

BLACK BEAN CHILI STUFFED SWEET POTATOES

Meal A

Serves 2

Ingredients:

2 medium-sized sweet potatoes
1 can black beans, drained and rinsed
1-15 oz can diced tomatoes
1 red bell pepper, diced
1 red onion, diced
1 garlic clove, minced
1/2 tsp dried oregano
1/2 tsp paprika
1/2 tsp cayenne pepper
A squeeze of lemon
Chopped fresh cilantro (or parsley)
Salt and pepper, to taste

Directions:

1. Start by placing the sweet potatoes into a preheated oven (at around 350°F) for around 45 minutes, until you can easily pierce with a fork.
2. In the meantime, start making the chili by chopping up the red pepper, red onion, and mincing the garlic clove, and place into a saucepan to cook with small amount of water to prevent sticking. Once the onions begin to brown slightly, you can pour the canned tomatoes and black beans, stir thoroughly.
3. Add all of the spices (including the salt and pepper) and make sure the heat is fairly low to avoid cooking too quickly – the key is for a nice and slow cook to ensure a rich flavor a thick consistency.
4. Once the potatoes are soft, remove them from the oven and cut them down the middle. Spoon half of the chilli into each.
5. To finish, sprinkle with chopped cilantro.

Per serving: 287 calories, 1.1g fat, 62.1g carbs, 11.8g fiber, 12.5g sugars, 10.1g protein

Prep Notes: Can make chili and potatoes ahead, storing separately in fridge for later use.

Kid-Friendly: Serve chili on its own with crackers (puree before adding black beans if desired) and serve with baked sweet potato fries on the side.

Add Calories: Top with guacamole.

Up Your Greens: Stir a cup of spinach into chili at the end of cooking.

TU-NO CASSEROLE

Inspired by Forks over Knives

Meal B

Serves 2

Ingredients:

- 1 cup non dairy milk, unsweetened
- ¼ cup unsalted cashews
- 1 tsp onion powder
- ¼ tsp freshly ground black pepper
- 1 tsp kelp granules or kelp powder (optional, for a light seafood flavor)

For the base:

- 1 cup uncooked elbow or small-shell pasta (or gluten free pasta)
- 1 small yellow onion, diced (about 2½ cups)
- 4 oz medium cremini or white mushrooms, sliced
- 1 cup green peas (frozen and thawed, or canned)
- 1 ½ cups prepared chickpeas (or 1-15-ounce cans, drained)

Directions:

1. Place non dairy milk, cashews, granulated onion, pepper, and kelp (if using) into a blender and set aside (so the cashews can soften).
2. Cook the pasta in a soup pot according to the instructions on the package; drain and place the pasta back into the soup pot, off of the heat.
3. Preheat the oven to 375°F. Add the onions and mushrooms to a skillet on high heat, stirring and cooking for 3 to 5 minutes until softened and lightly browned, adding a little water only as needed to prevent sticking. Add this mixture, as well as the peas, to the pot of cooked pasta.
4. Place the chickpeas into a food processor and pulse just until the beans are broken down (but not mushy). If you don't have a food processor, mash the beans with a potato masher or fork. Add to the soup pot.
5. Blend the sauce ingredients until smooth. Add to the soup pot and stir.
6. Spoon into a 8x8 inch baking dish. Bake uncovered for 30-35 minutes, until the top is lightly browned.

Per serving: 498 calories, 12.5g fat, 78.2g carbs, 11.3g fiber, 8.9g sugars, 20.9g protein

Prep Notes: Make entire dish ahead and store in fridge for later.

Kid-Friendly: Omit mushrooms and peas. Serve with steamed broccoli or favorite veg on the side. Alternatively, mix in seasoned soy curls.

Lower Calories: Substitute riced cauliflower for pasta.

Up Your Greens: Serve with steamed broccoli.

GARLIC HASH BROWNS WITH KALE

Meal C

Serves 1

Ingredients:

2 Large white or yellow potatoes, shredded or 2 cups of pre-packaged shredded potatoes

½ tsp ground black pepper

3 cloves of garlic

4 large kale leaves, shredded or thinly sliced or 2 cups of spinach

Pinch of salt

Optional: Replace 1 cup of shredded potatoes with shredded sweet potatoes

Directions:

1. Preheat your oven to 375 F. Rinse the shredded potatoes, if using fresh, and pat them dry.
2. Toss them with the salt and pepper. Spread the shredded potatoes on a baking sheet lined with a silicon baking mat or parchment paper.
3. Bake the shredded potatoes for 10 minutes. Remove the sheet from the oven and toss the potatoes with the minced garlic, then spread them back on the mat. Return them to the oven and bake them 5 more minutes.
4. While the potatoes are baking, lightly saute the shredded kale over medium heat in a large pan with about ¼ inch of water and a pinch of salt. Do not replenish the water when it evaporates. It is only there to get the kale to quickly wilt. Once the kale has completely softened, about 8 to 10 minutes, set it aside and let it cool until you can comfortably handle it. Squeeze the kale to get rid of excess water, then toss it a bit to separate the cooked shreds. Plate the crisped potatoes, top it with the kale, and serve.

Per serving: 242 calories, .1g fat, 57.7g carbs, 6.5g fiber, 2.1g sugars, 8.7g protein

Prep Notes: Best made to order, but can prepare dish ahead and reheat in hot skillet.

Kid-Friendly: Omit kale and serve with ketchup or favorite dipping sauce.

Add Calories: Serve in wrap and favorite toppings such as salsa and guacamole. Add more veggies such as bell peppers and mushrooms. Garnish with hot sauce.

QUINOA PRIMAVERA

Meal D

Serves 2

Ingredients:

Shallots:

1 large shallot, cut into half-moons
1 Tbsp orange juice
¼ tsp apple cider vinegar
½ tsp salt
Pinch of sugar

Quinoa

½ cup quinoa, soaked at least 2 hours or overnight, rinsed, and drained
1 cup frozen artichoke hearts or 1 14-oz canned packed in water
1 garlic clove, minced
½ tsp dried tarragon
¼ tsp dried thyme
½ tsp salt, plus more to taste
¼ tsp dried dill
¼ tsp black pepper, plus more to taste
1 cup frozen peas
1 carrot, diced
1 orange or yellow bell pepper, diced
2 green onions (white and light green parts), thinly sliced
1 lemon, zest and juice
¼ cup raw sunflower seeds

Directions:

1. To make the shallots, combine all the ingredients in a small bowl. Refrigerate until ready to serve. (The shallots can be refrigerated overnight or up to 3 days.)
2. To make the quinoa, combine 2 cups water and quinoa in a large saucepan over high heat. Bring to a boil, then add the artichokes, garlic, tarragon, thyme, ½ teaspoon salt, the dill, and ¼ teaspoon pepper. Reduce the heat to medium-low, cover, and cook for 10 minutes. Reduce the heat to low and stir in the peas, carrots, bell pepper, and green onions. Cover and cook until the vegetables are heated through, about 5 minutes.
3. Remove from the heat, add the lemon juice and zest and the sunflower seeds, fluff with a fork, and season with salt and pepper. Serve, topping each portion with the shallots.

Per serving: 327 calories, 6.4g fat, 55.3g carbs, 11.8g fiber, 10.3g sugars, 14.2g protein

Prep Notes: Make shallots and quinoa mixture ahead, storing in fridge until ready to reheat. Alternatively, prep shallots and vegetables from quinoa mixture ahead, storing in fridge until ready to use.

Kid-Friendly: Deconstruct the recipe, serving quinoa with spices separately and desired vegetables on the side with veggie burger.

Add Calories: Serve with baked potato and steamed veg on the side.

Up Your Greens: Serve dish over bed of greens or fresh spinach.

AVOCADO & WHITE BEAN SALAD WRAPS

Meal E

Serves 2

Ingredients:

1½ cups cooked great northern beans or 1 (15-ounce) can, rinsed and drained (or chickpeas)
1 Tbsp liquid aminos (or gf-tamari, low sodium soy sauce or sf-coconut aminos)
1 Tbsp white balsamic vinegar
1 large or 2 small avocados, halved
2 Tbsp fresh lime juice
2 Tbsp fresh parsley or cilantro, if preferred
1 Tbsp diced canned green chiles
1 tsp garlic powder
1 tsp smoked paprika
½ tsp onion powder
Sea salt
Freshly ground black pepper
4 large wheat or gluten free tortillas
1 to 2 roma tomatoes, thinly sliced
2 large handfuls of baby spinach

Directions:

1. Sauté the beans in a large frying pan over medium heat for 1 to 2 minutes or until warm. Add the liquid aminos and cook, stirring occasionally, until the liquid has cooked away. Add the vinegar and cook, stirring once or twice, until the liquid has cooked away. Remove from the heat and mash the beans with a fork.
2. Scoop the avocado flesh into a large bowl and mash until there are no chunks. Add the mashed beans, lime juice, parsley, green chiles, garlic powder, paprika, and onion powder. Mix until combined. Add the salt and pepper to taste.
3. Spread half of the avocado mixture onto tortilla. Add a row of tomato slices across the shorter dimension of the wrap, an inch or so from one edge, a row of spinach next to it, another row of tomatoes, and another row of spinach. Roll the wrap over the first row of tomatoes, and continue until it is completely rolled up. Chop into 3 to 4 sections.
4. Serve immediately or store in an airtight container in the refrigerator for up to 3 days.

Per serving: 498 calories, 16.8g fat, 95.2g carbs, 22g fiber, 6.9g sugars, 20.3g protein

Prep Notes: Best made to order. Alternatively, make ahead and store in airtight container in fridge for up to 3 days.

Lower Fat: Omit whole avocado(s) and combine mash beans with listed ingredients. Top with salsa, hot sauce, balsamic glaze, barbeque sauce or drizzle of mustard. Alternatively use 2 oz guacamole to top white bean mixture.

WEDDING SOUP WITH WHITE BEAN BALLS AND KALE

Meal F

Serves 2

Ingredients:

White Bean Balls

- 1 small onion, diced
- 1 ½ cups or 1-15 oz can cannellini beans
- ¼ cup whole wheat bread crumbs (white or gluten free will do)
- 2 cloves garlic, minced
- 2 Tbsp nutritional yeast
- 1 Tbsp soy sauce (GF-tamari, SF-coconut aminos or liquid aminos)
- 1 teaspoon of no-salt all-purpose seasoning blend, optional
- ½ tsp dried thyme
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp grated lemon zest, optional

Soup

- 1 carrot, diced
- 1 rib celery, diced
- 2 cloves garlic, minced
- 1 cup dried small pasta
- 4 cups of vegetable broth, low-sodium
- 1 tsp lemon juice
- 2 cups of kale or other dark leafy greens, chopped
- ¼ tsp of salt
- ¼ tsp ground black pepper

Directions:

1. Preheat oven to 400F.
2. To make White Bean Balls: Dice onion and measure out ¼ cup. Reserve remaining onion for soup. Mash beans in a large bowl until they form a paste. Some whole beans are ok. Stir in the rest of the ingredients for the White Bean Balls. Use your hands to get in there and mix everything up. If it feels too dry add a teaspoon or two of water. Roll into golf ball sized balls. Place them on a baking sheet lined with parchment paper. Bake for 30 minutes, turning over halfway through.
3. Set aside.
4. To make the Soup: While the White Bean Balls are cooking, prepare your soup. In a soup pot, over medium heat, add the extra onion, carrots and celery with a little water or broth so they don't stick. Cook until onion begins to brown, about 5 minutes. Add the garlic and pasta and cook another 30 seconds. Gently pour in the broth, bring to boil

then turn down the heat and let it simmer until the pasta is tender, about 10-15 minutes, stirring in kale the last few minutes of simmering. Fold in lemon juice, salt, pepper and turn off heat.

5. When White Bean Balls are finished place 4 or 5 in the bottom on a soup bowl and gently ladle the soup over them. Serve immediately.

Per serving: 362 calories, .9g fat, 59.3g carbs, 13.6g fiber, 4.9g sugars, 28g protein

Prep Notes: Prepare entire dish ahead ,storing White Bean Balls and Soup separately in fridge to reheat later. Alternatively, make White Bean Balls and prep veggies ahead, storing separately in fridge until ready to use.

Kid-Friendly: Omit kale or leafy greens and serve as garlicky kale chips on the side or green salad.

Add Calories: Serve with green salad and crusty bread.

PENNE WITH TOMATO-MUSHROOM SAUCE

Meal G

Serves 2

Ingredients:

1 cup dried whole-grain pasta (i.e.penne or gluten free)
1 small yellow onion, diced
4 oz mushrooms, trimmed and sliced
2 cloves garlic, minced
1 tsp dried thyme
1 (15-ounce) can crushed tomatoes (I use San Marzano)
½ cup non dairy milk, unsweetened, unflavored
½ cup fresh basil, chopped
Sea salt
Ground black pepper

Directions:

1. Bring a large pot of water to a boil. Cook the penne according to the package instructions. Drain well; rinse with cold water in a colander and set aside.
2. Meanwhile, line large saucepan with ¼ cup water and sauté onions and mushrooms over medium heat, stirring occasionally, until the onions are translucent, 7 to 8 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the pan.
3. Add the garlic and thyme, and cook for 1 minute. Add the crushed tomatoes with their juice and simmer, stirring occasionally, for 10 minutes. Add non dairy milk, cooked pasta, basil; season with salt and pepper to taste and toss until well coated. Taste and adjust the seasonings. Cook until heated through, about 1 minute. Serve hot.

Per serving: 356 calories, 2.4g fat, 72.1g carbs, 11.7g fiber, 4.8g sugars, 15.6g protein

Prep Notes: Make entire dish ahead, storing in fridge for later.

Kid-Friendly: Omit mushrooms and sprinkle with vegan parmesan; serve with crusty bread.

Lower Calories/Fat: Omit pasta and serve sauce over spaghetti squash (roast 400F 40 minutes, halved and scooped)

Up Your Greens: Top with steamed broccoli or stir in handful chopped spinach to the dish at the end.

ZESTY ZUCCHINI PASTA WITH PESTO & TOMATOES

Meal H

Serves 1

Ingredients:

1 small zucchini, spiralized or very thinly sliced
1 cup grape tomatoes

Pesto

1 cup fresh basil, tightly packed
1/2 a ripe avocado
2 cloves garlic
1/4 cup cashews
3 Tbsp water
1/4 tsp sea salt

Directions:

To make Pesto: Place pesto ingredients into a blender or food processor and blend until smooth and creamy.

1. Spiralize or thinly slice zucchini into noodle size shape. Slice tomatoes in half
2. Add zucchini noodles and tomatoes to a bowl.
3. Pour pesto over the top and stir until everything is thoroughly coated.
4. Serve immediately.

Per serving: 467 calories, 36.2g fat, 33.4g carbs, 11.7g fiber, 9.1g sugars, 11.3g protein

Prep Notes: Best made to order.

Kid-Friendly: Serve pesto over pasta; sprinkle with vegan parmesan.

Lower Calories/Fat: Omit pesto and serve with marinara or try Lindsay Nixon's Red Pesto by blending 1 12-oz jar roasted red peppers in water (about 3 peppers), 1 cup fresh basil, 1-2 cloves garlic and 1 tsp fresh lemon juice until smooth. Per Tbsp: 9 calories, .1g fat, 2g carbs, 0g fiber, 1.1g sugars, .5g protein

DIPP'N FALAFELS

Meal I

Serves 2

Ingredients:

1 ½ cups prepared chickpeas or 1-15oz can, drained and rinsed
1 small onion, diced
2 garlic cloves, chopped
¼ tsp cumin
Juice of 1 lemon
1 bunch of fresh cilantro
¼ tsp cayenne pepper
Ground black pepper
1 tsp salt
¼ tsp baking powder
½ cup chickpea flour
¼ cup water or more as necessary

Garlic Dill Sauce

1/3 cup plain hummus
3 large cloves garlic, minced
1 tsp dried or 2 tsp fresh dill
2 Tbsp lemon juice
Water to thin

Directions:

To make Garlic Dill Sauce: Whisk ingredients in small bowl until blended. Thin with water or vegetable broth to desired consistency.

1. Pre-heat the oven to 400F.
2. Peel and chop onions and garlic cloves.
3. In a non-stick pan cook the chopped onions, garlic & cumin, put the lid on and let them on low heat for about 10-15 minutes while stirring occasionally.
4. Meanwhile drain the chickpeas and then work in batches by adding the first batch into the food processor and pulse until the pieces are really small (you don't want to make hummus). In one batch add in the cilantro to chop it as well. Repeat until all the chickpeas are broken up. Transfer everything to a huge bowl.
5. Add the lemon juice, cayenne pepper, salt, ground pepper, baking powder and the glazed onions and garlic. Mix well.

6. Add in the chickpea flour and water.
7. Mix the chickpea mixture well and form little balls. If the dough does not stick together enough, add more chickpea flour and water.
8. Put the falafel on a baking tray lined with parchment paper and put them in the oven for about 25 minutes or until they turn golden.
9. Serve with Garlic Dill Sauce or favorite dip.

Per serving: 268 calories, 7.3g fat, 37.7g carbs, 9.8g fiber, 5.1g sugars, 13.9g protein

Prep Notes: Make Garlic Dill Sauce and falafels ahead, storing in fridge until ready to use.

Add Calories: Serve in wrap or gluten free tortilla. Add side of sweet potato.

Up Your Greens: Top green salad with falafels and drizzle with Garlic Dill Sauce.

CHOCOLATE CHIP BANANA BREAD

Meal J

Serving Size: 8

Ingredients:

2 c whole wheat pastry flour or gluten-free flour
1 tsp baking soda
1/2 tsp cinnamon
3/4 tsp baking powder
3/4 tsp salt
1/3 cup non dairy milk
1 1/2 tsp pure vanilla extract
1/2 cup agave nectar or pure maple syrup or honey
1 1/2 Tbsp lemon juice
2 cups tightly-packed, mashed banana, measured *after* mashing
1/3 to 2/3 cup dairy-free chocolate chips

Directions:

1. Preheat oven to 350 F.
2. Whisk dry ingredients in a bowl.
3. In a separate bowl, combine wet ingredients and mix into dry. (Mix by hand, and don't overmix.)
4. Pour into a greased loaf pan and cook 35-50 minutes, depending on how gooey you want it. (Tip: If the top is cooked but the inside is still gooey, put tinfoil over the top and continue to cook.)
5. After removing from the oven, let cool for ten minutes before slicing. After the first day, this bread is best stored in the fridge. Or cut it into slices and freeze for later.

Per serving: 237 calories, 2.9g fat, 48.7g carbs, 4.4g fiber, 20.3g sugars, 4g protein

