

Sweet Potato Quesadillas

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Water (divided)
- 1 Sweet Potato (shredded)
- 1 1/2 tsps Taco Seasoning
- 1 1/2 cups Baby Spinach
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Salsa
- 3 Brown Rice Tortilla

DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
- 02 Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
- 03 Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

MORE FLAVOR

Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.

Coconut Yogurt Tofu

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 cups Jasmine Rice
- 1 cup Unsweetened Coconut Yogurt
- 1 2/3 tbsps Taco Seasoning
- 1 tsp Sea Salt (to taste)
- 15 3/4 ozs Tofu (extra firm, pressed, sliced)
- 2 tpsps Extra Virgin Olive Oil (divided)
- 8 cups Baby Spinach

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 In a bowl, combine the coconut yogurt, taco seasoning, and salt. Add the tofu slices and coat well in the mixture.
- 03 Heat half the oil in a nonstick skillet over medium heat. Add the spinach and cook until just wilted, about one to two minutes. Set aside.
- 04 Heat the remaining oil over medium heat. Cook the tofu slices until browned on both sides, about five to eight minutes.
- 05 Divide the rice, spinach, and tofu onto plates and drizzle the remaining sauce over top (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving equals approximately one cup of rice, four ounces of tofu, and half a cup of spinach.

MORE FLAVOR

Let the tofu marinate overnight. Add lime juice before serving.

ADDITIONAL TOPPINGS

Add sliced green onions, parsley, or shredded coconut.

Peanut Maple Tempeh Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1/2 cup Jasmine Rice (dry)
- 2 tbsps Soy Sauce
- 1 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Sesame Oil
- 1/2 tsp Lime Juice
- 1 tbsp Water
- 8 3/4 ozs Tempeh (sliced)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Frozen Vegetable Mix (cooked)
- 1 tbsp Raw Peanuts (chopped)
- 2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 Cook the rice according to the directions on the package and set aside.
- 02 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 03 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 04 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving size is equal to approximately four slices of tempeh, one cup of vegetable mix, and 1/2 cup of rice.

GLUTEN-FREE

Substitute soy sauce for gluten-free tamari.

MORE FLAVOR

Add a squeeze of lime to the plate right before serving for a zesty twist.

PREP AHEAD

This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.

Lemon, Garlic & Herb Pasta with Chickpeas

3 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Brown Rice Penne (uncooked)
2 cups Chickpeas (cooked, drained)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Lemon Juice
2 Garlic (cloves, minced)
1/2 tsp Oregano
Sea Salt & Black Pepper (to taste)
2 tbsps Parsley (chopped)
2 tbsps Basil Leaves (chopped)
2 tbsps Fresh Dill (chopped)

DIRECTIONS

- 01 Cook pasta according to the package.
- 02 While the pasta is cooking, in a bowl, add the chickpeas, olive oil, lemon juice, garlic, oregano, salt and pepper. Mix to combine and set aside to marinate.
- 03 Add the pasta to a serving bowl followed by the chickpea mix (including the liquid). Toss to combine.
- 04 Add the parsley, basil, dill and toss again. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate leftovers in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of pasta.

MORE FLAVOR

Add more lemon juice, olive oil, oregano.

ADDITIONAL TOPPINGS

Chili flakes and/or plant-based cheese.

Tofu Tikka Masala

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Jasmine Rice (dry)
- 1/3 cup Tikka Masala Paste
- 12 1/3 ozs Tofu (extra firm, cut into 1-inch cubes)
- 1 cup Tomato Purée
- 1/2 cup Unsweetened Coconut Yogurt
- 3/4 cup Canned Coconut Milk
- 1 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 In a large dutch oven or pot over medium heat, add the tikka masala paste and cook, stirring often for two minutes. Add the tofu, tomato purée, coconut yogurt, coconut milk, and salt. Cover and reduce the heat to a simmer. Cook for 15 minutes.
- 03 Divide the rice and tofu evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1/2 cup of rice with one cup of curry.

MORE FLAVOR

Add onions and garlic.

ADDITIONAL TOPPINGS

Top with fresh cilantro.

Veggie Burger Bowl

1 SERVING 20 MINUTES



INGREDIENTS

3 1/3 ozs Veggie Burger Patty
2 cups Baby Spinach
1/2 Tomato (chopped)
1/4 cup Red Onion (sliced)
1/2 cup Pickle (sliced)
1 tbsp Vegan Mayonnaise

DIRECTIONS

- 01 Cook the veggie burger patty according to package directions. Cut into slices.
- 02 Arrange the spinach, tomatoes, red onions, pickles, veggie burger, and mayonnaise in a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO VEGAN MAYONNAISE

Use regular mayonnaise or your favorite dressing instead.

VEGGIE BURGER PATTY

One veggie burger patty is 94 grams or 3 1/3 ounces.

Roasted Sweet Potato & Eggplant Pitas

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato (medium, chopped)
1 Eggplant (Japanese, small, cubed)
1 tsp Za'atar Spice
Sea Salt & Black Pepper (to taste)
2 1/4 ozs Mini Whole Wheat Pita
1 oz Pickled Red Onions
2 tbsps Cilantro
1 1/2 tbsps Green Goddess Salad Dressing

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Spread the sweet potato and eggplant over the parchment paper. Season with za'atar, salt, and pepper. Bake for 15 to 17 minutes or until soft and cooked through.
- 03 Cut the pitas in half and stuff them with sweet potato, eggplant, pickled red onion, and cilantro leaves.
- 04 Serve with the dressing and enjoy.

NOTES

LEFTOVERS

Refrigerate the roasted sweet potato and eggplant in an airtight container in the fridge for up to three days. Make the sandwich before serving.

SERVING SIZE

One serving is equal to one mini pita sandwich.

GLUTEN-FREE

Use a gluten-free pita.

ADDITIONAL TOPPINGS

Pickles, mint and/or parsley.

NO PICKLED RED ONION

Use sliced red onion or sliced green onion instead, or omit.

MINI WHOLE WHEAT PITA

One mini whole wheat pita is 31 grams or 1.1 ounces.

Chickpea Picadillo with Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, chopped)
- 1 Garlic (clove, minced)
- 1 tsp Cumin
- 3/4 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Tomato (medium, diced)
- 1 1/2 cups Chickpeas (cooked, rinsed well)
- 1/4 cup Green Olives (chopped)
- 1/4 cup Water

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Meanwhile, heat the oil in a pan over medium heat. Add the onion and cook for three to five minutes or until softened.
- 03 Add the garlic, cumin, oregano, and salt and stir to combine then add the tomato. Cook for about one minute then stir in the chickpeas. Continue to cook for two to three minutes until the tomatoes start to break down and the chickpeas warm through.
- 04 Add the olives and the water and continue to cook for three to five minutes or until the sauce thickens. Season with additional salt if needed.
- 05 Divide the rice and chickpeas evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup picadillo and 3/4 cup rice.

MORE FLAVOR

Add green pepper, cilantro, or raisins. Use vegetable broth or tomato sauce instead of water.

OIL-FREE

Use water or broth instead of oil.

NO BROWN RICE

Use white rice or cauliflower rice instead.

Lentil Potato Fritter Bowl

2 SERVINGS 50 MINUTES



INGREDIENTS

2 Russet Potato (medium, peeled and cut into large cubes)
1/2 cup Dry Green Lentils (rinsed well)
2 1/2 Garlic (clove, smashed, divided)
1 1/2 tsps Curry Powder
1/2 tsp Sea Salt
1 head Romaine Hearts (chopped)
1 Carrot (small, cut into matchsticks)
1/4 Cucumber (chopped)
1/3 cup Unsweetened Coconut Yogurt
2 tsps Lemon Juice

DIRECTIONS

- 01 Add the potatoes, lentils, and 3/4 of the garlic to a pot of salted water. Bring to a boil and cook for about 15 minutes or until the potatoes are soft and the lentils are just tender. Drain the potatoes and lentils then place them back in the same pot while warm. Add the curry powder and salt to the pot then mash with a vegetable masher until mostly smooth (some lentils may remain whole). Let the mixture rest until cool enough to handle.
- 02 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Form the potato lentil mixture into thin patties, using approximately two tablespoons of the mixture per patty. Place on the baking sheet. Bake for 15 minutes then flip and continue to bake for 10 minutes or until both sides of the fritters are brown and the outside is crispy.
- 04 Meanwhile, divide the lettuce, carrots, and cucumber between bowls. Mince the remaining garlic and add it to a small mixing bowl. Add the coconut yogurt and lemon juice and stir to combine. Season with additional salt if needed.
- 05 Divide the potato fritters between bowls and serve with the coconut yogurt sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate the fritters in an airtight container for up to four days. Assemble bowls just before serving.

SERVING SIZE

One serving is six to seven fritters.

ADDITIONAL TOPPINGS

Add more veggies, avocado, or fresh herbs.

NO COCONUT YOGURT
Use Greek yogurt instead.

Jackfruit Carnitas Tacos

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 4 cups Canned Jackfruit (young, drained, rinsed, cored)
- 1/2 cup Water
- 1 tbsp Tomato Paste
- 2 tbsps Coconut Sugar
- 2 tsps Cumin
- 1 tsp Smoked Paprika
- 1/4 cup Orange Juice
- 1/4 cup Guacamole
- 8 Corn Tortilla
- 1/4 cup Red Onion (diced)
- 1/4 cup Cilantro (chopped)

DIRECTIONS

- 01 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 02 Heat the oil in a skillet over medium heat. Add the onion and cook for three to five minutes until softened. Add the jackfruit and water, and simmer for ten minutes.
- 03 Add the tomato paste, coconut sugar, cumin, smoked paprika, and orange juice and simmer on low for ten minutes. Pull apart the jackfruit with a fork.
- 04 Spread the jackfruit onto the prepared baking sheet and bake for 12 to 15 minutes, until crispy.
- 05 Spread the guacamole over the tortillas, and top with the jackfruit, red onion, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Assemble the tacos just before enjoying.

SERVING SIZE

One serving is equal to approximately two tacos.

MORE FLAVOR

Top with black beans, feta, and pickled onions.

Creamy Butternut Tofu Soup

8 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (small, chopped)
2 Carrot (diced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Cinnamon
1/2 tsp Curry Powder
1/4 tsp Nutmeg
3 cups Butternut Squash (peeled, seeds removed, cubed)
2 cups Vegetable Broth, Low Sodium
14 ozs Tofu (soft, crumbled)

DIRECTIONS

- 01 Heat the oil in a pot over medium-high heat. Cook the onion, carrot, salt, pepper, cinnamon, curry powder, and nutmeg for five minutes, stirring occasionally.
- 02 Add the butternut squash and broth. Bring to a simmer and cook for 15 minutes or until all the veggies are tender.
- 03 Add the tofu. Use an immersion blender or high-speed blender to blend the soup until smooth, or your desired consistency is reached. Adjust salt and pepper as needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 3/4 to one cup.

MORE FLAVOR

Add sweet potato, garlic, and/or ginger.

ADDITIONAL TOPPINGS

Top with plain yogurt, fresh parsley, or kale chips.