Revolution

RECIPES

COOKBOOK

HEALTHY LIVING
Revolution

Introduction

If you love food and have a desire to feed your family well, but struggle with knowing where to start — this cookbook is for you! The *Revolution Recipes Cookbook* can serve as a guide to help you prepare clean food that your whole family will enjoy. One of the simplest and most powerful choices you can make to improve your health is to prepare your own food so you know exactly what you are eating.

A staggering number of people are realizing that their lifestyle choices have a profound effect on their health. For over two decades, I've seen firsthand the life-changing results that my friends, family and clients have experienced by simply eating more whole foods.

I believe that good health starts at home and that we all have a responsibility to take healthy back. Frederick Douglas wisely said "It is easier to build strong children than to repair broken men." Be proud that you are a part of this emerging wellness movement, this Healthy Living Revolution. No fads, gimmicks, or tricks. Just real, wholesome food.

The *Revolution Recipes Cookbook* is your roadmap to clean eating and better health. We are excited to have you join our movement and help us change the world, one bite at a time!

Heather Wanke is a Registered Dietitian and Licensed Nutritionist with a certification in Adult Weight Management.

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BREAKFAST

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KILLER VEGAN WAFFLES

INGREDIENTS:

¼ cup chia seeds soaked in 2 cups of water for 10 minutes
4 cups of plant-based milk
2 cups gluten-free oats
2 cups buckwheat flour
2 cups millet flour
1 tsp salt
1 Tbsp plus 1 tsp aluminum-free baking powder

DIRECTIONS:

1) Blend the chia seed mixture, milk, and oats in a Vitamix or blender.
2) Mix remaining ingredients in large bowl.
3) Add wet mixture to the dry and bake in a waffle maker for 9 minutes.
4) Cool on rack and enjoy or freeze.

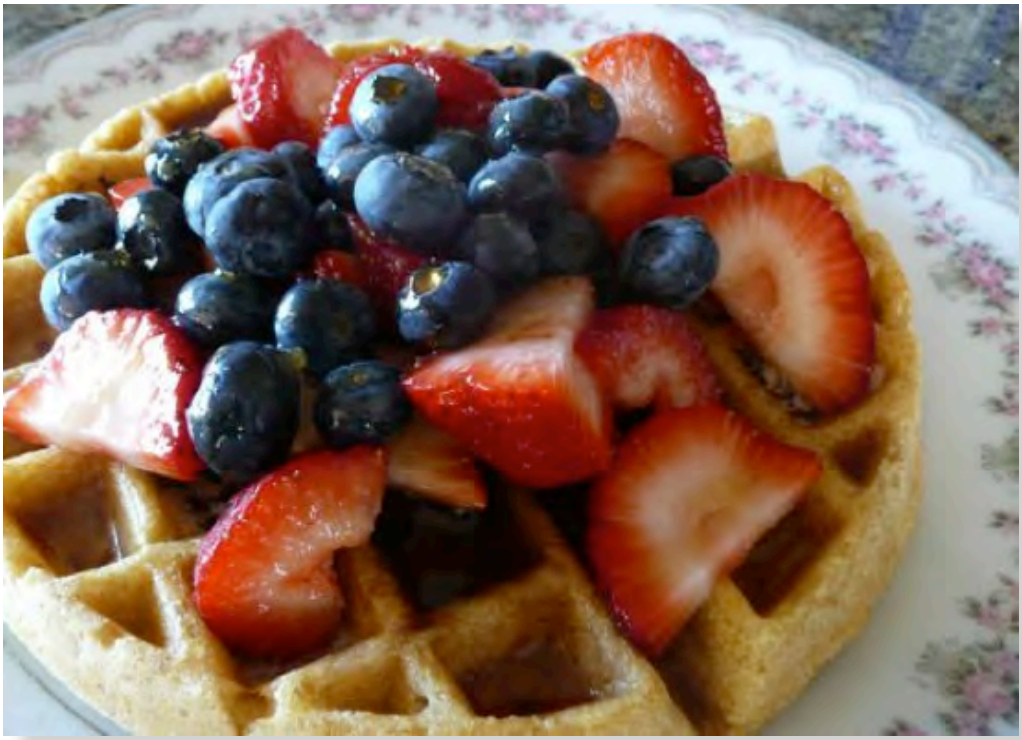

PHOTO: WWW.COOKDIARY.NET / RECIPE: DEB HARRELL, ND

CREPES

INGREDIENTS:

12 eggs
4 Tbsp coconut flour
⅛ tsp sea salt
¼ tsp vanilla
coconut oil for frying in skillet

DIRECTIONS:

1) In a blender, puree eggs, coconut flour, salt and vanilla until liquefied (no clumps). Pour into a bowl.
2) Heat skillet over medium heat and add ½ teaspoon coconut oil to the skillet.
3) Pour 2-3 tablespoon batter into skillet and tilt skillet around until batter spreads into a nice thin circle.
4) Place back over medium heat and cook until bubbles begin to form and the edges brown slightly.
5) Flip and repeat with other side. Usually takes about 2-3 minutes per side.
6) Fill with your favorite fillings: strawberries, blueberries, or honey; mushrooms and peppers; dairy-free cheese and salsa; and almond butter and organic jelly.

PHOTO: WWW.LEPETITPARISONLINE.COM / RECIPE: WWW.REALFOODRN.COM

BANANA BREAD OVERNIGHT OATS

INGREDIENTS:

1 mashed ripe banana
½ cup rolled or steel cut oats
½ cup plant based milk, unsweetened
2 Tbsp chopped pecans or walnuts
1 tsp vanilla extract
½ tsp cinnamon
dash of sea salt
1 Tbsp ground flax
2 tsp 100% pure maple syrup

DIRECTITONS:

1) Combine all ingredients in a bowl and mix until all ingredients are incorporated well. Pour into single serve bowls or mason jars.
2) Refrigerate overnight (at least 4 hours).
3) Serve hot or cold.
4) Garnish with some sliced banana or more nuts if desired.

PHOTO: WWW.FAMILYFOODONTHETABLE.COM / RECIPE: WWW.BEWHOLEBEYOU.COM

FIESTA BREAKFAST SCRAMBLE

INGREDIENTS:

½ cup chopped onion
¼ cup chopped red pepper
1 jalapeno pepper, seeded and chopped
8 eggs, lightly beaten
1 cup non-dairy cheddar cheese
½ tsp salt
⅛ tsp pepper
salsa, to garnish

DIRECTIONS:

1) In a large nonstick skillet coated with cooking spray, sauté the onion and peppers until tender.
2) Pour eggs over the top; sprinkle with ½ cup cheese, salt and pepper.
3) Cook over medium heat, stirring occasionally, until eggs are completely set.
4) Sprinkle with remaining cheese. Serve with salsa.

PHOTO: WWW.TASTEOFHOME.COM / RECIPE: WWW.PINTEREST.COM

MINI QUICHE WITH ALMOND FLOUR CRUST

INGREDIENTS:

For the crust:

3 cups almond flour
2 eggs
2 egg whites

For the filling:

2 eggs
2 Tbsp sliced green onions
1 Tbsp diced red pepper
½ cup almond or coconut milk
¼ tsp salt
fresh ground black pepper, to taste

DIRECTIONS:

1) Pre-heat oven to 375° F. Spray the muffin tin with some coconut spray oil.
2) In a medium bowl, stir together the almond flour, eggs, and egg whites until a dough forms. Spoon about a tablespoon of dough into each tin, pressing towards the outside to form a mini crust. Bake crust for 15-20 minutes, until it starts to turn golden brown.
3) While the crust bakes, whisk the filling ingredients together and season with salt and pepper. Pour egg mixture into the baked crust. Bake for an additional 20-25 minutes, until the center is just set.
5) Remove from the oven and cool for 10 minutes. Using a knife, lift quiches from muffin tin. Serve warm.

PHOTO: WWW.TASTEOFHOME.COM / RECIPE: WWW.PALEOGRUBS.COM

SWEET POTATO HASH

INGREDIENTS:

4-5 medium sized sweet potatoes, peeled and cubed
1 small red onion, diced
1 small red pepper, seeded and chopped
1 small green pepper, seeded and chopped
1 Tbsp paprika
2 tsp granulated garlic powder
salt and pepper to taste
1 Tbsp cooking oil (avocado, coconut, or olive oil)

DIRECTIONS:

1) Place diced sweet potatoes in a pot, add some water to cover, and bring to a boil. Cook until potatoes are al dente.
2) Meanwhile, in a sauté pan, warm the oil. Add the onions and peppers on a medium heat. Cook until the vegetables are tender. Add seasoning to taste and then remove from pan.
3) Drain the sweet potatoes and place in the sauté pan just used to cook the veggies. Cook on a medium heat until potatoes are fork tender. Sprinkle sweet potatoes with paprika and continue to cook at a medium to high heat until crispy.
4) Pour the vegetable mixture into the potatoes and mix well.
5) Serve warm.

/ PHOTO: WWW.ANNAVOCINO.COM / RECIPE: DANIEL AMES

RAW APPLE-CINNAMON AND CHIA BREAKFAST BOWL

INGREDIENTS:

3 Honeycrisp apples, peeled and cored, divided
4-5 Medjool dates, pitted
½ tsp ground cinnamon
pinch nutmeg
2 Tbsp chia seeds

TOPPINGS:

raw walnuts
raisins
dried cranberries
hemp seeds

DIRECTIONS:

1) Finely dice one of the honeycrisp apples and add to an airtight container.
2) Take two of the honeycrisp apples and cut them into large pieces. Add the apple pieces to a food processor along with the dates, cinnamon, and nutmeg. Pulse the mixture several times and then let it process for 2-3 minutes, stopping occasionally to scrape the mixture down the sides.
3) Pour the apple-date mixture into the container with the diced apple and stir in the chia seeds.
4) Refrigerate for at least 1 hour or overnight.
5) Divide the apple mixture between two bowls and top with raw walnuts, raisins, cranberries, and hemp seeds. Serve and enjoy.

RECIPE: WWW.BLISSFULBASIL.COM

COMPLETE PANCAKES

INGREDIENTS:

1 scoop of vanilla COMPLETE by Juice Plus+® mix
3 egg whites
½ cup of rolled oats
1 medium banana
2 tsp baking powder

DIRECTIONS:

1) Mix all ingredients in a blender until smooth consistency.
2) If needed, to thin out the batter, add a little almond milk.
3) Cook on a lightly greased (coconut oil) warm skillet.
4) Add any additional toppings, like fresh fruit or pure maple syrup, and enjoy.

PHOTO: WWW.COOKDIARY.NET

COMPLETE BROWNIE BATTER OVERNIGHT OATS

INGREDIENTS:

1 cup unsweetened almond milk
½ cup non-dairy yogurt (or mashed banana, or pumpkin)
2 Tbsp unsweetened cocoa powder (or more to taste)
⅛ tsp salt
honey to taste
1 cup rolled oats
1 scoop of chocolate COMPLETE by Juice Plus+® mix

DIRECTIONS:

1) Mix all of the ingredients together in a small bowl.
2) Divide between 2 small bowls, mugs, or Mason jars.
3) Cover and refrigerate overnight (or for at least an hour so the oats soften and absorb the liquid).
4) Top with chopped nuts or topping of choice if desired.

PHOTO: WWW.A-KITCHEN-ADDICTION.COM

VEGAN BANANA CHIP MUFFINS

INGREDIENTS:

3 large bananas, mashed
½ cup coconut palm sugar
1Tbsp ground flax plus 3 Tbsp water
1 tsp baking soda
1 tsp baking powder
½ tsp pink Himalayan salt (1 tsp if you use coconut oil)
1½ cup gluten free flour blend or oat flour
¼ cup melted vegan butter or coconut oil
½ cup vegan chocolate chips

DIRECTIONS:

1) Add flax and water to a bowl and sit for just a minute.
2) Mash in the bananas, then add the sugar and butter or oil and mix well.
3) Stir in dry ingredients and chocolate chips.
4) Bake at 375° F. for 15 minutes for mini muffins, 20 minutes for regular.

PHOTO: WWW.LIVELEARNLOVEEAT.COM / RECIPE WWW.THINKMERRILL.COM

CHOCOLATE ZUCCHINI MUFFINS

INGREDIENTS:

¾ cup coconut palm sugar (½ cup if you want them more savory)
1Tbsp ground flax plus 3 Tbsp water (or one egg)
¼ cup melted coconut oil
2 medium zucchini, grated
1 tsp baking soda
1 tsp baking powder
1 tsp pink Himalayan salt (1 tsp if you use coconut oil)
1½ cup gluten free flour blend
½ cup vegan chocolate chips

DIRECTIONS:

1) Add flax and water to a bowl and sit for just a minute.
2) Add the sugar and coconut oil and mix well.
3) Stir in the zucchini, followed by all dry ingredients and finally chocolate chips.
4) Bake at 375° F. for 15 minutes for mini muffins, 20 minutes for regular.

PHOTO: WWW.SMALLFOOTPRINTFAMILY.COM / RECIPE: WWW.THINKMERRILL.COM

PUMPKIN SPICE MUFFINS

INGREDIENTS:

1 can pumpkin
¼ cup vegan butter
½ cup coconut palm sugar
1 flax egg (1 Tbsp ground flax plus 3 Tbsp water)
1 tsp baking soda
1 tsp baking powder
½ tsp pink Himalayan salt
½ tsp each cardamom, clove and nutmeg
1 tsp cinnamon
1½ cup gluten free flour or oat flour
½ cup vegan white chocolate chips

DIRECTIONS:

1) Preheat overn to 375° F.
2) Stir flax and water in a ramekin or small bowl and set aside. You should use a spoon.
3) While that's resting, mix sugar and pumpkin. Once that's blended, stir in the melted vegan butter. Add baking soda, baking powder and salt and give it a quick whisk.
4) Add spices and flour. Whisk until just blended, a minute or two. It won't look smooth, but you won't see the white color of the flour.
5) Add white chips and blend just until mixed.
6) Spoon batter into your muffin tin and bake for 20-30 minutes. I start checking with a toothpick in a center muffin after 20 minutes.

The entire bowl of batter makes 12 standard muffins or 24 mini muffins.

RECIPE: WWW.THINKMERRILL.COM

ORANGE JUICE PANCAKES

INGREDIENTS:

1 cup orange juice (preferably fresh-squeezed)
1 cup oat flour or gluten free flour
2 tsp baking powder
½ tsp baking soda
1 Tbsp coconut palm sugar
1 Tbsp water
1 Tbsp avocado oil (or coconut oil)
1 Tbsp applesauce
½ tsp vanilla extract or
extra oil or coconut oil or vegan butter for greasing the pan or griddle

DIRECTIONS:

1) Mix the orange juice, water, sugar, oil, applesauce and vanilla extract well in one bowl.
2) Mix the flour, baking powder, and baking soda in a second bowl.
4) Slowly add wet to dry and stir well. If you're using the oat flour it will appear very runny at first, so let the bowl sit for about five minutes after mixing so it will thicken.
5) Cook on a greased griddle set to medium to medium-low heat, then flip gently when ready. You don't want to cook them too fast and hot, or the middle will be too soft. After I flip them, I like to press down on top with my spatula to evenly spread the batter for the second side. These can puff up a bit when you cook them.
6) Serve warm, with a drizzle of all natural, pure maple syrup or local honey.

If you're planning on making any to freeze for the future, I recommend stacking them with layers of parchment between them.

RECIPE: WWW.THINKMERRILL.COM

VEGAN CRANBERRY SCONES

INGREDIENTS:

½ cup dried fruit-sweetened cranberries or raisins
½ cup water
⅔ cup unsweetened almond milk
¼ cup coconut, grapeseed or sunflower oil
3 Tbsp pure maple syrup
1 tsp ground cinnamon
2 cups spelt, oat, or gluten free flour
1½ tsp non aluminum baking powder
½ tsp baking soda
½ tsp fine sea salt

DIRECTIONS:

1) Preheat the oven to 350° F.
2) Put the cranberries and water in a small saucepan, and bring to a simmer. Remove from heat, cover, and let stand for five minutes. Drain well.
3) In a medium bowl, combine almond milk, oil, maple syrup, and cinnamon.
4) In a large bowl, whisk flour, baking powder, baking soda, and salt until combined. Add the almond milk mixture and cranberries and combine, using as few strokes as possible so you do not over mix the dough.
5) Turn the dough out onto a lightly floured work surface. Shape into a ball and pat out with your fingers to a thickness of ½ inch. Use a lightly floured 2-inch round cookie cutter to cut out the scones. Gather up scraps, pat out again and cut out more scones. You should have 15 total.
6) Transfer the scones to an un-greased baking sheet. Bake until lightly browned, 20 to 25 minutes. Serve hot.

PHOTO: WWW.CAMILLESTYLES.COM / RECIPE: DEB HARRELL

APPLE PIE BREAKFAST COOKIES

INGREDIENTS:

1 cup quick oats
¼ cup ground flax seed
½ tsp salt
1 tsp apple pie spice mix
2 eggs, beaten
½ cup unsweetened apple sauce
⅓ cup coconut sugar (or ¼ cup maple syrup)
¼ cup coconut oil, melted
1 cup diced apple pieces
½ cup toasted walnuts (or pecans), chopped
½ cup raisins (optional)

DIRECTIONS:

1) Preheat your oven to 350° F.
2) In a large bowl stir together old fashioned and quick oats, ground flax, salt and spices.
3) In a smaller bowl whisk together eggs, apple sauce, coconut sugar and melted coconut oil. Add to the dry ingredients and stir to combine. Fold in the diced apple, walnuts and raisins.
4) Drop ¼ cup sized portions of batter onto a parchment lined baking sheet. Flatten the cookies slightly, as they won't spread in the oven.
5) Bake for 15-20 minutes until set. Let the cookies cool on the baking sheet before transferring to an airtight container.

WWW.LEELALICIOUS.COM

PUMPKIN SPICE BREAKFAST COOKIES

INGREDIENTS:

¼ cup coconut oil, melted
¼ cup honey
1 cup rolled old-fashioned oats
1 cup quick cooking oats
⅔ cup unsweetened, dried cranberries
⅔ cup pumpkin seeds
¼ cup ground flaxseed
1 tsp pumpkin pie spice
½ tsp sea salt
½ cup pumpkin puree
2 eggs, beaten

1) Preheat oven to 350° F. Line a baking sheet.
2) In a small bowl warm coconut oil and honey (either microwave, inside preheating oven or on the stove top).
3) In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4) Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5) Let cookies cool on baking sheet before moving to an airtight storage container.

RECIPE: WWW.LEELALICIOUS.COM

LUNCH

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SOFT GLUTEN-FREE SANDWICH BREAD

INGREDIENTS:

Yeast mix:

1½ cup water or almond milk
4 Tbsp honey
2½ tsp dry active yeast (Be sure your yeast is fresh and alive.)

Dry mix:

3 cups all-purpose gluten-free flour mix
1½ tsp xanthan gum (in addition to what's already in the Gluten-Free flour mix)
4 tsp baking powder
1 tsp salt
Feel free to add sweet or savory seasonings to taste.

Wet mix:

2 tsp apple cider vinegar or lemon juice
¼ cup olive oil
2 large eggs (see options for egg-free below)

DIRECTIONS:

1) Preheat your oven to 375° F.
2) In measuring cup, measure and warm milk to just above body temperature—should be warm to the touch (not hot or cold). Stir in honey and add yeast last. Set aside and let proof for approximately 10 minutes.
3) Combine dry mix ingredients in small bowl.
4) Combine wet mix ingredients in bowl of stand mixer fitted with the paddle attachment. Mix just for a few seconds.
5) Add in the proofed yeast mix and mix again for just a few seconds.
6) Add the dry mix and beat on medium-high for approximately 3 minutes. Dough will be wet, but thick and sticky!
7) If necessary, oil and flour your 9x5 loaf pan or spray with non-stick coating. Using a spatula, scrape the bread mixture into your prepared loaf pan and set on top of your stove to proof while the oven is preheating. Be sure to smooth out the loaf with spatula or wet fingers before proofing as the loaf will not smooth out itself.

It is important not to over-proof the bread—just let it rise until the mixture is approximately double in size (20-30 minutes depending on your room temperature). Don't let it rise above your loaf pan… just until it crests the top. Gluten-free breads do not maintain their structure and will flow over the pan or collapse if left to over-rise or over-filled.

(Continued on next page)

8) Bake for approximately 30-45 minutes. If the crust is darkening too quickly, you can cover it with foil (tent open ended) and return to baking until done. (Cook until you get an internal temperature of 210-220° F. on a digital thermometer).
9) Remove loaf pan from oven and let cool for 3-5 minutes before turning out onto your cooling rack. Allow to cool completely before attempting to cut into slices. An electric knife works well.

RECIPE: ALITTLEINSANITY.COM

CONFETTI QUINOA SALAD WITH LIME VINAIGRETTE

INGREDIENTS:

2 cups cooked quinoa, cooled
1 (14.5-oz) can black beans, drained and rinsed
½ red bell pepper, diced
1 mango, diced
½-1 avocado, diced (optional)
1 green onion, sliced
¼ cup cilantro, chopped (optional)
2-3 Tbsp lime juice
1 Tbsp red wine vinegar
1 Tbsp olive oil
¼ tsp pepper, or to taste
¼ tsp salt, or to taste

DIRECTIONS:

1) In a large bowl, combine quinoa, beans, bell pepper, mango, avocado, green onion, and cilantro.
2) To make the dressing, in a small bowl, whisk together lime juice, vinegar, olive oil, salt and pepper. Pour dressing over quinoa salad and toss to coat.
3) Chill until ready to serve.

RECIPE: STRAWONELOVELYLIFE.COM

STRAWBERRY ARUGULA QUINOA SALAD

INGREDIENTS:

1 cup uncooked quinoa
2 cups water
10 strawberries, cored and quartered
¼ cup slivered almonds, toasted
2-3 green onions, thinly sliced
2 Tbsp thinly sliced fresh mint
2 cups of baby arugula greens

Vinaigrette ingredients:
1 Tbsp orange zest
3 Tbsp orange juice
1 Tbsp balsamic vinegar
pinch of salt
2 Tbsp olive oil

DIRECTIONS:

1) Cook the quinoa according to the package instructions. (If no package instructions, put 1 cup of uncooked quinoa into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover, reduce heat to a low simmer and cook for 15 minutes. Remove from heat, let sit for 5 minutes covered, then fluff with a fork.)
2) Place the vinaigrette ingredients into a jar and shake to emulsify.
3) When the quinoa is cooked, spread it out on a baking sheet to cool quickly. When cooled, place into a large bowl and toss with the vinaigrette. Then toss with the strawberries, almonds, green onions, mint, and arugula.
4) Serve immediately. If making in advance, you can dress the quinoa in advance, and then toss in the rest of the ingredients right before serving.

RECIPE: SIMPLYRECIPES.COM

GREEK LENTIL SALAD

INGREDIENTS:

½ cup French (du Puy) lentils
½ cup quinoa
1 pint grape or cherry tomatoes, halved
2 small/medium zucchini or 1 large, cubed
½ cup red onion, finely chopped
⅓ cup kalamata olives, halved and pitted
4 Tbsp chopped fresh oregano
½ tsp salt
¼ tsp freshly ground black pepper
2 Tbsp fresh lemon juice
6 Tbsp extra virgin olive oil

DIRECTIONS:

1) Rinse and drain the lentils. Place in a saucepan and cover by 2 inches with water. Bring to a boil, reduce heat to low and cover. Simmer 20-25 minutes until tender. Strain and set aside.
2) While the lentils are cooking, make the quinoa. Place quinoa in a small sauce pot with 1 cup water. Bring to a boil, cover and simmer until all water is absorbed, about 12 minutes. Remove from heat, keep the lid on and let sit another 2-3 minutes. Fluff with a fork and set aside.
3) Once the lentils and quinoa have cooled, place in a bowl with the tomatoes, zucchini, red onion and olives.
4) Whisk together the oregano, salt, ground pepper, lemon juice and olive oil. Toss with salad.

RECIPE: DELISHKNOWLEDGE.COM

AVOCADO EGG SALAD

INGREDIENTS:

6 eggs, hard boiled
2 ripe avocados, peeled and mashed
1½ Tbsp fresh lemon juice (or lime juice)
½ tsp fine sea salt, or to taste

DIRECTIONS:

1) Add the eggs to a medium-sized pot and cover with a few inches of water. Cover and place on high heat. Bring water to a full (but gentle) boil and cook for 10 to 12 minutes.
2) Drain the water and immediately run cold water over the eggs. Transfer eggs to an ice bath and allow eggs to chill for 10 minutes. Refrigerate eggs until ready to use.
3) Peel and roughly chop the hard boiled eggs.
4) Add the avocado to a mixing bowl with the lemon juice and sea salt. Mash the avocado, leaving it slightly chunky if desired.
5) Add the chopped hard boiled eggs and stir well to combine.

Eat on toasted gluten-free bread with watercress or greens of choice.

RECIPE: THEROASTEDROOT.NET

CUCUMBER AVOCADO ROLLS

INGREDIENTS:

1 avocado
¼ cup of basil leaves (a small bunch)
1 clove garlic
2 tsp lime juice
¼ tsp salt
1 Tbsp nutritional yeast
dash of pepper
1 cucumber
smoked or sweet paprika for garnish

DIRECTIONS:

1) Toss all the ingredients (except the cucumber and paprika) into a food processor or blender. Or if you would like to do it by hand, finely mince the garlic and basil, and mash all the ingredients together with a fork until smooth and creamy.
2) Use a mandolin or potato peeler to cut long thin strips from the cucumber.
3) Take a cucumber strip and spread a thin coat of the avocado mixture along the length of the cucumber. A little goes a long way. Make sure to get some avocado all the way to the end, so it will stick the roll together.
4) Roll it up. No toothpicks needed. Do the same with the rest of your cucumber strips. Sprinkle with a little paprika and serve right away.

Cucumber is watery and softens quickly, so if you plan on bringing these to a party, prepare the avocado spread that morning, and store in an airtight container. Bring a whole cucumber and potato peeler and assemble at the party.

RECIPE: WWW.ITDOESNTTASTELIKECHICKEN.COM

AUTUMN SQUASH SOUP

INGREDIENTS:

4 cups of peeled and cubed butternut squash, roasted
1 large apple, peeled, cored and cubed (I used a Honeycrisp. If you want your soup less sweet, you may want to use a Granny Smith.)
½ of a large yellow onion, diced
1 Tbsp coconut oil
½ to 1 tsp curry powder *start with ½ teaspoon and add more to desired taste.
3½ cups vegetable broth
½ cup plant based milk
1 tsp salt + a few extra dashes
a few dashes of cinnamon

DIRECTIONS:

1) Roast cubed butternut squash that has been seasoned with cinnamon and salt for 30 minutes at 425° F.
2) Meanwhile, in a large skillet over med-high heat, sauté apple and onion in coconut oil with curry powder and a few dashes of salt for about 10 mins and until softened.
3) Add broth, milk, and squash to the large skillet with the apple and onion and bring to a boil. Reduce heat and simmer uncovered for about 20 mins. Stir in salt to taste.
4) Use an immersion blender or transfer soup to a high-speed blender or food processor and blend until soup is smooth and creamy.
5) Garnish with toasted pumpkin seeds if desired.

RECIPE: WWW.KIMSCRAVINGS.COM

GLUTEN-FREE "SPAGHETTIOS"

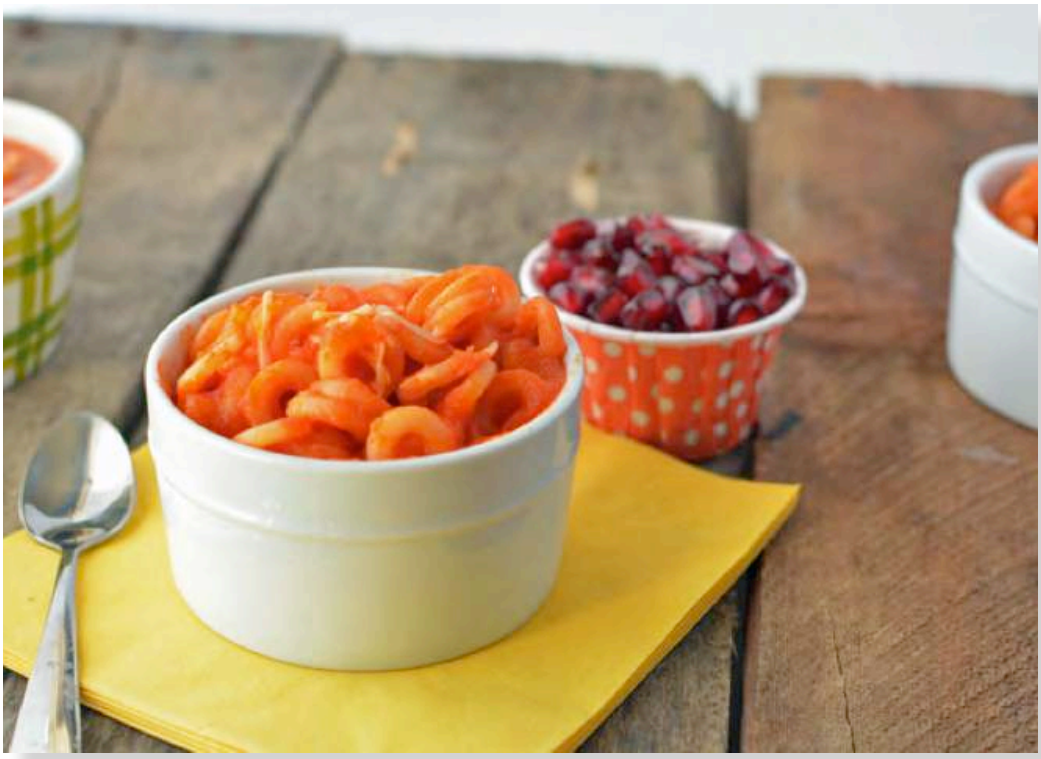
INGREDIENTS:

4 carrots
1 stalk of celery
1½ cups of diced tomatoes
1½ cups of gluten-free "o" noodles–also called: Anelletti Pasta.
salt to taste

DIRECTIONS:

1) Cook the carrots, celery, tomatoes, and salt in a pot until it is all soft enough to blend (about 10-15 minutes).
2) Once the veggies are soft, blend in a high-powered blender until smooth. The sauce in real spaghettios is SUPER thin (and sweet); if you desire that, juice 2 more carrots, and add it back to the sauce to thin it out.
3) Add your cooked gluten-free pasta to the sauce.

This recipe makes a large amount of sauce. Leftover sauce can be frozen in an air tight container.



RECIPE: WWW.SUPERHEALTHYKIDS.COM

AVOCADO CHICKPEA MASH

INGREDIENTS:

1 (15-oz) can chickpeas
1 ripe avocado
juice from ½ lemon
salt/pepper to taste
optional toppings/add-ins: sprouts, tomato, spinach, green onion, etc.

DIRECTIONS

1) Rinse and drain chickpeas and place in a bowl. Mash with a potato masher or fork.
2) Cut avocado in half and remove pit. Scoop out the avocado and place in bowl.
3) Mash again to combine with the chickpeas.
4) Add lemon juice and stir. Salt and pepper to taste if desired.

RECIPE: WWW.THEGARDENGRAZER.COM

GRILLED SWEET POTATO SALAD

INGREDIENTS:

2 lbs sweet potatoes
1 can black beans, rinsed and drained
1 red pepper, diced
¼ cup cilantro, finely chopped
¼ cup finely sliced scallions
1½ tsp olive oil, divided

Roasted Jalapeno Dressing:
2 jalapenos
2 large slices red onion
2 limes, juiced
½ tsp red chili flakes
¼ tsp cumin
½ tsp oregano
1 tsp maple syrup
4 Tbsp olive oil

WWW.DELISHKNOWLEDGE.COM

DIRECTIONS:

1) Preheat a grill or grill pan to medium-high heat.
2) Place the potatoes in a large pot and cover with water. Bring to a boil, reduce to a simmer and cook until just tender, about 15-20 minutes.
3) Drain potatoes and let cool. The skins should slip off but if not, gently slice them off.
4) Cut into 1" thick slices and brush with 1 tsp. olive oil.
5) Place on the grill and cool for 2-3 minutes per side. Remove and cut into large dice. Set aside.

To make the dressing:

6) Brush the onion slices and jalapenos with ½ tsp olive oil.
7) Place on the grill and cook for 5 minutes until skin is blistered. Remove from grill, let cool slightly, and rub off jalapeno skins and seeds.
8) Finely dice the jalapeno and red onion in a separate bowl.
9) Add the rest of the ingredients: lime juice, chili flakes, cumin, oregano, maple syrup. Drizzle with the olive oil and season with salt and pepper.
9) Add the red pepper, black beans, and cilantro to the sweet potato. Gently toss with dressing. Cover and let stand for at least 30 minutes.

VEGAN RANCH BOWL

INGREDIETNS:

Ranch Chickpeas:
2 cups cooked chickpeas
1 Tbsp nutritional yeast
2 tsp olive oil
1 tsp apple cider vinegar
½ tsp garlic powder
½ tsp onion powder
½ tsp dried dill

Ranch Dressing:
½ cup mayo (use vegan version if needed)
¼ cup soymilk
handful parsley, finely chopped
1 tsp dried dill
1 tsp garlic powder
freshly ground pepper/salt

Vegetables:
2 large tomatoes, sliced
6 cups torn lettuce or torn kale
2 carrots, shredded
1 cucumber, thinly sliced
¼ red onion, thinly sliced

RECIPE: WWW.DELISHKNOWLEDGE.COM

DIRECTIONS:

1) Preheat the oven to 400° F. Toss chickpeas with nutritional yeast, olive oil, apple cider vinegar, garlic powder, onion powder, dried dill and pinch salt. Place in a single layer on a baking sheet and roast for 20-25 minutes until golden brown and crunchy. Remove and set aside.
2) Whisk together all ingredients for the dressing. Season to taste with salt and pepper
3) Divide the vegetables among 4 bowls. Top with chickpeas and drizzle with dressing.

RAW KALE AND BRUSSELS SPROUTS SALAD WITH TAHINI-MAPLE DRESSING

INGREDIENTS:

1 bunch of curly green kale
12 Brussels sprouts (about 2 big handfuls)
3 Tbsp sliced almonds
dash of sea salt

Tahini-maple dressing:
¼ cup tahini
2 Tbsp white wine vinegar
2 tsp white miso
2 tsp maple syrup
pinch of red pepper flakes
¼ cup water

DIRECTIONS:

1) Use a chef's knife to cut out the ribs of the kale leaves. Chop the kale into small, bite-sized pieces. Sprinkle a dash of sea salt over the kale and use your hands to massage the kale by lightly scrunching handfuls of kale in your hands. Release and repeat until the kale becomes darker in color and more fragrant. Transfer the kale to a medium serving bowl.
2) Chop off and discard the stem end of the brussels sprouts and any discolored outer leaves. Either use your knife to slice the sprouts as thin as possible, or shred the sprouts in your food processor using the slicing disk. Add the sprouts to the bowl and use your fingers break up any clumps.
3) In a small mixing bowl, whisk together the tahini, vinegar, miso, maple syrup and red pepper flakes. Whisk in the water until the mixture is smooth and creamy. Some brands of tahini are thicker than others, so if your dressing is too thick, add a bit more water and/or vinegar, to taste. Pour the dressing over the kale and sprouts and mix well.
4) In a small pan over medium heat, toast the almond slivers, stirring frequently, until fragrant and turning golden (this will take less than five minutes so watch carefully). Add the toasted almonds to the salad and toss. Serve immediately.

RECIPE: WWW.COOKIEANDKATE.COM

THE GREAT BIG VEGAN SALAD

I made all the ingredients over the weekend and kept in individual containers in the fridge. During the week, I added a handful here and there to create this big bowl of beauty. With enough fiber and protein to keep me satisfied for hours, I am declaring this the salad that even salad haters will love.

Below you will find the quick ingredient and how-to list for creating 4-5 giant salad bowls.

1) Preheat the oven to 400° F. and make the lentils, zucchini and mushrooms first. While those are cooking, prepare the rest of the ingredients.
2) **For the Herbed Lentils:** Cook 1 cup lentils, drain off any excess water. Toss lentils with 1 tsp olive oil and ¼ cup of whatever herbs you have lying around: chives, parsley, mint, basil.
3) **For the Marinated Mushrooms:** Clean and thinly slice 8 oz. button mushrooms. Whisk together 1 Tbsp soy sauce, 1 Tbsp sesame oil, 1 garlic clove grated and ¼ cup water or vegetable broth. Layer mushrooms in a baking dish and pour marinade on top. Bake for 15- 20 minutes in a 400 degree oven until roasted and slightly crispy.
4) **For the Roasted Zucchini:** Thinly slice 3 zucchini into half moons. Toss with 1 tsp oil and pinch of salt/pepper. Arrange in a single file on a baking sheet and roast for 20 minutes, flipping half way through.
5) **For the Tempeh Bacon:** Very thinly slice an 8 oz package of tempeh. Whisk together 2 Tbsp maple syrup, 1 Tbsp olive oil, ½ tsp cumin, ⅛ tsp cayenne pepper, 1 Tbsp soy sauce, pinch freshly ground black pepper. Place tempeh in a shallow bowl and cover with marinade. Let soak for at least 15 minutes. To fry, place tempeh slices in a hot skillet and let cook 1-3 minutes per side until brown and crispy. Cook longer for crispier tempeh.
6) **For the Dairy-Free Ranch Dressing:** ½ cup mayo or dairy-free mayo, ¼ cup soymilk, handful of fresh parsley, roughly chopped, 1 tsp dried dill, 1 tsp garlic power, fresh ground pepper. Mix all ingredients together.

   Other ingredients: 1 large ripe avocado, 1 pint cherry tomatoes, 2 heads romaine lettuce, roughly chopped.

   To assemble: layer ½ head of romaine lettuce in a large bowl. Top with ⅓ cup lentils, ¼ avocado, chopped, ⅓ cup mushrooms, ⅓-½ cup cooked zucchini, 2 oz tempeh bacon, ⅓ cup cherry tomatoes. Drizzle with ranch dressing.

And there you have it. 5 servings of vegetables, 23g of fiber, 30g of protein.

RECIPE: WWW.DELISHKNOWLEDGE.COM

DEB'S KALE SALAD WITH APPLE, CRANBERRIES AND PECANS

INGREDIENTS:

½ cup pecans
8 ounces kale (I used regular curly green kale, but Deb recommends Cavolo Nero or Lacinato, Dinosaur or Tuscan Kale)
4 to 5 medium radishes
½ cup dried cranberries (or dried cherries)
1 medium Granny Smith apple
3 Tbsp olive oil
1½ Tbsp apple cider vinegar (or white wine vinegar)
1 Tbsp smooth Dijon mustard
1½ tsp honey
Sea salt and freshly ground pepper, to taste

INSTRUCTIONS

1) Preheat the oven to 350° F. and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.
2) Pull the kale leaves off from the tough stems and discard the stems. Use a chef's knife to chop the kale into small, bite-sized pieces. Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
3) Thinly slice the radishes (this is easier to do if you first chop off the root end so you can place the base of the radish flat against your cutting board). Add them to the bowl.
4) Coarsely chop the pecans and cranberries (or cherries) and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.
5) In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand.

RECIPE: WWW.COOKIEANDKATE.COM

SOUTHWESTERN BLACK BEAN SALAD

INGREDIENTS:

1 (15.5 oz) can black beans, rinsed and drained
9 ounces cooked corn, fresh or frozen (thawed if frozen)
1 medium tomato, chopped
⅓ cup red onion, chopped
1 scallion, chopped
juice of 1½ – 2 limes
1 Tbsp olive oil
2 Tbsp fresh minced cilantro (or more to taste)
salt and fresh pepper
1 medium Hass avocado, diced
1 diced jalapeno (optional)

DIRECTIONS:

1) In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator 30 minutes.
2) Add avocado just before serving.

Makes about 6½ cups.

RECIPE: WWW.SKINNYTASTE.COM

SLOW COOKER CHICKEN NOODLE SOUP

INGREDIENTS:

1½ lbs boneless skinless chicken breasts
five medium carrots, peeled and chopped (1¾ cups)
1 medium yellow onion, chopped (1½ cups)
4 stalks celery, chopped (1¼ cups)
3-5 cloves garlic, minced
3 Tbsp extra virgin olive oil
6 cups low sodium vegetable broth (3-15 oz cans)
1 cup water
¾ tsp dried rosemary, crushed
½ tsp dried sage
salt and pepper to taste
2 cups of uncooked brown rice or gluten free pasta
¼ cup chopped fresh parsley
1 Tbsp lemon juice

DIRECTIONS:

1) Add chicken (uncut), diced carrots, onion, celery and garlic to slow cooker.
2) Drizzle olive oil over top, then add in chicken broth, water, thyme, rosemary and season with salt and pepper to taste.
3) Cover and cook on low heat 6-7 hours.
4) Remove cooked chicken and allow to rest 10 minutes, then dice into bite sized pieces.
5) Add egg noodles and parsley to slow cooker.
6) Increase temperature to high, cover and cook 30 minutes longer until noodles/rice is tender.
7) Stir in lemon juice and toss in cooked, diced chicken. Serve warm.

PHOTO: WWW.SIMPLYLIFEBLOG.COM

QUINOA, BUTTERNUT SQUASH AND BLACK BEAN TACO BOWL

INGREDIENTS:

2 cups butternut squash or sweet potato (peeled and cut into 1-inch cubes)
2 cloves minced garlic
1 cup quinoa
2 cups vegetable or chicken broth
1 can black beans, drained and rinsed
½ cup chopped onion
½ tsp cumin powder
1 tsp garlic powder
½ tsp fajita seasoning
coconut or olive oil

DIRECTIONS:

1) Preheat oven to 400° F. Toss squash or potato cubes with 1 tablespoon oil, minced garlic, and salt/pepper to taste. Roast on baking sheet for 20-30 minutes until tender.
2) Combine quinoa and broth in a small pot. Cook according to package directions.
3) Heat 1 teaspoon oil in a separate pan. Sauté onions until they are soft. Add the black beans and the seasonings and cook over medium-low heat for 5-10 minutes.
4) To assemble the bowls, layer the quinoa, butternut squash, and beans and top with your favorite toppings: cilantro, onion, chopped tomato, avocado, salsa, or guacamole.

RECIPE: MONICA FRAZIER / PHOTO: WWW.IOWAGIRLEATS.COM

EASY CAULIFLOWER SOUP

INGREDIENTS:

1 cauliflower head, cut into chunks
4 cups vegetable broth
½ cup raw cashews
½ cup roasted cauliflower florets (optional)
fennel seeds (optional)
sea salt to taste

DIRECTIONS:

1) Boil broth and add cauliflower. Reduce heat and simmer until cauliflower is soft.
2) Add cashews and salt. Simmer for 5 minutes.
3) Pour into blender and blend until smooth.
4) Season with salt, pepper and garlic to taste.
5) Garnish with fennel seeds and roasted cauliflower florets (optional).

RECIPE: ADAPTED FROM SIMPLE & DELICIOUS: RECIPES FOR VITALITY BY DR. MITRA RAY
PHOTO: WWW.WOMANANDHOME.COM

EASY THREE-BEAN VEGETARIAN CROCKPOT CHILI

INGREDIENTS:

1 medium onion
1 red pepper
1 yellow or orange pepper
½ cup chopped carrots
2 (15-oz) cans black beans
2 (15-oz) cans red kidney beans
2 (15-oz) cans pinto beans
2 (15-oz) cans tomato sauce
2 (15-oz) cans petite diced tomatoes
1 cup frozen corn
4 tsp chili powder
2 tsp cumin
1 tsp salt

Optional: small jar deli-sliced jalapeño peppers, drained

DIRECTIONS:

1) Chop onion, peppers and carrots. Rinse and drain beans.
2) Put all ingredients in crockpot and cook on low for 6-plus hours or on high for 4-plus hours.
3) Add salt and pepper to taste. Add more chili powder and jalapeño peppers if you like heat.

RECIPE: KIMBERLY WORLOW / PHOTO: WWW.ALLCHILIRECIPE.BLOGSPOT.COM

SPAGHETTI SQUASH MARINARA

INGREDIENTS:

Spaghetti Squash (can prepare ahead of time):
Olive Oil
Salt and Pepper
1 jar organic vegetarian pasta sauce or marinara

Optional: add extra veggies (onions, mushrooms, zucchini, garlic, kale) for a heartier sauce.

DIRECTIONS:

1) Preheat oven to 400°F. Cut spaghetti squash in half lengthwise. Scrape out the seeds with a spoon.
2) Top with olive oil, salt and pepper. Place face down on cookie sheet and bake for 40 minutes until fork tender.
3) Let squash cool and flip face up on a cutting board. Take a fork and begin to rake the strands away from the skin of the squash. These shreds are the "noodles."
4) In large skillet, sauté extra veggies in a saucepan first.
5) Add pasta sauce to skillet and heat. (If you are doing the optional veggies/meat, simmer for 20-25 minutes to let the flavors blend.)
6) Add shredded spaghetti squash and let simmer for another 5-10 minutes.

RECIPE: ADAPTED FROM STEPHANIE DIECKMAN (STEPHANIELEAHDIECKMAN.COM)
PHOTO: WWW.RECIPEHUBS.COM

LENTIL AVOCADO SALAD W/ PESTO DRESSING

INGREDIENTS:

3 big handfuls of arugula (or your favorite greens)
1½ cups cooked lentils
⅓ cup shredded carrots
1 cucumber
1 cup cherry tomatoes
2 Tbsp chopped scallions
2 Tbsp chopped fresh parsley
1½ Tbsp ground flaxseeds
½ avocado
salt and pepper to taste

1 minced garlic clove
1 tsp fresh minced basil
Juice from ½ lemon
1½ Tbsp extra virgin olive oil
salt and pepper to taste

DIRECTIONS:

1) Cook lentils according to directions.
2) Chop cucumbers, tomatoes, scallions and parsley.
3) Mix all salad ingredients together.
4) Mix dressing ingredients until combined. Pour over salad.
5) Top with sliced avocado, and serve with a slice of lemon on the side.

RECIPE: LINDSAY SUROWITZ (WEEKNIGHTBITE.COM)

EDAMAME KALE SALAD

INGREDIENTS:

4 cups Tuscan kale (equal to 4 ounces of kale)
1 (15-ounce) can chickpeas, rinsed and drained
¾ cup dried cranberries
1 cup thawed edamame beans
½ cup carrot shreds
slivered almonds

3 Tbsp fresh lemon juice
4 Tbsp extra virgin olive oil
1 garlic clove, finely minced or crushed
¾ tsp dried Italian herb seasoning
¼ tsp kosher salt

DIRECTIONS:

1) Remove the ribs from the kale and cut into bite size pieces.
2) Add all dressing ingredients to a large salad bowl and whisk until combined.
3) Add the rest of the salad ingredients and toss well to combine.

This salad keeps well in the refrigerator for several days.

RECIPE: HETHER CRAWFORD (HETHERCRAWFORD.COM) / PHOTO: WWW.SHOCKINGLYDELICIOUS.COM

RAINBOW ROASTED VEGETABLES

INGREDIENTS:

1⅔ cup chopped red bell peppers
2 cups chopped carrots
1⅓ cup chopped yellow bell peppers
1⅔ cup chopped zucchini
1 cup broccoli florets
1 cup chopped red onions
1 Tbsp dried thyme
Balsamic vinegar to taste

DIRECTIONS:

1) Preheat the oven to 390 °F.
2) Place the chopped vegetables onto a baking sheet, add the thyme and balsamic vinegar to taste.
3) Bake for about 25 minutes or until the vegetables are cooked.

RECIPE/PHOTO: WWW.SIMPLEVEGANBLOG.COM

CARAMELIZED SWEET POTATO AND APPLE HASH BROWNS

INGREDIENTS:

2 cups peeled and diced sweet potato (about 1 large or two medium potatoes)
1 large Pink Lady or granny smith apple, diced (peeling optional)
2 Tbsp plus 2 tsp coconut oil (separated)
½ tsp fine grain sea salt
½ tsp ground cinnamon

DIRECTIONS:

1) Heat a large, seasoned cast iron pan over medium heat and add 2 tablespoons of the coconut oil.
2) Once the pan is heated, add the diced sweet potatoes and sprinkle evenly with the sea salt and stir/toss to coat the potatoes
3) Cover the pan for about 2 minutes. Uncover and stir. Lower the heat a bit if the potatoes are starting to brown too much. Cover and cook for another 2-4 minutes until the potatoes are soft.
4) Uncover the pan and continue to cook, stirring, until the potatoes are light brown all over.
5) Add the diced apples plus the 2 teaspoons coconut oil and stir to combine.
6) Cook over medium heat, stirring occasionally, for another 5 minutes or until the apples and potatoes are brown. Adjust the heat as necessary to avoid burning.
7) Once apples and potatoes are toasty, remove from heat and stir in the cinnamon. Let cool a bit and then serve warm.

RECIPE/PHOTO: WWW.PALEORUNNINGMAMA.COM

SAUTÉED KALE

INGREDIENTS:

1 large bunch of washed and coarsely chopped dinosaur kale
2-3 Tbsp coconut or olive oil
2 cloves of minced garlic
2-3 shallots sliced into rings
½ cup vegetable stock
dash kosher salt and pepper

DIRECTIONS:

1) Heat coconut oil in a large sauté pan.
2) Add shallots and allow them to cook 2-3 minutes or until translucent.
3) Add garlic and red pepper flakes and cook for one minute, stirring often to prevent burning.
4) Add kale, vegetable stock, and salt and pepper and mix well.
5) Cover and cook for 5 minutes, tossing occasionally.
6) Remove the cover and continue cooking until most of the stock has cooked away.

RECIPE/PHOTO: WWW.WHOLEFOODREALFAMILIES.COM

CRUNCHY CHOPPED SALAD

INGREDIENTS:

2 cups cauliflower
2 cups broccoli
1 cup red cabbage, roughly chopped
1 cup carrots, roughly chopped
1½ cups fresh parsley
2 celery stalks
½ cup almonds
½ cup sunflower seeds

For the Vinaigrette: (for best results refrigerate at least 1 hour before use)
3 Tbsp olive oil
½ cup lemon juice
1 Tbsp fresh ginger, peeled and grated
2 Tbsp clover honey
½ tsp sea salt

DIRECTIONS:

1) Place the ingredients for the vinaigrette in a jar with a lid and shake. Refrigerate for 1 hour.
2) Place the salad ingredients individually into a food processor and quickly process until they're finely chopped.
3) Combine all salad ingredients in a large bowl and toss with the vinaigrette.

RECIPE/PHOTO: WWW.THEHARVESTKITCHEN.COM

DINNER

Spaghetti Squash with Thai Peanut Sauce 53 / Grilled Chicken with Pineapple Avocado Salsa 54 Spicy Asian Chicken 55 / Slow Cooker Enchilada Quinoa Bake 56 / Zesty Paprika Chicken Thighs with Citrus Brussel Sprouts and Potatoes 57 / Lentil "Meat" Loaf with Smokey Paprika Glaze 58 Creamy (Vegan) Fettucini Alfredo 59 / Cashew Chicken Quinoa Bake 61 / Asian Turkey Meatballs with Lime Cilantro Dipping Sauce 62 / Hawaiian Burger and Cilantro Lime Rice 63 / Mushroom Risotto with Caramelized Onions 65 / Braised Coconut Spinach and Chickpeas with Lemon 67 Soba Noodle Salad with Bok Choy 69 / Curried Coconut Carrot Soup 71 / One Pot Peanut Sauce Noodles 72 / Sweet and Sour Chickpeas, Peppers and Broccoli 73 / Gobi Musallam– Whole Roasted Cauliflower with Creamy Mughlai/Makhani Gravy 75 / Falafel 77 Lentil Sloppy Joes 79 / Shakshuka 81 / Almond Breaded Chicken Tenders 83

SPAGHETTI SQUASH WITH THAI PEANUT SAUCE

INGREDIENTS:

1 medium spaghetti squash
olive oil
salt
1 garlic clove, minced
¼ cup chopped parsley or cilantro
2 Tbsp crushed peanuts

Peanut Sauce:
1 can (14 ounces) coconut milk
⅔ cup natural, unsweetened peanut butter
¼ cup coconut sugar
¼ cup water
2 Tbsp soy sauce
(substitute Tamari to make gluten-free)
2 Tbsp white or apple cider vinegar
2 tsp sesame oil
2 tsp red curry paste

RECIPE: WWW.LEELALICIOUS.COM

DIRECTIONS:

Spaghetti Squash:

1) Preheat oven to 350° F. Half the squash and scoop out the seeds.
2) Drizzle inside with olive oil and sprinkle with salt. Place spaghetti squash cut side down on a baking sheet and roast for 25 minutes. When spaghetti squash is done roasting, take it out from oven and let cool for 10 minutes. Then, using a fork, scrape out the spaghetti squash strands. If your squash is very moist, you might have to place the strands in a colander and pat with paper towel.

Peanut Sauce:

1) Place all sauce ingredients in a medium saucepan and bring to a boil over medium-high heat. Then turn down to low and simmer for 5 minutes while stirring almost constantly.
2) Take off heat to cool sauce. Heat a skillet over medium heat. Add minced garlic, chopped parsley and ¼ cup of the ingredients in the peanut sauce pan and combine. Add spaghetti squash and crushed peanuts, stir to combine and cook until heated through (about 2 minutes).
3) Plate and garnish with a little more crushed peanuts and chopped parsley. Serve right away.

GRILLED CHICKEN WITH PINEAPPLE AVOCADO SALSA

INGREDIENTS:

For Salsa:

2 cups diced pineapple
1 cup chopped cilantro
1 avocado, diced
1 jalapeño, seeded, finely chopped
½ cup diced red onion
2 Tbsp lime juice
¼ tsp salt
¼ tsp ground cumin
⅛ tsp ground black pepper

For Chicken:

4 chicken breasts, pound to 1/2-inch thickness
2 Tbsp olive oil
Salt, to taste
Ground black pepper, to taste

DIRECTIONS:

1) For the salsa: In a medium bowl, combine all ingredients. Reserve.
2) For the chicken: Brush the chicken on both sides with olive oil. Season with salt and pepper to taste.
3) Preheat grill or grill pan over medium-high heat. Cook the chicken until the internal temperature reaches 165°, about 5 minutes per side.
4) Remove chicken and allow it to rest for 5 minutes. Plate the chicken and top with desired amount of salsa.

RECIPE: WWW.PINTEREST.COM

SPICY ASIAN CHICKEN

INGREDIENTS:

1 lb chicken breast, skinless, organic, free-range
½ cup coconut oil
6 Tbsp soy sauce (gluten free)
4 Tbsp honey
2 tsp apple cider vinegar
½ tsp garlic powder
½ tsp onion powder
¾ tsp red pepper flakes, crushed
4 cups celery stalk, fresh, organic

DIRECTIONS:

1) Preheat oven to 375°F.
2) Line a baking sheet with parchment paper. Wash and dry chicken well. Cut into tenders.
3) Heat coconut oil in a skillet. When oil is hot, fry chicken until light brown. Drain on paper towels.
4) Make a sauce by mixing together soy sauce, honey, apple cider vinegar, and seasonings.
5) Coat chicken in sauce, and place on a baking sheet. Bake for 15 minutes. Serve with celery sticks.

RECIPE: WWW.BEYONDDIET.COM

SLOW COOKER ENCHILADA QUINOA BAKE

INGREDIENTS:

1 Tbsp coconut oil, melted
1¼ cups chopped yellow onion (1 medium)
1¼ cups chopped red bell pepper (1 medium)
3 cloves garlic, minced
1½ cups dry quinoa
2¼ cups organic vegetable broth
1 (14.5 oz) can tomatoes with green chilies, undrained
1 (8 oz) can tomato sauce
2 Tbsp chili powder
1½ tsp ground cumin
Salt and freshly ground black pepper, to taste
1 (14.5 oz) can organic black beans, drained and rinsed
1 (14.5 oz) can organic pinto beans, drained and rinsed
1½ cups frozen corn
1½ cups dairy-free cheddar or Mexican blend cheese

Optional serving toppings: Diced avocados, diced Roma tomatoes, chopped cilantro, lime wedges, chopped green onions

DIRECTIONS:

1) Heat canola oil in a skillet over medium-high heat. Add onion and bell pepper and sauté 3 minutes. Add garlic and sauté 30 seconds longer. Pour mixture into a slow cooker.
2) Stir in quinoa, vegetable broth, canned tomatoes, tomato sauce, chili powder, cumin, and season with salt and pepper to taste. Cover and cook on HIGH heat about 2 hours 45 minutes – 3 hours 15 minutes (cook time can vary because all slow cookers cook a little differently so just keep an eye on it near the end to make sure it's neither getting soggy or drying out near the edges).
3) Add corn, black beans and pinto beans and toss mixture. Even top then sprinkle with cheese. Cover and cook until heated through and cheese has melted about 10-15 minutes longer. Serve warm with desired toppings.

RECIPE: WWW.COOKINGCLASSY.COM

ZESTY PAPRIKA CHICKEN THIGHS WITH CITRUS BRUSSEL SPROUTS AND POTATOES

INGREDIENTS:

1 lemon
1 orange
1½ lb brussel sprouts, trimmed and halved
4 small shallots, quartered
1 lb baby potatoes, quartered
1 Tbsp plus 2 tsp olive oil, divided
1 tsp salt, divided
½ tsp fresh ground black pepper, divided
2 cloves garlic, minced
1 Tbsp smoked paprika
1 tsp dried thyme
1 lb boneless, skinless chicken thighs

DIRECTIONS:

1) Preheat to 450°.
2) Zest the lemon and the orange. Then thinly slice the fruit.
3) In a large bowl, toss brussel sprouts, shallots, potatoes, lemon and orange slices with 1 Tbsp oil, ½ tsp salt and ¼ tsp fresh ground black pepper.
4) Pour onto a large baking sheet.
5) In a small bowl, mix together garlic, ½ tsp salt, ¼ tsp black pepper, paprika, thyme, zest and 2 tsp oil. Brush over the chicken.
6) Place chicken onto the baking sheet in between the brussel sprouts.
7) Roast for 20 to 25 minutes. Brussel sprouts should be tender and chicken should be cooked to 165°. If the chicken is done but vegetables are not tender, place the chicken on a plate and cover with foil. Continue to cook the vegetables until tender.

RECIPE: WWW.FOODDONELIGHT.COM

LENTIL "MEAT" LOAF WITH SMOKED PAPRIKA GLAZE

INGREDIENTS:

For the Loaf:

2 cups cooked lentils
1 cup shredded potato (about 1 medium potato)
1 cup finely chopped celery
1 small finely chopped onion
1 Tbsp garlic, minced
1 Tbsp olive oil
1 cup gluten-free quick rolled oats
½ cup parsley
1 cup tomato sauce
1 Tbsp flaxseed meal
2 Tbsp warm water
1 Tbsp thyme, chopped
1 Tbsp rosemary, chopped
Salt and pepper to taste

RECIPE: WWW.PLANTOEAT.COM

For the Glaze:

2 Tbsp organic ketchup
¼ tsp smoked paprika

DIRECTIONS:

1) Preheat oven to 350° F.
2) Mix the flaxseed meal in the warm water and set aside.
3) Heat olive oil in a skillet over medium-low heat and add the onion and celery season with salt and pepper. Cook until starting to get very soft. Add the garlic and cook a minute or two longer. Remove from the heat.
4) In a large bowl combine all of the loaf ingredients including the flaxseed meal and water mixture into a large bowl. Re-season with salt and pepper. Stir until well mixed.
5) Turn the meatloaf mixture into a lightly greased loaf pan.
6) In a small bowl mix the ketchup with the smoked paprika and brush the top of the loaf.
7) Bake for 50 minutes. Allow to cool for at least 10 minutes to cool before removing from the pan.

CREAMY (VEGAN) FETTUCCINE ALFREDO

INGREDIENTS:

14 ounces uncooked gluten-free fettuccine pasta
1 cup raw cashews, scant
3½ cups water – divided
2½ tsp granulated onion
¼ tsp dried basil
¼ tsp granulated garlic
1 pinch dried sage (just a tiny pinch, no more)
1½ tsp salt
2 tsp fresh lemon juice
1 tsp tahini
2 Tbsp cornstarch
2 Tbsp olive oil
¼ cup fresh chopped parsley

Additional serving suggestions: grilled chicken, shrimp, fresh steamed broccoli

DIRECTIONS:

1) Cook pasta according to package directions.
2) Meanwhile, wash cashews in a colander under very hot water.
3) Place drained cashews, 1½ cups water, seasonings (except parsley), lemon juice, and tahini in blender and blend until very smooth. Mixture should be very smooth with no graininess.
4) Add cornstarch and blend until well mixed.
5) Add olive oil and blend until well mixed.
6) Pour mixture into a saucepan. Rinse blender out with remaining 2 cups water and pour into saucepan.
7) Bring mixture to boil over medium to medium-high heat, stirring constantly (Using a heat-proof spatula against the bottom of the pan will help prevent mixture from scorching).
8) Allow to boil for 10 to 15 seconds. Remove from heat. Stir in parsley.
9) Drain pasta. Combine pasta and sauce and toss until well coated. Season to taste. Serve hot.

RECIPE: WWW.JENNIFERSKITCHEN.COM

CASHEW CHICKEN QUINOA BAKE

INGREDIENTS:

1 cup quinoa, rinsed and uncooked
1 cup yellow onion, minced
2 medium red peppers, chopped into bite-sized pieces
3 large chicken breasts, diced into bite-sized pieces
½ cup gluten-free hoisin sauce
1 Tbsp minced garlic
2 Tbsp soy sauce or tamari (low sodium)
½ Tbsp fresh ginger, minced
1 cup water
1 cup cashews, roasted and slightly salted
green onion for garnish

DIRECTIONS:

1) Preheat oven to 375°F and spray a casserole dish with coconut oil cooking spray.
2) Next, place 1 cup uncooked quinoa on the bottom of the casserole dish and layer on diced onion and red pepper on top. Place sliced chicken on top of veggies.
3) Prep sauce by mixing together hoisin sauce, minced garlic, soy sauce, fresh ginger, and 1 cup of water. Whisk everything together.
4) Evenly pour sauce over chicken breast.
5) Bake at 375° for 45 minutes, uncovered. Remove from oven and add 1 cup of cashews and bake for another 10 minutes. Garnish with green onion.

RECIPE: WWW.FITFOODIEFINDS.COM

ASIAN TURKEY MEATBALLS WITH LIME CILANTRO DIPPING SAUCE

INGREDIENTS:

¼ cup panko crumbs
1 and ¼ lbs 93% lean ground turkey
1 large egg
1 Tbsp ginger, minced
1 clove garlic, minced
½ tsp kosher salt
¼ cup chopped fresh cilantro
3 scallions, chopped
1 Tbsp low-sodium soy sauce
2 tsp sesame oil

For the Dipping Sauce:
3 Tbsp low-sodium soy sauce
1½ tsp sesame oil
1½ Tbsp fresh lime juice
1½ Tbsp water
1 Tbsp chopped fresh scallion

RECIPE: WWW.SKINNYTASTE.COM

DIRECTIONS:

1) Preheat oven to 500°F.
2) In a large bowl combine the ground turkey, panko, egg, salt, scallions, ginger, cilantro, 1 tablespoon of the soy sauce and 2 teaspoons sesame oil. Gently mix with your hands until combined well. Shape meatballs ¼ cup in size and transfer to a baking sheet. Bake until cooked through and browned, about 15 to 18 minutes.
3) For the dipping sauce: mix the lime juice, water, soy sauce, and remaining 2 teaspoons of oil in a bowl. Add the scallions and set aside.
4) Transfer the meatballs to a serving dish. Stir the sauce, then drizzle the meatballs with a little of the sauce. Serve the meatballs with the remaining sauce on the side. Suggested serving along with zucchini noodles.

HAWAIIAN BURGER AND CILANTRO LIME RICE

INGREDIENTS:

1 lb ground chuck or turkey
1 tsp garlic powder
1 tsp ginger powder
2 Tbsp liquid aminos
1 Tbsp coconut palm sugar
1 tsp sesame oil
fresh pineapple sliced into ½" rings
red onion, sliced into rings
4-8 cabbage leaves

DIRECTIONS:

1) Place the ground meat of your choice in a bowl and add in the garlic, ginger, aminos, coconut sugar and sesame oil. Mix well, then roll into four even balls. Place each ball between two sheets of parchment and press into a thin burger. Go thinner than you think you want, because they always puff up and shrink.
2) Fire up the grill, and grill each burger 4-5 minutes per side or to an internal temperature of 155°. Grill the pineapple and onions 2-3 minutes per side. Stack your cooked burger into the cup of a cabbage leaf, then layer the pineapple and onions on top. If your leaves are big, you'll only need one to fold over the top. If your leaves are smaller you can add a second leaf, cup side down, on top. I added a few homemade refrigerator pickled carrots and cucumbers to mine.

Cilantro Lime Rice:

3 cups jasmine rice
3 cups water
2 Tbsp cilantro, finely chopped
1 Tbsp coconut oil
1 lime, juiced

1) Add the rice and water to your Instant Pot*, seal the lid then use the manual setting for 4 minutes. Do a 10 minute natural pressure release, then release the rest of the steam and open the pot.
2) Stir in the rest of the ingredients and serve immediately. If you want a more dominant lime taste, zest your lime before you juice it and add the zest in.

*Note: If you don't have an Instant Pot, cook your rice however you normally cook it.

RECIPE: WWW.THINKMERRILL.COM

MUSHROOM RISOTTO WITH CARAMELIZED ONIONS

SERVES 4 TO 6

INGREDIENTS:

½ ounce dried shiitake or porcini mushrooms, finely chopped
2 cups boiling water
⅓ cup olive oil, divided
4 yellow onions (about 2 pounds)
4 cloves garlic, finely minced
½ pound cremini mushrooms, cleaned and sliced
1 large sprig fresh rosemary
1 cup Arborio or short-grain white rice
½ cup dry white wine, such as Sauvignon Blanc (make sure it's vegan!)
2 Tbsp balsamic vinegar
2 cups vegetable broth (see how to make your own)
1 tsp salt
½ tsp freshly ground black pepper, plus more to garnish

DIRECTIONS:

1) Heat the oven to 300°F. Rinse the dried mushrooms lightly, to remove any dust or grit. Place the mushrooms in a ceramic bowl and pour the boiling water over them. Set them aside to steep while you cook the onions.
2) Chop one of the onions into a fine dice. Heat 2 tablespoons of the olive oil in a 3-quart (or larger) ovenproof pot or Dutch oven over medium heat. Add the onion and garlic and cook, stirring occasionally, for about 8 minutes, or until soft and golden. Push the onions to the side of the pot, and turn the heat up to medium-high. Add all the sliced cremini mushrooms and let them cook for 5 minutes without stirring. Flip the mushrooms and cook for another five minutes, or until they are quite brown and a crust is developing on the bottom of the pan.
3) Drain the dried mushrooms, reserving the liquid. Add the mushrooms and rosemary sprig to the pan and sauté briefly, mixing with the onion and the rest of the mushrooms. Add the rice and cook, stirring once or twice, for about 4 minutes, or until the rice begins to turn transparent.
4) Turn the heat to high and add the white wine, vinegar, broth, and reserved mushroom steeping liquid. Stir and scrape the bottom of the pan as you add the liquid to deglaze any yummy mushroomy bits sticking to the pan. Stir in the salt and pepper. Bring to a boil. Cover the pan with a tight-fitting lid and put it in the oven to bake for 35 minutes.
5) While the rice is baking, make the caramelized onions. Heat the remaining olive oil in a cast iron skillet. Cut the remaining three onions in half, and then slice them into thin half moons. Add them to the oil and sprinkle liberally with salt. Cook on low heat, stirring occasionally, until the onions turn a dark mahogany brown. Let them go as long as you can; I usually cook mine for at least 30 minutes.

(Continued on next page)

6) When the risotto has finished baking, let it stand uncovered for 5 minutes before serving. Dish it up and top each bowl with a spoonful of caramelized onions, a little extra pepper, and, if desired, a scoop of sour cream, whipped mascarpone, or whipped Tofutti Better Than Cream Cheese.

RECIPE: WWW.THEKITCHN.COM

BRAISED COCONUT SPINACH AND CHICKPEAS WITH LEMON

SERVES 4 AS A MAIN DISH OR 6 AS A SIDE

INGREDIENTS:

2 tsp oil or ghee
1 small yellow onion
4 large cloves garlic, peeled and minced
1 tablespoon grated ginger, from a 3-inch piece
½ cup sun-dried tomatoes, chopped
1 large lemon, zested and juiced (about 2 tablespoons juice)
1 dried hot red pepper or dash of red pepper flakes (optional)
1 (15-ounce) can chickpeas, drained and rinsed
1 pound baby spinach
1 (14-ounce) can coconut milk
1 tsp salt, or to taste
1 tsp ground ginger
Whole roasted sweet potatoes
Cilantro leaves, to garnish
Toasted unsweetened coconut, to garnish

DIRECTIONS:

1) Heat the oil or ghee in a large, deep Dutch oven or heavy pot over medium-high heat. Add the onion and cook for about 5 minutes, or until the onion is beginning to brown. Add the garlic, ginger, sun-dried tomatoes, lemon zest, and red pepper, if using. Cook for 3 minutes, stirring frequently.
2) Add the chickpeas and cook over high heat for a few minutes, or until the chickpeas are beginning to turn golden and they are coated with the onion and garlic mixture.
3) Toss in the spinach, one handful at a time. This will take about 5 minutes; stir in a handful or two and wait for it to wilt down and make room in the pot before adding the next handful. When all the spinach has been added, pour in the coconut milk, salt, ground ginger, and lemon juice. Bring to a simmer, then turn down the heat and cook for 10 minutes, or until the chickpeas are warmed through. Taste and add more salt and lemon juice, if necessary.
4) Serve hot over roasted sweet potatoes, with cilantro leaves and toasted unsweetened coconut to garnish.

Recipe Note: This is thick enough to eat on its own with a fork, but it's also saucy enough to serve over pasta, rice, quinoa, or another grain.

Freezing instructions: Freeze in individual portions for up to 3 months. Allow it to thaw overnight in the fridge and then reheat gently over low heat on the stove.

RECIPE: WWW.THEKITCHN.COM

SOBA NOODLE SALAD WITH BOK CHOY

SERVES 2-4

INGREDIENTS:

1 carrot, peeled and cut into thin matchsticks (a mandoline works great for this!)
2 bunches bok choy, sliced into ribbons
½ pound dried soba noodles
6 scallions, thinly sliced
½ cucumber, peeled and cut into matchsticks
1 Tbsp sesame oil
2 Tbsp rice vinegar
1½ Tbsp soy sauce
1 tsp hot sauce (optional)
2-4 eggs (optional)

DIRECTIONS:

1) Fill a medium-sized sauce pan with water and bring it to a boil. Drop the carrots and one tablespoon of salt into the boiling water. Blanch the carrots for 30-60 seconds (depending on how cooked you like them) and then lift them out with a slotted spoon or small strainer. Run the carrots under cold water to stop the cooking and then empty them into a medium-sized bowl.
2) Let the water come back to a boil and add the bok choy. Blanch for 30 seconds and then remove using a slotted spoon or small strainer. Run them under cool water and then add them to the carrots.
3) Let the water come to a boil again and cook the soba noodles according to package instructions (usually 5-8 minutes, until al dente). Strain the noodles, cool them down, and add them to the bowl with the carrots and bok choy. Add the scallions and cucumbers to the bowl and toss everything gently together.
4) Whisk together the sesame oil, rice vinegar, soy sauce, and hot sauce (if using). Pour this over the noodles and vegetables, and then toss until everything is evenly coated.
5) If cooking eggs, empty all but 4 inches of the water and let it come back to a gentle simmer. Crack the eggs into individual measuring cups. Add a splash of white vinegar to the water and slip the cracked eggs in one at a time. Poach for 4 minutes for soft boiled eggs or 5 minutes for a firmer yolk. Strain and set aside until serving. (Here's a full videoon how to do this)
6) Divide salad into individual bowls and add a poached egg to each bowl. Salad can be served warm or cold, and it can keep refrigerated for about 3 days.

RECIPE: WWW.THEKITCHN.COM

CURRIED COCONUT CARROT SOUP

SERVES 6 TO 8

INGREDIENTS:

2 Tbsp coconut oil
1 onion, peeled and roughly chopped
6 cups carrots, unpeeled and roughly chopped (this required 8 medium-sized carrots for me)
3½ cups vegetable stock (I like the flavor of 'No Chicken' stock by Imagine Foods)
One 15-ounce can full-fat coconut milk
1½ Tbsp freshly chopped ginger root
1 Tbsp curry powder
½ tsp chili flakes
Salt and pepper to taste

DIRECTIONS:

1) Heat the coconut oil in a large soup pot and add the onions. Sweat the onions on medium heat for about 7 minutes. Add the carrots and cook for another 5 minutes. Pour in the stock and coconut milk. Add the ginger, curry powder and chili flakes. Put a lid on the pot and cook until the carrots are softened, about 10 or 15 minutes.
2) When carrots are soft, carefully blend the soup in batches in a blender (use a towel to hold the lid down firmly) or use an immersion hand blender and puree until smooth. Season with salt and pepper and garnish with fresh herbs, and more chili flakes, if desired.

ONE POT PEANUT SAUCE NOODLES

On days when you just want some great tasting food within minutes of thinking about it, you make this Super Easy One Pot Peanut butter or Almond Butter Sauce Noodles and Veggies! Just chop things up, layer, cook and done.

I mean literally 12 minutes.

1) Add water to your saucepan, add noodles, veggies, nut butter (I usually use almond butter), and flavors.
2) Bring to a boil, simmer until the noodles are done. Garnish and serve!

The noodles are somewhat soupy, which is how I love the dish as there is so much flavor in the sauce. The noodles absorb the sauce as they cool, so by the next day, there won't be any. Adjust the liquid and noodle quantities to preference. This recipe is oil-free if your nut butter has no oil.

RECIPE: WWW.VEGANRICHA.COM

SWEET AND SOUR CHICKPEAS, PEPPERS AND BROCCOLI

INGREDIENTS

For the Sweet and Sour Sauce:

¼ cup sugar (I use 2 Tbsp sugar and 2 or more Tbsp coconut sugar)
2 Tbsp apple cider vinegar
2 to 3 Tbsp rice vinegar
1½ Tbsp ketchup
2 tsp soy sauce (use certified gluten-free to make recipe gluten-free)
½ tsp garlic powder
2 Tbsp water

Chickpeas and Veggies:

1 tsp oil
3 cloves of garlic, finely chopped
½ large red bell pepper thinly sliced
½ green bell pepper thinly sliced
1 cup small broccoli florets
1 15 oz can chickpeas or 1½ cups cooked chickpeas
a generous dash of salt, black pepper, cayenne

To thicken:

2 Tbsp water
2 tsp cornstarch or other starch

DIRECTIONS:

1) Mix all the sauce ingredients in a bowl and set aside. You can also add them directly to the pan at step 5.
2) Heat oil over medium high heat in a large skillet. Add garlic and cook for 2 minutes or until translucent.
3) Add the peppers and mix in. Cover and cook for 2 minutes.
4) Add the broccoli and mix in. Cover and cook for 1 minute.
5) Add the chickpeas, sauce ingredients, a generous dash of salt, black pepper and cayenne. Reduce heat to medium. Cover and cook for 10 minutes.
6) Taste the sauce carefully and adjust to preference. Add more sour, sugar or salt.
7) Mix cornstarch in room temperature water and add the mixture to the pan. Mix in. Cover and cook for 2 to 3 minutes until the sauce thickens.
8) Garnish with sesame seeds, red pepper flakes and scallions and serve with cooked rice or grains.

RECIPE: WWW.VEGANRICHA.COM

GOBI MUSALLAM — WHOLE ROASTED CAULIFLOWER WITH CREAMY MUGHLAI/MAKHANI GRAVY

MAKES 1 HEAD OF CAULIFLOWER WITH ENOUGH SAUCE TO SERVE 3-4

INGREDIENTS:

1 Cauliflower head — leaves, tough stem removed and washed
Water to blanch
2 tsp salt
½ tsp turmeric
½ tsp chili powder (optional)

Sauce/gravy:
2 tsp oil
½ medium red onion chopped
1 inch fresh ginger, chopped
5-6 cloves of garlic chopped
1 dry red chili or chili flakes to taste
3 medium tomatoes chopped
1 tsp garam masala
½ tsp cumin powder
½ tsp coriander powder
½ tsp turmeric powder
1 Tbsp dried Fenugreek Leaves
¾ cup coconut milk(from can)
¼ cup ground cashew or ⅓ cup soaked cashews
¾ tsp salt
¼ tsp raw sugar or ½ teaspoon maple syrup

DIRECTIONS

1) Bring a large pot of water to boil. use enough water so all of the cauliflower can be immersed in it.
2) Add salt, turmeric and chili and blanch/cook the whole cauliflower.
3) Cover and cook for 4 minutes on each side(top and bottom. Flip after 4 minutes)

Sauce:
1) In a pan, add oil and heat on medium heat.
2) Add chopped onion and saute until golden, 6-7 minutes
3) Add ginger, garlic and chili and saute for another 2 minutes.
4) Add the spices and mix.
5) Add tomatoes, salt, sugar, fenugreek leaves, mix and cook covered until tender. Mash them a bit in between. 8-10 minutes.

(Continued on next page)

6) Cool slightly, then blend with coconut milk and cashews into a smooth thick puree. Taste and adjust salt, spice.
7) Oil the baking dish if desired. Place the blanched cauliflower in a baking dish. Slowly drop the puree on top to cover the entire head of the cauliflower. Some sauce will fall on the side. Keep about one third of the sauce to serve on the side later.
8) Bake in pre-heated 400 degrees F oven for 40-45 minutes till the cauliflower is dry to touch and sauce thickens a bit. Turn the dish around after 30 minutes.
9) Heat the remaining sauce to just about a boil so it thickens and serve on the side.

RECIPE: WWW.VEGANRICHA.COM

FALAFEL

INGREDIENTS:

1 pound (about 2 cups) dry chickpeas/garbanzo beans — you must start with dry, do NOT substitute canned, they will not work!
1 small onion, roughly chopped
¼ cup chopped fresh parsley
3-5 cloves garlic (I prefer roasted)
1½ Tbsp flour
1¾ tsp salt
2 tsp cumin
1 tsp ground coriander
¼ tsp black pepper
¼ tsp cayenne pepper
Pinch of ground cardamom
Vegetable oil for frying (grape seed, canola, and peanut oil work well)

DIRECTIONS:

1) Drain and rinse the garbanzo beans well. Pour them into your food processor along with the chopped onion, garlic cloves, parsley, flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.
2) Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't over process, you don't want it turning into hummus!
3) Once the mixture reaches the desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.
4) Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
5) Fill a skillet with vegetable oil to a depth of 1½ inches. I prefer to use cooking oil with a high smoke point, like grape seed. Heat the oil slowly over medium heat. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop. I usually use about 2 tbsp of mixture per falafel. You can make them smaller or larger depending on your personal preference. The balls will stick together loosely at first, but will bind nicely once they begin to fry.

   Note: if the balls won't hold together, place the mixture back in the processor again and continue processing to make it more paste-like. Keep in mind that the balls will be delicate at first; if you can get them into the hot oil, they will bind together and stick. If they still won't hold together, you can try adding 2-3 Tbsp of flour to the mixture. If they still won't hold, add 1-2 eggs to the mix. This should fix any issues you are having.

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Before frying my first batch of falafel, I like to fry a test one in the center of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown (5-6 minutes total). If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down slightly and try again. When the oil is at the right temperature, fry the falafels in batches of 5-6 at a time till golden brown on both sides.

6) Once the falafels are fried, remove them from the oil using a slotted spoon.

Let them drain on paper towels. Serve the falafels fresh and hot; they go best with a plate of hummus and topped with creamy tahini sauce. You can also stuff them into a pita.

Troubleshooting: If your falafel is too hard/too crunchy on the outside, there are two possible reasons: 1) you didn't process the mixture enough—return the chickpea mixture to the processor to make it more paste-like. 2) the chickpeas you used were old. Try buying a fresher batch of dried chickpeas next time.

RECIPE: WWW.TORIAVEY.COM

LENTIL SLOPPY JOES

INGREDIENTS

Lentils:
2 cups (480 ml) water (I used 1 cup water, 1 cup vegetable broth)
1 cup (192 g) green lentils, well rinsed

Sloppy Joes:
2 Tbsp (30 ml) olive or grape seed oil
½ white or yellow onion (55 g), minced (plus more for serving)
2 cloves garlic, minced (1 Tbsp or 6 g)
½ green bell pepper, diced (60 g)
Sea salt and black pepper to taste
1 15-ounce (425 g) can tomato sauce*
1-2 Tbsp (12-24 g) coconut sugar, plus more to taste
1-2 Tbsp (15-30 ml) vegan-friendly worcestershire sauce* (like this brand)
1-2 tsp chili powder, plus more to taste
1 tsp ground cumin, plus more to taste
optional: pinch smoked or regular paprika

For serving (optional(:
Gluten free or whole wheat hamburger buns*

DIRECTIONS:

1) To a small saucepan, add liquid (I used 1 cup water, 1 cup vegetable broth for added flavor) and rinsed lentils and heat over medium-high heat.
2) Bring to a low boil, then reduce heat to a simmer and cook uncovered for about 18 minutes, or until tender. The water should have a constant simmer (not boil). Drain off any excess liquid and set aside.
3) In the meantime, heat a large skillet over medium heat. Add oil, onion, garlic, and bell pepper. Season with a pinch each salt and pepper. Sautè for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.
4) Add tomato sauce, coconut sugar, vegan worcestershire sauce, chili powder, cumin, and paprika (optional). Stir to combine.
5) Once the lentils are cooked, add them to the skillet as well, and stir to combine. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally, about 5-10 minutes.
6) Taste and adjust flavor as needed, adding more chili powder and/or cumin for smokiness, salt for saltiness, coconut sugar for sweetness, or worcestershire for depth of flavor.
7) Serve the mixture on toasted buns with sliced onion. Best when fresh, though leftover sloppy joe mixture will keep in the refrigerator up to 3 days. Reheat in the microwave, or on the stovetop, adding water if the mixture has dried out.

RECIPE: WWW.MINIMALISTBAKER.COM

SHAKSHUKA

INGREDIENTS:

1 Tbsp olive oil
½ medium brown or white onion, peeled and diced
1 clove garlic, minced
1 medium green or red bell pepper, chopped
4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
2 Tbsp tomato paste
1 tsp chili powder (mild)
1 tsp cumin
1 tsp paprika
Pinch of cayenne pepper (or more to taste—spicy!)
Pinch of sugar (optional, to taste)
Salt and pepper to taste
5-6 eggs
½ Tbsp fresh chopped parsley (optional, for garnish)

DIRECTIONS:

1) Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Add garlic and continue to sauté till mixture is fragrant.
2) Add the bell pepper, sauté for 5-7 minutes over medium until softened.
3) Add tomatoes and tomato paste to pan, stir till blended. Add spices and sugar, stir well, and allow mixture to simmer over medium heat for 5-7 minutes till it starts to reduce. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).
4) Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 4-5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.
5) Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.

   Note: Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top—then, cover the pan and cook the eggs to taste.
6) Garnish with the chopped parsley, if desired.

Shakshuka can be eaten for breakfast, lunch, or dinner. For breakfast, serve with warm Gluten-free bread that can be dipped into the sauce. For dinner, serve with a green side salad for a light, easy meal.

RECIPE: WWW.TORIAVEY.COM

ALMOND BREADED CHICKEN TENDERS

INGREDIENTS:

1 package chicken tenders, or breasts cut into strips
¼ cup melted coconut oil or vegan buttery spread
¼ cup almond flour/meal
Salt and Pepper
Any other herbs/spices, optional (we like a little sprinkle of garlic and onion powder)

DIRECTIONS:

Bake at 375° F. for 15 minutes, then turn to broil for 3-5 minutes to brown the tops.
Serve immediately.

RECIPE: WWW.THINKMERRILL.COM

SNACKS AND SWEETS

Healthy Homemade Mango Fruit Roll-ups 85 / Gluten-Free Banana Muffins 86
Root Veggie Chips 87 / Chocolate and Raspberry Chia Pudding 88 / Lemon Bars 89
Iced Pumpkin Cookies 91 / Cucumber Hummus with Dill 92
Crunchy Chickpeas 93 / Superfood Granola 94
All-Purpose Gluten-Free Flour Mix 96

HEALTHY HOMEMADE MANGO FRUIT ROLL-UPS

INGREDIENTS:

4 cups diced ripe mango (from about 3 large mangoes)

DIRECTIONS:

1) Preheat the oven to 175°F and line two rimmed baking sheet with parchment paper.
2) Puree the mango in a food processor or blender until smooth.
3) Divide the purée evenly between the two prepared pans, and using an off-set spatula, spread the purée as flat and as evenly as possible until it's about ⅛-inch thick.
4) Bake the purée for 3 to 4 hours. The fruit roll-ups are done when the purée is dry to the touch and pliable. If the bottom side of the roll-ups is still wet after some time, flip the roll-ups over and continue baking them until they are fully dried.
5) Remove the roll-ups from the oven. Place a piece of wax paper on top of the roll-ups and then peel off the wax paper and the roll-ups together. Cut the sheet into long strips and then roll up the strips.

PHOTO: MAMAGURU.COM RECIPE: WWW.JUSTATASTE.COM

GLUTEN-FREE BANANA MUFFINS

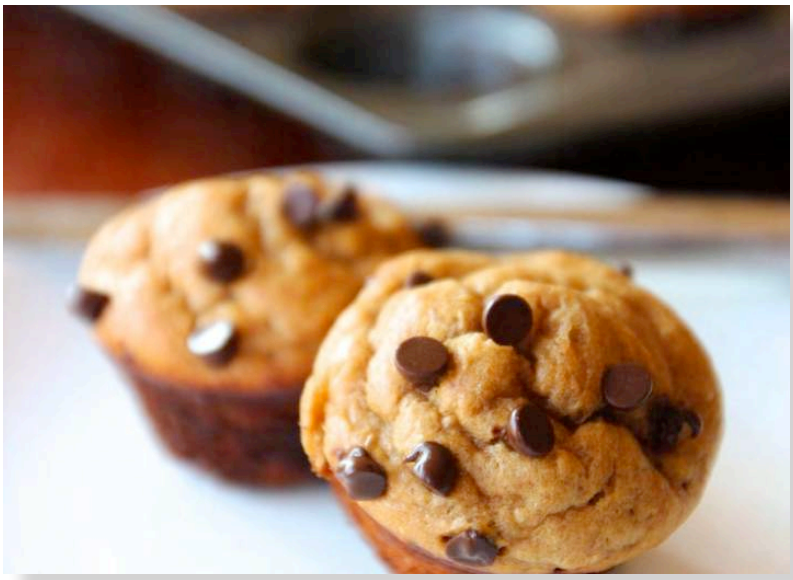
INGREDIENTS:

1 cup nut butter
2 medium-sized bananas
2 large eggs
1 tsp vanilla
2 Tbsp of raw honey
½ tsp baking soda
1 tsp apple cider vinegar

Toppings: dehydrated unsweetened coconut flakes, raisins, flaxseed, dark chocolate chips, cinnamon, and/or anything else you can think of. Feel free to lather on apple butter, strawberry preserves, or even more peanut butter. Ever heard of carrot jam? It's very tasty with this snack, too!

DIRECTIONS:

1) Preheat oven to 400 degrees F.
2) Place all ingredients into a blender or food processor. You can also use a stick blender if you have one. Blend until well mixed.
3) Pour batter into a greased muffin tin. You can also use a mini muffin tin to make 24 mini muffins.
4) Add additional toppings of your choice to each muffin and lightly stir into each cup.
5) Cook time: 15 minutes for full-size muffins and 10 minutes for mini muffins.
6) Reheat in a toaster oven for about 4 minutes at 350 degrees F, or eat at room temperature.



RECIPE: WWW.WHOLELIFESTYLENUTRITION.COM

ROOT VEGGIE CHIPS

INGREDIENTS:

Thinly sliced variety of roots including yucca (1), sweet potatoes (2), turnips (3), rutabagas (4), golden beets (5), parsnips (6), russet poatoes (7), and red beets (8)
Olive oil (enough to coat both sides of veggies)
Salt (sprinkled on veggies)

DIRECTIONS:

1) Wash, peel and thinly slice vegetables (to ⅛ inch or thinner).
2) Place all veggie slices in a bowl and drizzle with olive oil.
3) Arrange slices on a cookie sheet and sprinkle with salt.
4) Bake at 400 degrees for about 30 minutes, or until your veggies are crispy, but not burned.

RECIPE: WWW.SUPERHEALTHYKIDS.COM

CHOCOLATE AND RASPBERRY CHIA PUDDING

INGREDIENTS:

6 Tbsp chia seeds
2 cups coconut milk beverage or any non-dairy milk
6 large squares dark chocolate (yield about 2 Tbsp melted + 4 Tbsp grated chocolate to decorate)
½ cup fresh or frozen raspberries + a few raspberries to decorate

DIRECTIONS:

1) In a small pot, melt about 4 chocolate squares over low heat (should yield about 2 tablespoons melted chocolate). Add 1 cup coconut milk beverage or your favorite non-dairy milk and stir until combined, making sure the mixture doesn't become too hot. Let it cool to the room temperature.
2) In the meantime, add the raspberries and 1 cup of coconut milk beverage or your favorite non-dairy milk to a blender and puree until smooth. Pour the mixture into a jar or glass container and add 3 tablespoons of chia seeds. Mix well until all chia seeds are covered with liquid. Cover with a tight lid and place in the refrigerator.
3) Once the chocolate mixture is cool, pour it into a jar or glass container and add 3 tablespoons of the chia seeds. Mix well until all the chia seeds are covered with the liquid. Cover with a tight lid and place in the refrigerator. Keep the chia seeds in the fridge overnight or for at least 8 hours.
4) Once ready to prepare the pudding, check the consistency of the chocolate chia. If you find it too thick add 2 or 3 tablespoons of the milk of your choice and mix well.
5) Divide the chocolate chia in half and place each half into 2 small bowls or dessert glasses. Divide the raspberry chia in half and place on top of the chocolate chia.
6) Grate the remaining 2 squares of dark chocolate using a grater or shave it with a knife. To decorate the chia pudding, add about 2 tablespoons of shaved chocolate and a few raspberries to each.

RECIPE: WWW.MARIAUSHAKOVA.COM

LEMON BARS

INGREDIENTS:

For the crust:

¼ cup honey
½ cup coconut oil at room temperature (it should be the consistency of soft butter)
pinch of salt
1 cup coconut flour, sifted

For the lemon topping:

3 eggs
½ cup honey
2 tsp lemon zest (about 1 large lemon)
2 tsp coconut flour, sifted
½ cup fresh lemon juice* (about 3 large lemons)

DIRECTIONS:

1) Preheat oven to 350° F. and generously rub an 8x8 inch pan with coconut oil. Set aside.
2) In a large bowl, using an electric hand mixer, beat together the honey, coconut oil and pinch of salt until creamy and well combined. Stir in the coconut flour until a dough forms.
3) Press the dough evenly into the prepared pan and bake until just lightly golden brown, about 8 minutes. Cool for 30 minutes.
4) Lower the temperature of your oven to 325° and lower the oven rack to the second from the bottom position.
5) Once the crust has cooled, gently whisk together the eggs, honey and lemon zest in a large bowl. Do NOT use an electric mixer here or you will over-beat the eggs and the topping will crack once baked. Use a hand whisk.
6) In a separate medium bowl, whisk the coconut flour into the lemon juice, 1 teaspoon at a time, until well mixed. Make sure you continually whisk as you add the flour so that it doesn't clump up.
7) Pour the lemon juice mixture into the egg mixture, whisking while you pour, until evenly combined.
8) Pour the topping over top of the cooled crust and bake until it is just set, and the very center is just slightly jiggly, about 21-23 minutes. Let cool completely at room temperature. Then, cover and refrigerate for at least 6 hours, best over-night. You need to let the crust completely cool, or it will be soft.
8) Cut the bars into squares and DEVOUR.

NOTES:

* Do NOT use lemon juice from a bottle, it tastes completely different than fresh. I tried it. Not good.
** Make sure you DON'T OVER-BAKE it. I did once, and it completely makes the lemon layer bake funny, and makes it almost disappear. You want it to be golden brown on the edges and VERY light brown on the inside.

RECIPE: WWW.FOODFAITHFITNESS.COM

ICED PUMPKIN COOKIES

INGREDIENTS:

For the cookies:

1¼ cup cashew butter
¾ cup pumpkin
3 Tbsp maple syrup
1½ tsp cinnamon
½ tsp ginger
¼ tsp cloves
¼ tsp nutmeg

For the icing:

1½ Tbsp coconut butter
2 Tbsp almond milk
2 tsp maple syrup

DIRECTIONS:

1) Preheat oven to 350 degrees.
2) In a food processor, combine all the cookie ingredients. Blend until smooth.
3) Using a cookie scoop, drop cookies onto a lined baking sheet.
4) Bake for 10-12 minutes. Once the cookies are done, place them on a rack to cool while you make the icing.
5) To make the icing, combine all the ingredients in a small blender or food processor. Spoon icing over each cookie and them place in the fridge to firm up. Should take 5 minutes or so.

Store these cookies in the fridge. They should last a couple weeks. Enjoy!

RECIPE: WWW.MYWHOLEFOODLIFE.COM

CUCUMBER HUMMUS WITH DILL

INGREDIENTS:

2 cups chickpeas or garbanzo beans (rinsed and drained from can or soaked and cooked dried chickpeas)
2 springs fresh Dill (washed, stems removed)
½ cucumber (washed, skin on, roughly chopped)
½ teaspoon Salt
2 Tbsp lemon juice
1 Tbsp olive oil (or more, optional)
2 Tbsp tahini
1 small garlic clove

DIRECTIONS:

1) Put all ingredients in a food processor or blender and pulse/blend until smooth, scraping down the sides if needed.
2) Scoop hummus into a bowl and drizzle with olive oil. Serve with veggies, gluten-free crackers, or bread.

NOTES:

- Cucumber hummus will keep in fridge for up to 5 days, covered.
- If hummus is too watery, add more chickpeas. If hummus is too thick, add more cucumber or a bit of water.
- This recipe is very kid-friendly. That being said, if it tastes too bland for you, add more garlic, salt, and pepper. This hummus also tastes great topped with cayenne pepper.

RECIPE: WWW.VEGANFAMILYRECIPES.COM

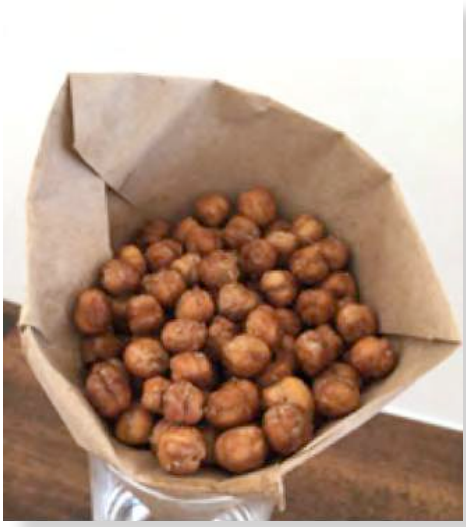
CRUNCHY CHICKPEAS

INGREDIENTS:

1 lb dried chickpeas
1¼ cup red wine vinegar
1½ tsp plus 2 tsp kosher salt
Water
1 tsp Dijon mustard
2 Tbsp olive oil

DIRECTIONS:

1) Preheat the oven to 400 degrees.
2) Put the chickpeas in a medium bowl and add 1 cup red wine vinegar, 1½ teaspoons kosher salt and enough cold water to cover by 1 inch. Soak overnight.
3) Drain the chickpeas, return them to the bowl and set aside.
4) Put ¼ cup of the vinegar and the mustard in a small container and shake vigorously to combine. Add the oil and shake to combine.
5) Pour the dressing over the chickpeas and toss to combine. Spread the chickpeas on a half sheet pan and sprinkle with 2 teaspoons kosher salt and roast for 60 to 65 minutes, tossing every 15 minutes, or until the chickpeas are deep golden brown and crunchy. Remove from the oven, return to the mixing bowl.
6) Taste and salt if desired.
7) Transfer back to the sheet pan and spread out to cool completely before serving.



RECIPE: WWW.ALTONBROWN.COM

SUPERFOOD GRANOLA

INGREDIENTS:

1½ cups gluten-free rolled oats
1 cup pecans, roughly chopped
¼ cup goji berries
¼ cup cacao nibs
¼ cup chia seeds
¼ cup hemp seeds
2 tsp cinnamon
1 tsp maca powder
¼ cup tahini
4 Medjool dates, pitted and soaked in water for an hour, drained
¼ cup pure maple syrup
¼ cup coconut oil, melted

DIRECTIONS:

1) Preheat the oven to 250 degrees and line a baking sheet with parchment paper.
2) In a large bowl, stir together the oats, pecans, goji berries, cacao nibs, chia seeds, hemp seeds, cinnamon and maca powder.
3) In a high-speed or regular blender, process the tahini, dates, maple syrup and coconut oil until smooth (a few bits of date is fine). Pour this mixture in with the oat mixture and stir thoroughly, making sure the seeds and powders are really mixed in.
4) Spread the granola onto the prepared baking sheet and bake for about 1 hour, stirring every 20 minutes or so. The granola will still be soft when you first take it out of the oven, but it crisps up as it cools. Let it cool completely before putting it in an air-tight container.

NOTES:

A trick for keeping the parchment paper from sliding around when stirring the granola is to spritz the pan in a few places with cooking oil. Then place the parchment down and squiggle it a little. Adheres like a dream!

PHOTO: GRAPPLERGOURMET.COM / RECIPE: WWW.ANUNREFINEDVEGAN.COM

ALL-PURPOSE GLUTEN-FREE FLOUR MIX

INGREDIENTS:

1 bag (24 oz or 4¼ cups) brown rice flour
1 bag (24 oz or 4¼ cups) white rice four
1 bag (24 oz or 4¼ cups) sweet rice flour
1 bag (20 oz or 4½ cups) tapioca flour (aka tapioca starch)
2½ Tbsp (0.8 oz) xanthan gum

DIRECTIONS:

Pour all of the ingredients into an extra-large bowl and mix until well incorporated—this will take about 3-5 minutes with a whisk. Do not skimp on the mixing. Otherwise, the ingredients will not be blended appropriately and will not achieve the same results. Store flour in an airtight container.

RECIPE: WWW.ALITTLEINSANITY.COM

SAUCES & DRESSINGS

Erin's Vegan Cheese Sauce 98 / Four Vinaigrettes 99
Creamy Dill Dressing 100 / Piquant Dressing 100 / Oriental Salad Dressing 101

ERIN'S VEGAN CHEESE SAUCE

INGREDIENTS:

- 2¾ cups water, divided
- ⅓ cup raw cashews
- ⅓ cup sliced raw carrots (⅜ cup shredded carrots)
- 2½ tsp granulated onion
- ¼ tsp granulated garlic
- 1 tsp salt
- 1 Tbsp lemon juice
- 2 Tbsp nutritional yeast flakes
- 1 Tbsp ground tumeric
- 1 Tbsp tahini
- ¼ cup olive oil or coconut oil
- 3 Tbsp tapioca starch or corn starch

DIRECTIONS:

1) Place 1 cup water and next 9 ingredients (cashews through tahini) in blender and blend until very, very smooth. (A high-powered blender works best for this.)
2) Add oil and blend well.
3) Add tapioca starch or corn starch. Blend until well mixed.
4) Pour into medium/large sauce pan. Rinse blender with remaining 1¾ cups water and add to sauce pan.
5) Bring to boil over medium/high heat, stirring constantly, until mixture is thick and bubbly.

Serve warm or chilled with broccoli, noodles, baked potato, or tortilla chips

RECIPE: WWW.ERINSGOODEATS.BLOGSPOT.COM

FOUR VINAIGRETTES

BASIC VINAIGRETTE

¼ cup white wine vinegar
¾ cup extra virgin olive oil
¼ tsp salt
⅛ tsp pepper
pinch of sugar
1 tsp oregano (optional)

BALSAMIC VINAIGRETTE

¼ cup balsamic or white balsamic vinegar
¾ cup extra virgin olive oil
¼ tsp salt
⅛ tsp pepper
pinch of sugar
1 tsp basil (optional)

GARLIC LEMON VINAIGRETTE

¼ cup lemon juice
¾ cup extra virgin olive oil
¼ tsp salt
⅛ tsp pepper
1 garlic clove
pinch of sugar

GARLIC DIJON VINAIGRETTE

¼ cup cider vinegar
¾ cup extra virgin olive oil
¼ tsp salt
⅛ tsp pepper
1 tsp Dijon mustard
1 garlic clove
pinch of sugar

NOTE: For the salt in each of the above recipes, I prefer pink Himalayan.

CREAMY DILL DRESSING

MAKES ABOUT 1½ CUPS

INGREDIENTS:

1 12.3-ounce package firm silken tofu
2 Tbsp lemon juice
3 Tbsp seasoned rice vinegar
1 Tbsp cider vinegar
1 tsp garlic granules or powder
½ tsp dried dill weed
¼ tsp salt

RECIPE: WWW.VEGANAMERICANPRINCESS.COM

PIQUANT DRESSING

MAKES 1/2 CUP

INGREDIENTS:

¼ cup seasoned rice vinegar
¼ cup salsa
1 garlic clove, pressed

DIRECTIONS:

Whisk all the ingredients together.

RECIPE: WWW.VEGANAMERICANPRINCESS.COM

ORIENTAL SALAD DRESSING

MAKES 3/4 CUP

INGREDIENTS:

¼ cup soy sauce
¼ cup rice vinegar
¼ cup water
¼ tsp minced fresh garlic
¼ tsp minced fresh ginger

DIRECTIONS:

Combine all ingredients in a covered jar. Shake to mix. Store in a covered jar in the refrigerator.

VARIATIONS:

For a Dijon-Oriental dressing: Add 2 teaspoons Dijon mustard

For a dairy-free ranch dressing:

½ cup mayo or dairy-free mayo
¼ cup soymilk
handful of fresh parsley, roughly chopped
1 tsp dried dill
1 tsp garlic power
freshly ground pepper

Mix all ingredients together.

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