

# THE OLDWAYS CART

A SIMPLE GUIDE TO  
EATING WELL

COOKING  
HERITAGE  
BIODIVERSITY  
GOOD HEALTH  
SUSTAINABILITY  
ANIMAL WELFARE  
CULTURAL TRADITIONS  
COMMON GROUND  
DELICIOUS TASTE  
FOOD LITERACY



**OLDWAYS**  
HEALTH THROUGH HERITAGE

**Eating well**, at its heart, means eating in a way that's good for human health, good for the planet, and just plain good—unapologetically delicious.

The new Oldways Cart makes the idea of eating well more tangible, by showing a cart holding a week's worth of healthy, seasonal groceries for two adults.

We show a close-up of the foods in the cart, a grocery list of all foods, and a week's worth of menus and recipes, to illustrate how foods like these could be used to create simple and satisfying meals.

The Oldways Cart is descriptive, not prescriptive. There's no need to eat these exact foods, or follow these menus; in fact, we recommend that the foods in your cart change weekly, for variety, and seasonally, to enjoy nature's bounty. Just use the cart as an example of the types of foods to eat, and ways to combine them to enjoy an eating pattern that emphasizes fruits, vegetables, whole grains, legumes, nuts and seeds, with small amounts of optional meat, cheese and fish.



## The Oldways Cart – Grocery List

Amounts used in our week's worth of recipes are included next to most foods

### Grains

- Brown rice (2 cups)
- Bulgur wheat (2 cups)
- Granola (1¼ cups)
- Popcorn (2 tbsp, makes 2–3 cups)
- Quinoa (1 cup)
- Steel cut oats (1 cup)
- Whole grain tortillas (8 medium)
- Whole grain spaghetti (8–12 oz)
- Whole grain English muffins (5)

### Fruit

- Apples (2)
- Avocados (2)
- Bananas (7)
- Clementine oranges (2)
- Figs (8)
- Lemons (2)
- Lime (1)
- Mangos (2)
- Pears (3)
- Pineapple, chopped (1 cup)
- Pomegranates (2)
- Strawberries (1½ cups)

### Fresh Herbs:

- Basil (1 small bunch)
- Cilantro (1 small bunch)
- Parsley (1 small bunch)

### Vegetables

- Acorn squash (2)
- Red bell peppers (3)
- Broccoli, fresh (1 head)
- Broccoli, frozen (1 pound)
- Brussels sprouts (½ pound)
- Butternut squash, chopped (½ pound)
- Cabbage (½ cup)
- Celery, diced (¼ cup)
- Cucumbers (2)
- Garlic (1 head)
- Ginger, fresh (small piece)
- Green bell pepper (1)
- Jalapeño pepper (1)
- Red onion (1)
- Spinach (3½ cups)
- Snap peas (1 cup)
- Yellow onions (3)
- Zucchini (3 small)

### Pulses & Canned Goods

- Black beans (1 15-oz can)
- Chickpeas (2 15-oz cans)
- Dry red lentils (1 cup)
- Dry green or brown lentils (1¼ cups)
- Diced tomatoes (3 14-oz cans)
- Hummus (¼ cup)
- Low sodium vegetable broth (4 cups)
- Lite coconut milk (1 13.5-oz can)
- White beans (2 15-oz cans)

### Dried Fruit, Nuts/ Nut Butter, Chocolate

- Dark chocolate squares or bits (4 oz)
- Dried cranberries (¾ cup)
- Marcona almonds (¾ cup)
- Peanut butter (10 tablespoons)
- Tahini (10 tablespoons)
- Walnuts (¼ cup)

### Eggs & Dairy

- Eggs (2)
- Feta cheese (2 tablespoons, preferably uncrumbled)
- Milk (7½ cups)
- Parmigiano-Reggiano cheese (6 oz)
- Plain Greek yogurt (5¾ cups)

### Fish & Poultry

- Chicken, whole (1 small)
- Fish (8 oz)
- Mussels (2 pounds, in shells)

### Pantry Staples

- Balsamic vinegar
- Cocoa powder (¼ cup)
- Cornstarch
- Honey
- Olive oil
- Soy sauce (low sodium)
- Spices: chili powder, cinnamon, coriander, cumin, curry powder, paprika, pepper, salt, turmeric

# The Oldways Cart - 7 Day Menu Plan

## Recipes Follow

### DAY ONE

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- **Breakfast:** Cinnamon Pear Steel Cut Oats Drizzled with Peanut Butter
- **Lunch:** Veggie Wraps & Cucumber Salad
- **Dinner:** Spaghetti with Mussels and Tomato Sauce, and Parmesan Roasted Broccoli
- **Dessert or Snack:** Strawberry Banana Smoothies

### DAY TWO

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- **Breakfast:** Granola Parfait with Apples and Bananas
- **Lunch:** Leftover Spaghetti & Tomato Sauce (from Day 1) with 1 can of chickpeas (since no mussels are left), and leftover Parmesan Roasted Broccoli (from Day 1)
- **Dinner:** Brussels Sprout, Butternut Squash, White Bean, and Bulgur Salad with Roast Chicken
- **Dessert or Snack:** Snack Platter with Clementine Slices, Dark Chocolate, and Marcona Almonds

### DAY THREE

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- **Breakfast:** Peanut Butter and Fig Tartines on Whole Grain English Muffins
- **Lunch:** Mango Curried Chicken Salad Wraps with Leftover Cucumber Salad (from Day 1)
- **Dinner:** Lentil Chili with Green Salad
- **Dessert or Snack:** Cranberry Dark Chocolate Popcorn Trail Mix

### DAY FOUR

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- **Breakfast:** Steel Cut Oatmeal with Dried Cranberries, Walnuts, and Honey
- **Lunch:** Leftover Lentil Chili (from Day 3)
- **Dinner:** Vegetable Stir Fry Bowls with Leftover Chicken (from Day 2)
- **Dessert or Snack:** Fig and Yogurt Parfaits

### DAY FIVE

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- **Breakfast:** Sweet Tahini Bulgur Porridge with Pears
- **Lunch:** Leftover Vegetable Stir Fry Bowls (from Day 4)
- **Dinner:** Acorn Squash Halves Stuffed with Quinoa Salad
- **Dessert or Snack:** Peanut Butter Chocolate Milkshake

### DAY SIX

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- **Breakfast:** Egg and Avocado Tartines on Whole Grain English Muffins
- **Lunch:** Leftover Acorn Squash Halves Stuffed with Quinoa Salad (from Day 5)
- **Dinner:** Zucchini & Red Lentil Curry with Brown Rice
- **Dessert or Snack:** Peanut Butter and Honey Tartines with Strawberries

### DAY SEVEN

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- **Breakfast:** Granola Parfaits with Pomegranate
- **Lunch:** Leftover Zucchini & Red Lentil Curry with Brown Rice (from Day 6)
- **Dinner:** Fish Tacos with Mango Salsa, Avocado, and Black Beans
- **Dessert or Snack:** Chocolate Bulgur "Rice" Pudding

# The Oldways Cart - Day One

## BREAKFAST

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### Cinnamon Pear Steel Cut Oats Drizzled with Peanut Butter

Serves 2

#### Ingredients

1½ cups milk  
½ cup steel cut oats, uncooked  
2 pears, diced  
2 tablespoons peanut butter  
Cinnamon to taste

#### Method

1. In a small pot, bring milk to a boil, then add the oats and pears.
2. Cover, reduce heat to a simmer and cook for 15 to 20 minutes, stirring occasionally.
3. Remove from heat and let stand covered for 5 minutes.
4. Divide oatmeal into 2 bowls, then top each bowl with 1 tablespoon of peanut butter and a sprinkle of cinnamon.

## LUNCH

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### Veggie Wraps

Serves 2

#### Ingredients

1 tablespoon olive oil  
1 red bell pepper, chopped  
½ red onion, chopped  
½ small zucchini, chopped  
2 whole grain tortillas  
¼ cup hummus  
½ cup spinach or arugula  
1 ounce feta cheese, crumbled (preferably from uncrumbled feta)

#### Method

1. Preheat oven to 350° F.
2. Toss the chopped peppers, red onion, and zucchini with olive oil, then spread them evenly across a baking sheet.
3. Roast vegetables at 350° F for about 20 minutes, then set aside to cool.
4. Spread each tortilla with 2 tablespoons hummus. Top each tortilla with ¼ cup spinach and 1 tablespoon of crumbled feta.
5. Divide the roasted vegetables evenly among the 2 tortillas, then roll each tortilla up into a wrap. For transport to lunch, these wraps can be stored in plastic ware, or wrapped in aluminum foil.

### Cucumber Salad

Serves 4

#### Ingredients

2 cucumbers, diced  
1 (15 ounce) can white beans, rinsed and drained  
1 cup chopped parsley  
1 large lemon, zested and juiced  
¼ cup tahini  
¼ cup water

#### Method

1. In a medium or large bowl, combine the cucumbers, white beans, and parsley.
2. To make the dressing, combine the juice of 1 large lemon with 1 teaspoon of lemon zest in a separate, small bowl. Then add the tahini and water and mix well.
3. Drizzle the dressing over the cucumber mixture, and toss until well combined.

*Recipe inspired by [Dishing up the Dirt](#) (Andrea Bemis)*

# The Oldways Cart - Day One

## DINNER

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### Spaghetti with Mussels and Tomato Sauce

Serves 4 for pasta & sauce, but serves 2 for mussels

#### Ingredients

8–12 ounces whole grain spaghetti, uncooked  
2 tablespoons olive oil  
1 small onion, chopped  
3 cloves garlic, minced  
2 (14 ounce) cans of diced tomatoes  
Salt and pepper to taste  
2 pounds mussels, cleaned and debearded  
2 ounces Parmigiano-Reggiano, grated.  
1 bunch fresh basil, for garnish

#### Method

1. Bring a large pot of water to a boil, then add spaghetti. Cook according to package instructions (approximately 8 minutes).
2. Put half of the cooked spaghetti away in the refrigerator, for a future meal, and divide the remaining spaghetti between 2 large serving bowls.
3. In a small pan, heat olive oil over medium heat.
4. Add the onion and saute for approximately 4 minutes. Then, add the garlic and saute for an additional 4 minutes, or until onions are translucent.
5. Transfer the onion mixture to a blender, along with the 2 cans of tomatoes, and blend until well combined, but still a bit chunky (or until mixture reaches desired texture).
6. Pour the tomato sauce into a large stock pot, and heat over medium high until bubbly. Season with salt and pepper to taste.

7. Add mussels to the pot, and steam until shells open, about 5 minutes.
8. Divide the cooked mussels among the 2 bowls of spaghetti and top with tomato sauce, grated Parmigiano-Reggiano, and fresh basil. There should be plenty of tomato sauce left over to pair with the left over spaghetti for a future meal, which you can toss with a can of chickpeas, instead of mussels.

Note: Mussels should be rinsed, and lightly scrubbed if necessary, to remove any debris. Most farm raised mussels come debearded, meaning that the thin, sticking membranes near the seam of the mussel have been removed. If there are any stubborn beards remaining, simply pull them off.

### Parmesan Roasted Broccoli

Serves 4

#### Ingredients

1 pound broccoli (fresh or frozen), chopped  
1 tablespoon olive oil  
2 ounces Parmigiano-Reggiano, grated

#### Method

1. Preheat oven to 450° F.
2. Toss broccoli with olive oil and Parmigiano-Reggiano. Evenly spread broccoli across a baking sheet, and roast for approximately 25 minutes, or until broccoli is nice and crisp (longer if using frozen broccoli).

## DESSERT OR SNACK

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### Strawberry Banana Smoothies

Serves 2

#### Ingredients

2 frozen bananas  
1 cup frozen strawberries  
½ cup plain Greek yogurt  
½ cup fresh spinach

#### Method

1. Add all ingredients to a large blender and blend until smooth.
2. Evenly divide mixture among 2 glasses, and serve.

# The Oldways Cart - Day Two

## BREAKFAST

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### Granola Parfait with Apples and Bananas

Serves 2

#### Ingredients

1 apple, diced  
1 banana, sliced  
2 cups plain Greek yogurt  
½ cup granola  
2 tablespoons dried cranberries

#### Method

1. Divide the apples and bananas between 2 bowls.
2. Top each bowl with 1 cup of plain Greek yogurt. Then top each bowl with ¼ cup granola, and 1 tablespoon of dried cranberries, and serve.

## LUNCH

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**Leftover Spaghetti & Tomato Sauce (from Day 1)** with 1 can of chickpeas (since no mussels are left), and **leftover Parmesan Roasted Broccoli (from Day 1)**

## DINNER

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### Brussels Sprout, Butternut Squash, White Bean, and Bulgur Salad with Roast Chicken

Serves 4, with 1½ cups leftover chicken for future meals

#### Ingredients

1 small chicken to roast (roughly 3–4 lbs)  
Salt and pepper  
2 tablespoons olive oil  
½ pound Brussels sprouts  
½ pound chopped butternut squash  
1 cup bulgur, uncooked  
1 (15 ounce) can white beans, rinsed and drained  
¼ cup Marcona almonds (or your favorite nuts)

#### Method

1. Season the chicken inside and out with pepper and generous amount of salt. (If you have time, refrigerate the chicken uncovered for an hour, or overnight.)
2. Preheat the oven to 450° F.
3. Place the chicken breast side up in a roasting pan, and tie the legs together with kitchen twine, if available.
4. Roast for 50 to 60 minutes, or until a thermometer reads 165° F when inserted into the thickest part of the thigh.
5. Remove from oven, and let rest for 15 minutes on a cutting board.
6. While the chicken is cooking, heat 2 tablespoons of olive oil in a large skillet over medium heat.
7. Add the Brussels sprouts and butternut squash to the skillet, cover, and cook for about 10 minutes, stirring occasionally, until vegetables are tender and slightly brown.
8. To prepare bulgur, bring 2 cups of water and 1 cup of bulgur to a boil, then simmer covered for 10 minutes. Remove from heat and set aside.
9. In a large serving bowl, toss the Brussels sprouts and butternut squash with the cooked bulgur, white beans, and Marcona almonds.
10. Divide salad among 4 plates, then top each salad with a small serving of roasted chicken. (Be sure to set aside 1½ cups of chopped or shredded chicken for future meals.)

*Roast Chicken recipe adapted from Mark Bittman in the [New York Times](#)*

## DESSERT OR SNACK

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### Snack Platter with Clementine Slices, Dark Chocolate, and Marcona Almonds

#### Ingredients

2 clementine oranges, peeled  
2 ounces of dark chocolate squares or pieces  
¼ cup Marcona almonds (or your favorite nuts)

#### Method

1. Arrange all ingredients on a serving platter or plate.

# The Oldways Cart - Day Three

## BREAKFAST

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### Peanut Butter and Fig Tartines on Whole Grain English Muffins

Serves 2

#### Ingredients

2 whole grain English muffins  
¼ cup peanut butter  
4 figs, sliced

#### Method

1. Split two whole grain English muffins, and toast them, if desired.
2. Spread each muffin half with 1 tablespoon of peanut butter and one sliced fig.

## LUNCH

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### Mango Curried Chicken Salad Wraps

Serves 2

#### Ingredients

½ cup plain Greek yogurt  
1 mango, diced  
1 teaspoon curry powder  
½ cup shredded chicken  
¼ cup finely diced celery  
2 whole grain tortillas

#### Method

1. In a small mixing bowl, combine the Greek yogurt, diced mango, and curry powder, and stir until well mixed. Then, add in the chicken and celery, and stir until combined.
2. Divide the chicken salad evenly among 2 whole grain tortillas, then roll up into a wrap. For transport to lunch, these wraps can be stored in plastic ware, or wrapped in aluminum foil.

*Recipe inspired by Mark Bittman's [Kitchen Express](#)*

## DINNER

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### Lentil Chili

Serves 4

#### Ingredients

1 tablespoon olive oil  
1 red bell pepper, chopped  
1 yellow onion, chopped  
2 cloves garlic, minced  
2 teaspoons chili powder  
4 cups water  
1¼ cup dry lentils  
1 (14 ounce) can diced tomatoes  
¼ cup plain Greek yogurt (for garnish)  
¼ cup chopped cilantro (for garnish)

#### Method

1. Heat olive oil in a large pot over medium high heat, then add bell peppers and onions. Cook for about 6 minutes, stirring occasionally.
2. Add the garlic and chili powder and cook for 1 minute, stirring constantly.
3. Add lentils, tomatoes and water, and bring to a boil.
4. Reduce the heat to medium low, and let simmer, partially covered, for 30 minutes.
5. Uncover pot and cook for an additional 10 minutes, until lentils are nice and tender.
6. Distribute chili into serving bowls, and garnish with a tablespoon of plain Greek yogurt and a tablespoon of cilantro, if desired.

*Recipe adapted from [Whole Foods Market](#)*

# The Oldways Cart - Day Three

## DINNER CONT.

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### Green Salad

Serves 2

#### Ingredients

2 cups spinach  
1 apple, diced  
2 tablespoons walnuts  
2 ounces Parmigiano-Reggiano, grated  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar

#### Method

1. Combine all ingredients in a serving bowl and toss until mixed.

## DESSERT OR SNACK

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### Cranberry Dark Chocolate Popcorn Trail Mix

#### Ingredients

1 tablespoon unpopped popcorn (or 2 cups popped popcorn)  
1 tablespoon olive oil  
¼ cup chopped dark chocolate (or dark chocolate chips)  
¼ cup dried cranberries

#### Method

1. If using unpopped popcorn, heat olive oil in a large pot over medium heat.
2. Add 3 kernels to the pot. When at least one of the kernels pops, add the remaining kernels and cover.
3. Gently shake pot to prevent burning, until most kernels have popped and you can't hear as many kernels moving. Remove from heat and set aside.
4. In a large serving bowl, toss the cooked popcorn with the chopped dark chocolate and dried cranberries.



# The Oldways Cart - Day Four

## BREAKFAST

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### Steel Cut Oatmeal with Dried Cranberries, Walnuts, and Honey

Serves 2

#### Ingredients

½ cup steel cut oats, uncooked  
1 ½ cups milk  
1 teaspoon honey  
¼ cup dried cranberries  
2 tablespoons chopped walnuts

#### Method

1. In a small pot, bring milk to a boil, then add the oats.
2. Cover, reduce heat to a simmer and cook for 15 to 20 minutes, stirring occasionally.
3. Remove from heat and let stand covered for 5 minutes.
4. Stir in the honey.
5. Divide oatmeal into 2 bowls, then top each bowl with 2 tablespoons of dried cranberries and 1 tablespoon of chopped walnuts.

## LUNCH

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### Leftover Lentil Chili (from Day 3)

## DINNER

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### Vegetable Stir Fry Bowls with Leftover Chicken

Serves 4

#### Ingredients

1 cup brown rice, uncooked  
1 head broccoli, chopped into bite-size pieces  
2 tablespoons soy sauce  
1 tablespoon cornstarch  
2 tablespoons olive oil (or coconut oil)  
½ red onion, chopped  
2 cloves garlic, minced  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
½ small zucchini, chopped  
1 cup snap peas  
1 cup diced pineapple  
1 cup leftover chicken, chopped

#### Method

1. Bring 2 cups of water to a boil and add rice. Simmer covered for 35 to 45 minutes, until water is absorbed. When rice is cooked, remove from heat and set aside.
2. Microwave broccoli for 1 to 1½ minutes until slightly tender.
3. In a small bowl, whisk together the soy sauce, corn starch, and ½ cup water, and set aside.
4. Heat oil in a large skillet or wok over medium high heat, and cook onion and garlic for about 3 minutes, until barely soft.
5. Add the remaining vegetables and pineapple, and cook until tender, about 5 minutes.
6. Add the chicken and soy sauce mixture, and continue cooking until chicken is warmed, stirring to coat the mixture with sauce.
7. Serve over brown rice.

## DESSERT OR SNACK

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### Fig and Yogurt Parfaits

#### Ingredients

½ cup plain Greek yogurt  
4 figs, sliced  
¼ cup granola

#### Method

1. Evenly spoon the yogurt into 2 small bowls.
2. Top each bowl with fig slices and 2 tablespoons of granola.

# The Oldways Cart - Day Five

## BREAKFAST

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### Sweet Tahini Bulgur Porridge with Pears

Serves 2

#### Ingredients

½ cup bulgur, uncooked  
1 cup milk, plus 2 tablespoons  
1 tablespoon honey  
¼ teaspoon cinnamon  
Pinch of salt  
2 tablespoons tahini  
1 pear, chopped

#### Method

1. In a small pot, combine the bulgur, 1 cup of milk, honey, cinnamon, and salt, and bring to a boil.
2. Lower heat to a simmer, cover, and cook for 10 minutes, until bulgur is slightly tender. (Not all of the liquid will be absorbed.)
3. Stir in the tahini until the porridge is well mixed. Then add an additional 2 tablespoons of milk, and stir until the porridge reaches desired consistency.
4. Divide the porridge into 2 bowls, and top with the chopped pear.

*Recipe adapted from Maria Speck's [Simply Ancient Grains](#)*

## LUNCH

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### Leftover Vegetable Stir Fry Bowls (from Day 4)

## DINNER

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### Acorn Squash Halves Stuffed with Quinoa Salad

Serves 4

#### Ingredients

2 small acorn squash, cut in half, seeds removed  
1 tablespoon olive oil  
1 cup quinoa, uncooked  
1 (15 ounce) can chickpeas, rinsed and drained  
1 pomegranate, seeded  
¼ cup Marcona almonds  
¼ cup chopped parsley  
1 large lemon, zested and juiced  
¼ cup tahini  
¼ cup water

#### Method

1. Preheat oven to 400° F.
2. Brush squash with olive oil and roast cut side down for 30 minutes, or until tender. Set aside.
3. While the squash is cooking, add the quinoa and 2 cups of water to a medium pot and bring to a boil. Then, reduce the heat to a simmer, and cook covered for 12 to 15 minutes, until the liquid is absorbed, and the quinoa shows its curly "tail".
4. Remove pot from heat, stir in the chickpeas, pomegranate seeds, almonds, and parsley. (If pomegranates are not available, use another favorite fruit, such as frozen blueberries, dried cranberries, or orange sections.)
5. To make the dressing, combine the juice of 1 large lemon with 1 teaspoon of lemon zest in a separate, small bowl. Then add the tahini and water and mix well.
6. Evenly spoon the quinoa mixture into the 4 acorn squash halves, then drizzle with tahini dressing.

# The Oldways Cart - Day Five

## DESSERT OR SNACK

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### Peanut Butter Chocolate Milkshake

Serves 2

#### Ingredients

- 2 frozen bananas
- 1½ cups milk
- 2 tablespoons cocoa powder
- 2 tablespoons peanut butter

#### Method

1. Add all ingredients to a large blender and blend until smooth.
2. Evenly divide mixture among 2 glasses, and serve.



# The Oldways Cart - Day Six

## BREAKFAST

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### Egg and Avocado Tartines on Whole Grain English Muffins

Serves 2

#### Ingredients

2 whole grain English muffins, toasted  
2 eggs  
½ cup spinach or arugula  
1 avocado, sliced

#### Method

1. Cook eggs according to your preference (poached, scrambled, hard boiled, sunny side up, etc.).
2. Evenly divide the spinach among the muffin halves, then top with avocado slices, and eggs.

## LUNCH

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### Leftover Acorn Squash Halves Stuffed with Quinoa Salad (from Day 5)

## DINNER

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### Zucchini & Red Lentil Curry with Brown Rice

Serves 4

#### Ingredients

1 cup brown rice, uncooked  
2 tablespoons olive oil (or coconut oil)  
1 small onion  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
¾ teaspoon ground turmeric  
1 cup red lentils  
2 medium zucchinis, chopped or shredded  
1 (13.5 ounce) can lite coconut milk  
¼ cup chopped cilantro (for garnish)  
¼ cup plain Greek yogurt (for garnish)

#### Method

1. Bring 2 cups of water to a boil and add rice. Simmer covered for 35 to 45 minutes, until water is absorbed. When rice is cooked, remove from heat and set aside.
2. Heat the oil in a large pot over medium heat, then add the onion and cook for 5 minutes, stirring occasionally.
3. Add the garlic and ginger, and cook, stirring, for 1 minute.
4. Add the cumin, coriander, and turmeric, and stir for an additional 2 minutes.
5. Add 2 cups of water, along with the lentils, zucchini, and coconut milk, and bring to a boil. Reduce heat to a simmer, and cook for 20 minutes, until tender.
6. Serve over brown rice with cilantro and plain Greek yogurt.

Recipe adapted from [Dishing up the Dirt](#) (Andrea Bemis)

## DESSERT

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### Peanut Butter and Honey Tartines with Strawberries

Serves 2

#### Ingredients

1 whole grain English muffin  
2 tablespoons peanut butter  
½ cup strawberries, sliced  
2 teaspoons honey

#### Method

1. Split 2 whole grain English muffins, and toast them, if desired.
2. Spread each muffin half with 1 tablespoon of peanut butter, 1 teaspoon honey, and a sprinkle of strawberry slices

# The Oldways Cart - Day Seven

## BREAKFAST

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### Granola Parfaits with Pomegranate

Serves 2

#### Ingredients

1 banana, sliced  
2 cups plain Greek yogurt  
½ cup granola  
1 pomegranate, seeded

#### Method

1. Divide the banana slices among 2 bowls.
2. Top each bowl with 1 cup of plain Greek yogurt. Then top each bowl with ¼ cup granola, and half of the pomegranate seeds. (If pomegranates are not available, use another favorite fruit, such as frozen blueberries, dried cranberries, or orange sections.)

## LUNCH

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### Leftover Zucchini & Red Lentil Curry with Brown Rice (from Day 6)

## DINNER

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### Fish Tacos with Mango Salsa, Avocado, and Black Beans

Serves 2

#### Ingredients

1 (15 ounce) can black beans  
1 jalapeño pepper, seeded and diced  
1 mango, diced  
¼ cup chopped cilantro  
Juice of 1 lime  
¼ teaspoon chili powder  
¼ teaspoon cumin  
¼ teaspoon paprika  
¼ teaspoon salt  
1 tablespoon olive oil  
½ pound fish  
4 whole grain tortillas  
½ cup thinly sliced cabbage  
1 avocado, sliced  
¼ cup plain Greek yogurt

#### Method

1. Drain and rinse black beans and warm over the stove.
2. While the beans are warming, add the jalapeño, mango, cilantro, and lime juice to a small mixing bowl, and stir until combined.
3. In a very small bowl, combine the chili powder, cumin, paprika, and salt, and stir. Evenly sprinkle this spice mixture over the fish fillets.
4. Heat olive oil in a large skillet over medium high heat, and add fish fillets. Cook for 1 to 3 minutes (depending on thickness). Then flip, and cook for an additional 1 to 3 minutes, until opaque.
5. Divide the fish among the 4 tortillas. Top each fish taco with cabbage, mango salsa, avocado slices, and plain yogurt. Black beans can be served on the side, or sprinkled into the tacos.

## DESSERT OR SNACK

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### Chocolate Bulgur "Rice" Pudding

Serves 2

#### Ingredients

½ cup bulgur, uncooked  
1 cup milk, plus more to taste  
1 tablespoon honey  
2 tablespoons cocoa powder  
1 banana sliced

#### Method

1. In a small pot, combine the bulgur, 1 cup of milk, and honey, and bring to a boil.
2. Lower heat to a simmer, cover, and cook for 10 minutes, until bulgur is slightly tender. (Not all of the liquid will be absorbed.)
3. Stir the cocoa powder into the porridge until well mixed, adding additional milk, if necessary.
4. Divide the porridge into 2 bowls, and top with the sliced bananas.