

TORTUGAS

Serves 2

Meal A

Ingredients:

15 oz refried beans

1 lime

Ground cumin

2 Tbsp pickled jalapeno, optional, chopped

4 slices whole grain bread or gluten free tortillas

2 oz guacamole

¼ small red onion, sliced

Spicy Slaw

¼ cup vegan mayo or plain non dairy yogurt

Hot sauce (your favorite)

Lime wedge

2 cups shredded cabbage

Directions:

1. To make Spicy Slaw: Whisk mayo and hot sauce together until combined. Lightly squeeze 1 lime wedge into sauce, whisk to mix. Toss with shredded cabbage, adding salt and pepper, if desired. Adjust seasonings to taste. Set aside.
2. Warm beans in microwave or stovetop, adding a couple dashes of cumin, squeeze of lime juice and chopped jalapeno, if using.
3. Divide guacamole and spread on 2 pieces of bread.
4. Slather bean mixture on remaining 2 pieces of bread.
5. Top with Spicy Slaw and sliced red onion.
6. Drizzle with extra hot sauce if desired.
7. Combine to make sandwich.

Per serving: 487 calories, 14g fat, 69.7g carbs, 20.2g fiber, 5.9g sugars, 21.3g protein

Prep Notes: Make bean mixture and shred cabbage ahead; store separately in fridge.

Kid-Friendly: Omit coleslaw and melt vegan cheese over the beans under the broiler for 3 minutes or so. Alternatively, serve burrito-style on flour tortilla with coleslaw on the side.

Lower Fat: Omit guacamole and use oil-free bread such as Ezekiel brand. Top with shredded cabbage without coleslaw sauce.

Up Your Greens: Layer spinach or steamed kale in the sandwich or serve with side of steamed broccoli.

SZECHUAN NOODLES

Serves 2

Meal B

Ingredients:

6 oz noodles (i.e. linguini, soba) reserve ¼ cup starchy cooking water
4 oz brown mushrooms, sliced or ¾ cup chickpeas
2 celery ribs, sliced
2 cups shredded cabbage
2 green onions, sliced

Szechuan Sauce

2-4 tsp low-sodium soy sauce or gluten-free tamari or soy-free coconut aminos
1-3 tsp tahini paste
1 ½ tsp rice vinegar
½-1 tsp garlic powder
½ tsp brown sugar
¼ tsp ground ginger
Black pepper
Red pepper flakes, optional

To Make Szechuan Sauce: Whisk ingredients with 2 Tbsp starchy pasta cooking water, adding more as needed to achieve slightly thickened sauce. Set aside.

Directions:

1. Cook noodles per package directions, reserving ¼ cup starchy cooking water.
2. Drain, rinse with cold water and set aside.
3. Line pot with ¼ water or vegetable broth and saute mushrooms and celery with a pinch of red pepper flakes, if using, until mushrooms are softened and release their juices. If omitting mushrooms saute celery with red pepper flakes, if using, until translucent.
4. Add chickpeas, if using.
5. Add shredded cabbage, using tongs to incorporate until cabbage has cooked down slightly, 1-2 minutes.
6. Stir in Szechuan Sauce and use tongs to incorporate.
7. Garnish with green onions.

Per serving: 375 calories, 16g fat, 72.7g carbs, 12.7g fiber, 9.5g sugars, 17.2g protein

Prep Notes: Make entire dish ahead to reheat in microwave or stove top. Alternatively, whisk sauce and prep vegetables, storing separately in fridge until ready to prepare dish.

Kid-Friendly: Serve with chopsticks, using favorite stir-fry vegetables in place of cabbage and mushrooms.

Add Calories: Garnish with crushed peanuts. Add water chestnuts and extra stir-fry vegetables or pasta.

Lower Fat: Omit tahini, soy sauce and vinegar. Add hoisin sauce mixing with spices, starting with ¼ tsp at a time, thinning with starchy cooking water to desired consistency.

Up Your Greens: Saute chopped kale or spinach with cabbage.

TEXAS BLACK BEAN & CORN CHILI

Serves 2

Meal C

Ingredients:

1/2 small yellow onion, diced
2 cloves garlic, minced
1/2 small green bell pepper, diced
1 carrot, shredded
1/2 tsp chili powder
1/2 Tbsp cumin
3/4 cup diced tomatoes
3oz can tomato paste
1/4 cup water
3/4 cup canned black beans, with juices (reserve remaining half of beans for Meal E)
3/4 cup kidney beans (reserve remaining half of beans for Meal G)
1/4 cup frozen corn kernels
salt, to taste
2 corn tortillas, toasted
Hot sauce, optional

Directions:

1. Line a skillet with a thin layer of water.
2. Saute onion, garlic, green pepper and carrot until onions are translucent, about 2-3 minutes.
3. Add chili powder and cumin, stirring to coat vegetables and continue to cook until all liquid has cooked off.
4. Add diced tomatoes, tomato paste, water, black beans with juices and kidney beans stirring to combine.
5. Reduce heat to low and cook until beans are warm.
6. Place half of the chili in a blender and puree until smooth consistency, optional.
7. Return pureed chili to the pot and stir until combined.
8. Stir in corn.
9. Taste, adding salt and pepper if desired or hot sauce, optional.
10. If it's too thick, thin out with water or broth.
11. Toast tortillas in toaster or in 350 degree oven for 5-7 minutes, flipping halfway through cooking time. Alternatively, toast in toaster.
12. Divide chili into 2 bowls or containers and crumble tortillas over chili to serve.

Per serving: 358 calories, 2g fat, 68.8g carbs, 16.1g fiber, 13.4g sugars, 18.6g protein

Prep Notes: Make dish ahead. Store in fridge to reheat later.

Kid-Friendly: Puree chili and add meat alternative “crumble” if desired. Serve with crackers or toast.

Add Calories: Serve over baked potato or grain such as rice or quinoa.

Up Your Greens: Stir in steamed spinach or kale. Serve with side salad.

ROASTED BUFFALO CAULIFLOWER MAC & CHEEZ

Serves 2

Meal D

Cashew Cheese Sauce

½ cup non dairy milk
5 Tbsp raw cashews
2 Tbsp water
2 Tbsp nutritional yeast
1/2 Tbsp tapioca starch (flour or cornstarch will work with varied results)
1/2 Tbsp tomato paste
1/2 Tbsp apple cider vinegar
1/2 tsp onion powder
1 garlic clove
1 tsp Dijon mustard
½ tsp sea salt
Dash of turmeric

Mac N Cheese

1 ¼ cups dried elbow pasta
1 batch Cashew Cheese Sauce
1 ½ cups bite-sized cauliflower florets
4 tsp brown rice flour
2 Tbsp unsweetened plain non dairy milk, optional

Buffalo Sauce: (or ¼ cup of your favorite)

¼ cup Frank's Red Hot
1 tsp garlic powder
1 tsp italian seasoning
¼ cup chopped celery
2 Tbsp green onions, sliced

Directions:

1. In a high speed blender, puree Cashew Cheese Sauce ingredients until smooth. Set aside. (Can store in refrigerator up to 1 week.)
2. Preheat oven to 425F and line baking sheet with parchment paper.
3. In a large mixing bowl, toss cauliflower, buffalo sauce, and flour until cauliflower is evenly coated. Spread on baking sheet and bake for 20-25 minutes, flipping halfway through.
4. Prepare pasta according to package directions and drain.
5. In a large pot over medium heat, add Cashew Cheese Sauce and bring to a simmer, stirring frequently. Once sauce begins to thicken and becomes glossy, add pasta and toss until incorporated. Add milk for a creamier consistency.

6. Divide mac n cheese among 2 bowls, along with celery and buffalo cauliflower. Top with scallions.

Per serving: 445 Calories, 13.2g Fat, 64.7g Carbs, 9.4g Fiber, 17.8g Protein

Prep Notes: Make entire dish ahead, storing in fridge for later. Alternatively, blend Cashew Cheese Sauce and prep celery and green onions, storing separately in fridge until ready to prepare.

Up Your Greens: Stir in handful of spinach at Step 5 and heat until spinach wilts, slightly. Alternatively add broccoli to pasta the last few minutes of boiling or serve on side.

BLACK BEAN BURGERS

Serves 2

Meal E

¾ cup black beans, drained

3-4 Tbsp quick or rolled oats

1 ½ Tbsp ketchup

2 tsp mustard

½ tsp garlic powder

½ tsp onion powder

2 burger buns or gluten-free tortillas

Desired toppings: lettuce, tomato, ketchup, vegan mayo, guacamole, avocado, etc., optional

Directions:

1. Preheat oven to 400F and line baking sheet with parchment paper.
2. In bowl, mash black beans with fork until no whole beans are left.
3. In mini food processor, whiz rolled oats if using to more of a quick oat consistency, optional.
4. Add ketchup, mustard, garlic powder, onion powder and oats to bowl and stir until combined.
5. Divide mixture into 2 equal portions. With wet hands, shape bean mixture into patties and place on parchment.
6. Bake for 10 minutes, then carefully flip to cook another 5-7 minutes on the other side or until crusty on the outside.
7. Serve on buns with desired toppings.

Per serving: 262 calories, 2.6g fat, 49g carbs, 8.2g fiber, 7.2g sugars 12.3g protein

Prep Notes: Make burger patties ahead, store in fridge to bake later.

Kid-Friendly: Melt vegan cheese over top under the broiler for 2-3 minutes. Serve with baked potato wedge fries.

Add Calories: Serve with vegetarian baked beans and double recipe for double burger.

Up Your Greens: Layer fresh spinach or mixed greens as topping and serve with steamed broccoli and/or kale chips.

STROGANOFF'D POTATO

Serves 2

Meal F

Ingredients:

1 cup water
2 Tbsp low-sodium soy sauce (coconut aminos- SF, tamari- GF)
2 Tbsp nutritional yeast, divided
¼ tsp onion powder
¼ tsp garlic powder
¼ tsp ground ginger
8-oz brown mushrooms sliced
2 medium potatoes, cooked
Italian seasoning
½ cup nondairy milk, unsweetened
2 Tbsp cornstarch or flour
Dash of ground nutmeg (optional)
Salt & pepper to taste

Directions:

1. In a skillet, whisk water with low-sodium soy sauce, 1 tablespoon of nutritional yeast, onion powder, garlic powder, and ground ginger.
2. Bring to a boil and add mushrooms, sprinkling them generously with Italian seasoning (a good 10 shakes)
3. Continue to sauté over medium-high heat until the mushrooms are brown and soft, about 3 minutes. Meanwhile whisk non dairy milk with cornstarch and remaining 1 Tbsp of nutritional yeast. Add a light dash of nutmeg, if desired.
4. Pour over mushrooms, stirring to combine. Reduce heat to low and continue to cook until thick and gravy-like, about 5 minutes
5. Add black pepper to taste and add a few more shakes of Italian seasoning, if desired. Adjust seasonings to taste, adding a pinch of salt if necessary.
6. Set aside a few minutes before serving to let the flavors merge.
7. Spoon over open baked potatoes.

Per serving: 223 calories, 1.9g fat, 37.3g carbs, 8.1g fiber, 5.9g sugars, 16g protein

Prep Notes: Make Stroganoff and cook/bake potatoes ahead, storing separately in fridge to reheat for later.

Kid-Friendly: Serve over pasta and steamed veg on the side. Add in alternative meat “crumble” or soy curls if desired.

Add Calories: Serve over whole grain pasta and steamed vegetable or steamed green beans.

Up Your Greens: Stir in spinach with mushrooms when cooking.

CAJUN GUMBO

Serves 2

Meal G

Ingredients:

2 Tbsp white whole wheat flour or gluten-free flour
2 garlic cloves, minced
½ small onion, diced
1 celery stalk, diced
½ green bell pepper, diced
½ Tbsp Cajun seasoning
½-1 Tbsp hot sauce (i.e. Tabasco)
¾ cup diced tomatoes (i.e. fire-roasted), with their juices
¾ cup kidney beans
1 cup vegetable broth
Dried oregano
Dried thyme
Dried basil
2 cups brown rice

Directions:

1. In dry large pot, toast flour over high heat, stirring frequently, until it smells toasty taking care not to burn it. Remove flour and set aside.
2. Line pot with ¼ cup water or vegetable broth and saute garlic over high heat for 1 minute.
3. Add onion, celery and green pepper and saute until onion is translucent and green pepper is bright green, around 2 minutes. Turn off heat and stir in flour to coat vegetables.
4. Add Cajun seasoning and hot sauce, stirring everything to coat. Add diced tomatoes with their juices, kidney beans and vegetable broth and stir.
5. Add pinch of oregano, thyme and basil. Bring to near boil, cover and reduce heat to low and simmer until everything is warm.
6. Adjust seasonings to taste, adding salt and pepper if desired.
7. Serve over brown rice.

Per serving: 359 calories, 2.5g fat, 71.9g carbs, 10.5g fiber, 7g sugars, 12.9g protein

Prep Notes: Make gumbo and rice ahead, storing separately in fridge.

Kid-Friendly: Omit hot sauce and puree ½ or all of gumbo, stirring in rice at the end. Add agave nectar to cut acidity. Serve with toast.

Add Calories: Serve with cornbread or break into gumbo.

Lower Calories: Omit rice.

Up Your Greens: Stir in spinach at the end or serve with green salad or sauteed kale.

MAC N CHEEZ STUFFED JALAPENO POPPERS

Inspired by VegNews

Makes 24

Meal H

Ingredients:

Cheese Sauce:

$\frac{2}{3}$ cup butternut squash, peeled and chopped (or buy frozen)
 $\frac{1}{2}$ cup Yukon Gold potatoes, peeled and chopped
 $\frac{1}{4}$ cup sweet onion, diced
1 Tbsp roasted red peppers, chopped
1 garlic clove, minced
 $\frac{1}{2}$ tsp apple cider vinegar
 $\frac{1}{2}$ tsp lemon juice
 $\frac{1}{2}$ tsp salt

For Stuffing:

$\frac{3}{4}$ cup dried elbow pasta
1 batch of Cheese Sauce
 $\frac{1}{2}$ tsp chili powder
 $\frac{1}{4}$ tsp smoked paprika
Dash of salt
Dash of pepper
12 large jalapenos
 $\frac{1}{2}$ cup crushed tortilla chips

Directions:

1. Into a medium pot, place butternut squash, potatoes, and onion. Cover vegetables with water and bring to a boil over medium heat, covering pot with lid.
2. Boil for 15 minutes or until fork tender
3. Drain water from pot, reserving $\frac{1}{4}$ cup liquid. Into a blender, place boiled vegetables and remaining ingredients, and puree until smooth, adding reserved liquid 1 tablespoon at a time to aid with blending. Set aside. (Can store in refrigerator for up to 10 days.)
4. Preheat oven to 350F.
5. While vegetables are cooking, boil pasta according to package instructions, drain, and return to pot along with $\frac{2}{3}$ of Cheese Sauce, chili powder, and smoked paprika.
6. Slice each jalapeno in half, lengthwise, scooping out seeds and pith with a spoon.
7. Lay halves on a baking sheet and overfill each half with mac n cheese. Top with remaining $\frac{1}{3}$ of cheese sauce and tortilla chips
8. Bake for 20 minutes and let cool for 3 minutes. Serve immediately.

Per Serving: 121 Calories, .7g Fat, 24.6g Carbs, 2.1g Fiber, 4g Protein

HEALTHY(ER) SNICKERS

Inspired by Nourish my Bliss

Serves 12

Meal 1

Ingredients:

Base:

1 cup dates

1 cup oat flour (gluten-free if needed) Or blend rolled oats in food processor until flour like consistency

1/2 cup cashews

Vanilla extract or powder

Filling:

1 cup dates

1/2 can coconut milk

2 big Tbsp peanut butter

1 pinch of sea salt

1 cup peanuts, shelled

Coating: (alternative-melt 1/2 cup of vegan chocolate chips)

1/2 cup coconut oil

4 Tbsp cocoa powder

3 Tbsp maple syrup

Directions:

1. Place all the ingredients for the Base in your food processor and blend them until a sticky ball of dough forms.
2. Press this onto a parchment lined tin/baking tray and make sure it's spread evenly.
3. Place this in the freezer while preparing the filling.
4. For the filling, soak 1 cup of dates in hot water for 10-15 minutes.
5. Place them in your food processor and add the remaining ingredients for the filling, except the shelled peanuts.
6. Blend this on high until the mixture is creamy and smooth.
7. Take the base out of the freezer and spread the caramel onto it. Put it back to set.

8. For the chocolate coating, melt your coconut oil over a low heat, add in the cacao and maple syrup and stir the mixture well.
9. Get your base out of the freezer again, cut it into bars (as big or small as you like), sprinkle some peanuts on each bar, and dip them in your chocolate – one at a time.
10. Store them in your freezer or refrigerator until serving or dig in straight away.

Per Serving: 414 Calories | Total Carbs: 51 g | Total Fat: 21g | Total Protein: 8 g | Total Sodium: 37 g | Total Sugar: 31 g

Prep Notes: Best made to order.