



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

Lentil Soup with Fennel and Honey
Rosemary Breadsticks
Green Salad with Feta

Lentil Soup with Fennel and Honey (*Makes 4 servings*)

Adding honey to lentils is an Israeli culinary trick; the fennel accentuates the sweetness.

1 c. lentils, soaked and drained	1 tsp. fennel seeds
4 c. water OR chicken stock	1 bay leaf
2 T. olive oil	2 T. honey
1 onions, chopped	1-2 tsp. salt
1 bulb fennel (not the stalks), chopped	2 T. lemon juice, fresh or bottled
1 stalk celery, chopped	1 T. fennel fronds <i>*see Note</i>

Option: 2-3 cloves garlic, chopped

1. **FOR THE SLOW COOKER:** Put everything except the honey, salt, lemon juice and fennel fronds in the slow cooker. Cook on low for 8-10 hours.
2. Add the honey, salt, lemon juice and fennel fronds. Stir well.
3. **FOR THE STOVE TOP:** Warm olive oil in a soup pot. Sauté onions, fennel and celery For 3-4 minutes. Add the lentils and water or stock, and bring to boil. Skim off any foam that comes to the top.
4. Lower heat to medium and add the fennel seeds, bay leaf and garlic, IF using. Cook for 1 hour or longer, stirring occasionally.
5. Add the honey, salt, lemon juice and fennel fronds. Stir well.

Note: Fennel fronds are the wispy “leaves” that look like dill on the stalks of the fennel.

Nutrition Tip: Adding a bay leaf to cooking beans does more than just add flavor—it aids digestion and prevents gas.

Rosemary Breadsticks *(Makes 4 servings)*

*If you're not in the mood for baking, feel free to substitute your favorite crackers or bread here. **Note:** The recipe calls for soaking the flour in advance, which will make the breadsticks more nutritious and digestible - this is an OPTIONAL step.*

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| 1 c. brown rice flour | 1 T. olive oil |
| 1/3 c. water | 1 tsp. baking powder |
| 2 T. plain yogurt | 1 tsp. sea salt |
| 1 egg, lightly beaten | 1/2 tsp. powdered rosemary OR 1 1/2 tsp. fresh rosemary, minced |
| 1 T. butter, melted | |

1. Combine flour with water and yogurt in a mixing bowl. OPTION: Let the dough sit on the counter for 7-24 hours (you may want to cover the bowl with a clean dish towel).
2. Preheat oven to 400°F.
3. Add remaining ingredients to the flour mixture and mix well.
4. On a parchment-lined baking sheet, spoon batter into individual small pancake shapes.
5. Bake for 20 minutes until crisp and lightly browned around the edges.

Nutrition Tip: Rosemary has long been used in herbal medicine to improve memory; the reason may be that rosemary contains volatile oils that stimulate circulation, especially in the brain.

Green Salad with Feta *(Makes 4 servings)*

Tangy feta nicely goes well with the sweeter soup.

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| 4-6 handfuls mixed greens | <i>dressing:</i> |
| 4 oz. feta cheese, crumbled | 6 T. extra virgin olive oil |
| Options: 1/4 small red onion, thinly sliced; 1-2 medium red tomatoes, sliced | 2 T. balsamic vinegar |
| | Option: 1 T. agave syrup OR honey |

1. In a salad bowl, combine lettuce, feta and onions &/or tomatoes, IF using. Toss.
2. Mix dressing ingredients together in a small jar and shake well. Pour dressing over salad.

SHOPPING LIST

Produce

1 onion
1 bulb fennel
1 stalk celery
1 lemon, IF using fresh juice
rosemary, IF using fresh
4-6 handfuls mixed greens
OPTION FOR SALAD: 1 small red onion
OPTION FOR SALAD: 1-2 medium tomatoes
OPTION FOR SOUP: garlic

Bulk / Grocery

1 c. lentils
olive oil
lemon juice, IF using bottled juice
honey
brown rice flour
baking powder
1 egg
balsamic vinegar

Dairy

plain yogurt (you only need 2 T.)
4 oz. feta cheese
butter

Herbs / Spices

fennel seeds
1 bay leaf
powdered rosemary, IF using dried