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## Plant Based

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# 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