



# Jennette Turner

Dinner with Jennette

*Meal Plans for Natural Healthy Eating*

## Sample Meal

**Lamb Tagine with Apricots**  
**Basmati Rice**  
**Green Salad with Parsley and Yogurt Dressing**

### **Lamb Tagine with Apricots** (*Makes 4 servings*)

*Tagines are Moroccan stews cooked in a special earthenware dish called a tagine. You don't need to have this special cookware, though – you can use a Dutch oven instead. This lovely North African dish gets even better the next day!*

1½ lb. lamb stew meat OR shoulder chops <i>*see Note</i>	2 T. honey
1 large onion, chopped	1 tsp. cinnamon
1 c. low-sodium beef stock OR homemade beef or chicken stock	1 tsp. turmeric
1½ tsp. salt (less if you're using commercial stock)	¼ tsp. black pepper
	1 c. dried apricots, chopped <i>*see Note</i>
	¼ c. slivered almonds, toasted <i>*see Note</i>

1. Preheat oven to 425°F. Lightly oil a Dutch oven. Heat over medium heat and add lamb. Cook until lamb is browned on all sides.
2. Add onion and continue cooking for another 2 minutes.
3. Add stock, salt, honey and spices. Stir well, cover, and transfer to oven. Cook for 45 minutes.
4. Add apricots to the tagine. Continue cooking another 15 minutes.
5. Serve over basmati and garnish with slivered almonds.

**Note:** Lamb shoulder chops are much less expensive than stew meat. You can cut the meat off the bone before cooking or after.

**Note:** Unsulphured dried apricots are softer and have a better flavor than their sulphured counterparts, but they are brown instead of orange.

**Note:** To toast slivered almonds, place them in an ungreased pan and heat over medium heat. Cook, stirring, for 2-3 minutes, until brown and toasty smelling.

**Basmati Rice** *(Makes 4 servings)*

*Make sure to get brown basmati rice, not white, as it is significantly more nutritious.*

1 c. brown basmati rice \*see Nutrition Tip      pinch of salt  
2 c. water

1. Bring the rice to boil in the water with salt. Lower heat and continue cooking for 35-40 minutes. Do NOT stir while cooking or it will get gloppy.

**Nutrition Tip:** To make your rice more nutritious and digestible, soak it for 6-24 hours before cooking. It's easy: put the rice in the pot you'll be using and add water to cover. Let it sit out on the counter for several hours or overnight. Then drain it and add fresh water for cooking.

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**Green Salad with Creamy Yogurt Dressing** *(Makes 4 servings)*

*Parsley adds flavor and texture along with a nice dark green color to this simple salad. Tangy yogurt dressing nicely complements the sweet tagine.*

1 head romaine OR other lettuce, washed      ¼ - ½ tsp. salt  
and chopped into bite-size pieces              2 T. lemon juice, fresh OR bottled  
1 c. parsley, de-stemmed but not chopped      ¼ c. olive oil

*dressing:*

½ c. plain yogurt

**Option:** 1 clove garlic, minced

1. In a small mixing bowl, combine yogurt, salt, lemon juice and garlic, IF using. Mix well.
2. Whisk olive oil into yogurt mixture until smooth and creamy.
3. Toss lettuce and tomato, if using together. Serve with dressing.

**Nutrition Tip:** Parsley is a good source of *ergosterols* that help our bodies convert sunlight into vitamin D.

*(continued on next page)*

## SHOPPING LIST

### Produce

1 large onion  
1 head romaine OR other lettuce  
1 bunch parsley  
1 lemon, IF using fresh juice  
OPTION FOR SALAD DRESSING: garlic

### Bulk / Grocery

low-sodium beef stock, IF not using homemade  
honey  
dried apricots  
slivered almonds  
1 c. brown basmati rice  
olive oil  
bottled lemon juice, IF using bottled juice

### Meat/Seafood

1½ lb. lamb stew meat OR shoulder chops

### Dairy

plain yogurt

### Herbs / Spices

cinnamon  
turmeric  
black pepper