



# Jennette Turner

Dinner with Jennette

*Meal Plans for Natural Healthy Eating*

## Sample Meal

### One-Dish-Wonder: Indonesian Salad with Peanut Sauce

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

*This tasty and versatile salad can be made with pork or chicken (leftover or cooked fresh), and is always a crowd-pleaser.*

1 lb. cooked pork or chicken, cut into bite-size pieces

1½ c. bean sprouts *\*see Note*

4 scallions, thinly sliced

1 head lettuce, shredded (about 4 c.)

½ c. cilantro, chopped

½ c. fresh mint OR Thai basil, chopped

½ cucumber, sliced into thin half-moons

4-6 T. roasted peanuts, coarsely chopped

#### *Peanut Sauce:*

¼ c. peanut butter

2 T. lime juice

3 T. wheat-free tamari

2 T. sucanat OR the sweetener of your choice

2 cloves garlic, minced

2-4 T. water

**Options:** For the salad: 1 bell pepper, any color, thinly sliced &/OR 1 carrot, grated. For the peanut sauce: 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.

**Note:** You can buy bagged bean sprouts in the produce department OR you can make your own sprouts; it's easy and fun, especially for kids. See "How To Make Sprouts" in the "Basics" section. If you are making your own sprouts, you will need to buy mung beans, and it will take 2-3 days!

**Nutrition Tip:** Bean sprouts are rich in nutrients (including B vitamins, vitamin C, and potassium) and are a good source of enzymes and disease-preventing phytochemicals.

*(continued on next page)*

## SHOPPING LIST

### Produce

- 1 bag bean sprouts *\*see Note*
- 1 bunch scallions
- 1 medium-large size head of lettuce
- 1 cucumber
- 1 bunch cilantro
- mint OR Thai basil
- garlic
- 1 lime
- OPTION: 1 carrot
- OPTION: 1 bell pepper, any color

### Bulk / Grocery

- roasted peanuts
- peanut butter
- sucanat
- wheat-free tamari
- OPTION FOR SAUCE: chili oil

### Meat/Other

- 1 lb. pork or chicken breast **\*Note:** you can get pre-sliced meat packaged for stir-fry from the meat department at most groceries.

**Note:** If you are making your own sprouts, you will need to buy mung beans