

## Beet Burgers



### INGREDIENTS

- 2 cloves garlic
- 1 lemon for 2 tsp. lemon zest (grated peel)
- 2 Tbsp. vegan parmesan
- ¼ cup rolled oats
- 1½ cups fresh beets (6-7 oz.) peeled and cut in large cubes
- ⅔ cup canned black eyed peas, drained
- 2 Tbsp. flaxseed meal
- ½ cup macadamia nuts or cashews
- ¾ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. olive oil



### NUTRITION FACTS

4 servings

Calories: 238      Total Carbohydrate: 16.5 g  
 Fat: 16.5 g      Dietary fiber: 4.5 g  
 Sodium: 529 mg      Protein: 7.5 g

### DIRECTIONS

1. Preheat oven to 375 degrees. In food processor, add oats and pulse until coarsely ground. Add all other ingredients (except oil) and pulse until well combined. Line a shallow baking pan with foil and lightly grease or use parchment paper.
2. Use hands to form 4 burger patties and drizzle with 2 Tbsp. olive oil. Bake until firm, about 20-25 minutes. Flip once, halfway through baking.
3. Serve on buns with choice of toppings such as guacamole, tomato, onion, pickles, vegan mayo, or cashew cheese.

## Mango Quinoa Salad



### INGREDIENTS

#### SALAD

- ⅔ cup quinoa
- 1½ cups cold water
- ¼ tsp. salt
- 1 ripe mango, peeled, cored, and diced
- ¼ cup blanched slivered almonds
- 2 Tbsp. roasted pumpkin seeds
- 1 medium cucumber, diced

#### DRESSING

- 2 Tbsp. olive oil
- ¼ tsp. ground turmeric
- Juice of 1 lime
- 2 Tbsp. cilantro, chopped
- Salt and freshly ground black pepper

### NUTRITION FACTS

4 servings

Calories: 300  
 Fat: 16 g  
 Sodium: 152 mg  
 Total Carbohydrate: 46 g  
 Dietary fiber: 5 g  
 Protein: 11 g

### DIRECTIONS

1. Rinse quinoa in a fine mesh strainer and add to a medium saucepan with 1 cup cold water and ¼ tsp salt. Cover and bring to a boil, then reduce heat to low and simmer for about 15 minutes until all water has been absorbed.
2. Fluff quinoa with a fork and let it cool to room temperature
3. Combine cooled quinoa with cucumber, mango, almonds, and seeds. Whisk together all dressing ingredients, pour dressing over salad, and toss. Serve immediately or cover and chill.

# Pad Thai Spaghetti Squash with Tofu



## INGREDIENTS

### SAUCE

- ¼ cup low sodium soy sauce
  - \*use gluten free soy sauce
- ¼ cup sweet chili sauce
- 1½ Tbsp. rice wine vinegar

### PAD THAI

- 1 medium spaghetti squash
  - ½ Tbsp. olive oil, for drizzling
  - ½ tsp. salt
  - 2 Tbsp. peanut oil
  - 14 oz. extra-firm tofu, drained, pressed, and cubed
  - 2 Tbsp. cornstarch
  - 1 small head broccoli (florets only), chopped
  - 5 green onions, sliced
  - 3 medium cloves garlic, minced
  - 1 heaping cup bean sprouts
- OPTIONAL TOPPINGS**
- Cilantro, chopped peanuts, lime wedges, Sriracha



NUTRITION FACTS		4 servings
Calories: 314	Total Carbohydrate: 27 g	
Fat: 17 g	Dietary fiber: 5 g	
Sodium: 696 mg	Protein: 17 g	

## DIRECTIONS

1. Preheat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
2. Slice the spaghetti squash in half lengthwise and scrape out the seeds. Drizzle with olive oil, sprinkle with salt, and place on the baking sheet cut side up. Roast until fork-tender, about 1 hour (or use stove or microwave directions on page 73). Pour off any liquid that has accumulated, then use a fork to scrape the spaghetti squash into strands. Set aside.
3. For the sauce: Add all of the ingredients to a small bowl and stir to combine. Set aside.
4. Heat a large skillet over medium heat. In a mixing bowl, toss the tofu in the cornstarch, making sure all sides are evenly coated. Add the peanut oil and then the tofu to the skillet and cook until golden on all sides, about 3-5 minutes. Add the broccoli and cook until tender but crisp, about 3 minutes. Add the green onions, garlic, bean sprouts, and spaghetti squash. Cook for 2 minutes, stirring every 30 seconds. Add the sauce and stir to evenly coat the noodles.
5. Serve with fresh cilantro, chopped peanuts, lime wedges, and Sriracha.

## Homemade Vegetable Stock

### INGREDIENTS

9 cups water  
 5 cups vegetables (or scraps)  
 1 bay leaf  
 ½ cup of fresh herbs (such as basil, thyme, rosemary, sage, oregano, and cilantro)  
 6 black peppercorns  
 3-4 garlic cloves, chopped in half  
 1 Tbsp. tomato paste

### NUTRITION FACTS *10 servings*

Calories: 15      Total Carbohydrate: 2 g  
 Fat: 0 g      Dietary fiber: 0 g  
 Sodium: 0 mg      Protein: 0 g

### DIRECTIONS

1. In large pot, combine the vegetables, bay leaf, peppercorns, garlic and tomato paste. Add cold water to cover vegetables by 1 inch. Bring pot to boil then turn heat to medium low and simmer for 1 hour. Add fresh herbs for the last 20 minutes of simmer time.
2. Strain the stock into another pot through a fine mesh strainer. Discard scraps. Let cool. Store in refrigerator for up to 5 days and in freezer for up to 3 months.
3. If freezing, portion and freeze stock in small plastic cups or containers that hold a known quantity, such as ½ cup. Once frozen, pop out frozen stock portions and store in freezer bag marked with the date. This allows you to pull out just enough for the recipe you are working on.

### SHORTCUT PREP

*As you create vegetable dishes over the weeks, collect your veggie scraps in a sealed bag in the freezer. You can include any scraps including ends, stems, skins, peels, stalks, etc. as long as they are clean and not moldy! Great scraps to incorporate include onions, leeks, carrots, celery, bell peppers, eggplant, mushrooms, garlic, asparagus, celery, potatoes, zucchini and squash, and leafy greens such as kale, chard, etc. Avoid cruciferous vegetables such as cabbage, broccoli, cauliflower, and Brussel sprouts, as they tend to make broth bitter.*

## Cauliflower “Cheese” Sauce

### INGREDIENTS

½ white onion, chopped  
 3 cloves of garlic, peeled  
 or 1 tsp. garlic powder  
 3 cups cauliflower, chopped  
 1 cup water  
 2 Tbsp. Nutritional Yeast  
 ½ tsp. coconut aminos or ½ tsp.  
 soy sauce (\*use GF soy sauce)  
 ½ Tbsp. lemon juice  
 1 tsp salt  
 Pepper to taste

### DIRECTIONS

1. Bring water to a boil in medium saucepan. Add cauliflower, garlic and white onion. Cover and turn heat to low. Simmer until cauliflower is very tender, about 15 minutes.
2. Carefully pour contents of saucepan into blender. Add all other ingredients and blend until very smooth.
3. Serve over vegetables, potatoes or on top of your favorite pasta.

### NUTRITION FACTS *6 servings*

Calories: 33      Total Carbohydrate: 7 g  
 Fat: 0 g      Dietary fiber: 2 g  
 Sodium: 425 mg      Protein: 3 g

## Best Split Pea Soup



### INGREDIENTS

- 3 cups of dry green or yellow split peas
- 1 bay leaf
- 2 tsp. of salt
- 2 Tbsp. of olive oil
- 1 cup of minced onion
- 3 cloves crushed garlic
- 1 cup minced celery
- 1 small thinly sliced potato
- 2 cups sliced carrots
- ¼ cup dry red wine, optional
- 1 tsp. dry mustard
- Some sprigs of fresh thyme or ½ tsp. of dry thyme
- A few drops of sesame oil
- 3 Tbsp. vinegar
- 1 cup of chopped tomatoes or 1 can of tomatoes(chopped finely)
- ¼ cup of freshly chopped parsley



### NUTRITION FACTS *12 servings*

Calories: 230	Total Carbohydrate: 39 g
Fat: 4 g	Dietary fiber: 15 g
Sodium: 430 mg	Protein: 13 g

### DIRECTIONS

1. Place split peas, bay leaf and salt in large pot with seven cups of water. Bring to a boil and simmer slowly covered for 1-1½ hours.
2. Heat olive oil. Sauté minced onion, garlic, celery, carrot and potato until tender (add a little water if necessary). Add to soup with tomatoes (if using canned).
3. About fifteen minutes before serving time add wine, mustard, thyme and sesame oil.
4. Just before serving add vinegar, parsley and tomato.



## Asian Sweet and Sour Bean Salad



### INGREDIENTS

- 1 pound fresh green beans (approximately 3½ cups cut pieces)
- 2 cups (or one 12 oz. bag) frozen shelled edamame, thawed
- 1 can (15 oz.) dark red kidney beans, well drained and rinsed
- 1 can (15 oz.) garbanzo beans, well drained and rinsed
- ½ cup red onion, chopped finely
- ½ cup rice vinegar
- ¼ cup canola oil
- ⅓ cup honey
- ½ tsp. salt
- ½ tsp. black pepper

### DIRECTIONS

1. Place green beans in a glass bowl with 2 Tbsp. water and microwave until crisp tender, 3-4 minutes.
2. Place edamame in a separate glass bowl and microwave 1-2 minutes.
3. Drain both beans and cool slightly.
4. In a large bowl, combine green beans, edamame, kidney beans, garbanzo beans and red onion tossing lightly.
5. Whisk vinegar, oil, honey, salt and pepper in separate bowl.
6. Pour dressing over vegetables and stir lightly to coat all ingredients.



### NUTRITION FACTS *12 servings*

Calories: 150      Dietary fiber: 2.2 g  
Fat: 7.4 g          Protein: 3.3 g

# Terrific Cauliflower Tacos



## INGREDIENTS

- 1 small head of cauliflower (1½ - 2 cups)
- 4 oz. fresh mushrooms
- ½ cup walnuts
- 1½ Tbsp. reduced sodium soy sauce
- 2 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. pepper
- ¼ tsp. salt
- Corn taco shells and toppings such as guacamole, salsa, lettuce

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Lightly pulse mushrooms in a food processor until very fine – such as a rice-like consistency.
3. Pulse walnuts in processor until very fine, as above.
4. Wash and core cauliflower. Cut into small pieces and pulse the cauliflower to the same consistency as the walnuts and mushrooms.
5. Stir in soy sauce and spices and mix well.
6. Spread on parchment lined baking sheet and bake for 30 minutes.
7. Stir lightly and continue baking for an additional 10 minutes. It will brown and begin to look like taco meat.
8. Place mixture into corn tacos and add desired toppings.



## NUTRITION FACTS *4 servings*

Calories: 195	Total Carbohydrate: 29 g
Fat: 7.3 g	Dietary fiber: 7 g
Sodium: 379 mg	Protein: 6 g