



Recipe Roundup

HEALTHY MEAL IDEAS FOR MAY
(psst- or anytime)



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recipes for the month



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Breakfast

I D E A S

SOUTHWESTERN

» Egg » Muffins



INGREDIENTS:

1-1/2 cups chickpea flour
1/2 cup nutritional yeast
16oz soft silken organic tofu
1/2 cup almond milk
2 tsp chili powder
2 tsp ground cumin
1 tsp garlic powder
black pepper, to taste
1-1/2 tsp sea salt
1/2 tsp baking powder
1/2 yellow onion, finely diced
1/2 red bell pepper, finely diced
1 (4oz) can diced green chiles

*optional - 1/2 cup shredded plant-based cheese and green onions

DIRECTIONS:

1. Preheat the oven to 350F degrees and line a muffin pan with liners and set aside.
2. Add the chickpea flour, nutritional yeast, tofu, milk, chili powder, cumin, garlic powder, baking powder, black pepper and salt to a high speed blender. Blend on high for 1 minute. Scrape down sides if necessary.
3. Transfer the "egg" batter to a large bowl and add in the onions, bell pepper, green chiles and cheese (if using). Fold the veggies into the batter until evenly combined.
4. Divide the batter evenly into the muffin tins, bake in middle rack for 40-45 minutes or until the tops are puffy and slightly golden. Remove from oven and let sit in the tray for 5 minutes. Then transfer to a cooling rack and allow to cool.
5. Enjoy immediately or store in an airtight container in the fridge for up to 5 days.

MAKES: 12 muffins

CREAMY Chocolate Oatmeal



INGREDIENTS:

1 cup rolled oats
2 Tbsp cocoa or cacao powder
1/4 tsp sea salt
2 cups thick & creamy non-dairy milk
1-2 Tbsp pure maple syrup
1/2 tsp pure vanilla extract
1-2 Tbsp chia or flax seeds

*optional - 2 Tbsp mini dark chocolate chips, fresh fruit, nut butter, etc.

DIRECTIONS:

1. Add the oats, cocoa powder and salt to a sauce pan over medium heat. Mix well until the cocoa is incorporated.
2. Add the milk, syrup, vanilla and seeds to the pot. Bring to a boil, then reduce the heat and simmer for 5-10 minutes, stirring occasionally, until the oats have reached your desired texture. The oatmeal will thicken a little more as it cools.
3. Divide the oatmeal into serving bowls, then top with your desired toppings and enjoy!

SERVES: 2

APPLE CHAI

Baked Oatmeal



INGREDIENTS:

CHAI TEA:

2 cups almond milk
1/4 cup pure maple syrup
1/2 tsp pure vanilla extract
2 tsp ground cinnamon
1 tsp ground ginger
1 tsp ground cardamom
1/2 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp allspice
1/8 tsp black pepper
pinch of sea salt
2 black tea bags

OATMEAL:

2 cups rolled oats
1/2 cup slivered almonds
2 Tbsp ground flaxseed
1 tsp baking powder
1 large honeycrisp apple, grated

DIRECTIONS:

1. Preheat oven to 375F and set a 9x6" baking pan aside.
2. Add the milk and all of the spices to a saucepan over medium-high heat. Whisk well until all of the spices dissolve. Once the milk begins to simmer add the black tea bags. Remove the mixture from the heat and let the tea bags steep for at least 5 minutes. Then remove and discard.
3. In the meantime, add the oats, almonds, flax and baking powder to the baking dish and mix well. Add the chai-infused milk to the oat mixture and stir to combine. Then add the grated apple and mix it into the oats. Spread the top down evenly with a spatula.
4. Place it in the middle rack to bake for 25-30 minutes or until oats are fragrant and golden brown. Remove, top as desired and serve warm.

SERVES: 4

MUNG BEAN

Scramble



INGREDIENTS:

1 cup dried moong dal / split mung beans
1 tsp sea salt, plus more for taste
1 Tbsp plant-based butter
1 shallot, minced
2 tsp garlic, minced
2 Tbsp nutritional yeast
1/2 tsp ground turmeric
1/2 tsp smoked paprika
1/2 tsp ground black pepper
1/4 cup coconut cream, canned

*optional mix-ins: leftover veggies, chives, black salt, etc.

DIRECTIONS:

1. Cover the beans with hot water in a large bowl and let them soak for 1 hour.
2. Drain the beans and place them in a large pot. Cover with fresh water about 1" higher. Add 1 tsp sea salt. Bring to boil over high heat and cook for 20 minutes, uncovered.
3. Lower the heat but keep boiling, stirring occasionally. Once cooked, the beans should expand. They should be slightly firm and not mushy. Drain the excess water and set aside.
4. Heat a non-stick skillet over medium heat with the butter. Sauté the shallot and garlic for 1 minute. Add any other chopped veggies you like and allow them to mostly cook before adding the mung beans.
5. Add the cooked beans, nutritional yeast, turmeric, paprika and black pepper. Stir to combine. Cook for 3 minutes. Stir in the coconut cream, allowing it to soften and melt at the bottom. Combine well and cook for another minute.
6. Remove the pan from the heat and stir in the chives and black salt if using. Add more salt to taste and enjoy!

SERVES: 2

ASPARAGUS + PEA

Plant-based Quiche



INGREDIENTS:

- 1 pre-baked pie crust
- 1 cup frozen peas
- 1/2 a bunch asparagus, chopped
- 1 Tbsp tamari
- 1 cup chickpea flour
- 1/4 cup nutritional yeast
- 1 tsp garlic powder
- 1/2 tsp ground turmeric
- 1/2 tsp baking powder
- 1/2 tsp sea salt
- 1 cup almond milk
- 1 Tbsp chives, chopped

*optional - can swap mushrooms instead of green peas if you like

DIRECTIONS:

1. Preheat the oven to 350F degrees and line a 8" pie tin with the crust.
2. Add 2 Tbsp of water to a medium nonstick pan over medium-high heat. Add the asparagus and peas, cook for 3 minutes. Pour the tamari into the pan and cook for 5 more minutes or until veggies are tender.
3. Prepare the quiche filing while the veggies are cooking. Whisk the chickpea flour, nutritional yeast, garlic powder, turmeric, baking powder and salt together in a large bowl. Pour in the milk and mix well, until no clumps remain. Finally, fold in the cooked veggies.
4. Pour the mixture into the pre-bake pie crust and smooth the top out with a spatula. Bake for 30-35 minutes, until a toothpick comes cleanly out of the center. let the quiche cool for 5-10 minutes, then slice and serve as desired.

SERVES: 4-6

PEACHES + CREAM

Overnight Oats



INGREDIENTS:

2 large ripe peaches, divided
2 cups creamy oatmilk
1 Tbsp pure maple syrup
1 tsp pure vanilla extract
1/4 tsp cinnamon
pinch of sea salt
2 cups rolled oats
2 Tbsp chia seeds
1/4 cup coconut yogurt

DIRECTIONS:

1. Quarter one peach and finely dice the other. Add the quartered peach to a high-speed blender along with the milk, maple syrup, vanilla, cinnamon, and salt. Blend on high for 1 minute, until it is smooth.
2. Add the oats, chia seeds, and yogurt to a large bowl. Pour the peach milk into the bowl, then stir to combine. Let sit for at least 5 minutes, to allow the oats and chia seeds to absorb some of the liquid. Once thickened, add the diced peach into the oats and fold until evenly distributed.
3. Transfer the oats to 2 jars, then store in the fridge for at least 4 hours, preferably overnight. Enjoy!

SERVES: 2

ORANGE VANILLA

Rice Pudding



INGREDIENTS:

1-1/2 cups short brown rice, cooked
1-3/4 cup full-fat coconut milk
1 tsp vanilla paste or powder
zest of orange
pinch of sea salt
2-3 Tbsp pure maple syrup
1 orange, sliced

DIRECTIONS:

1. Place the rice, milk, vanilla, orange zest and salt into a small saucepan.
2. Bring to a simmer over medium heat. Reduce to low and cook uncovered, stirring frequently, for 15 minutes. The rice should have absorbed most of the coconut milk and have a creamy consistency.
3. Remove from the pot from the heat and stir in the maple syrup.
4. Serve the rice pudding warm, topped with orange slices. Add a little extra coconut cream and cinnamon if desired.

SERVES: 4

SAVORY

Mushroom Oatmeal



INGREDIENTS:

6 cups veggie broth
2 Tbsp plant-based butter

1 leek (white & green part only),
halved lengthwise then cut
crosswise into thin slices

1/2 tsp sea salt
3 garlic cloves, minced
12oz mushrooms, sliced
1 tsp fresh thyme, chopped
1 tsp dried sage
1/4 cup dry white wine
1 cup steel cut oatmeal

*optional for garnish - plant-based
parmesan cheese and parsley

DIRECTIONS:

1. In a medium saucepan with lid, heat the broth over medium heat until simmering. Reduce to low and keep covered.
2. Meanwhile, melt the butter in a large skillet over medium-high heat. Add leek and salt; cook for 2 minutes, stirring frequently.
3. Add the garlic, mushrooms, thyme and sage; cook 7-8 minutes or until mushrooms are very deeply browned, stirring frequently. Add the white wine, cook 1 minute and stir constantly.
4. Reduce heat to medium. Add oatmeal; cook 1 minute, stirring constantly.
5. Add 2 ladles of hot broth and cook until oats have been absorbed almost all of the liquid. You'll continue adding broth 1 ladle at a time and stir frequently.
6. The oats should take about 25 minutes to cook and are tender.

SERVES: 2



Lunch

I D E A S

AVOCADO

Bagel Sandwich



INGREDIENTS:

2 bagels, your choice
1 avocado, sliced
1 roma tomato, sliced
1 english cucumber, sliced
everything seasoning
sea salt & black pepper, to taste

DIRECTIONS:

1. Toast your bagel and prepare your veggies.
2. Assemble your sandwich by placing the avocado first and sprinkle with everything seasoning.
3. Then add the tomato slices on top. Then season with salt and pepper. Then add your cucumber slices.
4. Top with the other half of the bagel.
Enjoy!

SERVES: 2

QUINOA

Apricot Salad



INGREDIENTS:

DRESSING

1/4 cup extra virgin olive oil
2 garlic cloves, minced
juice of 1 lemon
1 tsp pure maple syrup
2 tsp cumin
1 tsp chives, chopped
pinch of red pepper flakes
1/4 tsp sea salt
black pepper

SALAD

1 cup cooked quinoa
1 cup chickpeas, drained & rinsed
big handfuls of arugula, chopped
1/4 cup dried apricots
1 small avocado, cubed
1/4 cup chopped nuts (your choice)
1/4 cup chives, chopped
sea salt & black pepper

DIRECTIONS:

1. Whisk together all dressing ingredients in a small bowl and set aside.
2. In a large bowl, toss together the quinoa, chickpeas, arugula, dried apricots and generous pinches of salt and pepper.
3. Drizzle with 3/4 of the dressing and toss again.
4. Top with avocado, chopped nuts, chives and drizzle the remaining dressing. Taste and adjust seasoning.
5. Serve and enjoy!

SERVES: 2

SIMPLE FRESH

Taco Salad



INGREDIENTS:

1 cup cooked brown rice
2 cups cooked red kidney or pinto beans
1 large head of romaine, chopped
1/2 cup thawed frozen sweet corn
1/2 cup cherry tomatoes, chopped
1/4 cup tortilla chips, broken
1/2 jalapeno pepper, de-seeded & chopped
1 avocado, chopped into chunks

DRESSING

4oz coconut greek yogurt
2 tsp lime juice
1/8 tsp cumin
1/4 tsp chili powder
1/4 tsp garlic powder
1/4 tsp sea salt
1/4 tsp black pepper

*for serving - fresh salsa and cilantro

DIRECTIONS:

1. To make your dressing, add all ingredients into a blender and blend until fully combined and smooth.
2. To assemble your salad, begin with a bed of rice, then beans, add the lettuce, corn, tomatoes, tortilla chips, pepper, and avocado.
3. Top with the dressing, fresh salsa and cilantro for serving.

SERVES: 3

CHOPPED VEGGIE

Farro Salad



INGREDIENTS:

DRESSING

1/4 cup extra virgin olive oil
2 Tbsp wine vinegar
2 Tbsp fresh lemon juice
1/2 garlic clove, finely minced
1/2 tsp sea salt
1/2 tsp red chili pepper
1/2 tsp dried oregano

SALAD

1-1/2 cups pearled farro
sea salt, to taste
1-1/2 cup cherry tomatoes, quartered
1 cup chopped bell pepper, your choice
1 zucchini (or cucumber), chopped
1/3 cup sweet corn
1/2 red onion, chopped
1/2 cup parsley, finely chopped
few handfuls of salad greens

DIRECTIONS:

1. To make the dressing, put all ingredients in a jar, cover and shake.
2. Bring a medium pot with 3-4 quarts of water to boil and add 1 Tbsp of salt.
3. Cook the farro for 20 minutes or until the grains are tender. Drain and transfer to a large serving bowl and allow it to cool for about 10 minutes.
4. Add the tomatoes, pepper, zucchini, red onion and parsley. Stir to combine.
5. Pour the dressing over and gently toss to coat.
6. Taste and season with more salt, vinegar or lemon juice if needed.
7. Serve over a bed of salad greens and enjoy!

SERVES: 4

30 MINUTE

Teriyaki Tofu



INGREDIENTS:

1 (14oz) organic extra firm tofu, pressed
1 Tbsp avocado oil
1 Tbsp soy sauce
3 Tbsp cornstarch

SAUCE:

1/4 cup water
2 Tbsp soy sauce
1 Tbsp rice vinegar + 2 Tbsp water
3 Tbsp brown sugar or coconut sugar
2 tsp cornstarch
1 tsp toasted sesame oil
1 garlic clove, crushed
1 Tbsp fresh ginger, grated

1 Tbsp toasted sesame seeds
3-4 green onions, finely sliced

*for serving - cooked rice and steamed vegetables

DIRECTIONS:

1. Preheat oven to 425F degrees and line a baking sheet with parchment paper.
2. Make sure the tofu is pressed and liquid has been drained. Cut it into small cubes and add to a medium bowl with the oil and soy sauce. Toss until evenly coated, then sprinkle the cornstarch on top and toss again. Transfer to a baking sheet and spread out evenly. Bake on the top rack for 30 minutes, flipping halfway through.
3. Whisk the water, soy sauce, vinegar, sugar and cornstarch together in a small bowl and set aside.
4. Warm the sesame oil in a large skillet over medium heat. Add the garlic and ginger and saute for 1 minute. Stir the sauce again to make sure the cornstarch is dissolved, then pour it into the pan. Bring to a simmer and cook for 5-7 minutes, stirring occasionally, until the sauce has thickened.
5. Turn the heat to low, stir in the baked tofu, sesame seeds and green onions. Taste the sauce and add more soy if necessary. Divide between serving bowls and enjoy with rice and veggies!

SERVES: 4

TOMATO CUCUMBER

Basil Salad



INGREDIENTS:

SALAD:

1 english cucumber
3 large tomatoes, cut into large pieces
1/2 shallot, thinly sliced
1/2 cup fresh basil, chopped
ground black pepper, to taste

DRESSING:

1/2 tsp sea salt, plus more to taste
2 Tbsp extra virgin olive oil
1 Tbsp red wine vinegar
1 garlic clove, crushed

DIRECTIONS:

1. Cut the cucumber in half lengthwise and rest the flat side on a cutting board. Use a heavy rolling pin or flat side of a knife to crush it. Then cut into 1/2" piece chunks. Transfer to a fine mesh sieve and mix with a generous pinch of sea salt. Let sit for 15-20 minutes.
2. Make the dressing by adding all ingredients to a small jar or blender, shake or blend until well combined and set aside.
3. Add the tomatoes to a large bowl, then add the cucumbers, shallots and basil. Top with the dressing and black pepper, to taste. Mix well. Refrigerate for 15 minutes then serve.

SERVES: 2-4

EDAMAME

Simple Salad



INGREDIENTS:

1/4 cup red wine vinegar
1/4 tsp sea salt
1/4 tsp ground pepper
squeeze of lemon juice
2 Tbsp tahini
8 cups chopped romaine
16oz frozen shelled edamame
1 cup cherry tomatoes, halved
1/2 cucumber, sliced
1/4 cup dried cranberries
1/4 cup red onion, thinly sliced

*optional - tofu "feta" (pg #37) and
nuts or seeds

DIRECTIONS:

1. Cook edamame according to the package directions and set aside.
2. Make the dressing by whisking the vinegar, salt, pepper, lemon juice and tahini in a bowl.
3. Add all the salad ingredients into a large bowl and mix to combine.
4. Drizzle on the dressing and toss to coat.

SERVES: 4

CHICKPEA AVOCADO

Mango Salad



INGREDIENTS:

1 (15oz) can chickpeas, drained & rinsed
2 mangos, diced
1 avocado, cubed
handful of cilantro, chopped
handful of green lettuce, chopped
4 Tbsp lime juice
1 Tbsp extra virgin olive oil
1/4 tsp ground cumin
dash of chili powder
sea salt, to taste

DIRECTIONS:

1. Place all prepared ingredients into a large bowl.
2. Toss well to combine.
3. Serve immediately or cover and refrigerate for later. Enjoy!

SERVES: 4



Dinner

I D E A S

SPICY TOMATO

Basil Pasta



INGREDIENTS:

8oz pasta, of choice
3 Tbsp extra virgin olive oil
5 garlic cloves, minced
1/2 tsp red pepper flakes
1/2 tsp italian seasoning
2 Tbsp tomato paste
1/4 cup fresh basil leaves, finely chopped
12oz fresh tomatoes

DIRECTIONS:

1. Bring a large pot of water to boil over high heat and add 1 Tbsp of salt. Add the pasta to the water and cook until al dente according to the package.
2. Meanwhile, warm the oil in a large skillet over medium heat. Add the garlic, red pepper flakes and italian seasoning, saute for 2 minutes. Add the tomato paste and use the back of a wooden spoon to mash it into the garlic and spread it out. Saute for an additional 3 minutes or until the tomato paste starts to darken.
3. Add the tomatoes and fresh basil to the pan and cook for 6 minutes, until the tomatoes are soft and released their juices. Turn the heat to med-low.
4. Drain the pasta, but do not rinse. Add the pasta to the pan and mix well until coated with the sauce. Taste and adjust seasonings as desired.
5. Serve warm, topped with fresh basil.

SERVES: 2-4

STEWED CABBAGE

With Mushrooms



INGREDIENTS:

1 white cabbage, shredded
2 Tbsp extra virgin olive oil
1/2 onion, finely diced
1 red bell pepper, thinly sliced
8oz cremini mushrooms, sliced
1/2 cup or handful of snap peas
2 Tbsp tomato paste
1/4 tsp garlic powder
1 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Shred the cabbage and sprinkle salt over it and rub it with your hands. Set aside for 10 minutes.
2. Meanwhile, heat the oil in a large skillet and saute the onions on low until golden.
3. Add in the bell pepper, snap peas and mushrooms. Cook until they start to soften. Then add in the cabbage.
4. Keep stirring and when the cabbage starts to soften, add in about 1 cup of water and leave to cook on medium heat until very tender and most of the liquid has evaporated. (add more water if cabbage needs to cook longer to tender)
5. Season with salt, black pepper, tomato paste and dill. Cook for another 5 minutes.
6. Serve hot and enjoy!

SERVES: 4

LEMON + DILL

Quinoa Casserole



INGREDIENTS:

1-3/4 cups veggie broth
juice and zest of 1 lemon
2 tsp of garlic powder
2 (15oz) cans white beans
1 zucchini, sliced & quartered
1 cup fresh or frozen corn
1 cup dry quinoa
1-2 Tbsp fresh dill, chopped
sea salt & black pepper, to taste

*optional for serving - your favorite
creamy tahini or green dressing

DIRECTIONS:

1. Preheat oven to 375F degrees and set a 9x13" pan aside.
2. Add the broth, lemon juice and garlic to a medium pot; whisk well and bring to boil over high heat.
3. Meanwhile, add the beans, zucchini, corn, quinoa, half of the dill and lemon zest to the casserole dish. Mix it around and spread it evenly across the bottom.
4. Once the liquid comes to a boil, carefully pour it over the casserole. use a spatula to make sure all the quinoa is submerged. Cover with a lid or layer of parchment paper followed by a layer of foil. Place in the middle rack and bake for 35-40 minutes.
5. Remove the casserole from the oven and let it sit for 5 minutes, then uncover and mix in the remaining dill, plus any additional salt & pepper to taste.
6. Serve warm as is or with your favorite creamy dressing.

SERVES: 2-4

CHICKPEA + RICE

Casserole



INGREDIENTS:

1-1/2 cups veggie broth
3/4 cup full-fat coconut milk
2 Tbsp nutritional yeast
1 cup uncooked white jasmine rice
2 cups cooked chickpeas
1/2 yellow onion, diced
3 garlic cloves, minced
1 rib of celery, finely diced
5 medium cremini mushrooms
2 Tbsp parsley, chopped

DIRECTIONS:

1. Preheat oven to 375F degrees and set a 9x13" pan aside.
2. Add the stock, coconut milk and nutritional yeast to a medium pot and bring it to boil. While it heats, add the rice, chickpeas, onion, garlic, celery and mushrooms to the casserole dish. mix them around and spread them evenly at the bottom.
3. Once the liquid is boiling, carefully pour it over the casserole and cover with a layer of parchment paper followed by a layer of foil. Place in the middle rack and bake for 45 minutes.
4. Remove from oven and let it sit for 5 minutes, then uncover. Top with parsley and serve warm!

SERVES: 4-6

CREAMY "BEEF" *and Shells*



INGREDIENTS:

2 pkg of Banza chickpea shells pasta
1 yellow onion, finely diced
5 garlic cloves, minced
1 can brown lentils, drained & rinsed
1/2 tsp onion powder
1/2 tsp garlic powder
2 tsp dried oregano
1 tsp dried basil
1 tsp dried parsley
red eapper flakes, to taste
2 Tbsp low sodium soy sauce
1/4 cup flour (gluten-free or all-purpose)
1 (15oz) can tomato sauce
1 not beef bouillon cube
2 cups filtered water
3/4 cup non-dairy creamer (unsweet)
4oz vegan cream cheese (Kite Hill)

*for serving - fresh chopped parsley and
ground black pepper

DIRECTIONS:

1. Cook the pasta according to the package directions, drain and set aside.
2. In a large skillet over medium heat cook the onion, garlic, lentils and spices. Add a few tbsp of water. Cook for 5 minutes, stirring frequently.
3. Next add the soy sauce and flour, stir well to combine. Then add the bouillon cube, water and tomato sauce. Bring it to a boil then lower to a simmer for 8 minutes.
4. Whisk in the cream cheese and creamer until smooth. Pour in the cooked pasta and stir until combined.
5. Serve hot with fresh parsley and black pepper on top.

SERVES: 6

ORECCHIETTE WITH

Turnip Greens



INGREDIENTS:

1 lb orecchiette pasta
1 lb medium sized turnips with leaves
2 shallots, finely chopped
4 garlic cloves, minced
1 tsp sea salt
4 Tbsp extra virgin olive oil

DIRECTIONS:

1. Separate the greens from the turnips. Peel and cut the turnip into 1/2 inch cubes. Wash and chop the greens. Keep separate.
2. Bring a large pot of salted water to boil and add the orecchiette. After 5 minutes, add the chopped greens.
3. In a large pan add the olive oil and heat over medium high heat. Add the turnips and cook on high until they begin to brown. About 8 minutes.
4. Add the chopped shallots, garlic and salt. Continue to cook, stirring, for another 5 minutes. Turn off the heat.
5. When the pasta is done, drain it and the greens while also reserving a cup of the cooking water.
6. Add to the pan of turnips along with half of the reserved water, stir to mix. If seems dry, add the rest of the water. Pasta should be well coated.
7. Taste and adjust seasoning and serve.

SERVES: 4

SWEET POTATO WITH *Herbs & Onion*



INGREDIENTS:

4 medium sweet potatoes, cut into cubes
1 onion, thinly sliced
3 Tbsp extra virgin olive oil
1 Tbsp fresh thyme, chopped
4 garlic cloves, minced
1/2 tsp crushed red pepper flakes
sea salt, to taste

3-5 sprigs of thyme, for garnish

DIRECTIONS:

1. Heat oven to 400F degrees and line a baking sheet with parchment paper.
2. In a large zip lock bag toss the sweet potatoes and onions with the herbs and salt.
3. Transfer to the baking sheet and garnish with the thyme sprigs. Bake for 45 minutes or until tender.
4. Serve hot and enjoy!

SERVES: 4

KOREAN-INSPIRED

Spicy Eggplant



INGREDIENTS:

2 medium eggplants
2 Tbsp high-heat oil
3 garlic cloves, minced
3 red or green chile peppers, sliced
1/2 cup korean BBQ sauce
juice of 1/2 a lemon
2 tsp organic granulated sugar
1 tsp dark sesame oil
red pepper flakes
2 green onions, thinly sliced
sesame seeds

*for serving - rice

DIRECTIONS:

1. Trim the ends of the eggplants, then cut into 1/2-inch-thick slices. Cut each slice to make not-too-thin strips, about 2 inches long.
2. Combine the eggplant with 1/2 cup water in a stir-fry pan and cook over medium-high until nearly tender. Stir often and add water to keep the pan wet, about 8 minutes.
3. Drizzle in the oil, then add the garlic, and chile peppers. Turn the heat up to high and stir-fry until the eggplant begins to brown, about 3 to 4 minutes.
4. Stir in the Korean BBQ sauce, lemon juice, sugar, sesame oil, and. Taste to see if the dish is spicy for your taste, and if not, and you'd like it more add the red pepper flakes to taste.
5. Serve at once, garnishing each serving with green onions and sesame seeds. Serve over rice if you like.

SERVES: 4-6



Snack

I D E A S

CINNAMON

Coffee Smoothie



INGREDIENTS:

- 1 frozen banana
- 1 Tbsp almond butter
- 2-4 Tbsp concentrated cold brew
- 4 ice cubes
- 3/4 cup almond milk, or more
- 1 tsp cinnamon
- 1 Tbsp maca powder
- 1 Tbsp vanilla protein powder
- 2 medjool dates (or sweetener)

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Divide between two glasses.
3. Enjoy your glass of healthy goodness!

SERVES: 2

CANTALOUPE

Slushie



INGREDIENTS:

9 cups cubed cantaloupe, frozen
3 Tbsp pure maple syrup
1-1/2 to 2-1/2 cups of lime sparkling water

DIRECTIONS:

1. Let the cantaloupe chunks sit at room temperature to defrost for 5-10 minutes. Then add them to a blender along with 2 Tbsp of maple syrup and 1-1/2 cups of sparkling water.
2. Pulse the blender until the melon starts to break up, then blend to form a thick slushie consistency. Adjust the syrup to taste and add more sparkling water if too thick.
3. Divide equally between 4 glasses and serve.

SERVES: 4

GERMAN CHOCOLATE

Cake Shake



INGREDIENTS:

1 cup coconut milk
1 cup ice cubes
1 scoop chocolate protein powder
1/2 cup frozen cherries
5 pecan halves
1/2 tsp vanilla extract
1 Tbsp shredded coconut

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

SUMMER SUNSHINE

Trail Mix



INGREDIENTS:

3/4 cup diced dried tropical fruit
(mango, papaya, pineapple)

1/4 cup pumpkin seeds
1/2 cup raw or toasted walnuts
1/2 cup raw almonds or cashews
1/2 cup unsweet coconut flakes
1/2 cup white or dark chocolate chips
1/4 cup raw brazil nuts

DIRECTIONS:

1. In a large mixing bowl, toss all of the ingredients together several times to combine.
2. Serve immediately or transfer to an airtight container to store.
3. Or portion into ziplock sandwich bags for easy snack packs to go!

MAKES 3 cups

EASY DARK

Chocolate Bark



INGREDIENTS:

12oz dark chocolate
3/4 cup raw nuts or seeds
1/4 cup dried fruit
1/2 tsp flaky sea salt

*mix-in options: almonds, pecans, hazelnuts, pistachios, pumpkin seeds, dried cranberries, dried cherries, dried apricots, candied ginger, etc.

DIRECTIONS:

1. If you want and have the time you can toast the nuts and seeds. Preheat oven to 350F degrees and add them to a lined baking sheet. Bake for about 6-9 minutes or until lightly golden and fragrant. Transfer the nuts to a cutting board and roughly chop them.
2. Meanwhile, melt the chocolate in a microwave safe bowl in 30 second increments, stirring after each one. Don't overdo it. It will be done with it is 90% melted. Keep stirring and the rest of it should dissolve.
3. Cover a large baking sheet with parchment paper. Use a rubber spatula to spread the chocolate evenly over the center and aim for about 1/4" thickness. It most likely won't go to the edges.
4. Sprinkle the nuts and seeds on top and then your dried fruit. Lastly sprinkle the sea salt and lightly press the toppings into the chocolate.
5. Let it cool at room temperature for 2-4 hours or until completely hardened. You can also put in the fridge for 30 minutes.
6. Once hardened, use your hands to break it up into about 25 pieces. Serve immediately or cover and store at room temp for up to 1 week.

SERVES: 8

CRUNCHY CUCUMBER

Dill Salad



INGREDIENTS:

1 english cucumber, thinly sliced
1/4 small red onion, thinly sliced
1/3 cup fresh dill, chopped
2 Tbsp red wine vinegar
1 Tbsp extra virgin olive oil
1 tsp yellow mustard seed, optional
pinch of flaky sea salt, or to taste
pinch of black pepper, or to taste

DIRECTIONS:

1. Add the vinegar, oil, mustard, and salt to a medium bowl and whisk until well combined. Toss in the cucumber, onion, and dill and fold into the dressing until everything is well incorporated.
2. Allow to sit and marinate at room temperature for 5-10 minutes before serving,. You can also let this marinate in the fridge for up to 1 hour.

SERVES: 2

PLANT-BASED

Tofu Feta



INGREDIENTS:

12oz organic extra firm tofu, drained
1/2 cup melted refined coconut oil
2 Tbsp apple cider vinegar
squeeze of lemon juice
2 tsp nutritional yeast flakes
1 tsp onion powder
1 tsp sea salt
1/4 tsp dried dill

DIRECTIONS:

1. Drain the tofu and lightly press tofu to release more liquid. Don't press too much as a little liquid is preferred.
2. Add the tofu and ingredients to a high-speed blender and combine until creamy. Scrape down the sides as needed.
3. Transfer to an airtight container and store in fridge overnight. It should become more solid and have a crumbly texture.
4. Crumble as desired over any dish, pizza, wrap, pasta or salad!

SERVES: 12

ROASTED Tomatoes



INGREDIENTS:

3 cups cherry tomatoes, halved
extra virgin olive oil
sea salt & black pepper, to taste
fresh thyme, optional

**Use these on top of pizza, in pasta, on a sandwich, on toast with avocado, in hummus, with crackers, in soup or in all kinds of different salads! Experiment and enjoy!*

DIRECTIONS:

1. Preheat the oven to 250F degrees and line a baking sheet with parchment paper.
2. Place the cherry tomatoes cut side up on the baking sheet and drizzle with olive oil, sprinkle with salt, pepper and thyme.
3. Roast the tomatoes until they are well shriveled around the edges. Roughly 2-3 hours.

SERVES: 4



NUTRITIONAL

Disclaimer

These plant-based recipe ideas provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietitian before beginning any exercise or diet program.

The recipes and/or information provided is for informational purposes only and is not intended to substitute or replace your physician's orders.

If you engage in these recipe ideas, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising.

Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.