischemic stroke (a stroke caused by lack of blood to the brain).

Mango Chicken Curry *(Makes 4 servings)*

Mango adds a bright flavor and color to this tasty curry. We're using frozen mango for convenience, but you could also use fresh – use 1 Kent mango or 2 champagne mangoes, peeled and cubed.

1 T. coconut oil OR butter	1-2 cloves garlic, finely chopped
1 onion, chopped	1½ tsp. curry powder
1 lb. boneless skinless chicken breast, cubed	½ tsp. cardamom
1 c. coconut milk	½ tsp. salt
10 oz. frozen cubed mango	2 large handfuls snow peas, de-stringed

Options: ½ red bell pepper, diced; 1 jalapeno pepper, seeded and finely chopped

1. Warm the coconut oil in a large skillet. Add the onion and sauté for 4-5 minutes over medium heat.
2. Add the chicken and bell pepper &/or jalapeno, IF using, and cook for 4-5 minutes, until the chicken is lightly browned on all sides.
3. Add the coconut milk, mango, garlic, curry powder, cardamom and salt. Mix well. Bring to a simmer and cook, uncovered, for 10 minutes.
4. Add the snow peas and continue cooking 1 more minute.

Nutrition Tip: Mangoes are a good source of vitamin E—one of the only fruits that are. They're also a good source of carotenoids and soluble fiber.

Dinner From the Pantry (and Freezer)

Concept: Have a variety of staples on hand in the pantry and in the freezer to use for making quick meals: canned beans, pasta (preferably “Tinkyada” brand brown rice pasta), canned tomatoes, canned fish, coconut milk, home made bone stocks frozen in 2 & 4 c. containers, frozen sausages, “treat” items such as sun dried tomatoes, fancy olives, artichoke hearts...

Italian Pasta and Bean Soup *(Makes 4 servings)*

This quick soup is as easy to make as it is delicious.

1 c. pasta, any shape, preferably “Tinkyada”	1-2 sweet Italian sausages, casings removed,
2-4 T. olive oil	and crumbled
4 c. home made bone stock	6 cloves garlic, minced
1 14-oz. can navy beans, drained and rinsed	1 tsp. dried oregano
1 14-oz. can diced tomatoes	1 tsp. dried basil
1 onion, diced	1 bag baby spinach OR ½ bag frozen spinach
2 carrots, chopped	salt and pepper to taste
1 stalk celery	Option: 1 more clove garlic, minced

1. Cook pasta as per directions on package. Drain. Set aside.
2. While the pasta cooks, warm the olive oil in a soup pot and sauté the onions, celery, carrots and sausage until the onions are translucent.
3. Add the stock, tomatoes, cooked pasta, beans, garlic, basil and oregano. Bring it to a gentle boil, then simmer for 10 minutes.
4. Add the spinach and cook 2-3 minutes, until wilted or thawed and hot. Add salt and pepper to taste.

Nutrition Tip: *Allicin*, one of the sulfur compounds that gives garlic its distinctive scent, has potent anti-bacterial and anti-viral properties that can be effective against colds, flu, stomach viruses and even botulism!

Country Style Cannelini and Kale *(Makes 4 servings)*

A tasty way to get more cooked leafy greens into your diet!

1 bunch kale, stems removed and chopped into bite-size pieces	<i>dressing:</i> ¼ c. olive oil
1 can cannellini or other white beans, rinsed and drained	2 T. balsamic or wine vinegar
½ small red onion, sliced thinly	1-2 cloves garlic, minced
1/3 c. capers OR black olives, drained	salt and pepper to taste
1 can tuna or salmon, drained	

Option: 1/3 c. pine nuts

1. Bring a medium pot of water to boil with a pinch of salt. Add the chopped kale and cook for around 5 minutes, until it is tender and bright green. Drain, pressing as much water out as you can.
2. Toss the kale, onions, capers or olives, tuna or salmon, and pine nuts, if using, together in a salad bowl.
3. In a small bowl or jar, mix the dressing ingredients together well.
4. Pour the dressing over the salad and mix gently. Add extra salt or pepper to taste.

Nutrition Tip: Kale is a good source of a flavonoid called *kaempferol* that can help prevent ovarian cancer. It is also an excellent source of magnesium – a mineral involved in the relaxation of muscle and nerve tissues. Like all members of the cabbage family, kale needs to be cooked. Raw kale contains anti-nutrients that can cause digestive discomfort and can depress the thyroid gland.

Creamy Vegetable Soups

onion + sweet vegetables + home made bone stock + salt + flavors + butter/cream

OR

onion + potato + green vegetables + home made bone stock + salt + flavors + butter/cream

Directions:

1. Chop the onion and any non-leafy vegetables into bite-size chunks.
2. Put them in a soup pot with home made bone stock to cover the veggies.
3. Add 1-2 tsp. salt, and any herbs or spices you're using. Add 2-4 T. butter
4. Bring it all to boil. Lower the heat to medium and cook until the veggies are just about soft.
5. Chop any leafy greens you're using and add them to the pot. Cook ~ 5 minutes, until the greens are done, but still bright dark green.
6. Puree everything in a blender. (Food processors don't get it creamy enough.) You'll have to do 2-3 batches to get it all - a slotted spoon helps. Add cream to the blender as you go.

Notes:

- You don't have to puree all of the soup; you can puree just some of the soup, leaving chunks for texture.
- Make lots. These soups freeze very well. I suggest freezing in individual-size containers.
- This soup is really convenient - a delicious serving of vegetables all ready with no fuss.
- Perfect to take to work for lunch. Nice for breakfast or dinner, too.
- You can add grated cheese to the green soups, especially for kids.

Creamy Beet Soup with Yogurt and Scallions *(Makes 4 servings)*

Bright and beautiful, this soup is a fun hot pink color.

1 onion, chopped	2 tsp. dried dill OR 4 tsp. fresh dill, minced
4 medium beets, peeled and chopped	1 tsp. salt
3 carrots, chopped	2 c. plain yogurt
3-4 cloves garlic, chopped	4 scallions, sliced thinly <i>*use both the white and green parts</i>
4 c. home made bone stock	

1. Put the onions, beets and carrots into a large pot. Add water, garlic, dill, and salt, and bring to boil.
2. Lower the heat to medium and cook until the beets are soft, around 20-25 minutes.
3. Puree soup in a blender until very smooth and creamy.
4. Blend the yogurt into the soup.
5. Garnish each bowl with scallions.

Creamy Broccoli Soup *(Makes 4 servings)*

This soup works just as well with cauliflower – add 1 tsp. dried dill or caraway.

2 T. butter	1 head broccoli, cut into florets (~ 4-5 c.)
1 onion, chopped	1½ tsp. salt
1 stalk celery, diced	¼ tsp. black pepper
3 c. home made bone stock	1 c. cream
1 lb. potatoes, peeled and chopped	Option: 1 c. cheddar cheese, grated

1. Warm the butter in a soup pot. Add the onion and celery, and sauté for 5-6 minutes.
2. Add the chicken stock, potato, broccoli, salt and pepper. Bring it to boil and cook for around 15 minutes, until the vegetables are tender.
3. Add the cream. Puree the soup in a blender or with an immersion blender until smooth and creamy.
4. Garnish with grated cheese, IF using, before serving.

Snacks

A good snack will provide actual nourishment that can hold us over until the next meal time. Snacks that contain protein and/or fat are the best option (especially for kids), with one exception: fresh fruit by itself is a fine snack, though it won't tide you over for very long.

Some snacks are best eaten at home, where you have kitchen amenities:

- Coconut muffins with butter or coconut oil + a little honey. These are best toasted.
- Quesadilla triangles - you can make them in advance and have them on hand. They can be reheated in a toaster, toaster oven or in a covered, ungreased skillet. Serve them with any toppings you like: salsa, sour cream, guacamole...
- Banana/apple with peanut butter OR coconut oil
- Deviled eggs
- Coconut milk smoothies - blend coconut milk, fruit and water or juice

Snacks on the Go:

Some easy to bring with you snacks that don't require refrigeration for at least 4-6 hours:

- Crackers + raw cheese &/or nut butter &/or sliced salami or summer sausage
- Cubes of raw cheese and ham - you could spear the cubes on toothpicks for little mini-kebobs. A big hit with kids. Add some cherry tomatoes for fun.
- Hard-boiled eggs (be sure to bring salt and pepper!)
- Carrot/celery sticks &/OR strips of bell pepper + hummus/bean dip
- Beef jerky/meat sticks (Thousand Hills makes a great grass-fed beef stick)
- Nut butter and jelly/honey sandwiches (cut them into bite-size pieces for little kids)
- Nuts + raisins/other dried fruit

Coconut Flour Muffins

These light and delicious muffins are low-carb and high fiber. Use this recipe as a base, and add whatever options you like.

6 eggs	1 tsp. vanilla
¼ c. butter, softened OR coconut oil	½ tsp. salt
¼ c. milk OR ⅓ c. coconut milk	⅔ c. coconut flour
¼ c. agave syrup OR maple syrup	1 tsp. baking powder

Options: fresh, frozen or dried berries; nuts; lemon zest; chocolate chips...

1. Preheat oven to 350°F.
2. In a mixing bowl, combine the eggs, butter or coconut oil, milk or coconut milk, agave syrup or maple syrup, vanilla and salt. Mix with an electric mixer or hand mix until very smooth.
3. In another mixing bowl, combine the coconut flour and baking powder. Mix well.
4. Pour the coconut flour mixture into the batter and mix until there are no lumps. Fold in any optional ingredients you're using.
5. Pour the muffins into well buttered/oiled muffin tins and bake for 20 minutes, or until they start to brown around the edges.

Helpful Hint: These muffins will dry out in the refrigerator. Slice them in half flat-wise and toast them to reheat. They're delicious with butter and honey!

Nutrition Tip: Fiber rich foods (such as coconut flour) have a high satiety factor—that is, they make us feel full and satisfied. They also promote bowel regularity and help to regulate blood sugar levels.

Sicilian Chicken Livers with Garlic, Pine Nuts, and Raisins *(Makes 4 servings)*

This dish is a good one to use for introducing organ meats to people (including kids). The rich flavors and textures of the ingredients combine beautifully.

2 T. butter OR olive oil, divided	½ tsp. salt
1 lb. chicken livers, each cut in half	4-6 cloves garlic, chopped
¾ c. home made bone stock	1 T. whole grain flour (any kind)
¼ c. sherry	⅓ c. pine nuts
⅓ c. raisins	2-3 T. parsley, chopped

1. Warm 1 T. butter or oil in a large skillet. Add the chicken livers and sauté until they are almost done (they should still be a little pink inside), around 4-5 minutes. Remove from pan and set aside.
2. While the livers are cooking, combine the home made bone stock, sherry, raisins, and salt together in a small bowl.
3. Add the remaining 1 T. butter or oil to the pan. Add the garlic and cook for 1 minute, until it is just beginning to brown.
4. Add the flour to the cooking garlic. Cook for another 30 seconds.
5. Add the chicken stock mixture to the pan. Bring to boil. Be sure to scrape the pan for browned bits. Boil for around 5 minutes, stirring often. The sauce should get thick and saucy.
6. Return the chicken livers to the pan and continue cooking another 2 minutes. Stir in the pine nuts and parsley before serving.

Dinner with Jennette is your convenient online meal planning service for delicious and nutritious traditional foods.

- Each month subscribers get plans for 12 balanced, nutritious meals, bonus “treat” recipes, access to the “Basics” recipes and a friendly monthly email alerting you when the new meal plans are posted.

The meal plans all feature:

- Easy to understand recipes
- Family-friendly menus
- A wide variety of tasty and interesting flavors
- Seasonal ingredients
- Informative nutrition tips
- Helpful hints about cooking and food
- A shopping list you can bring to your grocery

The meal plans are all suitable for **gluten-free** diets. Many of the meal plans are already **casein/dairy-free**, and the ones that aren’t can be easily adapted; there is a page you can download each month with suggestions and directions how.

Perfect for busy moms who want the best for their families, ***Dinner with Jennette*** makes eating well convenient and delicious.

What people are saying about ***Dinner with Jennette***:

I just wanted to let you know how much my family and I enjoy these meals. All of the dinners get great reviews- pretty good for feeding a 15, 7 and 4 year old! Thank you so much for providing this wonderful service. My **grocery bill has decreased** also, another huge bonus. Thanks for making my life easier with your nutritious and well organized meal plans. --- Mary H.

I absolutely love your program. We have been gluten-free for almost 5 years and this is by far **the easiest and most organized approach** to cooking. Thank you - thank you - thank you. I love how easy to fix your meals are! I am a mother of five, a home schooler, and cooking for 2 children with celiac has always been stressful. I wish I would have had your meal plans several years ago - but I am so thankful for it now. --- Jill W.

Thanks to Dinner with Jennette I feel like a great cook! Our whole family is enjoying the variety your meals bring to us, and I feel good knowing we are eating **nourishing foods**. I also especially like the “nutrition tips” and “helpful hints” - they’re **inspiring and really useful**. --- Kris C.