

HARVEST WRAP

Meal A

Serves 2

Inspired by Minimalist Baker

SWEET POTATOES

- 1 large sweet potatoes
- ½ tsp fresh thyme
- dash ground cinnamon
- ½ tsp sea salt
- *optional*: pinch cayenne pepper

CHICKPEAS

- ¾ cup or ½ - 15-ounce can chickpeas, rinsed, drained and thoroughly dried in a towel
- 1 tsp fresh or dried thyme
- Pinch ground cinnamon
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- scant 1/2 tsp sea salt

DRESSING

- 1/4 cup hummus
- 1 Tbsp lemon juice
- 3/4 - 1 tsp dried dill
- 3 cloves garlic, minced
- Water or unsweetened almond milk to thin

FOR SERVING

- 2 Flatbreads or Flour tortillas or gluten-free tortillas
- Greens for topping, optional
- Dried Cranberries, optional
- Pumpkin Seeds, optional

Directions

1. Preheat oven to 400F.
2. Thoroughly wash and dry sweet potatoes, then slice (skin on) into bite-sized rounds/pieces.
3. Add to a mixing bowl with thyme, cinnamon, sea salt and *cayenne (optional)*. Toss to coat, then arrange in a single layer on a baking sheet.
4. To the same mixing bowl, add rinsed, dried chickpeas, thyme, cinnamon, cumin, paprika, and sea salt
5. Toss to coat, then arrange on baking sheet with sweet potatoes where space permits. (Depending on size of baking sheet, you may need to use a second to accommodate all potatoes and chickpeas).

6. Bake for a total of 25 minutes, flipping/stirring once at the 15-minute mark to ensure even cooking. You'll know they're done when the potatoes are fork tender, and the chickpeas are golden brown, dehydrated, and slightly crispy. Remove from oven and set aside.
7. In the meantime, prepare toppings and dressing: For DRESSING: Whisk together all ingredients.
8. Once potatoes and chickpeas are finished baking, wrap flatbreads (or tortillas) in a damp towel and warm in the still warm oven for 1-2 minutes (or in the microwave for 30 seconds) to soften and make more pliable.
9. To assemble, top each wrap with a portion of sweet potatoes and chickpeas. Add desired toppings, such as dried cranberries, pumpkin seeds, greens, and Dressing.
10. Best when fresh, though leftovers keep separately in the refrigerator up to 3 days.

Per Serving: 442 Calories, 8.5g Fat, 76.5g Carbs, 11.6g Fiber, 2.5g Sugar, 14.8g Protein

Prep Notes: Potatoes, Chickpeas, and Dressing can all be made ahead of time and stored separately in the refrigerator and assembled when ready to eat.

Up Your Greens: Serve with the optional greens or add a side of steamed broccoli.

Kid-Friendly: Allow children to assemble their own and serve with a side of baked fries.

CREAMY CHOWDER

Meal B

Serves 2

Ingredients:

½ small onion, diced

8-oz white mushrooms, sliced

1 ½ tsp rubbed sage

1 ½ tsp dried thyme

2 cups nondairy milk, unsweetened

4 Tbsp nutritional yeast

¾ cup chickpeas

2 Tbsp soy sauce, low-sodium or gluten-free tamari or soy-free coconut aminos

Black pepper

2 cups kale, chopped

Directions:

1. Line pot with ¼ cup water or vegetable broth and saute onion until translucent.
2. Add sliced mushrooms and cook until they soften and release their juices.
3. Add rubbed sage and dried thyme, stirring until onions and mushrooms are coated, adding more water or vegetable broth as needed to prevent sticking.
4. In small bowl, whisk nondairy milk, nutritional yeast and soy sauce until blended and pour mixture over mushrooms, stirring well until thoroughly warmed.
5. Add chickpeas, stirring until warmed.
6. Taste, adjusting seasonings and adding black pepper, if using.
7. Stir in chopped kale, cooking until kale softens and turns bright green.
8. Add additional broth or milk to thin if desired, adding more seasonings to compensate for added liquid.

Per Serving: 217 calories, 3.1g fat, 29.7g carbs, 7.6g fiber, 7.2g sugars, 17g protein

Prep Notes: Prepare entire dish ahead, storing in fridge until ready to eat.

Kid-Friendly: Omit mushrooms and sub cooked cubed potato.

Add Calories: Serve with steamed veg and crackers or crusty bread.

SIMPLE ROASTED VEGGIE PASTA

Meal C

Serves 2

Ingredients:

4 oz package of whole wheat pasta spirals (or pasta of choice)

1 red bell pepper, diced

1 small zucchini, diced

1 small tomato, diced

1 small onion, diced

1 Tbsp lemon juice

1 tsp garlic powder

1 tsp onion powder

1 tsp sage

1 tsp salt

1 tsp black pepper

½ teaspoon red pepper flakes (optional)

4 cloves of garlic for roasting (optional)

½ cup Kalamata olives or black olives (optional)

Vegan Parm: or nutritional yeast

¼ cup plain cashews

2 Tbsp nutritional yeast

¼ tsp salt

¼ tsp garlic granules or powder

To make Vegan Parm: Process in food processor or blender until fine meal forms

Directions:

1. Preheat oven to 350F. Set water to boil for the pasta. Line baking sheet with parchment paper. Set aside.
2. Chop veggies and add to a bowl. Add juice from 1 lemon and all spices and mix until veggies are thoroughly covered.
3. Spread the veggies out on a parchment lined baking sheet and bake for 25-30 minutes until veggies are soft. If roasting garlic: separate garlic cloves (but don't peel them) and place them on a separate baking sheet and bake for 25-30 minutes as well, until garlic is soft and fragrant. For even softer, creamier garlic, wrap the cloves in foil before roasting.
4. While the veggies are baking, cook pasta according to package instructions. When finished, drain pasta, set aside, and cover.
5. When the veggies are done, mix them in with the pasta, add red pepper to taste, top with olives and serve immediately with Vegan Parm or nutritional yeast.

Per Serving: 436 Calories, 10.4g Fat, 72.7g Carbs, 14.9g Fiber, 10.4g Sugar, 20.8g Protein

Prep Notes: Pasta can be cooked ahead of time. Vegetables can be pre-chopped and stored in the refrigerator.

Lower Calories: Use riced cauliflower instead of pasta.

Up Your Greens: Fold in chopped spinach or kale to the hot pasta and allow to wilt.

SWEET POTATO AND QUINOA SALAD

Meal D

Serves 2

Ingredients:

2 small sweet potatoes, scrubbed and cubed

1 lb Brussels sprouts, trimmed and halved (for small sprouts) or quartered (for large sprouts)

Coarse salt and freshly ground pepper

1 cup cooked quinoa (substitute wild rice, brown rice, or sorghum)

3 heaping cups baby kale, arugula, baby spinach, or another salad green of choice

1 large or 2 small apples, thinly sliced

Optional: Dried cranberries, toasted pumpkin seeds, or toasted almonds, for topping

Dressing

1 garlic clove, minced

2 Tbsp sherry vinegar or red wine vinegar

½ tsp Dijon mustard

Coarse salt and freshly ground pepper

2 Tbsp tahini

To make Dressing: Whisk together garlic, vinegar, Dijon mustard, and tahini. Season the vinaigrette to taste with salt and pepper and set it aside.

Directions

1. Preheat your oven to 400F. Transfer the brussels sprouts and sweet potatoes to one or two lined baking sheets. Sprinkle them generously with salt and pepper. Transfer to the oven and roast for 35-40 minutes, or until all of the vegetables are fork-tender and gently browning.
2. While the vegetables roast, whisk together Dressing ingredients.
3. When the sweet potatoes and brussels sprouts are ready, allow them to cool slightly. Combine them in a very large mixing bowl with the quinoa, greens, and apples. Add and handful of dried fruit (such as cranberries), nuts, or seeds if you like. Add the vinaigrette and toss well to combine. Season the salad to taste with extra salt and pepper, then serve.

Per Serving: 372 Calories, 9.7g Fat, 59.3g Carbs, 16g Fiber, 5.4g Sugar, 16.1g Protein

Prep Notes: Make dressing, cook potatoes, and chop vegetables ahead of time, storing separately in refrigerator until ready to use.

More Calories: Serve with your favorite crusty bread.

NOT-A-TURKEY BURGER

Meal E

Serves 2

1 small carrot, grated

1 garlic clove, chopped

$\frac{3}{4}$ cup prepared chickpeas or $\frac{1}{2}$ (15 oz) can chickpeas, drained and rinsed

1 tsp ground cumin

1 tsp ground coriander

salt & pepper

1 flax egg (1tbsp ground flaxseed and 3 Tbsp water)

2 Tbsp flour or gluten-free flour

4 slices whole grain bread or your favorite roll or gluten-free tortilla

Optional Toppings: Lettuce, Tomato, Pickles, Red Onions, Jalapenos, Vegan Mayo

Directions:

1. In a small bowl mix flaxseed and water to make flax egg, set aside and allow to thicken.
2. Peel the carrots, grate them coarsely. Set them aside.
3. Peel and roughly chop the garlic.
4. Drain and rinse the chickpeas and put them into a food processor with the garlic, ground spices, salt and pepper. Slightly process to obtain a rough paste then add the carrot, flax egg, and flour and process briefly until evenly mixed but slightly rugged. It's important to not overmix so that they burgers do not fall apart
5. Heat a non-stick skillet and divide the mixture into 4 patties. (We do 4 thinner patties so they cook more evenly and do not fall apart.)
6. Cook for 2–3 minutes on each side, until golden, then drain.
7. Stack 2 patties between 2 slices of bread (cut in round shapes) or your favorite roll. Top with lettuce, slices of tomato, pickles, jalapenos, red onions and mayonnaise.

Per Serving: 278 Calories, 3.4g Fat, 50.5g Carbs, 9g Fiber, 5.3g Sugar, 12.8g Protein

Prep Notes: Burgers can be prepared ahead of time and reheated when ready to serve. Store in fridge between sheets of wax paper so the burgers keep their shape.

Up Your Greens: Serve with a side of steamed spinach, kale or broccoli.

More Calories: Serve with a side of baked potato or fries.

LASAGNA SOUP

Meal F

Serves 2

Adapted from Happy Herbivore

Ingredients:

½ small red onion, diced
2 garlic cloves, minced
4 oz dry noodles
3 cups veg broth
1 Tbsp tomato paste
1-2 tsp Italian seasoning
Red pepper flakes, optional
1 14-oz can diced tomatoes
1 bay leaf
¾ cup cannellini beans or any white bean
¼ cup plain hummus
1-3 Tbsp nondairy milk, unsweetened

Directions:

1. Cook noodles according to package directions. Rinse with cold water and set aside.
2. Line large pot with ¼ cup vegetable broth. Saute onion and garlic until soft and translucent.
3. Add tomato paste, Italian seasoning, red pepper flakes if using stirring to coat onion mixture.
4. Add diced tomatoes, bay leaf and remaining vegetable broth. Stir, cover, bring to boil.
5. Reduce heat to low, simmering for 30 minutes.
6. Remove bay leaf and stir in beans.
7. Transfer half soup to blender and process until smooth and creamy. Return to pot with remaining soup and stir in cooked noodles.
8. Taste. Add pinch of sugar or ketchup if too acidic.
9. Adjust seasonings to taste and add salt and pepper if desired.
10. Ladle soup into two bowls.
11. In small bowl, whisk hummus with nondairy milk one tablespoon at a time until creamy consistency is achieved.
12. Drizzle cream sauce over soup to serve.

Per serving: 438 calories, 2.2g fat, 78g carbs, 13.4g fiber, 10.9g sugars, 30.2g protein

Prep Notes: Prepare entire dish ahead. Alternatively, store cooked noodles separately until ready to serve.

Kid-Friendly: Garnish with vegan parmesan and serve with toast.

Reduce Calories: Omit hummus and noodles. Add more beans.

PUMPKIN SLOPPY JOES

Meal G

Serves 2

Adapted from Happy Herbivore

Ingredients:

½ small onion
3 garlic cloves
1 Tbsp chili powder
1 tsp cumin
½ cup vegetable broth
½ cup canned pumpkin
2 Tbsp ketchup
1 tsp yellow mustard
Maple syrup
1 cup cooked lentils
2 hamburger rolls or gluten-free tortillas

Directions:

1. Line skillet with ¼ cup water or vegetable broth. Saute onion and garlic until soft and translucent.
2. Add chili powder and cumin, stirring to coat onions and garlic.
3. Add vegetable broth, pumpkin, ketchup, and 1 tsp mustard, stirring until combined.
4. Taste adding more yellow mustard if desired. If too acidic add maple syrup or more ketchup.
5. Add cooked lentils, stirring to incorporate.
6. Reduce heat to low, cooking until warmed through.
7. Spoon onto hamburger rolls or into gluten-free tortillas to serve.

Per serving: 320 calories, 2.2g fat, 58.5g carbs, 11.9g fiber, 12.3g sugars, 17g protein

Prep Notes: Make sloppy joe filling ahead, assembling when ready to eat.

Kid-Friendly: Serve with baked potato wedges and applesauce.

Add Calories: Serve with corn.

Up Your Greens: Serve with steamed broccoli or layer spinach on sandwich.

PUN'KIN CRANBERRY COOKIES

Meal H

Inspired by Darshana Thacker

Makes 15

Ingredients:

1 cup cornmeal
1 Tbsp + 1 tsp baking powder
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp allspice
2 pinches sea salt
1 (15-ounce) can pumpkin
 $\frac{2}{3}$ cup pure maple syrup
 $\frac{1}{3}$ cup tahini
 $\frac{1}{2}$ cup rolled oats
1 $\frac{1}{2}$ cups dried cranberries

Directions:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Combine cornmeal, baking powder, cinnamon, nutmeg, allspice, and salt in a bowl.
3. In another bowl, place pumpkin, maple syrup, and tahini and mix well. Add dry ingredients to wet and mix well. Add oats and cranberries and mix well.
4. Drop spoonfuls of batter onto the prepared baking sheet in about $\frac{1}{4}$ -cup scoops, about 2 inches apart. Flatten the cookies a bit, so that they resemble thick discs (they won't spread much at all during baking). Bake for 45 to 50 minutes.
5. Remove pan from oven and let cool on a cooling rack for 10 minutes.
6. Eat cookies immediately or store in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 2 months.

Per Cookie: 127 Calories, 3.5g Fat, 23.1g Carbs, 2.8g Fiber, 9.8g Sugar, 2.3g Protein

SWEET POTATO PIE SMOOTHIE

Meal 1

Serves 1

Ingredients:

- 1 cup sweet potato, chopped
- 1 orange, peeled
- 1/2 tsp allspice
- 2 Tbsp pecans
- 1 cup vanilla almond milk or nondairy unsweetened with splash vanilla extract
- 1 cup ice

Directions:

Place all items in blender and blend until smooth. If your blender has trouble with sweet potatoes, lightly steam them to soften them up before blending.

Per Serving: 182 Calories, 7g Fat, 30g carbs, 5g Fiber, 16g Sugar, 3g Protein