

Savory Mushroom and Chickpea Spaghetti Sauce



INGREDIENTS

- 3 cups chopped (about 10 oz.) fresh mushrooms
- 2 Tbsp. extra-virgin olive oil
- Salt and pepper
- 1 onion, diced
- 3 cloves garlic, minced
- ¼ tsp. red pepper flakes
- 4 cups (about 1½, 24-oz. jars) of pasta sauce, mushroom preferred (look at ingredient list and avoid brands with lots of added sugar, high fructose corn syrup, or additives as ingredients)
- 1 (15 oz.) can chickpeas, rinsed and drained
- 2 Tbsp. fresh basil, chopped



DIRECTIONS

1. Chop mushrooms in food processor in 2 batches, forming ¼ inch pieces. If you don't have a food processor, mushrooms can also be roughly chopped into small bits by hand.
2. Add 1 Tbsp. oil to large pot and warm over medium high heat. Stir in ¼ tsp. salt then add mushrooms. Cook for 8 minutes, stirring occasionally. Finely dice onion or pulse in food processor until finely chopped. Add onion in with mushrooms and cook about 5 minutes until onions are soft. Mix remaining 1 Tbsp. oil with garlic in separate bowl.
3. Reduce heat to medium and push vegetables away from center of pot. Add oil and garlic mixture to center and cook about 30 seconds, stirring continually. Add sauce, turn heat to high, and bring to a simmer. Turn heat to low and cook another 5 minutes, stirring occasionally.
4. While sauce is cooking, briefly pulse chickpeas in food processor to chop into smaller chunks. Rinse chickpeas with cold water in a fine mesh strainer until water runs clear. Allow to drain, then add chickpeas to pot. Cook for a few more minutes until heated through. Add basil and pepper to taste.

SHORTCUT PREP

When serving this sauce over pasta, consider more nutritious options including whole-wheat pasta, quinoa pasta, or even cooked spaghetti squash. They are still easy to cook and can take the same amount of time as traditional pasta.

NUTRITION FACTS *10 servings*

Calories: 148	Total Carbohydrate: 23.3 g
Fat: 4.6 g	Dietary fiber: 5 g
Sodium: 587 mg	Protein: 4.9 g

Lemony Lentil Salad



NUTRITION FACTS *6 servings*

Calories: 218 Total Carbohydrate: 21 g
 Fat: 11 g Dietary fiber: 4.6 g
 Sodium: 308 mg Protein: 9.7 g

INGREDIENTS

DRESSING

2-3 Tbsp. fresh squeezed lemon juice

¼ cup olive oil

1 clove garlic, minced

1 tsp. dried oregano

½ tsp. salt

Pepper to taste

SALAD

1 cup dry brown lentils

¼ cup fresh parsley, chopped

1 pint grape tomatoes, halved

½ small red onion, finely diced

2 oz. crumbled feta

*omit cheese

Feel free to add more chopped vegetables- such as carrots, cucumber, and celery as desired!

DIRECTIONS

1. Follow package instructions to cook lentils. Typically for brown lentils, start by bringing 3 cups of water to a boil. Add lentils and boil until tender, usually about 20 minutes. Drain into a fine mesh strainer and rinse with cool water.
2. For dressing, combine lemon juice, olive oil, minced garlic, oregano. Whisk together then add salt and pepper to taste.
3. Thoroughly rinse the parsley, and pat dry. Remove leaves from stems and chop leaves.
4. Add parsley, halved tomatoes, diced onion, feta, and dressing to lentils. Stir until well combined.

Veggie-Packed Bean Burritos



INGREDIENTS

4 (8 inch) flour tortillas

(look for whole grain, high fiber)

*substitute with corn tortillas

1 medium onion, diced

2 tsp. oil

½ tsp. cumin

1 tsp. chili powder

1 cup chopped red bell pepper

½ cup frozen corn kernels, thawed

1 medium carrot, grated or diced

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

½ cup canned Mexican style stewed tomatoes, drained

1 Tbsp. jalapeño, seeded and minced, optional

8 Tbsp. shredded Monterey Jack cheese

*omit cheese

4 Tbsp. light sour cream

*substitute with avocado

4 Tbsp. chopped fresh cilantro, optional

DIRECTIONS

1. Preheat oven to 350. Wrap tortillas in foil and warm in oven for 10-15 minutes or until heated through.
2. Heat oil on medium heat in non-stick skillet. Add onion and cook until golden, about 6 minutes. Stir in cumin and chili powder, then add bell pepper, corn and carrot. Sauté for about 5 minutes; vegetables should be almost tender with a little crunch. Add beans, tomatoes, and jalapeño, and cook for several more minutes, stirring, until heated through. Add salt and pepper to taste.
3. Spoon filling down the middle of each tortilla, dividing equally. Sprinkle 2 Tbsp. cheese over each. Top each with 1 Tbsp. of sour cream and cilantro (optional). Fold both sides of tortillas over each other. Turn the folded side down onto plate.

NUTRITION FACTS *4 servings*

Calories: 315 Total Carbohydrate: 41.1 g
 Fat: 11.6 g Dietary fiber: 15.6 g
 Sodium: 457 mg Protein: 14 g



Portabella and Black Bean Burger



INGREDIENTS

- 2 cups portabella mushrooms, cubed with gills removed
- 2 cups cooked black beans, rinsed and divided
- 1 cup fresh broccoli, minced
- 1 cup red onion, minced
- 3 eggs, beaten
- ½ cup plus 2 Tbsp. bread crumbs
 - *substitute with Gluten Free bread crumbs
- 1 Tbsp. Montreal Steak Seasoning
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. minced garlic
- ¾ cup fresh grated parmesan
- 2 Tbsp. olive oil



DIRECTIONS

1. Pulse 1 cup of black beans in food processor or mash by hand (a little chunky is fine). Broccoli and red onion can be pulsed in food processor until minced, as well.
2. In medium bowl, mix together mashed beans, remaining cup whole beans, mushrooms, broccoli, garlic, onion, Worcestershire and steak seasoning.
3. Gently stir in beaten eggs, cheese and bread crumbs until well mixed.
4. Heat 2 Tbsp. of oil over medium heat in a non-stick skillet.
5. When oil is hot, start to form patties with dampened hands. For each patty, use about ½ cup of the mixture and pat in your palm to form a burger shape. If it doesn't hold together in a patty because it is too moist, mix in 1-2 more Tbsp. of bread crumbs.
6. Place patties in skillet and cook for 3-5 minutes per side. It should have a golden brown crust on both sides.
7. Serve with hummus, guacamole or steak sauce.

NUTRITION FACTS

6 servings

Calories: 271

Fat: 14.7 g

Sodium: 707 mg

Total Carbohydrate: 19 g

Dietary fiber: 3.5 g

Protein: 15.6 g

Black Bean and Corn Pizza



INGREDIENTS

- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup thawed frozen corn (of fresh, cut from cob)
- 4 plum tomatoes, chopped into 1/4 inch pieces
- ½ cup chopped scallions
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 avocado, diced into ¼ inch pieces
- ¼ tsp. black pepper
- 1 (16 oz.) whole wheat pizza dough, or HEAL pizza crust dough (*GF pizza dough)
- 1 cup finely shredded mozzarella cheese (*omit cheese)

DIRECTIONS

1. Preheat oven to 450 degrees and place an empty baking sheet on the middle rack.
2. In a medium bowl, combine black beans, corn, tomatoes, scallions, cumin, chili powder, avocado, salt, and black pepper; set aside.

Working on a lightly floured surface, roll the pizza into a 13-inch circle. Transfer to warmed baking sheet and crimp the edges slightly to form a small lip at the edge of the crust. Top with black bean mixture, sprinkle evenly with cheese and bake 20 minutes or until crust is golden brown. Cut into 8 servings

NUTRITION FACTS *4 servings*

Calories: 325 Sodium: 300 mg
Fat: 13 g Dietary fiber: 6 g

Black-Eyed Pea Fritters



INGREDIENTS

- 2 cups cooked black-eyed peas, drained (1 can)
- 1 bell pepper, coarsely chopped
- 1 medium onion, coarsely chopped
- 4 cloves garlic
- 1 bunch cilantro or parsley (½ cup loosely packed and chopped leaves)
- 1 Tbsp. Cajun seasoning
- 1 tsp. sea salt
- 2 Tbsp. oil, for sauté
- Toppings: your choice – guacamole, BBQ sauce, Salsa, etc.

NUTRITION FACTS

8 servings
Calories: 77
Fat: 3.7 g
Sodium: 313 mg
Total Carbohydrate: 10 g
Dietary fiber: 2 g
Protein: 2 g

DIRECTIONS

1. Combine all ingredients in a food processor and blend. Scrape down the sides and keep blending until the batter is a smooth consistency. Add a dab of water if too thick, or a sprinkle of cornstarch if it is too thin.
2. Heat non-stick pan and add just part of the oil to the pan. Scoop roughly 3 Tbsp. size portions and press down.
3. Cook on both sides until golden brown, about 5-7 minutes on each side. Repeat process adding a small amount of oil to each batch you are cooking.
4. Serve with guacamole, BBQ sauce, salsa or your favorite topping.

Lentil Meatballs



INGREDIENTS

- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 shallot, minced
- 1½ cups green lentils, cooked
- 1 egg (* use flax egg = 1 Tbsp. ground flax, 2½ Tbsp. water)
- 1 Tbsp. tomato paste
- ¼ cup fresh Italian parsley, chopped
- ½ cup grated parmesan
(*use veggie parmesan – recipes online)
- 1 Tbsp. bread crumbs
(*use GF crumbs)
- 1 Tbsp. Italian seasoning (or use ½ basil and ½ oregano)
- Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 375 degrees.
2. Heat large skillet over medium heat. Add 1 Tbsp. olive oil, shallot and garlic and saute for 2-3 min or until slightly golden brown.
3. In food processor, add garlic, shallots, lentils, egg, tomato paste, parsley, parmesan, bread crumbs, Italian seasoning, salt and pepper until combined.
4. Transfer mixture to bowl. If you need to thin a bit, add a bit of water. Using a scoop, form mixture into small balls.
5. Arrange on parchment lined baking tray and Bake for 10-15 minutes.

NUTRITION FACTS

6 servings
 Calories: 104
 Fat: 3.4 g
 Sodium: 45 mg
 Total Carbohydrate: 13 g
 Dietary fiber: 4 g
 Protein: 6 g