



Vegan Easy Recipes

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Spinach Lentil Curry

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 120 milliliters Vegetable Broth
- 240 milliliters Canned Coconut Milk
- 395 grams Lentils (cooked)
- 10 grams Cilantro (optional, roughly chopped)
- 180 grams Baby Spinach
- 185 grams Jasmine Rice (dry)
- 2 tpsps Maple Syrup

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice: Serve alone or with quinoa, couscous or potatoes instead.

Leftovers: Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick: If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour: Add extra cilantro and lime.



Chickpea & Potato Curry

3 servings

20 minutes

Ingredients

120 milliliters Water
1 Yellow Onion (medium, chopped)
3 Garlic (cloves, minced)
1 tbsp Ginger (fresh, grated or minced)
1 tbsp Curry Powder
2 tsps Garam Masala
1 1/2 tsps Chili Powder
1/2 tsp Sea Salt
330 grams Chickpeas (cooked, rinsed)
1 Yellow Potato (medium, peeled, diced)
365 milliliters Canned Coconut Milk
60 grams Baby Spinach

Directions

- 1 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 2 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 3 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

Serving Size: One serving is approximately one cup of curry.

More Flavor: For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

Additional Toppings: Fresh cilantro or lime wedges.

No Chickpeas: Use cooked lentils instead.



Vegan Butter Chickpeas

3 servings

15 minutes

Ingredients

60 milliliters Water
1 Yellow Onion (large, chopped)
2 Garlic (clove, minced)
2 tbsps Ginger (fresh, grated or minced)
65 grams Tomato Paste
1 tbsp Curry Powder
2 tps Garam Masala
2 tps Paprika
2 tps Chili Powder
1/2 tsp Sea Salt
330 grams Chickpeas (cooked, rinsed)
365 milliliters Canned Coconut Milk

Directions

- 1 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 2 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 3 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Fresh cilantro or red pepper flakes.

No Chickpeas: Use lentils or another bean instead.

More Vegetables: Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

Serve it With: Cauliflower rice, rice, quinoa, flatbread, or a side salad.



Chickpea & Tofu Curry

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, chopped)
- 255 grams Tofu (firm, drained, cubed)
- 440 grams Chickpeas (from the can, drained and rinsed)
- 485 grams Diced Tomatoes (from the can, with the juices)
- 120 milliliters Water
- 1 tbsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 10 grams Cilantro (chopped)

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 2 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 3 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.



Lentil, Chickpea & Green Pea Curry with Rice

4 servings

30 minutes

Ingredients

100 grams Basmati Rice (dry)
1/2 White Onion (small, diced)
4 Garlic (cloves, minced)
1 1/2 tbsps Curry Powder
245 grams Chickpeas (cooked)
160 grams Frozen Peas (thawed)
715 milliliters Vegetable Broth
295 grams Lentils (cooked)
80 milliliters Canned Coconut Milk
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, in a separate pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.
- 3 Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.
- 4 Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.
- 5 Divide the rice and curry evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/4 cups.

More Flavor: Add cumin, chili flakes, and/or lemon juice.

Additional Toppings: Top with cilantro or green onion.



Lentil, Chickpea & Green Pea Curry

4 servings

30 minutes

Ingredients

1/2 White Onion (small, diced)
4 Garlic (cloves, minced)
1 1/2 tbsps Curry Powder
245 grams Chickpeas (cooked)
160 grams Frozen Peas (thawed)
715 milliliters Vegetable Broth
295 grams Lentils (cooked)
80 milliliters Canned Coconut Milk
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.
- 3 Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.
- 4 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add cumin, chili, and spinach.

Additional Toppings: Top with cilantro or green onion.



Pesto Tofu Bites

4 servings

30 minutes

Ingredients

480 grams Tofu (extra-firm, pressed and cubed)
125 grams Pesto
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup cubed tofu.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Kimchi Tofu Scramble

2 servings

10 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 455 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 85 grams Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 150 grams Kimchi (drained)

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.



Tofu & Broccoli Green Curry

2 servings

30 minutes

Ingredients

175 grams Tofu (extra firm, pressed and cut into small cubes)
2 tbsps Coconut Aminos
3 tbsps Green Curry Paste
365 milliliters Canned Coconut Milk
275 grams Broccoli (cut into florets)

Directions

- 1 In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
- 3 Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.
- 4 Combine the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
- 5 Add the broccoli to the pot and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add fresh ginger, garlic, lime juice, cilantro or basil.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency: For a thinner curry add vegetable broth.

No Coconut Aminos: Use tamari or soy sauce instead.



Fajita Spiced Tofu & Rice

2 servings

20 minutes

Ingredients

140 grams Jasmine Rice
250 grams Tofu (extra-firm, pressed and crumbled into large pieces)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (diced)
60 grams Baby Spinach (chopped)
1 tbsp Taco Seasoning
1 1/2 tsps Tamari

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
- 3 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 4 Add the taco seasoning and tamari to the pan and stir well.
- 5 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of the tofu and veggies.

More Flavor: Add lime juice, salsa, or hot sauce.

Additional Toppings: Avocado, cilantro, or green onion.

No Tamari: Use soy sauce or coconut aminos instead.

No Red Bell Pepper: Use a yellow or orange bell pepper instead.



Spiced Chickpeas with Spinach & Rice

2 servings

20 minutes

Ingredients

90 grams Jasmine Rice
1 tbsp Extra Virgin Olive Oil
330 grams Chickpeas (cooked, rinsed and patted dry)
1 tbsp Taco Seasoning
1 tbsp Tamari
60 grams Baby Spinach (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the chickpeas and cook for three to five minutes or until warmed through.
- 3 Add the taco seasoning and tamari and stir to combine. Add the spinach and stir until wilted. Season with salt and pepper to taste if needed.
- 4 Divide the cooked rice between plates and top with the spiced chickpeas. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups of the spiced chickpeas and rice.

Additional Toppings: Avocado, cilantro, green onions, red pepper flakes, or hot sauce.

No Spinach: Use kale instead.

No Tamari: Use soy sauce or coconut aminos instead.



Chickpea Spinach Scramble

2 servings

15 minutes

Ingredients

60 milliliters Water
165 grams Chickpeas (cooked)
1/4 tsp Turmeric
1/2 tsp Cumin
1/4 tsp Sea Salt (to taste)
60 grams Baby Spinach (large leaves torn)

Directions

- 1 Heat the water in a pan over medium heat. Add the chickpeas, turmeric, cumin, and salt. Mash the chickpeas with the back of a fork.
- 2 Stir in the spinach until wilted and add more salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/2 cup of the chickpea scramble.

More Flavor: Add garlic, onions, red pepper flakes, or lime juice.

Additional Toppings: Serve it with avocado, toast, or lettuce wraps.



Silken Tofu Scramble

2 servings

15 minutes

Ingredients

- 340 grams Silken Tofu (drained)
- 1 tbsp Nutritional Yeast
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (sliced, optional)

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, turmeric, and salt. Use the spatula to stir and gently break up the tofu.
- 2 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer to a plate, garnish with green onions (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Add black pepper and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.



White Bean Purée & Sautéed Mushrooms on Toast

2 servings

20 minutes

Ingredients

275 grams White Navy Beans (cooked, rinsed)
1 tsp Lemon Juice
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
8 White Button Mushrooms (sliced)
100 grams Sourdough Bread (toasted)
1 tbsp Parsley (chopped)

Directions

- 1 In a food processor, purée the white beans, lemon juice, and half of the olive oil until smooth. Season with salt and pepper to taste.
- 2 In a medium pan over high heat, add the remaining olive oil. Once the oil is hot, sauté the sliced mushrooms for two to three minutes or until cooked and golden brown. Season with salt and pepper to taste.
- 3 Spread the white bean purée evenly on top of the toasted bread.
- 4 Top with sautéed mushrooms and chopped parsley. Enjoy.

Notes

Leftovers: Refrigerate the white bean purée and sautéed mushrooms in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately 2/3 cup white bean purée and 1/8 cup sautéed mushrooms on one slice of sourdough bread.

More Flavor: Add garlic to the purée and thyme to the sautéed mushrooms.

Additional Toppings: Chili flakes and/or fresh mint.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Balsamic Lentil Salad

2 servings

5 minutes

Ingredients

295 grams Lentils (cooked, rinsed well)
2 tbsps Balsamic Vinegar
30 grams Parsley (finely chopped)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the lentils to a bowl and stir in the balsamic vinegar, parsley, and cucumber. Season with salt and pepper to taste. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately equal to one cup.

More Flavor: Add other dried herbs and spices to taste.

More Fat: Add extra virgin olive oil, olives, or feta cheese.

More Veggies: Add tomatoes, bell pepper, zucchini or chopped greens.

No Lentils: Use chickpeas or white beans instead.



One Pot Spinach & Artichoke Pasta

4 servings

15 minutes

Ingredients

520 grams Artichoke Hearts (from the can, drained)
1 1/2 tbsps Nutritional Yeast
1/2 tsp Sea Salt (to taste)
225 grams Chickpea Pasta (dry)
2 tbsps Cashew Butter
900 milliliters Vegetable Broth, Low Sodium
120 grams Baby Spinach

Directions

- 1 In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
- 2 Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
- 3 Stir in the spinach until wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add sautéed garlic.

Additional Toppings: Top with red pepper flakes, lemon juice, and/or black pepper.

No Cashew Butter: Use sunflower seed butter, tahini, or cream cheese instead.



Portobello & Red Pepper Naan Pizza

1 serving
15 minutes

Ingredients

1 piece Naan
1 tsp Extra Virgin Olive Oil
85 grams Portobello Mushroom Caps
(chopped)
1/4 Red Bell Pepper (medium, diced)
1 tbsp Tomato Sauce
55 grams Vegan Cheese Shreds
(divided)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the mushrooms and bell peppers until soft, about five minutes.
- 3 Spread the tomato sauce evenly over the naan. Top with half the cheese shreds, the cooked mushrooms and bell peppers, and then the remaining cheese shreds.
- 4 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Naan: One piece of naan is 3.2 oz or 90 grams.



Pesto & Asparagus Linguine

2 servings

20 minutes

Ingredients

- 130 grams Whole Wheat Linguine (uncooked)
- 1 tbsp Avocado Oil
- 270 grams Asparagus (woody ends trimmed, chopped)
- 290 grams Fresh Peas (or frozen)
- 65 grams Pesto
- 1 tsp Red Pepper Flakes (optional)

Directions

- 1 Cook the linguine according to the package directions.
- 2 Heat the oil in a large skillet over medium heat. Cook the asparagus until fork tender, about five minutes, stirring occasionally.
- 3 Stir in the peas and pesto. Cook until warmed through, about one to two more minutes.
- 4 Divide the linguine onto plates and top with the peas and asparagus. Top with red pepper flakes (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 to two cups.

More Flavor: Add parmesan cheese, lemon zest, and/or butter.

Additional Toppings: Top with lemon juice.



Miso Glazed Eggplant

4 servings

25 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Avocado Oil
- 1 Eggplant (medium, sliced into 1/2 inch pieces lengthwise)
- 1 tbsp Cilantro (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix together the miso paste, coconut aminos, and oil. Brush each eggplant slice with the miso mixture, being sure to cover both sides, and place on the baking sheet. Roast the eggplant for 15 to 20 minutes, flipping it halfway through.
- 3 Top the eggplant with the cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two eggplant pieces.

Additional Toppings: Add sesame seeds.



Chickpea, Couscous & Spinach Salad

3 servings

20 minutes

Ingredients

85 grams Couscous (uncooked)
60 grams Baby Spinach
150 grams Cherry Tomatoes (halved)
330 grams Chickpeas (cooked)
1/2 Orange Bell Pepper (medium,
seeds removed, diced)
2 tbsps Slivered Almonds
2 tbsps Cilantro Lime Dressing

Directions

- 1 Cook the couscous according to the package directions and let cool.
;
- 2 Mix all the ingredients together except for the dressing.
;
- 3 Divide all of the ingredients evenly between bowls. Top with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cup.

Gluten-Free: Use quinoa instead of the couscous.

Nut-Free: Omit the almonds.

More Flavor: Add lemon, cucumber, avocado, and/or red onion.

Additional Toppings: Parsley or green onion.



Spicy Tempeh Caesar Salad

3 servings

20 minutes

Ingredients

80 milliliters Hot Sauce
250 grams Tempeh (sliced)
1 tbsp Extra Virgin Olive Oil
3 heads Romaine Hearts (chopped)
60 grams Vegan Caesar Dressing
3 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a shallow bowl, combine the hot sauce and tempeh and gently toss well to coat each piece.
- 2 Heat the oil in a pan over medium heat. Once hot, add the tempeh. Cook for four to five minutes per side or until golden. Once cooked, cut each piece into approximately one inch cubes.
- 3 In a large bowl, combine the romaine hearts, caesar dressing, nutritional yeast, salt, and pepper. Divide the salad evenly between bowls and top each with tempeh. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups salad and four pieces of tempeh.

Additional Toppings: Add cucumbers, tomatoes, onions.



Tempeh & Guacamole Wrap

3 servings

15 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
250 grams Tempeh (sliced)
3 Whole Wheat Tortilla (small)
3 tbsps Guacamole
40 grams Mixed Greens
1 Red Bell Pepper (medium, sliced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a pan over medium heat. Once hot, add the tempeh. Cook for four to five minutes per side or until golden.
- 2 To assemble, place the tortillas on plates and top evenly with guacamole, mixed greens, peppers, and tempeh. Season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one wrap.

No Guacamole: Use hummus, mayonnaise, or your favorite dressing instead.

Additional Toppings: Add cucumbers, tomatoes, onions.

Gluten-Free: Use a gluten-free tortilla.



Maple Lentil Breakfast Sausages

3 servings

25 minutes

Ingredients

595 grams Lentils (cooked, drained, rinsed)
3 tbsps Ground Flax Seed
1 1/2 tbsps Arrowroot Powder
3/4 tsp Garlic Powder
80 grams Maple Syrup
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the lentils, ground flax seed, arrowroot powder, garlic powder, maple syrup, and 2/3 of the oil in a food processor. Process until a smooth, thick batter has formed. If the batter is too crumbly, add a little bit of water one teaspoon at a time, and continue to process until you have a thick batter.
- 2 Form the patties by scooping 3/4 cup of the lentil mixture into your hands, roll it into a ball, then flatten it with the palm of your hand. Each patty should be approximately three inches in diameter.
- 3 Heat the remaining oil in a large pan over medium heat. Fry the lentil patties for three to four minutes on each side, until browned. Remove from the heat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to three months.

Serving Size: One serving is equal to one patty.

More Flavor: Add liquid smoke.

Serve it With: English muffin with your favorite breakfast sandwich or with hashbrowns and avocado.



Peanut Butter Stuffed Dates

1 serving

5 minutes

Ingredients

75 grams Pitted Dates
1 tbsp All Natural Peanut Butter
1/8 tsp Sea Salt (flaky, optional)

Directions

- 1 Open the dates up wide. Spread the peanut butter into the dates. Sprinkle with flaky sea salt, if desired. Enjoy!

Notes

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

Serving Size: One serving is two peanut butter stuffed dates.

Additional Toppings: Cacao nibs, shredded coconut, or chocolate chips.



Quinoa & Hummus Veggie Wrap

1 serving
25 minutes

Ingredients

45 grams Quinoa (dry)
1 Spelt Tortilla
1 tbsp Hummus
30 grams Mixed Greens
1/4 Cucumber (quartered)
15 grams Pickled Red Onions

Directions

- 1 Cook quinoa according to package directions.
- 2 Spread the hummus onto the tortilla. Spread the quinoa over the hummus so it has something to stick to. Add the remaining ingredients. Roll up the wrap and cut it in half. Enjoy!

Notes

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

Serving Size: One serving is one wrap.

More Flavor: Add sliced tomatoes.

No Spelt Tortilla: Use a whole wheat or brown rice tortilla instead.



Spinach Pesto Penne

3 servings

25 minutes

Ingredients

330 grams Brown Rice Penne (dry)
45 grams Baby Spinach
1 Garlic (clove, small, chopped)
1/4 Lemon (juiced)
1 1/2 tbsps Hemp Seeds
1/4 tsp Sea Salt
60 milliliters Extra Virgin Olive Oil

Directions

- 1 Cook the penne according to package directions. Set aside.
- 2 In a blender, combine the baby spinach, garlic, lemon juice, hemp seeds, and salt. While the blender is running, slowly add the oil through the top of the lid until fully emulsified.
- 3 Toss the penne with the pesto and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add nutritional yeast.

More Protein: Use spelt penne instead. Add cooked protein of choice.



Lemon Tahini Chopped Salad

2 servings

10 minutes

Ingredients

- 3 tbsps Tahini
- 1 Lemon (small, juiced)
- 1 tbsp Water
- 1 Tomato (large, diced)
- 1/2 Cucumber (large, diced)
- 3 tbsps Parsley (finely chopped)
- 1/4 tsp Sea Salt

Directions

- 1 In a large bowl, add the tahini, lemon juice, and water. Whisk until smooth.
- 2 Add the tomato, cucumber, parsley, and salt to the same bowl. Mix to combine with the dressing. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

More Flavor: Add sumac to the dressing.



Harissa Roasted Cauliflower

4 servings

30 minutes

Ingredients

1 head Cauliflower (medium, cut into florets)
25 grams Harissa
1/4 tsp Sea Salt
1 tbsp Fresh Dill

Directions

- 1 Preheat the oven to 420°F (215°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the cauliflower with harissa and salt.
- 3 Transfer to the baking sheet. Bake for 15 minutes, remove, flip, and bake for ten minutes more.
- 4 Divide evenly between bowl, top with dill, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add lemon juice.

No Dill: Omit or use parsley or cilantro instead.



Broccoli with Nutritional Yeast

2 servings

5 minutes

Ingredients

180 grams Frozen Broccoli
1 tbsp Nutritional Yeast

Directions

- 1 Bring a 1/2-inch of salted water to boil in a large pan. Add the broccoli, cover, and cook for about three to five minutes or until the broccoli is bright green.
- 2 Drain, top with nutritional yeast, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is one cup of broccoli.

More Flavor: Toss the broccoli in melted butter or olive oil and garlic.



Peanut & Edamame Chickpea Pasta

2 servings

15 minutes

Ingredients

140 grams Chickpea Pasta (dry)
155 grams Frozen Edamame
70 grams Peanut Sauce

Directions

- 1 Cook the pasta according to the package directions. In the final two minutes of cooking the pasta, add the frozen edamame and cook. Drain everything together and then add everything back to the pot.
- 2 Add the peanut sauce to the pasta and edamame and stir well. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of pasta.

More Flavor: Add hot sauce, minced garlic, and/or spinach.

Additional Toppings: Chopped green onions, hemp hearts, and/or basil.



Chickpea & Tofu Taco Scramble

1 serving
10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
40 grams Shallot (minced)
35 grams Cherry Tomatoes (chopped)
310 grams Tofu (extra firm, drained, pressed and crumbled)
80 grams Chickpeas (cooked)
1/2 tsp Taco Seasoning
1/2 Lime (juiced)

Directions

- 1 Warm the oil in a pan over medium heat. Sauté the shallot and tomatoes until softened, about two to three minutes.
- 2 Add the tofu, chickpeas, and taco seasoning and mix well. Cook for three minutes to heat through.
- 3 Divide the scramble evenly between plates and squeeze the lime over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add nutritional yeast, salsa, and/or hot sauce.

Additional Toppings: Chopped green onions, cilantro, and/or red chili flakes.



Cashew Cream Cheese & Celery

1 serving

5 minutes

Ingredients

- 115 grams Cashew Cream Cheese
- 3 stalks Celery (leaves removed, cut into sticks)
- 2 tsps Hemp Seeds

Directions

- 1 Spread the cream cheese evenly over top each celery stick. Sprinkle with hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is three celery stalks.

Additional Toppings: Top with Everything Bagel Seasoning for more flavor.