



Plant Based Challenge Recipes

Breakfast and Smoothies

Apple Quinoa Bake
Overnight Cherry and Cinnamon Oats
Slow Cooker Blueberry, Banana and Quinoa Oatmeal
Slow Cooker Quinoa Pumpkin Porridge
Sriracha-Lime Sweet Potato Morning Bowl

Banana, Chocolate and Peanut Butter Smoothie
Super Smoothie

Soups and Salads

Lemon and Lentil Slow Cooker Soup
Slow Cooker Moroccan Chickpea Soup
Vegan Lemongrass, Mushroom and Tofu Soup
Vegan Roasted Red Soup

Asian Jar Salad with Ginger Soy Dressing
Broccoli Apple Salad with Tarragon Vinaigrette
Fall Harvest Orzo Salad
Greek Zoodle Salad
Roasted Vegetable Salad with Pesto Vinaigrette

Main Dishes

Creamy Thai Curry Pasta with Mushrooms and Peppers
Golden Roasted Eggplant with Bruschetta
Greek Stuffed Bell Peppers
Portobella Mushroom Sliders
Simple Tomato Sauce for Zoodles and Spaghetti
Sriracha-Garlic Edamame Stir Fry
Tangy, Orange-Glazed Cauliflower “Wings”

Sides

Dirty Potatoes with Garlic and Fresh Olive Tapenade
Tuscan Green Beans
White Bean and Cauliflower Garlic Mashed Potatoes

Snacks and Desserts

Apple Noodles with Coconut
Blueberry Lemon Energy Bites
Chickpea Chocolate Chip Cookies
Crispy Chickpea
Fall Spiced Pumpkin Granola
Roasted Carrot and Garlic Hummus

Breakfast Recipes

Apple Quinoa Bake

Ingredients

- 1 cup uncooked quinoa
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- 2 apples, cored and diced – choose your favorite variety (peeling is optional)
- ¼ cup golden raisins
- ½ ripe banana mashed
- 2 cups vanilla milk substitute
- ¼ cup maple syrup or honey
- ⅓ cup almonds, chopped



Instructions

1. Preheat the oven to 350°F. Lightly grease an 8-by-8 baking dish with cooking spray.
2. In a small bowl, mix the uncooked quinoa with the spices. Pour into greased dish.
3. Sprinkle the apple and raisins on top of the quinoa.
4. In that same small bowl, mash the banana. Whisk in the milk and maple syrup.
5. Pour the milk mixture over the top of the fruit and quinoa. Lightly stir to partially submerge the fruit. Sprinkle the chopped almonds on top.
6. Bake for 1 hour or until the casserole is mostly set with a small amount of liquid left.
7. Allow to cool, then cover and refrigerate. In the morning, cut a square and microwave it on a plate.

Overnight Cherry and Cinnamon Oats

Ingredients

- 1/3 cup old fashioned oats
- 1/2 cup oat milk or other dairy alternative
- 1/8 cup non-dairy Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 cup fresh cherries, pitted and quartered
- 1/8 teaspoon salt
- 1 teaspoon honey
- 1 Tablespoon almond or other nut butter
- 2 teaspoons chia seeds

Instructions

1. Combine and stir all ingredients except nut butter.
2. Add nut butter and gently stir to where it isn't fully incorporated.
3. Leave overnight in refrigerator and enjoy!



Slow Cooker Blueberry, Banana and Quinoa Oatmeal

Ingredients

- 1 ½ cups steel cut oats
- ½ cup uncooked quinoa, rinsed
- 1 ½ cups frozen or fresh blueberries
- 3 medium ripe bananas, peeled and mashed
- ½ teaspoon ground cinnamon
- ¼ cup pure maple syrup
- 3 cups water
- 3 cups of coconut water
- 2 cups unsweetened coconut milk
- Extra blueberries, sliced banana, and/or nuts for garnish (optional)



Instructions

1. Spray a 6-quart slow cooker with cooking spray or use a slow cooker liner.
2. Add in all the ingredients (except optional ingredients for garnish) and stir until combined.
3. Place the lid on tightly and set the slow cooker to cook for 5 hours on low and then let it sit for another hour or so on warm.
4. Give the oatmeal a couple stirs, serve hot and garnish. Enjoy!

Slow Cooker Quinoa Pumpkin Porridge

Ingredients

- 1 ½ cups uncooked quinoa (rinsed)
- 1 ½ cups water
- 1 ½ cups almond milk or other dairy alternative
- 1 to 1½ cups pumpkin puree plus a few Tablespoons for topping as well
- 1 Tablespoon coconut oil
- ½ teaspoon cinnamon
- 4 Tablespoons maple syrup or honey
- ⅓ cup additional coconut cream or coconut milk
- ⅓ cup unsweetened shredded coconut
- 1 teaspoon cinnamon plus some for topping
- Any additional toppings such as nuts, gluten-free oats or granola, coconut sugar, etc.
- Optional: 2–3 Tablespoons of coconut sugar or raw sugar if you want it sweeter
- Optional: pinch of ground ginger



Instructions

1. In the slow cooker, add quinoa, water and milk. Also add your pumpkin puree, coconut oil, spices and maple syrup.
2. Cook on high for 2 hours (or until liquid is absorbed – you may need to add more liquid), stirring halfway. Once cooked, place on warm or low and add additional ingredients, the coconut cream or milk and stir in shredded coconut.
3. Before serving, add extra toppings/sweeteners of choice. Enjoy!

Sriracha-Lime Sweet Potato Morning Bowl

Ingredients

- 1 ½ Tablespoons olive oil
- 1 medium sweet potato, cubed
- 1 red bell pepper, diced
- 1 avocado, cubed
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 cup spinach
- 2 Tablespoons roughly chopped cilantro for garnish
- Optional: 1 Tablespoon sriracha



Cilantro-Lime Dressing Ingredients

- Juice of ½ lime
- ¼ cup cilantro
- 1 garlic clove
- 1 teaspoon honey
- ¼ cup vegan mayo
- 1 Tablespoon olive oil
- Salt and pepper to taste

Instructions

1. Heat 1 Tablespoon olive oil over medium-low heat. Add sweet potatoes, bell pepper, salt and pepper, and cook until sweet potatoes are fork-tender, about 15 minutes.
2. While sweet potato is cooking, prepare other ingredients (cube avocado, mince garlic, make dressing).
3. To make the dressing, combine all ingredients in a blender.
4. Push sweet potatoes to the side, add ½ Tablespoon of olive oil, and add garlic, stirring frequently, until golden and fragrant. Add spinach and stir in until reduced in size.
5. Combine all ingredients and add salt and pepper to taste. Add ingredients to a serving bowl.
6. Dress with cilantro, 1 Tablespoon cilantro-lime dressing and optional sriracha.

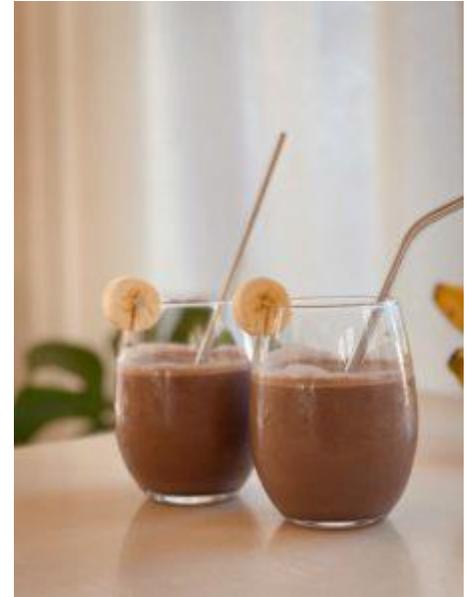
Banana, Chocolate and Peanut Butter Smoothie

Ingredients

- 1 frozen banana
- 1 cup milk alternative of choice
- 2 Tablespoons powdered peanut butter, chocolate-flavored
- 1 teaspoon unsweetened cocoa powder or 1 scoop chocolate protein powder

Instructions

Combine all ingredients in a blender and blend until smooth.



Super Smoothie



Ingredients

- 1 cup milk alternative of choice
- 1 cup frozen mixed berries
- 1 Tablespoon flax seeds
- 1 scoop vanilla protein powder
- Handful of kale

Instructions

Place all ingredients in a blender and blend until smooth.



Soup and Salad Recipes

Lemon and Lentil Slow Cooker Soup

Ingredients

- 6 carrots, diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 yellow pepper, chopped
- 1/8 teaspoon cayenne pepper
- 3 cups red lentils
- 6 cups vegetable broth
- 1 cup water
- 1 1/2 teaspoons salt
- Zest and juice of one lemon
- 1 Tablespoon fresh rosemary, chopped



Instructions

1. In a six-quart slow cooker, add all ingredients except lemon zest, juice and rosemary.
2. Cook on low for 6 hours.
3. Stir in lemon zest, juice and rosemary.
4. Salt and pepper to taste. Enjoy!



Slow Cooker Moroccan Chickpea Soup

Ingredients

3 cans (15 oz.) chickpeas, drained and rinsed
1 medium onion, diced
2 stalks of celery, chopped
2 medium carrots, peeled and chopped
1 (15 oz.) can diced tomatoes
1 quart of vegetable broth (low sodium)
6-8 cloves of garlic, minced
1 teaspoon cinnamon
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
1 teaspoon sweet paprika
Salt and pepper to taste
9 ounces prewashed baby spinach



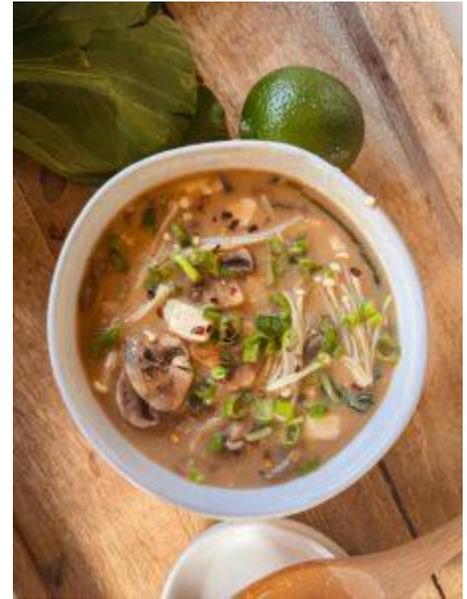
Instructions

1. Place all ingredients in the slow cooker except for the spinach.
2. Cook on high for 4 hours on high or on low for 6 hours.
3. Put slow cooker on warm and stir in spinach until it wilts, about 3 to 5 minutes.
4. Serve warm.

Vegan Creamy Lemongrass Mushroom and Tofu Soup

Ingredients

- 1 pound mushrooms (white, portobello or other)
- 2 Tablespoons olive oil, divided
- 1 shallot or small onion, diced
- 3 garlic cloves, minced
- ¼ cup flour
- 2 cups vegetable broth
- 1 13.5-ounce can lite coconut milk
- ½ teaspoon red pepper flakes
- 1 Tablespoon grated ginger or ginger paste
- 1 Tablespoon lemongrass paste
- 1 head bok choy, base and leaves removed (or spinach)
- 1 cup silken or medium tofu, cubed
- Juice from 1 lime or 3 Tablespoon lime juice
- 1 Tablespoon soy sauce
- Garnish — 2 green onion stalks, chopped



Instructions

1. Thoroughly rinse the mushrooms to remove dirt and dry. Slice thin.
2. In a large saucepan, heat 1 Tablespoon olive oil over medium-low heat. Add shallots or onions and cook until golden and fragrant, about 2-3 minutes.
3. Increase the temperature to medium and add the mushrooms. Sauté for 3-5 minutes, stirring occasionally.
4. Push the mushrooms to the side, add flour and the second tablespoon of olive oil. Stir constantly for 30-45 seconds to allow the mushroom juices, oil and flour to form a smooth paste called a roux.
5. Add broth, coconut milk, red pepper flakes, ginger and lemongrass and allow to simmer uncovered for 10-15 minutes. Add bok choy and tofu and simmer another 10 minutes.
6. When finished simmering, stir in lime juice and soy sauce. Add fresh ground black pepper and additional salt, if needed. Serve in a bowl and garnish with chopped green onion.



Vegan Roasted Red Soup

Ingredients

- 5 bell peppers, red, yellow and/or orange
- 2 garlic heads
- 24 ounces cherry tomatoes
- 2 Tablespoons olive oil
- 2 cups vegetable broth
- 1 Tablespoon Italian seasoning or oregano
- ½ teaspoon red pepper flakes, or to taste
- 1 13.5-ounce can lite coconut milk (reserve 2 Tablespoons for drizzling)
- Salt and pepper to taste
- Garnish — chopped chives, basil or other herbs



Instructions

1. Preheat oven to 400 degrees F and prepare a large, lined baking sheet with spray oil.
2. Cut bell peppers in half, removing seeds, core and membrane. Add to the baking sheet, cut side down.
3. Cut the top of the garlic heads off to expose a small part of the cloves. Drizzle with olive oil and season with salt and pepper. Wrap garlic heads in aluminum foil and place them on the baking sheet.
4. Add tomatoes to the baking sheet. Drizzle 2 Tablespoons olive oil and season all vegetables with salt and pepper.
5. Bake for 45-60 minutes or until bell peppers have sunk in and start getting char marks.
6. While the garlic is cooling, add roasted contents to a large pot. Add vegetable broth, Italian seasoning and red pepper flakes. Once the garlic is cooled, squeeze garlic cloves into the pot and add coconut milk, reserving 2 Tablespoon for drizzling. Blend using an immersion blender, then allow to simmer. Serve in bowls, drizzle with coconut milk and top with basil, chives or other herbs.

Asian Mason Jar Salad with Ginger Soy Dressing

Ingredients

- ½ cup quinoa, cooked
- ½ cup chickpeas
- ⅓ cup cucumbers, chopped into chunks
- ⅓ cup carrots, shredded
- ⅓ cup purple cabbage, shredded
- ¼ cup edamame, shelled
- ⅓ cup Asian pear apples, chopped into bite-size chunks
- ¼ cup sliced almonds

Dressing

- 1 cup light soy sauce
- 1 cup rice vinegar
- ½ cup raw sugar or coconut palm sugar
- 2 Tablespoons sesame oil
- 1 scallion, finely minced
- 1 Tablespoon toasted sesame seeds
- 1 Tablespoon fresh ginger, finely grated
- 1 teaspoon chili powder

Instructions

1. Make salad dressing by mixing all dressing ingredients together.
2. Toss salad ingredients together or layer in mason jar.
3. Dress sparingly right before serving.





Broccoli Apple Salad with Tarragon Vinaigrette

Ingredients for the salad

- 3 cups broccoli florets
- 1 Tablespoon olive oil
- ¼ cup dried cranberries
- ¼ cup shaved almonds
- 1 small apple, finely diced

Ingredients for the dressing

- 2 Tablespoons fresh chopped tarragon
- 1 Tablespoon shallot, diced
- 2 teaspoons honey
- 1 Tablespoon vegan mayonnaise
- 1 teaspoon Dijon mustard
- ¼ cup red wine vinegar
- ½ cup olive oil
- Salt and pepper to taste



Instructions

1. Chop broccoli into small florets.
2. Prepare the dressing by combining all ingredients in a blender.
3. Combine all salad ingredients in a bowl. Toss in a little dressing 2 tablespoons at a time until salad has reached desired coverage.



Fall Harvest Orzo Salad

Ingredients

- 4 cups cooked orzo, chilled
- 1 cup dried cranberries
- 2 cups fresh apples of choice, cored and diced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ teaspoon freshly ground black pepper
- 2 Tablespoons fresh basil, chopped
- ¼ cup blanched almonds, chopped



Instructions

1. In a medium-sized bowl, add all the ingredients except almonds. Gently combine until everything is well incorporated.
2. Transfer the mixture to a serving dish and sprinkle with the almonds and serve.

Greek Zoodle Salad

Ingredients

2 zucchinis
¼ English cucumber, chopped
10 cherry tomatoes, halved
10 pitted kalamata olives, halved
¼ cup thinly sliced red onion
2 Tablespoons extra-virgin olive oil
2 Tablespoons fresh lemon juice
1 teaspoon dried oregano
Salt and ground black pepper to taste
Pickled beets
Chickpeas



Instructions

1. Cut the zucchini into noodle-shaped strands using a spiralizing tool. Place the "zoodles" into a large bowl.
2. Top with cucumber, tomatoes, olives, red onion, chickpeas and pickled beets.
3. Whisk olive oil, lemon juice, oregano, salt and pepper together in a bowl until the dressing is smooth. Pour the dressing over the "zoodle" mixture and toss to coat.
4. Marinate salad in refrigerator for 10 to 15 minutes.

Roasted Vegetable Salad with Pesto Vinaigrette

Ingredients

2 pounds Roma tomatoes
2 Tablespoons olive oil
6 beets (3 red and 3 gold)
3 large carrots
¼ whole red cabbage
2 avocados
2 zucchinis
⅓ cup basil pesto
⅓ cup olive oil
¼ cup white balsamic vinegar
Salt and pepper



Instructions

1. Preheat the oven to 450 degrees and place the whole beets in a baking dish. Roast for 1 hour, until soft. Cool completely, then peel and slice into 1/8-inch rounds.
2. Preheat the oven to 300 degrees. Slice the tomatoes into 1/3-inch rounds and lay out on foil-lined rimmed baking sheets. Drizzle with olive oil and salt and pepper liberally. Place in the oven and roast for 75 to 90 minutes, until the tomatoes are soft and wrinkled.
3. Shave the carrots into thin ribbons with a veggie peeler and shave the red cabbage into a thin slaw. Peel and slice the avocados into thin pieces.
4. Arrange all the vegetables into rows on a large platter. Then pour the last four ingredients in a small bowl and whisk for the vinaigrette. Salt and pepper to taste.
5. Drizzle the pesto vinaigrette over the roasted rainbow salad and serve immediately.

Main Dishes

Creamy Thai Curry Pasta with Mushrooms and Peppers

Ingredients

- 1 Tablespoon sesame oil
- 3 cloves garlic, minced
- 1 small yellow onion, finely chopped
- 2 cups sliced mushrooms
- 1 bell pepper, thinly sliced
- 2 Tablespoons Thai curry paste
- 1 13.5-ounce can coconut milk (use lite coconut milk for less saturated fat)
- 1 Tablespoon soy sauce
- 1 whole lime, wedged
- 2 cups cooked vegetable fettuccine pasta
- 2 sprigs cilantro
- ½ cup cashews (chili lime flavor if available)



Instructions

1. Heat sesame oil in a large skillet over medium-low heat. Once heated, add garlic and onions and cook until fragrant, stirring frequently.
2. Heat pasta water with some salt.
3. Turn heat under skillet to medium, add pepper slices and mushrooms and cook for 3-5 minutes until softened. Stir in curry paste until veggies are coated. Continue cooking for about 2 more minutes, stirring frequently so the curry paste doesn't burn to the pan.
4. Add coconut milk and soy sauce. Stir and let simmer for 10 minutes.
5. While the curry is simmering, cook the pasta according to package instructions. Reserve ¼ cup pasta water.
6. Add the juice of 2 lime wedges to the curry and stir. Add in pasta water a little at a time to allow the curry to thicken. Add pasta and coat with curry. Serve in a bowl and top each bowl with cilantro and 2 tablespoons of cashews. Serve with a lime wedge and add to taste.

Golden Roasted Eggplant with Bruschetta Recipe

Ingredients

- 1 eggplant, halved
- Salt for dusting
- 2 Tablespoons canola oil (or avocado/vegetable oils)
- 1 cup cherry tomatoes, quartered (preferably room temperature)
- 1 teaspoon olive oil
- Salt and pepper to taste
- 2 teaspoons dried oregano
- ¼ cup fresh basil for garnish



Instructions

1. Preheat oven to 400 degrees F.
2. Using a knife, lightly score diagonally along the flesh of the eggplant in both directions, making a diamond/checkered pattern. Dust with salt and let stand for 20 minutes. Dry with paper towel. It's important that the eggplant is dry so that the oil does not splash when placing it into skillet.
3. Prepare an oven-safe skillet with canola oil over medium heat. Once the oil is hot, place the eggplant face down and sear for 5 minutes without moving or turning it.
4. Transfer the skillet to the oven and roast for 20 minutes.
5. While the eggplant is roasting, make the bruschetta. In a bowl, combine cherry tomatoes with olive oil and dust with salt, pepper and oregano. Massage the mixture together. The bruschetta will continue to develop flavors and is best served at room temperature at least 20 minutes after preparation.
6. Carefully remove the skillet from the oven using oven mitts. Transfer eggplant to a serving plate. Scoop bruschetta on top and serve as a side to a hearty dish, such as grilled chicken or fish. Garnish with fresh basil.

Greek Stuffed Bell Peppers

Ingredients

- 1 cup quinoa dry, color of choice
- 2 cups vegetable broth
- 5 large bell peppers halved, seeds removed
- 1 Tablespoon and 1 teaspoon olive oil, divided
- 3 garlic cloves, minced
- 1 small red onion, finely diced
- 3 handfuls spinach, finely chopped
- 1 cup canned chickpeas drained and rinsed
- 1 lemon, zest and juice
- ½ cup pitted oil-cured black olives, roughly chopped
- Sea salt to taste
- Freshly ground pepper
- Olive oil to serve



Instructions

1. Preheat oven to 375 degrees F.
2. In a large saucepan, bring quinoa, broth and a pinch of sea salt to a boil. Reduce heat to simmer, then cover and cook for about 15 minutes or until quinoa is fluffy and water is absorbed.
3. In the meantime, prepare bell peppers on a baking sheet or dish. Drizzle olive oil (about 1 teaspoon) over peppers to coat both sides.
4. In a large skillet, heat 1 Tablespoon olive oil over medium high heat. Add garlic and onion, stirring often, cooking for about 2-3 minutes or until mixture begins to soften. Then, add spinach, chickpeas, lemon juice and zest and cooked quinoa. Turn off heat and stir in black olives. Season to taste.
5. Divide quinoa mixture evenly among bell pepper halves. Cover with foil and bake for 30 minutes, then remove foil and continue cooking another 15 minutes or until bell peppers are tender and quinoa is browned. Set aside to cool. Drizzle olive oil over top before serving. Serve immediately.



Portobella Mushroom Sliders

Ingredients

6 portobella mushroom caps, cleaned and trimmed
2 Tablespoons balsamic vinegar
1 clove garlic, minced
1 Tablespoon olive oil
2 Tablespoons soy sauce
1 teaspoon honey

Toppings for each slider

Slider-sized buns
Arugula leaves
1 Tablespoon sundried tomatoes
1 teaspoon pesto



Instructions

1. Cut mushroom caps into desired shape and size for sliders.
2. Combine vinegar through honey and pour over mushrooms and marinate for 30 minutes.
3. Grill or sear mushrooms for 3-5 minutes on each side over medium-high heat.
4. Assemble sliders.

Simple Tomato Sauce with Zoodles and Spaghetti

Ingredients

- 1 Tablespoon olive oil
- 1 shallot, finely diced
- 2 cloves garlic, minced
- 1 28-ounce can San Marzano tomatoes, with liquid
- 1 Tablespoon dried oregano
- 1 teaspoon thyme
- ½ teaspoon red pepper flakes (or to taste)
- ¼ cup fresh basil
- 2 cups spaghetti, cooked
- 2 zucchinis, spiralized
- Salt and pepper to taste



Instructions

1. Add olive oil to a large skillet over medium-low heat. Add diced shallot and garlic, stirring frequently until fragrant. Add tomatoes and liquid from the can, crushing tomatoes with a spatula or potato masher.
2. Add dried oregano and thyme, breaking it up by rubbing it between your hands. Add red pepper flakes and half of the fresh basil. Bring sauce to a simmer by turning the heat to medium. Allow it to simmer for 20-30 minutes or until reduced to desired thickness.
3. While the sauce is cooking, make the noodles. Make enough pasta for ½ cup per serving, cooking to package instructions. In a non-stick, non-greased skillet over medium-high heat, add spiralized zucchini, stirring frequently to allow the noodles to become al dente. When finished, combine with pasta noodles.
4. When the sauce has reduced down, season with salt and pepper to taste.
5. For a smoother sauce, pulse it in a blender.
6. Serve over pasta-zucchini noodle mixture.

Sriracha-garlic Edamame Stir Fry

Ingredients

- 1 Tablespoon oil, such as sesame, canola or olive oil, divided
- 1 cup white mushrooms, sliced
- 1 bell pepper, sliced into thin strips
- 1 cup edamame, steamed, pods removed
- ½ cup baby corn, quartered
- 2 cloves garlic, minced
- 1 Tablespoon soy sauce
- 1 Tablespoon Honey
- 2 teaspoons sriracha
- 1 teaspoon ginger
- 2 green onion stalks, chopped
- ½ cup cashews, chopped
- Optional: chopped fresh cilantro



Instructions

1. In a large non-stick skillet, heat half the oil over medium heat, heat oil. Add mushrooms, bell peppers, edamame and baby corn until bell peppers have softened.
2. Turn down heat to medium-low and push vegetables to the side. Add rest of oil and minced garlic and sear until fragrant. Add soy sauce, honey, sriracha and ginger or your favorite stir fry sauce and stir until these wet ingredients are well combined, then combine with vegetables.
3. Top with cashews, green onions and cilantro. Serve on its own, with whole wheat pasta noodles or brown rice.

Tangy, Orange-Glazed Cauliflower 'Wings'

Ingredients

For the Cauliflower:

- 2 12-ounce bags cauliflower, defrosted
- 1 teaspoon ground ginger
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 Tablespoon cornstarch
- 1 Tablespoon olive oil
- Salt and pepper to taste
- Garnish – 2 teaspoons sesame seeds and 2 green onion spears, chopped



For the Sauce:

- 1 clove garlic, minced
- 2 Tablespoons orange juice (from ~ ½ orange)
- 2 Tablespoons honey
- 3 Tablespoons low-sodium soy sauce
- ½ teaspoon fresh ground pepper
- 1 Tablespoon cornstarch

Instructions

1. Preheat oven to 450 degrees F.
2. Place defrosted cauliflower on a towel and dust with salt to reduce moisture, about 20 minutes. Then wrap the cauliflower in the towel to pat dry.
3. In a bowl, combine all cauliflower ingredients except for the cornstarch. Place florets on a lined baking sheet, leaving room in between. Gently dust the florets with cornstarch. Bake for 30 minutes, flipping each floret halfway.
4. Combine all sauce ingredients in a bowl until the mixture is smooth. Heat a nonstick skillet over medium heat and add mixture. Stir until the mixture thickens. Add cauliflower florets to the pan and toss until all florets are covered in sauce.
5. Place florets in a serving bowl and garnish with sesame seeds and green onions.

Sides

Dirty Potatoes with Garlic and Fresh Olive Tapenade

Ingredients

Roasted Potatoes

- 2 pounds of potatoes (your choice), skin on and sliced into 2-inch pieces
- 2 Tablespoons extra virgin olive oil or avocado oil
- 1 Tablespoon minced garlic (about 3 cloves)
- Salt and pepper to taste
- 2 Tablespoons chopped parsley to garnish

Olive Tapenade

- About ½ pound of kalamata and green olives, pitted and rinsed
- 1 anchovy fillet, rinsed
- 2 cloves of garlic, minced
- 2 Tablespoons capers
- 3 fresh basil leaves
- 1-2 Tablespoons freshly squeezed lemon juice
- 2 Tablespoons extra-virgin olive oil



Instructions

1. Preheat oven to 400 degrees F.
2. Prepare potatoes, by tossing in oil, garlic, salt and pepper until evenly coated. Place in one layer on cooking sheet and bake in oven for about 45 minutes until browned and crisp. Flip every 15 minutes for even browning.
3. While potatoes are cooking, prepare olive tapenade. Place all ingredients for olive tapenade in food processor. Process to combine thoroughly, until it becomes a coarse paste.
4. When potatoes are done and still hot, toss in olive tapenade. Serve warm.

Tuscan Green Bean Salad

Ingredients

1 ½ pounds of fresh green beans, cut in thirds
1 14-ounce can chickpeas drained
1 14-ounce can Italian seasoned stewed tomatoes, drained and chopped
2 large garlic cloves, minced
1 large lemon, zested and juiced
Extra virgin olive oil
½ teaspoon smoked paprika
1 pinch red pepper flakes
½ teaspoon sea salt
½ teaspoon freshly cracked pepper
Fresh thyme, chopped



Instructions

1. Preheat oven to 400 degrees F.
2. In a small mixing bowl, toss the chickpeas with the smoked paprika, sea salt, pepper and olive oil until completely coated. Pour the chickpeas onto a baking sheet and roast for 10 to 12 minutes, or until they are golden brown and toasted.
3. Bring a large pot of water to a boil. Blanch green beans for 2 to 3 minutes, or until bright green in color and crisp. Immediately remove beans and place in an ice bath.
4. Blot excess water off of the green beans, if necessary. Cut the green beans into thirds and place into a large mixing bowl.
5. In a small bowl, mix together the stewed tomatoes with half of the minced garlic until combined.
6. In a small bowl or dressing container, mix 3 tablespoons of olive oil, lemon juice, lemon zest, remaining garlic and red pepper. Season with sea salt and pepper to taste.
7. Pour the dressing over the green beans and toss until they are evenly coated.
8. Top the green beans with the roasted chickpeas and stewed tomato mixture. Sprinkle freshly chopped thyme, rosemary and oregano over the top.



White Bean and Cauliflower Garlic Mashed Potatoes

Ingredients

- 1 head cauliflower, chopped
- 2 ½ pounds potatoes, peeled and cubed
- 1 12-ounce can of Great Northern beans, rinsed and drained (or any white bean of choice such as navy or cannellini)
- ⅓ cup low-fat vegetable broth
- ¼ cup butter substitute of choice
- ¼ cup milk substitute
- ¼ cup non-dairy Greek yogurt
- Lots of pepper
- Salt to taste
- ¼ teaspoon paprika (or rosemary)
- 1 head roasted garlic, squeezed out of skins; you can also use minced garlic to save time



Instructions

1. Boil potatoes through in a large pot with broth for about 30 minutes, or until tender.
2. Add cauliflower and beans to potatoes. Place lid and let simmer for about 15 minutes or until cauliflower is tender.
3. Add the rest of the ingredients and use hand immersion or a traditional blender to get to your favorite mashed potato consistency. Serve warm.

Desserts and Snacks

Apple Noodles with Toasted Coconut

Ingredients

1 apple per person
Coconut oil
Cinnamon, to taste
Coconut flakes



Instructions

1. Spiralize your apple, using the attachment that makes thin spaghetti-like noodles.
2. Melt about ½ to 1 tablespoon of coconut oil in a skillet over medium-high heat. If you're making multiple apples, add more oil as needed.
3. Sautee your apple noodles in the coconut oil until softened and warmed through.
4. Add cinnamon to taste and stir to combine.
5. Once your apples and cinnamon are finished, remove from skillet and set aside on your serving plate.
6. In the same skillet over medium heat, toss in your unsweetened coconut flakes and allow them to get toasty and brown. The flakes will pick up the leftover cinnamon bits and apple juices, making them the perfect topping.
7. Top your apple noodles with the coconut.

Blueberry and Lemon Energy Bites

Ingredients

- 1 cup almonds
- 1 cup walnuts
- 3-4 cups dried plums
- 8-10 dates
- $\frac{3}{4}$ cup freeze-dried blueberries
- 1 Tablespoon chia seeds
- 2 teaspoons lemon juice
- zest of $\frac{1}{2}$ lemon
- $\frac{1}{8}$ teaspoon salt



Instructions

1. Add all ingredients, except blueberries, to a food processor and blend for 2 to 3 minutes or longer as needed for a smoother consistency.
2. Pour mixture into a bowl and fold in blueberries.
3. Roll mix into about 1-inch balls and store in the fridge or freezer. Will make about 16 balls.

Chickpea Chocolate Chip Cookies

Ingredients

- 1 15-ounce can of chickpeas
- ½ cup smooth cashew butter, unsalted
- 1 teaspoon vanilla
- ½ cup brown sugar
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ⅓ cup mini chocolate chips (use vegan chocolate, if desired)
- ¼ cup chopped pecans, optional
- Spray canola oil



Instructions

1. Preheat the oven to 350 degrees F.
2. Drain and rinse the chickpeas. For an especially smooth texture, peel the chickpeas by placing them between a towel and rubbing, then removing the peels.
3. In a food processor or blender, add chickpeas, cashew butter, vanilla and brown sugar. Blend until texture is smooth. Add salt, baking soda and baking powder, then blend for about 1 minute. Stir in chocolate chips along with nuts, if using.
4. Spray a lined baking sheet with canola oil. Using an ice cream scooper or spoon, place mounds of cookie dough, about 1 tablespoon each, onto the baking sheet leaving about 3 inches between cookies. Lightly flatten the cookies with a spatula.
5. Bake for 16-18 minutes or until the cookies have browned along the edges. Allow to cool on a wire rack.

Crispy Roasted Chickpeas

Ingredients

Cooking spray

2 15-ounce cans of chickpeas, drained and rinsed

1 to 2 tablespoons extra virgin olive oil

1 to 2 teaspoons sea salt

1 to 2 teaspoons garlic powder (optional)

1 to 2 teaspoons cayenne (optional)

Instructions

1. Position oven rack in the center and preheat oven to 400 degrees F.
2. Spray baking sheet with cooking spray. Dry chickpeas thoroughly with a clean kitchen towel or with paper towels.
3. In a medium bowl, toss chickpeas with olive oil. Sprinkle with seasonings to taste.
4. Spread an even layer on baking sheet. Bake for 30-50 minutes until browned without burning.
5. Cool for 30 minutes to one hour and chickpeas will continue to become crunchier as they cool.





Fall Spiced Pumpkin Granola

Ingredients

- 2 cups old-fashioned rolled oats
- $\frac{3}{4}$ cup pumpkin seeds
- $\frac{1}{4}$ cup pecans, chopped
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- Pinch of ground cloves
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup chocolate chips, optional



Instructions

1. Preheat oven to 350 degrees.
2. Combine oats, pumpkin seeds, chopped pecans, cranberries, salt, cinnamon, ginger and cloves, and set aside.
3. In a separate bowl, combine maple syrup, canola oil, vanilla and slowly incorporate into dry ingredients.
4. Place mixture on a lined baking sheet and bake for 25-30 minutes.
5. When cooled, stir in $\frac{1}{4}$ cup chocolate chips (if using).

Roasted Carrot and Garlic Hummus

Ingredients

- 2 15-ounce cans chickpeas
- 5 small or 3 large carrots, leaves and stem removed
- 1 head of garlic
- 1 teaspoon honey
- 2 ½ Tablespoons olive oil, separated
- 1 whole lemon
- ¾ cup tahini
- Ice-cold water as needed
- Salt and pepper to taste
- Paprika and chopped parsley for garnish



Instructions

1. Heat oven to 400 degrees.
2. Cut the top off the head of garlic and rub olive oil on the exposed garlic, leaving the peel on. Wrap in aluminum foil and place on a baking sheet. Place carrots on the same baking sheet and drizzle with 1 tablespoon of olive oil, honey, salt and pepper. Bake for 40 minutes or until carrots are soft and easily pierced with a fork.
3. (Optional) While vegetables are roasting, boil chickpeas covered in water for 8-10 minutes. Drain and rinse with cold water, then peel chickpeas to achieve a smoother texture. Boiling and peeling canned chickpeas make for smoother hummus.
4. In a blender or food processor, combine lemon juice and tahini and blend until smooth. Add salt, pepper, 2 tablespoons of ice-cold water and half of the head of roasted garlic by gently removing the peel.
5. Add carrots and chickpeas and blend until smooth, then slowly drizzle in 1 tablespoon of olive oil to incorporate. Add more ice-cold water to get the desired consistency.
6. Garnish hummus with paprika, chopped parsley and a half-tablespoon of olive oil and serve with cucumbers, peppers, whole-wheat pita or other desired dip vessels.