

Roasted Veggie Pesto Pasta

6 SERVINGS 30 MINUTES



INGREDIENTS

1 head Cauliflower (small, chopped into florets)
1 Eggplant (medium, chopped)
2 Carrot (medium, chopped)
1 Zucchini (medium, chopped)
3 tbsps Extra Virgin Olive Oil
1 1/2 cups Whole Wheat Penne (dry)
2 cups Mixed Beans (cooked, rinsed)
1/3 cup Pesto (to taste)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Add the cauliflower, eggplant, carrot, and zucchini to a large baking sheet and toss with oil until evenly coated. Spread everything out evenly and roast for 20 minutes. Remove from oven to stir, then cook for another 10 minutes, or until tender and the edges are browned.
- 03 Meanwhile, cook the pasta according to package directions. Drain and set aside.
- 04 In a large serving bowl, combine the pasta, roasted vegetables, mixed beans, and pesto. Season with salt and pepper before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 2 1/2 cups.

GLUTEN-FREE

Use gluten-free pasta or veggie noodles instead.

MORE FLAVOR

Add parmesan, nutritional yeast, feta, or burrata cheese.

ADDITIONAL TOPPINGS

Sliced green onions, fresh herbs, and lemon juice.

Shahi Paneer

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 tbsps Ghee
- 2 Green Chili Pepper (seeds removed, sliced)
- 2 1/2 cups Red Onion (large, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, grated)
- 1 tsp Coriander (ground)
- 1 tbsp Paneer Masala
- 1 tsp Sea Salt (to taste)
- 1 1/2 cups Crushed Tomatoes (from the can)
- 2 cups Unsweetened Coconut Yogurt
- 12 ozs Paneer Cheese (cubed)

DIRECTIONS

- 01 Heat the ghee in a pot over medium heat. Add the green chili pepper, onions, garlic, and ginger. Cook for five to eight minutes, or until the onions are translucent.
- 02 Add the coriander, paneer masala, and salt. Cook for one minute, then add the tomatoes. Bring to a gentle simmer and cook for five minutes, covered.
- 03 Stir in the yogurt and paneer, cover, and cook for 15 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add red chili powder, cashew paste, kasoori methi leaves, red bell peppers, peas, cauliflower, or extra chilies.

ADDITIONAL TOPPINGS

Top with cilantro. Serve it with naan or rice.

NO PANEER MASALA

Use garam masala instead.

NO COCONUT YOGURT

Use plain yogurt, coconut milk, or cream instead.

Pear & Havarti Flatbread Pizza

1 SERVING 15 MINUTES



INGREDIENTS

- 1 3/4 ozs Whole Wheat Flatbread (8-inch)
- 1 cup Arugula
- 1/3 Pear (medium, sliced)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 ozs Havarti Cheese (sliced)

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 Top the flatbread with the arugula, pear, salt, pepper, and Havarti cheese. Transfer to the baking sheet and bake for eight to 10 minutes or until the flatbread is crispy. Cut into slices and enjoy!

NOTES

LEFTOVERS

Enjoy immediately for best results or refrigerate in an airtight container for up to two days. Re-toast before serving if preferred.

WHOLE WHEAT FLATBREAD

One flatbread is equal to approximately 52 grams or one medium-size piece of flatbread.

GLUTEN-FREE

Use brown rice tortillas instead of whole wheat flatbread and adjust the baking time accordingly.

DAIRY-FREE

Use vegan cheese or omit the havarti completely.

ADDITIONAL TOPPINGS

Top with honey, cooked chicken, marinated tofu, or crushed pistachios.

Kale & Parmesan Spaghetti Squash

2 SERVINGS 1 HOUR



INGREDIENTS

- 1 Spaghetti Squash (medium)
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves
- 1 tsp Extra Virgin Olive Oil
- 1/2 tsp Lemon Juice
- 1/4 cup Parmigiano Reggiano (finely grated)
- 1/4 tsp Chili Flakes (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let it cool. Use a fork to shred the flesh into noodles and season with salt and pepper.
- 03 Reduce the oven temperature to 375°F (190°C). Layer the kale leaves on the same baking sheet and rub with oil, salt, and pepper. Leave enough space between kale leaves to get them crispy, working in batches or on separate baking sheets if necessary. Bake for 10 to 11 minutes.
- 04 Divide the squash noodles between plates and squeeze lemon all over. Add the kale leaves on top and finish with Parmigiano Reggiano and chili flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container in the fridge for up to three days.

SERVING SIZE

One serving is half a medium sized squash.

DAIRY-FREE

Omit the Parmigiano Reggiano and use nutritional yeast instead.

ADDITIONAL TOPPINGS

Top with crispy bacon, toasted seeds, or nuts.

MAKE IT VEGAN

Omit the Parmigiano Reggiano and use nutritional yeast.