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# Plant Based



Southwest Tofu Scramble



Spicy Buffalo Chickpea Wrap



Green Goddess Humus Sandwich



Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli



Rainbow Vegetable Edamame Bowls with Teriyaki Sauce



Mexican Street Corn Salad with Chipotle Crema

# Vegetarian Black Bean Omelet

ETNT



4 servings



15 minutes

## INGREDIENTS

1 can (14-16oz) black beans, drained

Juice of 1 lime

¼ tsp cumin

Hot sauce

8 eggs

Salt and black pepper to taste

½ cup feta cheese, plus more for serving

Pico de Gallo or bottled salsa

Sliced avocado (optional)



## INSTRUCTIONS

1. Pulse the black beans, lime juice, cumin, and a few shakes of hot sauce in a food processor until it has the consistency of refried beans, adding a bit of water to help if necessary.
2. Coat a small nonstick pan with nonstick cooking spray or a bit of butter or olive oil and heat over medium heat.
3. Crack two eggs into a bowl and beat with a bit of salt and pepper.
4. Add the eggs to the pan, then use a spatula to stir and then lift the cooked egg on the bottom to allow raw egg to slide under.
5. When the eggs have all but set, spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.
6. Use the spatula to fold over a third of the egg to cover the mixture in the center, then carefully slide the omelet onto a plate, using the spatula flip it over at the last second to form one fully rolled omelet.
7. Repeat with the remaining ingredients to make four omelets. Garnish with pico de gallo, avocado slices if you like, and bit more crumbled feta.

### NUTRITIONAL INFORMATION

Calories 330

Fat 8g

# Zucchini Mini Muffins

EatingWell



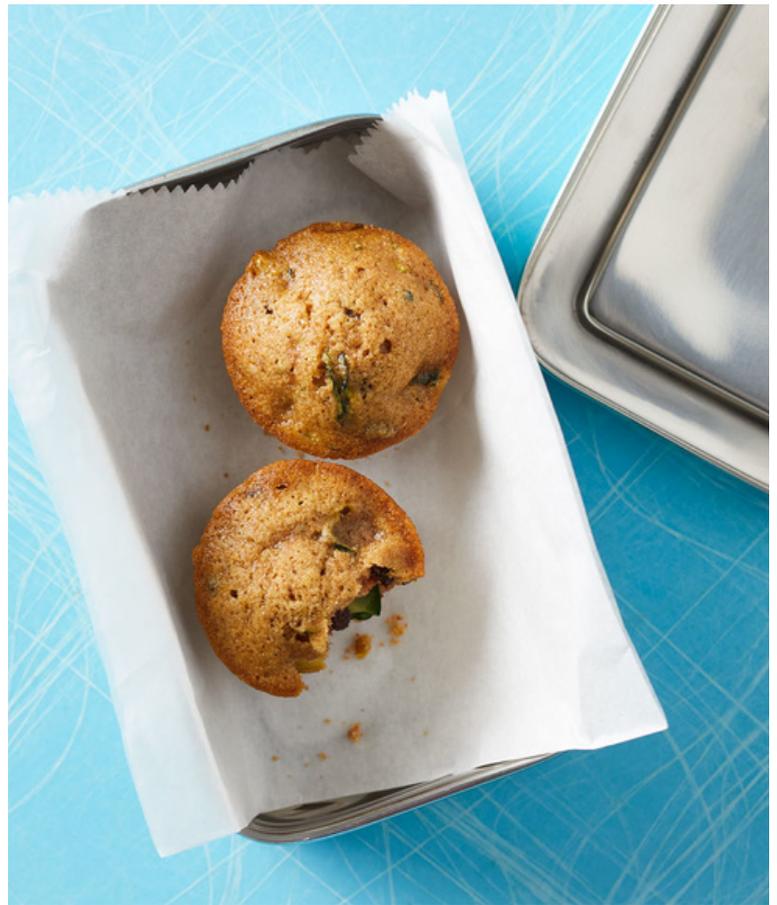
12 servings



1 hour

## INGREDIENTS

- ¾ cup all-purpose flour
- ¾ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ¾ cup sugar
- ¼ cup canola oil or unsalted butter, melted
- 1 ½ teaspoons vanilla extract
- 2 cups shredded and coarsely chopped zucchini
- ½ cup mini chocolate chips



## INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat a 24-cup mini muffin tin with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a large bowl. Whisk eggs, sugar, oil (or butter) and vanilla in a medium bowl. Stir in zucchini and chocolate chips. Add the wet ingredients to the flour mixture and stir until just combined. Transfer the batter to the prepared muffin tin. Bake until a toothpick inserted into the center of a muffin comes out clean, about 10 minutes. Let cool in the pan for 5 minutes, then turn out onto a rack to cool completely.

### NUTRITIONAL INFORMATION

Calories 196

Fat 7.8g

Protein 3.4g

Sugars 17.1g

Carbohydrates: 29.6g

# Overnight Oats

Modern Proper

 3 servings  12 hrs

## INGREDIENTS

### Peaches & Cream

- 3/4 cup rolled oats
- 1 cup coconut milk
- 1 tbsp vanilla protein powder
- 1/2 cup fresh peaches cubed, plus extra for topping
- pinch of salt

### Creamy Coconut Berry

- 3/4 cup oats
- 3/4 cup coconut milk
- 1/4 cup shredded coconut
- 1 tsp vanilla extract
- 2 tbsp berry jam
- pinch of sea salt
- 1/4 cup fresh berries for topping



## INSTRUCTIONS

1. Simply combine all ingredients in an airtight jar. Tighten the lid and shake until combined. Place in the refrigerator overnight and enjoy in the morning topped with fresh fruits and/or nuts!

### NUTRITIONAL INFORMATION

Calories 270

Fat 8g

Protein 7g

Sugars 7g

Carbohydrates: 40g

# Southwest Tofu Scramble

Minimalist Baker



2 servings



30 minutes

## INGREDIENTS

8 ounces extra-firm tofu

1-2 Tbsp olive oil

1/4 red onion (thinly sliced)

1/2 red pepper (thinly sliced)

2 cups kale (loosely chopped)

## SAUCE

- 1/2 tsp sea salt (reduce amount for less salty sauce)
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)

## FOR SERVING (optional)

- Salsa
- Cilantro
- Hot Sauce
- Breakfast potatoes, toast, and/or fruit



## INSTRUCTIONS

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Serve immediately with the breakfast potatoes, toast, or fruit. I like to add more flavor with salsa, hot sauce, and/or fresh cilantro. Alternatively, freeze for up to 1 month and reheat on the stovetop or in the microwave.

### NUTRITIONAL INFORMATION

Calories 212

Fat 15.1g

Protein 16.4g

Sugars 3.3g

Carbohydrates: 7.1g

# 1-Bowl Chocolate Chip Banana Bread Waffles

Minimalist Baker



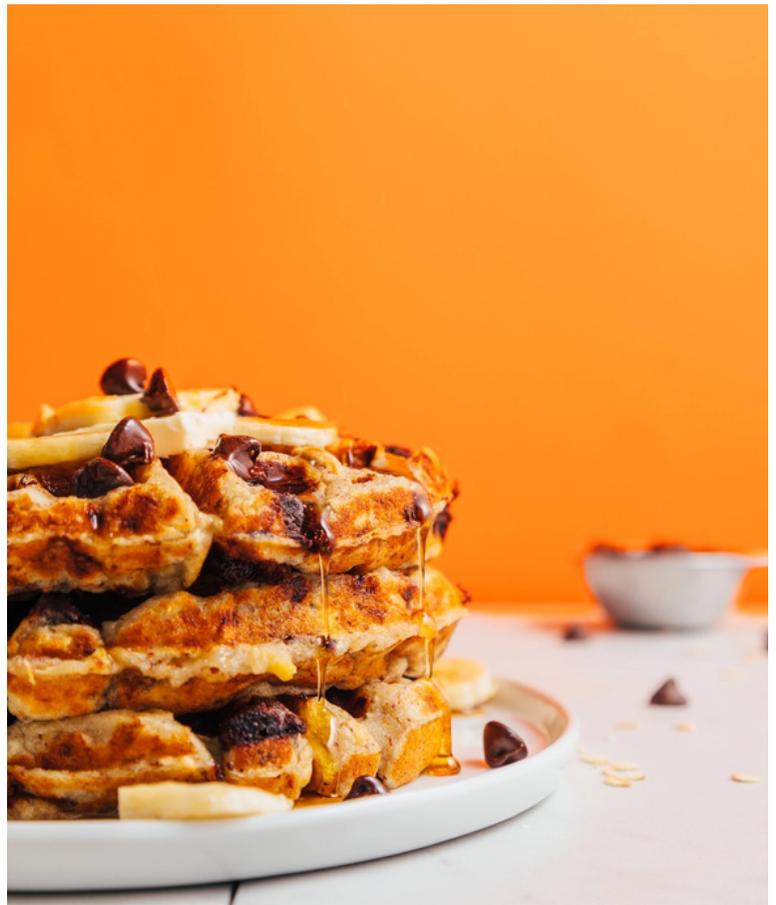
3 servings



30 minutes

## INGREDIENTS

- 1 Tbsp flaxseed meal (to make flax egg)
- 2 ½ Tbsp water (to make flax egg)
- 2 medium-size ripe bananas
- 2 ½ tsp baking powder
- 1 ½ Tbsp neutral oil (such as avocado oil or melted vegan butter)
- 1 cup dairy-free milk
- ¼ tsp sea salt
- ¼ cup rolled oats (gluten-free when necessary)
- 1 cup gluten-free flour blend (or sub spelt or unbleached all-purpose // plus more as needed)
- ¼ cup dairy-free dark or semisweet chocolate chips



## INSTRUCTIONS

1. To prepare flax egg, combine flaxseed meal and water in a medium (to large) mixing bowl, stir, and allow to sit for a few minutes to thicken.
2. Once thickened, add peeled bananas and baking powder to the flax egg and mash well with a fork until only small chunks remain. Add in oil and whisk to combine. Then add dairy-free milk and stir to combine.
3. Next add salt and oats and stir again. Then add gluten-free flour and stir until just combined. Finally, add in chocolate chips and stir once more.
4. The batter should be cake-like in texture — slightly thick but pourable (not runny). When you dip a mixing spoon into it, it should leave soft peaks. If too thin, add more gluten-free flour and stir. If too thick, thin with a little dairy-free milk and stir. (We usually add a bit of gluten-free flour at this point.)
5. Let batter rest 5 minutes while preheating waffle iron. Once iron is ready, spray with cooking spray or lightly brush with oil (not necessary if your waffle iron is non-stick like ours).
6. Add 1 scant cup of batter to the waffle iron (adjust based on size of waffle iron) and cook according to manufacturer instructions (ours took about 5 minutes to cook through and get a slight crisp on the outside).
7. Remove from waffle iron with a fork and set aside on a cooling rack or serving plate. You can place in a 200-degree F (93 C) oven to keep warm while continuing to cook the rest of the batter. Be sure not to stack the waffles to prevent them from getting soggy.
8. To serve, we suggest topping with a few more chocolate chips, vegan butter or nut butter, and/or maple syrup (optional).
9. Cool leftovers before storing. Will keep in the refrigerator up to 3 days, but are best stored in a single layer in the freezer (in a freezer-safe storage bag or container) up to 1 month. Reheat in a hot oven or toaster oven (~350 F / 176 C) until crisp and warm.

### NUTRITIONAL INFORMATION

Calories 454

Fat 17.7g

Protein 6.6g

Sugars 16.6g

Carbohydrates: 75.2g

# Orecchiette Pasta with Broccoli Sauce

Feasting At Home

 4 servings

 30 minutes

## INGREDIENTS

12 ounces broccoli florets- cut or broken into very small florets about equal size

8 ounces short pasta

3 tablespoons olive oil

1 fat shallot, diced

6 garlic cloves- rough chopped

generous pinch chili flakes

generous pinch salt and pepper, more to taste

1 teaspoon miso paste (or sub 1-2 mashed anchovies)

2 cups veggie broth or chicken broth

1-2 teaspoons lemon zest

Garnish: grated parmesan or pecorino cheese, lemon zest, truffle oil, fresh basil ribbons, toasted pine nuts, toasted bread crumbs, truffle oil or kalamata olives- all optional.



## INSTRUCTIONS

1. Steam small broccoli florets until very tender (easily pierced with a fork) and set aside.
2. Cook the pasta in 8 cups water with 1 tablespoon salt (measure), Save a cup of hot pasta water when you drain.
3. In a large pan, saute the shallot and garlic and chili flakes in the olive oil, over medium heat until fragrant and golden, about 3 minutes. Stir in the miso paste (or anchovy), then add steamed broccoli, salt, pepper and the broth.
4. Bring to a gentle simmer and start breaking apart the broccoli with a metal spatula into tiny pieces. As it cooks it will get easier to break apart. You want the broccoli to basically melt down into a "sauce". Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, about 10-15 minutes.
5. If it seems watery and separated, just keep cooking it down. It won't be smooth- but just broken down and very very tender.
6. Add the pasta. Toss well. Add more hot pasta water to keep it "saucy." Add the lemon zest.
7. Taste for salt, adjust, adding more along with pepper, chili flakes. If you want more richness add another splash of olive oil (or pat of butter- my husband loves this). Stir in some optional pecorino.
8. Divide among pasta bowls and top with any of the garnishes you like. Grated Parmesan or pecorino adds depth, basil ribbons add flavor, and a drizzle of truffle oil elevates. Enjoy!

### NUTRITIONAL INFORMATION

Calories 351

Fat 12.7g

Protein 15.6g

Sugars 3.2g

Carbohydrates: 49.2g

# Spicy Buffalo Chickpea Wraps

Minimalist Baker



4 servings



30 minutes

## INGREDIENTS

### Dressing & Salad

- 1/3 cup hummus (or store-bought)
- 1 1/2 – 2 Tbsp maple syrup (plus more to taste)
- 1 small lemon, juiced
- 1-2 Tbsp hot water (to thin)
- 1 head romaine lettuce

### Buffalo Chickpeas

- 1 15-ounce can chickpeas (rinsed, drained and dried on a towel)
- 1 Tbsp coconut oil (or sub grape seed or olive oil)
- 4 Tbsp hot sauce
- 1/4 tsp garlic powder
- 1 pinch sea salt

### For serving

- 3-4 vegan-friendly flour tortillas, pita, or flatbread
- 1/4 cup red onion, diced (optional)
- 1/4 cup baby tomato, diced (optional)
- 1/4 ripe avocado, thinly sliced (optional)



## INSTRUCTIONS

1. Make dressing by adding hummus, maple syrup, and lemon juice to a mixing bowl and whisking to combine. Add hot water until thick but pourable.
2. Taste and adjust flavor as needed, then add romaine lettuce or kale, and toss. Set aside.
3. To make chickpeas, add drained, towel-dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce, garlic powder, and a pinch of salt – toss to combine/coat.
4. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture.
5. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce. Stir to combine. Set aside.
6. To assemble, top each wrap with a generous portion of the dressed romaine salad, and top with 1/4 cup buffalo chickpeas and a sprinkle of diced tomatoes, avocado, and/or onion (optional).
7. Serve immediately. Store leftovers separately in the refrigerator up to 3 days, though best when fresh. You can enjoy the buffalo chickpeas cold, room temperature or heated up.

### NUTRITIONAL INFORMATION

Calories 254

Fat 6.7g

Protein 9.1g

Sugars 5.6g

Carbohydrates: 39.4g

# Green Goddess Hummus Sandwich

Taste AU

 4 servings  15 minutes

## INGREDIENTS

200g Hummus Dip of choice  
1/2 tsp finely grated lemon rind  
2 tbsp finely chopped chives  
2 tbsp finely chopped basil  
8 slices Multigrain Sandwich Loaf  
4 lettuce leaves  
12 g fresh mozzarella, thickly sliced  
8 Perino tomatoes, sliced  
1 cup (40g) alfalfa sprouts  
2 pickled onions, thinly sliced  
2 cucumbers, peeled into ribbons



## INSTRUCTIONS

1. Combine the hummus, lemon rind, chive and basil in a bowl. Season.
2. Place bread on a clean work surface. Spread with hummus mixture. Top 4 slices of bread with lettuce, mozzarella or bocconcini, tomato, sprouts, onion and cucumber. Season. Top with remaining bread, hummus-side down. Cut in half.

### NUTRITIONAL INFORMATION

Calories 415

Fat 20g

Protein 18g

Sugars 7g

Carbohydrates: 36g

# Spicy Quinoa Taco Bowl

One ingredient Chef



4 servings



25 minutes

## INGREDIENTS

1 1/2 cup uncooked white quinoa

1 avocado

1 cup cherry tomatoes

2 cups black beans

2 cups corn

1/3 cup cilantro

3 green onions

4 small corn tortillas

1/4 cup lime juice

1 teaspoon chili powder

1/2 teaspoon cayenne pepper

1/2 teaspoon cumin

1/2 teaspoon coriander

1/2 teaspoon paprika

1/2 teaspoon salt



## INSTRUCTIONS

1. Cook the quinoa. In a large pot, combine 1 part quinoa with 2 parts water. Bring to a boil, turn down the heat, and then allow to simmer until all the water is absorbed (about 20 minutes).
2. Meanwhile, prepare the tortilla strips. You \*can\* just throw chopped corn tortillas into the bowl, but I find them much better after being toasted. To do this, cut 3-4 corn tortillas into small pieces, and toss in a 375° oven for 8-10 minutes until they just turn slightly crispy.
3. While those things are cooking along nicely, prepare all the fresh ingredients. Dice the avocado. Halve the cherry tomatoes. Slice the green onions. Chop the cilantro. Prepare the corn (frozen works well). Drain the can of beans.
4. Prepare the lime taco seasoning. Basically, this simple taco sauce will coat the quinoa and boost the flavors of this bowl off the charts. To make, combine the juice of about 2 limes (if you run out of limes, feel free to top off with water) along with the listed spices in small bowl and whisk until incorporated.
5. Toss everything together. When the quinoa is perfectly fluffy, remove from the heat, transfer to a large mixing bowl, and gently drizzle in this lime taco seasoning. Then add all other ingredients (including those tortilla pieces) and toss until evenly mixed.

### NUTRITIONAL INFORMATION

Calories 480

Fat 10g

Protein 22g

Sugars 4.3g

Carbohydrates: 80g

# Vegetarian Chili

Modern Proper



10 servings



15 minutes

## INGREDIENTS

2 tbsp olive oil  
1 large yellow onion, diced  
1 green bell pepper, diced  
1 red bell pepper, diced  
2 sweet potatoes, peeled and diced into 1-inch pieces, roughly 4 cups  
4 garlic cloves, finely diced (roughly 1 1/2 tbsp)  
1(15 oz) can black beans, drained, rinsed  
1(15 oz) can kidney beans, drained, rinsed  
1(15 oz) can pinto beans, drained, rinsed  
1(28 oz) can diced tomatoes  
1(20 oz) can red enchilada sauce  
1/3 cup chili powder  
2 ts pcumin  
2 bay leaves  
2 tsp salt  
cilantro  
green onions  
avocado



## INSTRUCTIONS

1. Heat the oil in a large dutch oven or or soup pot. Sauté onions, bell peppers, sweet potatoes until the onions begin to soften, about 4-5 minutes. Add garlic and saute for 2 minutes longer.
2. Add the beans, tomatoes, enchilada sauce, chili powder, cumin, bay leaves and salt, stir to combine. Cover with just enough water to cover beans. (About 1-2 cups.)
3. Bring to a boil. Reduce to a simmer and cook uncovered for 1 hour, stirring often to make sure nothing sticks to the bottom.
4. Serve topped with cilantro, green onions and avocado.

### NUTRITIONAL INFORMATION

Calories 228

Fat 5g

Protein 10g

Sugars 8g

Carbohydrates: 38g

# Sweet Potato Tacos

Modern Proper



6 servings



25 minutes

## INGREDIENTS

2 cups sweet potatoes, peeled and cut into 1/2-inch cubes

from 2 sweet medium potatoes

1 Tbsp extra virgin olive oil

1 Tbsp taco seasoning

1 (15 oz) can black beans, drained and rinsed

3 cups quick slaw (recipe below)

6-8 (6 or 8-inch) corn tortillas, warmed

2 oz goat cheese crumbled, optional

queso

guacamole or avocado slices

Quick Slaw

- 2 cups finely shredded, red cabbage
- 2 Tbsp lime, juiced from 1 lime
- 1/2 tsp kosher salt
- 1/3 cup roughly chopped cilantro



## INSTRUCTIONS

1. Preheat oven to 375° F.
2. Spread the sweet potatoes out on a rimmed baking sheet. Drizzle with olive oil and taco seasoning, toss until combined. Cook potatoes on center rack until tender, about 25 minutes. While the potatoes are still warm, toss them with the black beans.
3. Meanwhile, in a medium sized bowl, mix all ingredients for the quick slaw.
4. To serve place a scoop of the sweet potato mixture into a warmed tortilla shell. Top with quick slaw, crumbled goat cheese, a scoop of guacamole and a drizzle of vegan queso.

### NUTRITIONAL INFORMATION

Calories 494

Fat 12.5g

Protein 21.6g

Sugars 3.3g

Carbohydrates: 75g

# Buffalo Cauliflower Wings (Air Fryer)

Tececula Blog

 6 servings  25 minutes

## INGREDIENTS

- 1 head cauliflower
- 6 tbsp hot sauce
- 2 tbsp butter melted
- 3/4 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1 tsp salt or more at the end
- 1 c Panko bread crumbs



## INSTRUCTIONS

1. Rinse head. Cut end of cauliflower head off and cut into small to medium sized florets. (the smaller the pcs. the faster they will cook and become tender). Lay on paper towels and wrap up to remove as much water off outside as possible.
2. In a small bowl melt the butter and hot sauce together, stir.
3. Put florets into another bowl and pour hot sauce butter over the top. Toss to coat every piece.
4. Preheat air fryer to 380 degrees F. for 5 minutes.
5. Sprinkle seasonings on top of florets, then sprinkle on Panko bread crumbs and toss so they're nicely coated. If you want a thicker coating put Panko on a plate and dip butter coated florets one by one into bread crumbs.
6. Pour 1/2 of mixture into air fryer basket and spread out so they're not overlapping.
7. Close drawer and cook for 6 – 10 minutes. Timing will depend on how thick your pieces are and how tender you want them to be.
8. Open and test with a fork. If you want them browner and/or more tender then close and add another minute or two until they're how you want them.
9. Remove and enjoy, and then add second half of your batch and cook for the same time as your first batch.

### NUTRITIONAL INFORMATION

Calories 100

Fat 5g

Protein 3 g

Sugars 3 g

Carbohydrates: 13g

# Cauliflower Gnocchi with Kale-Cashew Pesto

Modern Proper

 4 servings  15 minutes

## INGREDIENTS

1 package Trader Joe's Cauliflower Gnocchi

2 tbsp olive oil

1/2 cup Trader Joe's Vegan Kale, Cashew & Basil Pesto

2 cups Organic baby kale

1/2 cup walnuts



## INSTRUCTIONS

1. In a large skillet, heat the olive oil over medium-high heat. Add in the frozen cauliflower gnocchi and allow to cook until gnocchi begins to brown. Add in kale along with walnuts and continue cooking until kale has wilted, about 3 minutes. Lastly, stir in pesto and serve warm..

### NUTRITIONAL INFORMATION

Calories 282

Fat 23g

Protein 4g

Sugars 1g

Carbohydrates: 18

# Rainbow Vegetable Edamame Bowl with Teriyaki Sauce

Minimalist Baker



4 servings



1 hour

## INGREDIENTS

### Rice

- 1 cup uncooked brown rice (we used short-grain basmati)
- 2 cups water

### Veggies

- 2 Tbsp toasted sesame oil, DIVIDED
- 8 oz. mushrooms, sliced (we used baby bella // 8 ounces yield ~3 1/2 cups sliced)
- 1/4 tsp each sea salt and black pepper
- 3 cups chopped stir-fry veggies of choice
- 4 stalks green onion, thinly sliced
- 1 (12-oz.) bag frozen shelled edamame
- 1/3 cup store-bought teriyaki sauce
- 2 large carrots, grated
- 5 tsp rice vinegar, DIVIDED

### For serving (optional)

- Sliced avocado
- Sesame seeds



## INSTRUCTIONS

1. **RICE:** In a medium saucepan, combine the rice and water and bring to a boil over medium-high heat. Once boiling, reduce the heat to low, cover, and cook for 30-45 minutes, or until the water is absorbed and the grains are tender.
2. **VEGGIES:** While the rice cooks, add half the sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) and all of the mushrooms to a large rimmed skillet and turn to medium heat. Sprinkle with salt and pepper and toss to coat. Cook the mushrooms for 10-15 minutes, stirring occasionally, or until reduced in size, lightly browned, and most of the moisture has cooked off. Transfer the mushrooms to a small bowl and set aside.
3. To the now empty skillet, add the remaining sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) with your stir-fry veggies and about 2/3 of the green onions. Cook for 3-4 minutes on medium heat, or until the vegetables are bright and begin to soften. Turn the heat to medium-low and add the frozen, shelled edamame. Toss to combine, then add the teriyaki sauce and cover. Steam for 6-8 minutes, stirring occasionally, until the edamame is softened and warmed through.
4. While your veggies steam, combine the shredded carrots, remaining green onion, and 3 tsp of rice vinegar in a small mixing bowl. Toss gently and set aside.
5. Check on the rice, fluff it with a fork, add the remaining 2 tsp of rice vinegar, mix well, and cover.
6. Stir the mushrooms into the cooked veggies to warm them. To assemble the bowls, divide the rice between serving bowls and top with edamame stir-fry mix and carrot slaw. Optionally, garnish with more teriyaki sauce and green onion. Sliced avocado and sesame seeds are also delicious! Enjoy!
7. Best when fresh. Leftovers will keep stored in the refrigerator for 3-4 days. Not freezer friendly.

### NUTRITIONAL INFORMATION

Calories 379

Fat 12.3g

Protein 15.7g

Sugars 10.9g

Carbohydrates: 55.6g

# Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli

Minimalist Baker



4 servings



1 hr 25 mins

## INGREDIENTS

### Garlic Aioli

- 1 head garlic (to roast)
- 3/4 cup raw cashews
- 2 cloves garlic, minced
- 1 Tbsp avocado or olive oil
- 1/3 cup water
- Salt + pepper (to taste)

### Burgers

- 4 medium-large portobello mushrooms
- 3 Tbsp avocado or olive oil
- 1/4 cup balsamic vinegar
- 1 Tbsp Italian seasoning
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 1 healthy pinch each salt and black pepper

### Caramelized Onions

- 1 Tbsp avocado or olive oil
- 1 medium white or yellow onion, peeled + sliced into 1/4-inch rings

### For Serving

- 4 whole wheat hamburger buns (ensure vegan-friendly as needed // sub lettuce wraps or GF buns for gluten-free)
- 2 ripe tomatoes, sliced (optional // organic when possible)
- Lettuce or greens of choice (optional)



## INSTRUCTIONS

1. Preheat oven to 400 degrees F (204 C) and cut off the very top of a head of garlic. Drizzle with a little oil, sprinkle with sea salt, and loosely wrap in foil. Set directly on an oven rack and bake for 1 hour.
2. In the meantime, place cashews in a bowl and cover with just boiling water. Let sit uncovered for 1 hour. Then drain and rinse thoroughly.
3. While cashews are soaking, use a damp washcloth or paper towel to clean the mushrooms by wiping away any dirt and removing the stems. Place stem side up on a rimmed baking sheet or 9x13-inch baking dish.
4. To a small mixing bowl, add avocado oil, balsamic vinegar, Italian seasoning, minced garlic, salt, and pepper. Whisk to combine, then pour over the mushrooms and use a pastry brush to distribute the marinade. Flip the mushrooms over and brush the other side, then flip back over to stem-side-up position. Set aside, uncovered at room temperature, to marinate.
5. Add your drained, soaked cashews to a small blender. Take your roasted head of garlic and press out the softened garlic by squeezing from the base up until all of the garlic is extracted.
6. To the blender also add fresh garlic, avocado oil, water, and a pinch each salt and pepper. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed. Transfer to a serving dish and set aside.
7. Caramelize onions, heat a large skillet over medium heat. Once hot, add 1-2 Tbsp avocado oil, the sliced onion, and a pinch of salt. Sauté, stirring frequently, until light golden brown and very soft. Remove from skillet and set aside.
8. Return the skillet to the stovetop. Once hot, add portobello mushrooms and sauté for about 3-6 minutes on each side, or until the mushrooms are deep golden brown on the edges and softened/reduced in size. While cooking, brush with any leftover marinade for extra flavor.

9. At this time, prepare any serving items, such as browning hamburger buns on the skillet (or grill), slicing tomato, or chopping greens.
10. To serve, add a generous spoonful of garlic aioli to each bun and top with aioli, then tomato, lettuce (or greens), mushrooms, onions, and more aioli on top of the bun.
11. Enjoy immediately. Store leftover mushrooms separately in the refrigerator up to 2-3 days, though best when fresh. Aioli will keep in the refrigerator for 7-10 days.

### NUTRITIONAL INFORMATION

Calories 465

Fat 29.6g

Protein 13.2g

Sugars 9.1g

Carbohydrates: 40.6g

# Orange Cardamom No Bake Energy Bites

Minimalist Baker



16 servings



15 minutes

## INGREDIENTS

1 cup (packed) pitted dates

1/2 cup raw unsalted cashews

1/2 cup shredded unsweetened coconut

1 pinch sea salt

3/4 – 1 1/2 tsp ground cardamom

1/2 tsp (packed) orange zest

TOPPING optional

- 1 tsp (packed) orange zest
- 3 Tbsp desiccated coconut
- 1 Tbsp coconut sugar



## INSTRUCTIONS

1. To a food processor add pitted dates, cashews, coconut, sea salt, cardamom, and orange zest. Note: If you don't have a food processor you can try using a blender, but dates can be tough for blenders due to their sticky nature, so use a low speed if possible and pulse rather than blending.
2. Pulse until the mixture is broken down and crumbly — we like to stop before it becomes completely dough-like so that the bites maintain some texture. It should stick together when pressed between two fingers; if still dry and crumbly, continue processing until it is sticky enough to form into a ball. Taste and adjust as needed, adding more cardamom, orange zest, or salt to taste.
3. If using the coconut coating, prepare that at this time. In a small bowl, combine the orange zest, desiccated coconut, and coconut sugar. Now it's time to roll the balls!
4. Scoop out 1-Tbsp amounts and roll into balls. As the original recipe is written, ~16 balls. If using the coating, roll the balls in the coating until generously covered.
5. Enjoy immediately or store leftovers covered in the refrigerator up to 1 week, or in the freezer up to 1 month. We enjoy these right out of the fridge or after sitting at room temperature for 5-10 minutes.

### NUTRITIONAL INFORMATION

Calories 76

Fat 3.6g

Protein 1.1g

Sugars 8.7g

Carbohydrates: 11.4g

# Lemon & Herb White Bean Dip

Minimalist Baker



5 servings



10 minutes

## INGREDIENTS

1 (15-oz) can white beans (drained and rinsed)

1/4 cup tahini

1-2 tsp lemon zest

3-4 Tbsp lemon juice

1/2 tsp sea salt

4 cloves garlic, pressed or minced

1 Tbsp extra virgin olive oil

1/4 cup chopped fresh dill, loosely packed

FOR SERVING optional

- Pita bread or chips (or crackers // gluten-free as needed)
- Fresh or roasted veggies (e.g. carrots, radish, cucumber, beets)



## INSTRUCTIONS

1. To a food processor (or high-speed blender) add drained, rinsed white beans along with tahini, lemon zest and lemon juice (starting with lesser amounts of both), salt, garlic, and olive oil (reserve herbs for later).
2. Blend until creamy, scraping down sides as needed — about 1 minute. If you prefer more texture, blend for less time. If you prefer silky smooth dip, blend for longer.
3. Add chopped dill (or other herbs) and pulse again to combine.
4. Taste and adjust flavor as needed, adding more garlic for zing, lemon zest or juice for brightness or acidity, salt to taste, olive oil for creaminess / floral notes, dill for more herbal notes, or tahini for nuttiness. We like pretty bold flavors, so we added the additional lemon zest and juice and a pinch more salt.
5. Enjoy immediately, or refrigerate to chill, which allows the dip to thicken. Option to garnish with additional drizzle of olive oil, lemon zest, and fresh dill for serving. Serve with pita bread or chips, flatbread, crackers, or vegetables of choice.
6. Leftovers keep covered in the refrigerator for up to 4-5 days. Not freezer friendly.

### NUTRITIONAL INFORMATION

Calories 192

Fat 13.2g

Protein 6.9g

Sugars 1.1g

Carbohydrates: 13.8g

# Mexican Street Corn Salad with Chipotle Crema

Modern Proper



6 servings



25 minutes

## INGREDIENTS

6 ears corn of corn, about 4 cups

1/4 cup finely diced radishes

1/2 bunch green onions, roughly chopped

1 Tbsp lime juice, from 1 lime

1/2 tsp sea salt

1/4 tsp freshly cracked black pepper

1/3 cup chipotle mayo

1/4 cup roughly chopped cilantro leaves

1/4 cup crumbled cotija cheese

1/4 tsp chipotle chili powder (or regular chili powder)



## INSTRUCTIONS

1. To make this salad with Boiled Corn: Bring a large pot of water to a boil over high heat. Husk the corn, completely removing silky hairs. Boil the corn cobs for 8 minutes before removing them from the water, set aside to cool. Once the corn has cooled completely, use a sharp knife to remove the kernels from the corn.
2. To make this salad with Frozen Corn: In a large skillet, set over high, heat 1 tablespoon of vegetable oil over high heat. Add 4 cups of frozen corn and spread them out into a single layer. Allow the corn to cook over high heat until it begins to char. Stir corn and cook for another 2 minutes. Remove the pan from the heat and allow the corn to cool completely before using in the salad.
3. Assemble of Salad: In a medium sized bowl combine the corn kernels with the radishes, green onions, lime juice, salt and pepper. Toss the corn mixture with chipotle crema until completely coated. Add a little more if desired. Sprinkle the salad with cilantro, cotija and chipotle powder.

### NUTRITIONAL INFORMATION

Calories 129

Fat 15g

Protein 2g

Sugars 5g

Carbohydrates: 19g

# Quick Refrigerator Pickles

Minimalist Baker



8 servings



1 hr 50 mins

## INGREDIENTS

### CUCUMBERS

- 1 medium cucumber, sliced into wedges
- 1 tsp coriander seed
- 1 tsp mustard seed
- 1 handful fresh dill sprigs

### BRINE

- 1 ½ cups white distilled vinegar
- 1 tsp organic cane sugar
- 2 tsp sea salt



## INSTRUCTIONS

1. Add cucumber slices to a large mason jar or glass container along with coriander seed, mustard seed, and dill. Set aside.
2. To a small saucepan add distilled white vinegar, sugar, and salt. Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavor as needed, adding more salt or sugar to taste.
3. Let the brine cool in the refrigerator for at least 30 minutes to 1 hour. Once cooled, pour the brine over the cucumbers until your glass container is full. Ensure the cucumbers are fully submerged. If needed, add more vinegar or a little water to cover.
4. Seal well and shake to combine. Then refrigerate for at least 1 hour. The flavors will deepen and intensify the longer it marinates. Best flavor is achieved after 24 hours.
5. Will keep in the refrigerator for 2-3 weeks (sometimes longer). Not freezer friendly.

### NUTRITIONAL INFORMATION

Calories 8

Fat 0.2g

Protein 0.3g

Sugars 1g

Carbohydrates: 1.7g

# Baked Plantain Chips & Garlicky Guacamole

Minimalist Baker



6 servings



30 minutes

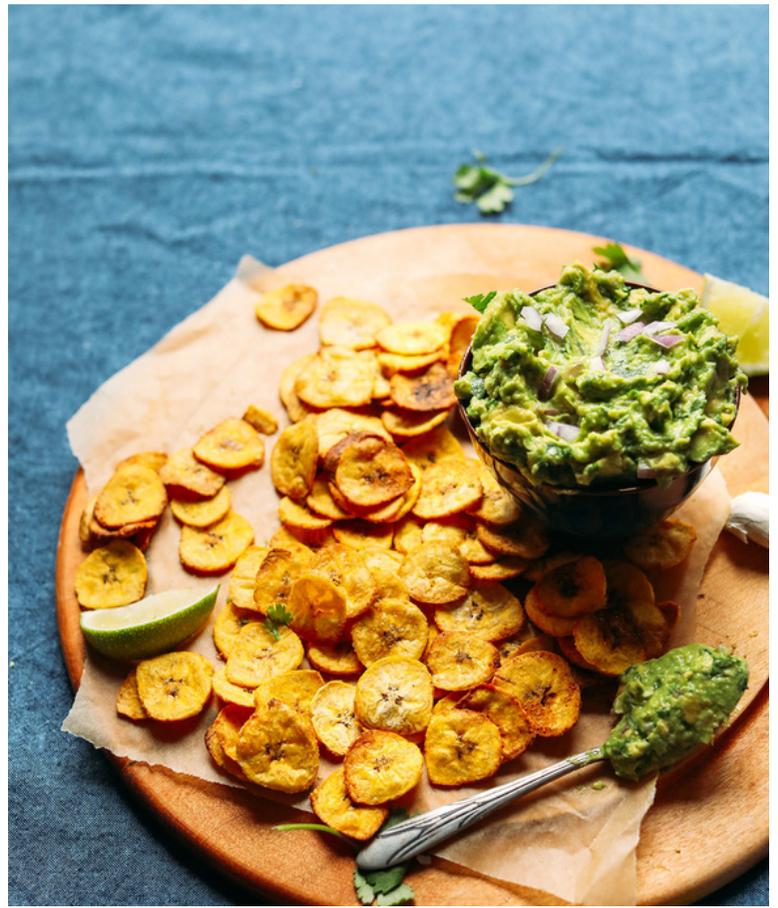
## INGREDIENTS

### Chips

- 2 medium unripe (green, starting to turn yellow) plantains (peeled)
- 2 Tbsp melted coconut or avocado oil
- 1/2 tsp sea salt
- 1/2 tsp lime zest (optional)

### Guacamole

- 2 medium ripe avocados
- 2 cloves garlic (minced)
- 1/2 cup finely diced red onion
- 2 Tbsp lime juice
- 1/4 cup minced cilantro (optional // plus more for garnish)
- 1/4 tsp sea salt plus more to taste



## INSTRUCTIONS

1. Preheat oven to 375 degrees F (190 C) and line 2 baking sheets with parchment paper (as original recipe is written // use fewer or more baking sheets if altering batch size).
2. Thinly slice plantains with a mandolin for best results. They should be not quite paper thin but close.
3. Add to a mixing bowl and drizzle with oil and salt. Gently toss with a spoon to combine. Then arrange in a single layer on the baking sheets, making sure none are overlapping or they won't crisp up.
4. Bake for 18-25 minutes or until crispy and slightly golden brown, being careful not to burn. Rotate pans at the halfway point to ensure even baking.
5. Once out of the oven, sprinkle with a bit more salt and lime zest (optional) and toss. Let cool.
6. While chips are baking, prepare guacamole by adding all ingredients to a small mixing bowl, mashing with a fork, then stirring to combine. Taste and adjust flavor as needed, adding more lime for acidity, salt for saltiness, or garlic for bite/zing. Transfer to serving dish.
7. Serve guacamole with chips and enjoy. Store leftover guacamole covered in the refrigerator up to 3 days, placing plastic wrap or parchment paper on the surface (in addition to a lid) to help from browning. Plantain chips are best the same day. But store completely cooled leftovers at room temperature up to 3 days in a sealed container.

### NUTRITIONAL INFORMATION

Calories 261

Fat 18.3g

Protein 2.3g

Sugars 10g

Carbohydrates: 26.8g