

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.

Mexican-Style Fries Supreme

1 SERVING 30 MINUTES



INGREDIENTS

2 Sweet Potato (medium, sliced into 1/4-inch strips)
1 tbsp Extra Virgin Olive Oil
2 tsps Taco Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (thinly sliced)
1/2 Red Bell Pepper (medium, diced)
1/4 cup Unsweetened Coconut Yogurt (optional)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 03 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

ADDITIONAL TOPPINGS

Tomatoes, ground beef, shredded cheese, or green onions.

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.