

Healthy



Practical Plant-Based Cooking

BONUS



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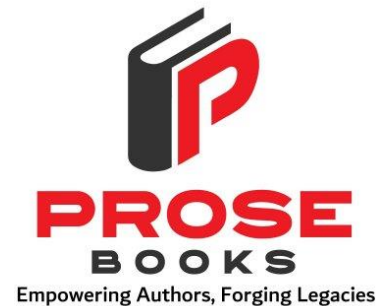




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Cooking References



Cooking Safely

Did you know that one in six Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the “Happy Birthday” song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal, or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Safe Internal Food Temperatures	
Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	165°F
Egg Dishes	160°F

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, raw poultry, raw seafood, raw eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags below ready-to-eat foods. Freeze perishable foods if you will not use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate food is in the refrigerator. Food can also be thawed under cool running water. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Wash Produce

Cut away any damaged areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, and cucumbers with a clean produce brush. Air dry or pat washed items dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, or seafood since this can contaminate other surfaces.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.

Safe Food Storage Times (Refrigerated at 40°F or Below)

Raw Poultry

Whole, pieces, or ground	1-2 days
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Raw Beef, Pork, and Lamb

Steaks/Roasts/Chops	3-5 days
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Pre-cooked ham	3-5 days
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Ground	1-2 days
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Stew meat	3-5 days
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Raw Seafood

Fish fillet/Whole fish	1-3 days
------------------------	----------

Shrimp/Lobster/Crab	1-3 days
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Raw Eggs

In shell	3-5 weeks
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Out of shell	2-4 days
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Cooked Leftovers

Beef/Pork/Lamb	3-4 days
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Poultry	3-4 days
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Seafood	3-4 days
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Egg dishes	3-4 days
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Hard-cooked eggs, in shell	7 days
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Vegetables and fruit	5-7 days
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Soups and stews	3-4 days
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Measurements and Abbreviations

Common Abbreviations

- c — cup
- Tbsp — tablespoon
- tsp — teaspoon
- oz — ounce (usually weight, unless referring to a liquid)
- fl oz — fluid ounces
- lb — pound
- g — gram
- mg — milligram
- ~ — about/roughly

Fresh Herbs to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)

1 tablespoon fresh = 1 teaspoon dried

Dried ground herbs and spices (e.g. ground ginger, garlic powder, ground thyme)

4 parts fresh = 1 part dried

Dried leafy herb to dried ground herb

1 teaspoon dried leaf = ½ teaspoon ground herb

Volume Conversions

- 3 teaspoons = 1 tablespoon
- ½ tablespoon = 1½ teaspoons
- 2 tablespoons = 1 (fluid) ounce = ⅛ cup
- 4 tablespoons = 2 (fluid) ounces = ¼ cup
- 5 tablespoons + 1 teaspoon = ⅓ cup
- 1 cup = 8 (fluid) ounces
- 2 cups = 16 (fluid) ounces = 1 pint
- 4 cups = 32 (fluid) ounces = 1 quart
- 2 quarts = 64 (fluid) ounces = ½ gallon
- 16 cups = 128 (fluid) ounces = 1 gallon

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
¼ cup	2 tablespoons	1 Tbsp + 1 tsp
⅓ cup	2 Tbsp + 2 tsp	1 Tbsp + 2¼ tsp
½ cup	¼ cup	2 Tbsp + 2 tsp
⅔ cup	⅓ cup	3 Tbsp + 1½ tsp
¾ cup	¼ cup + 2 Tbsp	¼ cup
1 cup	½ cup	⅓ cup
1 tablespoon	1½ teaspoon	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	Scant ¼ tsp
¼ teaspoon	⅛ teaspoon	Scant ⅛ tsp
⅛ teaspoon	1 dash	1 pinch



Cooking Equipment

Having the right tools on hand can help make cooking as easy and efficient as possible. Use the list below to make sure you will have what you need to make a variety of recipes.

- Large frying pan (skillet), 10+ inches across
- Small frying pan (skillet), 6 inches across
- Large sauté pan, 10+ inches across
- Large saucepan with lid, 6+ quarts
- Small saucepan with a lid, 2-3 quarts
- Stockpot with a lid
- Roasting pan
- At least 2 mixing bowls, one large and one small
- Microwave-safe and oven-safe casserole dish with a lid, 2-3 quarts
- Large cutting board
- 2-3 smaller cutting boards
- Turning spatula
- Scraper/rubber spatula
- Wooden spoons
- 2 metal baking sheets
- 2 wire cooling racks
- Dry ingredient measuring cups
- Liquid ingredient measuring cup
- Measuring spoons
- Box grater
- Chef knife
- Bread (serrated) knife
- Paring knife
- Honing steel
- Spring-loaded tongs
- Wire whisk
- Can opener
- Colander
- Strainer
- Ladle
- Vegetable peeler
- Pot holders and/or oven mitts
- Instant-read digital thermometer
- Potato masher
- Collapsible vegetable steamer
- Slow cooker
- Dutch oven
- Parchment paper
- Aluminum foil
- Plastic wrap
- Food storage containers



Plant-Based Eating

A plant-based diet includes a large amount of plant foods (e.g. vegetables, beans, lentils, soy, fruits, whole grains, nuts, seeds) and a small amount of animal foods (e.g. meat, poultry, seafood, eggs, milk, yogurt, cheese), if any.

Two common types of plant-based diets are vegan and vegetarian. A vegan diet includes only plant foods, without any animal foods. A vegetarian diet includes plant foods along with dairy, eggs, or both. There are other versions of plant-based diets that include fish or small amounts of other animal products.

Whatever eating pattern you choose, it is important to get a variety of foods and to ensure your meals are balanced with a protein source, fiber-rich starch, non-starchy vegetables, and fruit.

Benefits of a Plant-Based Eating Pattern

A plant-based diet can help support a healthy body weight, reduce the risk of heart disease, prevent certain cancers, reduce the risk of diabetes, and support the earth by using fewer natural resources and produce fewer greenhouse gas emissions.

Parts of a Plant-Based Diet

- **Vegetables** – Vegetables are a great source vitamins and minerals, as well as fiber and water which can help you feel satisfied for longer after meals and snacks. Aim to eat vegetables at most of your meals.
- **Fruit** – Fruit is an great source of fiber, water, vitamins, and minerals. It is considered a healthy source of carbohydrates. Aim to include at least three servings of fruit per day.
- **Legumes (e.g. beans, lentils)** – Legumes are a great source of vitamins and minerals, as well as protein and fiber-rich carbohydrate which can help to fill you up and help you feel satisfied between meals.
- **Grains** – Whole grains and products made from them (e.g. bread, tortillas, cereal) are a great source of fiber-rich carbohydrate which can provide you with lasting energy between meals. When buying grain products, look for a whole grain (e.g. oats, whole wheat flour) as the first ingredient and at least 3 grams of fiber per serving.
- **Nuts and seeds** – Nuts and seeds are a healthy source of fat, fiber, vitamins, and minerals. Aim for 1-2 ounces of nuts and seeds each day. A 1-ounce serving is about ¼ cup of nuts or seeds, or 2 tablespoons nut or seed butter.
- **Whole soy foods (e.g. tofu, tempeh, soy milk) and other protein sources** – Whole soy foods are an excellent source of protein. Other plant-based protein options include seitan and textured vegetable protein (TVP).

Examples of Plant-Based Foods

Food Group	Examples of Food Options			
Vegetables	<ul style="list-style-type: none"> • Artichokes • Asparagus • Beets • Bell peppers • Broccoli • Brussels sprouts • Cabbage • Carrots 	<ul style="list-style-type: none"> • Cauliflower • Celery • Cucumber • Eggplant • Garlic • Hearty greens (e.g. chard, collards, kale, turnip) 	<ul style="list-style-type: none"> • Leafy greens (e.g. arugula, spinach) • Lettuce • Mushrooms • Okra • Onions • Potatoes • Radishes 	<ul style="list-style-type: none"> • Summer squash (e.g. yellow squash, zucchini) • Sweet potatoes • Tomatoes • Winter squash (e.g. acorn, butternut, pumpkin)
Fruit	<ul style="list-style-type: none"> • Apples • Bananas • Berries (e.g. blueberries, raspberries, strawberries) 	<ul style="list-style-type: none"> • Cherries • Cantaloupe • Grapefruit • Grapes • Honeydew 	<ul style="list-style-type: none"> • Kiwi • Nectarines • Oranges • Pineapple • Peaches 	<ul style="list-style-type: none"> • Pears • Plums • Watermelon
Legumes	<ul style="list-style-type: none"> • Adzuki beans • Black beans • Black-eyed peas • Cannellini beans 	<ul style="list-style-type: none"> • Chickpeas (garbanzo beans) • Fava beans • Great northern beans 	<ul style="list-style-type: none"> • Kidney beans • Lentils • Lima beans • Mung beans 	<ul style="list-style-type: none"> • Navy beans • Peas • Pinto beans
Grains	<ul style="list-style-type: none"> • Amaranth • Brown Rice • Barley 	<ul style="list-style-type: none"> • Buckwheat • Bulgur • Millet 	<ul style="list-style-type: none"> • Oats • Quinoa • Rye berries 	<ul style="list-style-type: none"> • Spelt • Teff • Wheat berries
Nuts and Seeds	<ul style="list-style-type: none"> • Peanuts • Almonds • Pistachios • Brazil nuts • Cashews 	<ul style="list-style-type: none"> • Hazelnuts • Hemp seeds • Macadamia nuts • Pecans • Pine nuts 	<ul style="list-style-type: none"> • Walnuts • Flaxseed • Pumpkin seeds • Chia seeds • Sesame seeds 	<ul style="list-style-type: none"> • Sunflower seeds • Various nut and seed butters (e.g. peanut, almond, cashew, walnut, sunflower seed)
Whole Soy Foods and Other Protein Sources	<ul style="list-style-type: none"> • Edamame • “Faux meat” (meat substitutes) 	<ul style="list-style-type: none"> • Seitan • Soy milk • Soy nuts 	<ul style="list-style-type: none"> • Soy yogurt • Tofu • Tempeh 	<ul style="list-style-type: none"> • Textured vegetable protein (TVP)



Cooking with Plant-Based Proteins

Plant-based protein foods can be a great alternative to animal protein foods, adding taste and nutrition variety to your meals. Plant-based protein foods are a good source of fiber, vitamins, and minerals, while being low in saturated fat. They are linked to a lower risk for chronic disease and may help support the environment.

When cooking plant-based protein foods, how they are prepared and served makes a big difference. If you have tried them before and disliked them, consider trying them another way. As you do, keep in mind that the flavors and textures of plant-based protein foods will not fully mimic those of animal protein foods.

Tofu

Tofu is made from soybeans that are soaked, then broken down, curdled, and pressed into blocks. Tofu has a very mild flavor, making it a “blank canvas” that takes on whatever flavors it is paired with. It comes in a variety of textures, including silken, soft, firm, and extra firm. Tofu is low in saturated fat and is a good source of protein, selenium, manganese, iron, and magnesium. Some tofu products have added calcium or vitamin B12.

Tofu is an inexpensive plant-based protein option that can be eaten raw or cooked, and prepared in a variety of ways. Silken and soft tofu is often used in smoothies, soups, creamy sauces, and desserts. Firm and extra-firm tofu is usually cut into slices or cubes and then baked, pan-fried, stir-fried, or grilled.

Before cooking firm or extra firm tofu, cut slices in the plastic cover of the packaging, being careful to work around the edges of the tofu, then drain out the liquid. Remove the block of tofu from the package and wrap in several layers of paper towels. Gently press the tofu to remove excess liquid. This can be done by hand, or with the tofu resting between two plates with a heavy object (e.g. can of food, cast iron skillet) on top.

Tempeh

Tempeh (“teh-pay”) is a food made from fermenting soybeans, which binds them together into a firm loaf. The fermentation process not only retains the original nutrition of soybeans (e.g. protein, isoflavones, fiber, iron) but it can actually enhance the nutrition content and potential for health benefits.

Tempeh is a versatile alternative to meat. It can be used whole, sliced, or cut into cubes. It can be cooked in a variety of ways, including pan-fried, baked, stir-fried, grilled, or steamed. The taste of tempeh is fairly mild, but stronger than tofu. Some describe the flavor of tempeh as mushroom-like, nutty, or slightly tangy. If tempeh is a new food for you, consider marinating it or cooking it in a strongly flavored sauce such as in a curry- or tomato-based dish.

Seitan

Seitan (“say-tan”) is a plant-based protein food that is made from wheat gluten. Although it is made from wheat, the texture is more similar to that of meat than that of a bread product. Seitan has a mild savory flavor, similar to that of plain chicken, and it takes on the flavors of foods it is paired with. Seitan can be pan-fried, grilled, baked, or braised.

You can find seitan in the refrigerated section, usually with the other plant-based protein foods, at most grocery stores. It can also be made from scratch at home. Store-bought versions may be pre-seasoned, so check the label for sodium content.

Edamame (Soybean)

Edamame are immature soybeans that are bright green in color. They work well as the protein option for a snack, and can be easily added to a variety of meals or dishes (e.g. salad, rice bowl, stir-fry). They are usually found in the frozen section of the grocery store, either in the pod or shelled – sometimes labeled “mukimame”.

Protein Intake Guidelines

Protein intake is an important nutrition topic to consider when planning a plant-based menu. Everyone needs protein. It provides the body with energy and helps build muscles, skin, hair, and many other body parts.

One (1) ounce of a protein food contains about seven grams (7 g) of protein. A general rule of thumb is to include 20-35 grams (3-5 ounces) of protein at each meal and 7-15 grams (1-2 ounces) at each snack.

Protein needs can vary from person to person, and can fluctuate over time. For guidance on how much protein you need, talk to the Registered Dietitian Nutritionist (RDN) at your primary care clinic.

Meeting Protein Needs with Plants

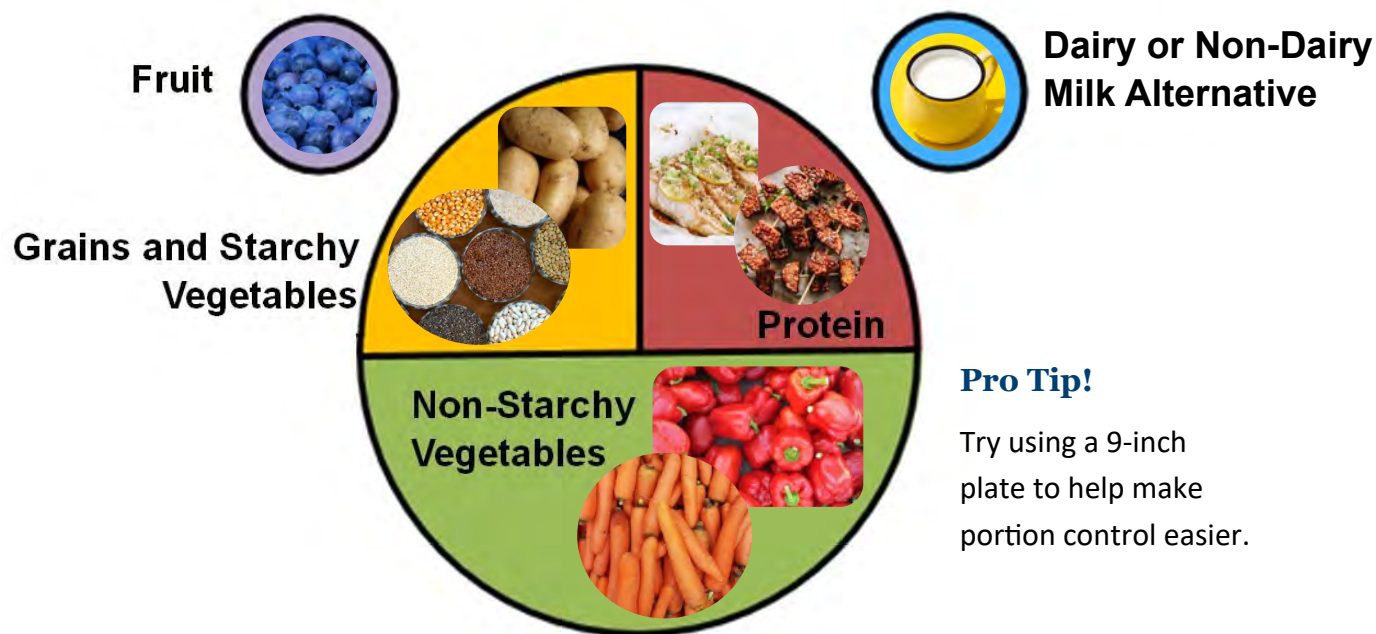
A common myth is that it is not possible, or is at least very difficult, to meet protein needs with a plant-based eating pattern. While animal-based foods are a commonly eaten source of protein, several plant-based foods provide high-quality protein. See the table to the right for the protein content of some plant-based foods.

By including a variety of plant-based protein food sources across meals and snacks, needs can be met while also improving intake of other nutrients such as fiber, vitamins, and minerals.

Protein Content of Plant-Based Foods		
Food Item	Serving Size	Protein Content in Grams (g)
Seitan	3 ounces	21
Tempeh	½ cup	17
Soybeans	½ cup cooked	15.5
Veggie burger	1 patty	15
Textured vegetable protein (TVP)	½ cup cooked	12
Tofu, extra firm	4 ounces	12
Tofu, regular	4 ounces	10
Lentils	½ cup cooked	9
Soy milk	1 cup	7
Peanut butter	2 tablespoons	8
Nutritional yeast	2 tablespoons	8
Quinoa	1 cup cooked	8
Almond butter	2 tablespoons	7
Beans (e.g. black, kidney, garbanzo)	½ cup cooked	7
Soy yogurt, plain	8 ounces	6
Mixed nuts	¼ cup	6
Peas	½ cup cooked	4.5

Building a Balanced Plant-Based Meal

Make plant-based eating easy with something you use every day: your plate! The “plate method” is a practical way to get the balanced nutrition that you need on a daily basis.



Pro Tip!

Try using a 9-inch plate to help make portion control easier.

Fruit

All fruit counts: fresh, frozen, canned, or dried. Drain and rinse canned fruit. Watch portion sizes on dried fruit.

Non-Starchy Vegetables

Vegetables may be raw, cooked, fresh, frozen, or canned. Drain and rinse canned vegetables.

Dairy or Non-Dairy Milk Alternative

Choose dairy products made from nonfat or low-fat milk. If you do not include dairy, plant-based milk and milk products are available (e.g. soy milk, almond milk).

Grains and Starchy Vegetables

Any grain (e.g. wheat, rice, oats, quinoa, corn) or food made from a grain (e.g. bread, tortillas, pasta) is a grain product. Starchy vegetables include potatoes, sweet potatoes, winter squash, beans, and peas.

Protein

Plant-based protein foods include beans, lentils, peas, soy (e.g. tofu, tempeh, edamame), nuts, and seeds.

Seafood, eggs, lowfat cheese, cottage cheese, and Greek yogurt can also be used for protein if some animal products are still included.

Ideas for Plant-Based Meals and Snacks

Breakfast

- Crumbled soft or firm tofu cooked into a scramble with vegetables and cheese; served on its own or as a filling in a breakfast burrito
- Smoothie with frozen berries and cherries, silken tofu, soy milk, banana, spinach, and almond butter
- Whole-grain toast topped with scrambled egg or tofu, shredded cheese, and sautéed vegetables
- Oatmeal made with a non-dairy milk alternative and topped with diced mango, chia seeds, and yogurt
- Unsweetened whole-grain cereal with plant-based milk, walnuts, hemp hearts, and diced apple
- Yogurt topped with sliced banana, peanut butter, and granola

Lunch

- Salad with mixed greens, shelled edamame, kidney beans, sunflower seeds, feta, and halved grapes
- Whole-wheat pita with hummus, lentils, tomato, and lettuce
- Reuben sandwich made with tempeh
- Curry or curry-flavored soup with tofu or seitan
- Veggie burger made with beans or tempeh served with sweet potato fries and steamed vegetables

Dinner

- Stir-fry with any plant-based protein food, stir-fry vegetables, and peanut sauce served over quinoa
- Grilled marinated tofu brushed with barbecue sauce served with baked beans and grilled vegetables
- Bean chili with cornbread and a green salad
- Pan-seared seitan or tempeh served over steamed vegetables and brown rice-wild rice medley
- Asian-style lettuce cups made with tofu or tempeh

Snacks

- Celery sticks with peanut butter and raisins
- Trail mix with nuts and dried fruit
- Edamame tossed with lite soy sauce
- Whole-grain cereal with berries and soy milk
- Whole-grain English muffin topped with mashed avocado, lime or lemon juice, and salt
- Air-popped popcorn with spray olive oil and nutritional yeast seasoning
- Corn-black bean salsa on leftover tempeh
- Baked kale chips
- Walnuts, broccoli florets, and halved grapes tossed with yogurt
- Tortilla roll-up with peanut butter and banana
- Crackers with sliced cheese and cucumber
- Avocado devilled eggs with smoked paprika
- Bagel half with cream cheese and sliced radishes
- Nut- and fruit- or grain-based protein bar
- Hummus, bell pepper, and leafy greens rolled into a whole-grain tortilla or wrap
- Mini pita pizza with vegetables and cheese

Dessert

- Fruit-based popsicles or blender sorbet
- Chocolate mousse or tiramisu made with tofu
- Cut fresh fruit dipped in almond or cashew butter, with a bit of maple syrup added for sweetness
- Grilled fruit drizzled with melted chocolate
- Milkshake made with frozen fruit, tofu, and soy milk
- No-bake cheesecake made from soaked cashews pureed with coconut oil on a walnut-based crust



Creating a Flexible Meal Plan

Meal planning is a great way to help life run a little smoother while working towards your eating goals. However, it can also be a daunting task. With a flexible approach to meal planning, you can make a general plan for the week and work in some simple strategies for making the plan a reality. Here are a few tips to get you started.

Look at Your Schedule

Look at your calendar for the upcoming week. Are there any days that are busier? Plan for quick dishes or leftovers on these days. Are there any meals you will be eating away from home? Plan a meal that's easy to pack up if taking food to-go, or don't plan a meal for the time(s) you will be away. Any other plans you need to consider?

Once you have a rough idea of your schedule, decide how many days you will cook. If you are completely new to meal planning and/or cooking, try starting with two or three planned dinners per week and expand from there. Even if you have been doing this for a while, plan one or two "days off" to allow for leftovers and avoid burnout.

Start Simple

On a sheet of paper, make five rows or columns. Label each with one of the food groups: starch, protein, fruit, non-starchy vegetables, and dairy or non-dairy alternatives. List your favorite items for each food group section. Post the list somewhere in your kitchen. Add to the list as you think of new items or try new foods. When you sit down to meal plan, simply plan each meal based on food groups. Refer to your favorites list as you select the items.

Get Inspired

Brainstorm a list of meals or foods you would like to try, collecting recipes from cookbooks and the Internet as you find them. Consider having a theme for each day of the week to guide your plan (e.g. Taco Tuesday, Fish Friday). See what you already have on hand that you can include, then check out the grocery store ads for more ideas.

Write It Out

Write out your list of meals with items from each food group and/or select the recipes you will make. Link each to the day and meal time you plan to cook it. For breakfasts and snacks, plan two or three combinations of foods for each to rotate through during the week. For lunches, plan for leftovers on some days and simple meals on other days. Plan to make meals with more perishable items (e.g. fresh fish, leafy greens) and recipes with large yields (e.g. slow cooker, casserole) earlier in the week. Fill the gaps with leftovers and other quick meal options, as needed.

Make a Shopping List

Write your grocery list based off the ingredients needed for the selected meals. Expand your shopping list to include any staple items you are low on. Consider including pre-prepared items to have on hand as backup meal options. To save time and effort at the store, try writing your list based on where items are located.

Prep Some Items Ahead

Carrying out your meal plan may benefit from preparing some items ahead of time. Decide what you can do in about 30-60 minutes early in the week to make the rest of the week a little easier. Here are some ideas to consider:

- Cook and refrigerate any protein(s) you need for the next 3-4 days
- Cook and refrigerate all the rice or other grain needed for the week
- Hardboil a batch of eggs
- Make a few portions of overnight oatmeal
- Make mason jar salads
- Roast all your root vegetables for sides and to add to salads
- Make a batch of simple homemade granola or trail mix
- Wash and chop hearty vegetables like carrots, cabbage, kale, broccoli, peppers, and celery
- Wash, cut, and portion out fruits like pineapple or melon

Make It Personal

Consider making simple substitutions to fit your personal preferences or purchasing needs:

- A different nut, seed, or nut/seed butter can be used
- Fruits may be substituted for other fruits of the same type (e.g. fresh for fresh, frozen for frozen)
- Most vegetables can be substituted for another vegetable with a similar flavor and texture
- Adjust seasonings and other flavor ingredients to suit your taste

Monitor and Adjust

Make notes on recipes if you add, remove, or substitute any ingredients. Note whether or not you enjoyed the dish, with changes you might make next time. Look through the refrigerator to see what needs to be used up, frozen, or thrown away. If possible, include items left over from this week in next week's meal plan. Track your spending and food waste, making adjustments for future meal plans as needed.

Remember, you don't have to do it all! Just focus on a few things and go from there. It will take some time to get in a groove with meal planning and to find what works for you. The idea is to save you time and stress, so if you find certain aspects of meal planning do not make your life easier, it is okay modify as needed.

Sample Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Notes
Sunday 1/1	Microwave Blueberry-Walnut Oatmeal	Green Lentil and Vegetable Soup Mixed Green Side Salad Fruit of choice	Simple Vegetable Stir-Fry over Rice Fruit of choice	– Save leftovers for tomorrow: stir-fry for lunch, lentil soup for dinner
Monday 1/2	Green Machine Fruit Smoothie Toast with avocado and eggs	Simple Vegetable Stir-Fry over Rice leftovers Fruit of choice	Black Bean Vegetable Tacos Green Lentil and Vegetable Soup leftovers	– Save leftovers for tomorrow: tacos for lunch
Tuesday 1/3	Peanut Butter-Berry Toast Scrambled eggs	Black Bean Vegetable Taco leftovers	Curried Tofu Vegetable Skillet Fruit of choice	– Save leftovers for tomorrow: curry for lunch – Assemble and refrigerate overnight oatmeal for breakfast tomorrow
Wednesday 1/4	Cinnamon-Raisin Overnight Oatmeal	Curried Tofu Vegetable Skillet leftovers Fruit of choice	Ratatouille-Inspired Warm Quinoa Salad	– Save leftovers for tomorrow: quinoa salad for lunch – Peel, slice, and freeze banana for milkshake tomorrow morning
Thursday 1/5	Peanut Butter-and-Jelly Protein Milkshake	Ratatouille-Inspired Warm Quinoa Salad leftovers	Three-Bean Chili Mixed Green Side Salad	– Save leftovers for tomorrow: chili for lunch – Assemble and start slow cooker oatmeal for breakfast tomorrow
Friday 1/6	Slow Cooker Apple Harvest Oatmeal Scrambled eggs	Three-Bean Chili leftovers Mixed Green Side Salad	Spaghetti with Vegetable Sauce Steamed broccoli Fruit of choice	– Save leftovers for tomorrow: oatmeal for breakfast, spaghetti for lunch
Saturday 1/7	Breakfast Egg Muffins Slow Cooker Apple Harvest Oatmeal leftovers	Spaghetti with Vegetable Sauce leftovers Steamed broccoli Fruit of choice	Baked Chipotle Bean Burgers Steamed broccoli Microwave-baked sweet potato	– Use leftover mushrooms in egg muffins – Save leftover egg muffins for breakfasts and snacks over the next 2-3 days

Sample Weekly Meal Plan Inventory

Day	Items on Hand	Items Needed
Sunday	<p>Olive oil Black pepper</p> <p>Old-fashioned oats Italian seasoning</p> <p>Unsweetened soy milk Apple cider vinegar</p> <p>Walnuts Honey</p> <p>Raisins Dijon mustard</p> <p>Ground cinnamon Toasted sesame oil</p> <p>Garlic powder Lite soy sauce</p> <p>Onion powder Red chili hot sauce</p> <p>Ground ginger</p> <p>Salt</p>	<p>Frozen blueberries Avocado oil</p> <p>Onion Green or brown lentils</p> <p>Garlic Mixed salad greens Kale</p> <p>Celery and spinach</p> <p>Carrots Fresh vegetables –</p> <p>Potato cucumber, carrots,</p> <p>Kale cauliflower, bell peppers,</p> <p>Low-sodium vegetable tomatoes</p> <p>broth Sunflower seeds</p> <p>Frozen stir-fry vegetables Dried cranberries</p> <p>Frozen shelled edamame Brown rice</p>
Monday	<p>Unsweetened soy milk</p> <p>Apple cider vinegar</p> <p>Salsa</p> <p>Banana *in freezer*</p>	<p>Onion Bell pepper</p> <p>Spinach Zucchini or yellow squash</p> <p>Frozen fruit – blueberries Romaine lettuce Spinach</p> <p>and strawberries Flax meal</p> <p>Low-sodium taco Whole-wheat tortillas</p> <p>seasoning Canned black beans</p> <p>2 avocados Eggs</p> <p>2 limes Bread</p>
Tuesday	<p>Olive oil</p> <p>Whole-wheat English muffin *in freezer*</p> <p>Peanut butter</p> <p>Ground ginger</p> <p>Ground turmeric</p> <p>Ground cumin</p> <p>Salt</p>	<p>Raspberries Carrot</p> <p>Potato Firm or extra-firm tofu</p> <p>Onion Curry powder</p> <p>Cauliflower Cilantro</p> <p>2 bell peppers Brown rice</p> <p>Can coconut milk Eggs</p> <p>Can crushed tomatoes</p>
Wednesday	<p>Olive oil Ground cinnamon</p> <p>Old-fashioned oats Black pepper</p> <p>Unsweetened soy milk Salt</p> <p>Walnuts</p> <p>Raisins</p>	<p>Apple Zucchini or yellow squash</p> <p>2 tomatoes Onion</p> <p>Bell pepper Garlic</p> <p>Eggplant Fresh basil</p> <p>Flax meal Low-sodium vegetable</p> <p>Quinoa broth</p>

Sample Weekly Meal Plan Inventory (continued)

Day	Items on Hand		Items Needed	
Thursday	Olive oil	Apple cider vinegar	Onion	Canned black beans
	Peanut butter	Honey	Frozen strawberries	Canned pinto beans
	Banana *in freezer*	Dijon mustard	2 bell peppers	Canned kidney beans
	Unsweetened soy milk		Lime	Canned crushed tomatoes
	Chili powder		Mixed salad greens Kale and spinach	Sunflower seeds
	Ground cumin		Fresh vegetables – cucumber, carrots, cauliflower, bell peppers, tomatoes	
	Garlic powder			
	Salt			
	Black pepper			
Friday	Nonstick cooking spray	Ground cinnamon	2 apples	Bell pepper
	Olive oil	Garlic powder	Onion	Carrot
	Raisins	Salt	Steel-cut oats	Mushrooms
	Whole-wheat spaghetti	Black pepper	Mixed salad greens Kale and spinach	Broccoli
	Jar pasta sauce	Apple cider vinegar	Fresh vegetables – cucumber, carrots, cauliflower, bell peppers, tomatoes	Sunflower seeds
	Walnuts	Dijon mustard		Unsweetened coconut flakes
	Honey			Eggs
Saturday	Nonstick cooking spray	Garlic powder	Bell pepper Mushrooms	Quinoa
	Olive oil	Old-fashioned oats	Onion	Can pinto beans
	Lowfat milk	Ketchup	Garlic	Flax meal
	Unsweetened soy milk	Mustard	Eggs	Hamburger buns
	Salt	Mayonnaise	Spinach	
	Black pepper	Canned chipotles in adobo	Grape or cherry tomatoes	
	Onion powder		Broccoli	
	Chili powder		Sweet potato	

Sample Weekly Meal Plan Shopping List

Store Section	Items to Purchase	Store Section	Items to Purchase
Produce	<input type="checkbox"/> Apples – 8	Baking/Oils/ Spices	<input type="checkbox"/> Curry powder
	<input type="checkbox"/> Avocado – 4		<input type="checkbox"/> Taco seasoning, low-sodium – 1 packet
	<input type="checkbox"/> Carrots – 1 bag		<input type="checkbox"/> Avocado oil
	<input type="checkbox"/> Spinach – 1 bag or carton	Breads/Tortillas	<input type="checkbox"/> Sunflower seeds – 1 bag
	<input type="checkbox"/> Basil – 1 bunch or carton		<input type="checkbox"/> Coconut flakes, unsweetened – 1 bag
	<input type="checkbox"/> Bell peppers – 8		<input type="checkbox"/> Dried cranberries – 1 bag
	<input type="checkbox"/> Broccoli – 1 head, 2 if small		<input type="checkbox"/> Flax meal (ground flaxseed) – 1 bag
	<input type="checkbox"/> Cauliflower – 1 head, 2 if small		<input type="checkbox"/> Whole-wheat hamburger buns – 1 bag
	<input type="checkbox"/> Celery – 2 stalks or 1 bunch		<input type="checkbox"/> Whole-wheat tortillas, 6-inch – 1 package
	<input type="checkbox"/> Clementines – 1 bag		<input type="checkbox"/> Whole-wheat bread – 1 loaf
	<input type="checkbox"/> Grapes – 1 bag	Cereal/Breakfast	<input type="checkbox"/> Steel-cut oats – 1 small bag or cannister
	<input type="checkbox"/> Grape tomatoes – 2 cartons	Rice/Grains/ Dried Legumes	<input type="checkbox"/> Lentils, dried, green or brown – 1 bag
	<input type="checkbox"/> Cilantro – 1 bunch		<input type="checkbox"/> Brown rice – 2 bags, 1 if large
	<input type="checkbox"/> Cucumber – 1	Canned Foods	<input type="checkbox"/> Quinoa – 1 bag
	<input type="checkbox"/> Eggplant – 1 medium		<input type="checkbox"/> Black beans – 2 (15-ounce) cans
	<input type="checkbox"/> Garlic – 1 bulb		<input type="checkbox"/> Pinto beans – 2 (15-ounce) cans
	<input type="checkbox"/> Kale – 1 bunch		<input type="checkbox"/> Kidney beans – 1 (15-ounce) can
	<input type="checkbox"/> Limes – 3		<input type="checkbox"/> Coconut milk – 1 (13.5-ounce) can
	<input type="checkbox"/> Mushrooms – 1 (8-ounce) container		<input type="checkbox"/> Crushed tomatoes – 1 (15-ounce) can
	<input type="checkbox"/> Onions – 7 medium, 4 if large		<input type="checkbox"/> Crushed tomatoes – 1 (28-ounce) can
<input type="checkbox"/> Raspberries – 2 cartons	Dairy/Eggs	<input type="checkbox"/> Vegetable broth, low-sodium – 2 (32-ounce) cartons	
<input type="checkbox"/> Sweet potatoes – 2 large		<input type="checkbox"/> Tofu – 1 (14- to 16-ounce) block	
<input type="checkbox"/> Tomatoes – 5	Frozen Foods	<input type="checkbox"/> Eggs – 2 dozen	
<input type="checkbox"/> Potatoes – 2 medium		<input type="checkbox"/> Blueberries – 1 (16-ounce) bag	
<input type="checkbox"/> Yellow squash – 1		<input type="checkbox"/> Strawberries – 1 (10-ounce) bag	
<input type="checkbox"/> Zucchini – 1		<input type="checkbox"/> Edamame, shelled – 1 (10-ounce) bag	
			<input type="checkbox"/> Stir-fry vegetables – 1 (16-ounce) bag

Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Notes

Weekly Meal Plan Inventory

Day	Items on Hand	Items Needed

Shopping List

Store Section	Items to Purchase	Store Section	Items to Purchase
Produce		Frozen Food	
Dairy/Eggs		Breads/Tortillas	
Condiments		Cereal/Breakfast	
Baking/Oils/ Spices		Rice/Grains/ Dried Legumes	
Canned Foods		Other Dry Goods	



Stocking Your Plant-Based Kitchen

Eating plant-based means you are including more plant foods than animal foods. A plant-based eating pattern may help to lower risk for heart disease, obesity, and high blood pressure, as well as improve outcomes for those with diabetes and chronic kidney disease (CKD).

Having a kitchen stocked with shelf-stable plant-based foods can make it easier to get meals on the table. Use this list as a guide for items to keep on hand. Keep in mind that, depending on what you like to cook, you may not need every one of these items in your own kitchen. Use the blank spaces to add your own ideas.

Remember to go through your refrigerator and pantry regularly to check the expiration dates. Make it a habit to move older items to the front of your shelves so they can be used before newer items.

Canned and Dried Legumes

- | | | |
|-----------------------------------------------------|-----------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Red lentils | <input type="checkbox"/> Black beans | <input type="checkbox"/> Red lentil pasta |
| <input type="checkbox"/> Green lentils | <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Black bean pasta |
| <input type="checkbox"/> Chickpeas (garbanzo beans) | <input type="checkbox"/> Cannellini beans | <input type="checkbox"/> Chickpea pasta |
| <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Great northern beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Navy beans | <input type="checkbox"/> Pinto beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Split peas | <input type="checkbox"/> Green peas | <input type="checkbox"/> _____ |

Refrigerated Dairy and Meat Alternatives

- | | | |
|---------------------------------|-------------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Tofu | <input type="checkbox"/> Cheese or vegan cheese | <input type="checkbox"/> Veggie burgers |
| <input type="checkbox"/> Seitan | <input type="checkbox"/> Milk or non-dairy milk alternative | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tempeh | <input type="checkbox"/> Yogurt or vegan yogurt | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Eggs | <input type="checkbox"/> _____ |

Grains

- | | | |
|----------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> Whole-grain bread | <input type="checkbox"/> Oats | <input type="checkbox"/> Non-wheat noodles (e.g. rice, udon, soba) |
| <input type="checkbox"/> Whole-grain cereals | <input type="checkbox"/> Bulgur (cracked wheat) | <input type="checkbox"/> Whole-grain tortillas or wraps |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Whole-grain pasta | <input type="checkbox"/> Corn tortillas |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Couscous | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Popcorn | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Baking and pancake mix | <input type="checkbox"/> _____ |

Nuts and Seeds

- | | | |
|-----------------------------------------------|----------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Pepitas (green pumpkin seeds) | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Hemp hearts (hulled hemp seeds) | <input type="checkbox"/> Brazil nuts |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Nut or seed butter |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Ground flaxseed (flax meal) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hazelnuts (filberts) | <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> _____ |

Cooking and Baking Products

- | | | |
|--------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Brown sugar | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Canola oil | <input type="checkbox"/> Honey or maple syrup | <input type="checkbox"/> Dried fruit |
| <input type="checkbox"/> Baking powder | <input type="checkbox"/> Shelf-stable almond or soy milk | <input type="checkbox"/> Vinegar (e.g. balsamic, red wine) |
| <input type="checkbox"/> Baking soda | <input type="checkbox"/> Unsweetened cocoa powder | <input type="checkbox"/> Low-sodium vegetable broth |
| <input type="checkbox"/> All-purpose flour | <input type="checkbox"/> Chocolate chips | <input type="checkbox"/> Canned tomatoes |
| <input type="checkbox"/> Whole-wheat flour | <input type="checkbox"/> Cornmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Panko breadcrumbs | <input type="checkbox"/> _____ |

Herbs, Spices, and Seasonings

- | | | |
|-----------------------------------------|-----------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Italian seasoning blend |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Thyme | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Cloves | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Dry mustard |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Ground coriander |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Paprika | <input type="checkbox"/> _____ |

Frozen Fruits and Vegetables

- | | | |
|-------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Berries | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Bananas (peeled, halved or sliced) | <input type="checkbox"/> Corn | <input type="checkbox"/> Ginger (peeled, frozen from fresh) |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Green peas | <input type="checkbox"/> Edamame/mukimame |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Bell pepper and onion mix | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Diced onions | <input type="checkbox"/> _____ |

Pantry/Countertop Fruits and Vegetables*

- | | | |
|-----------------------------------|-------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Winter squash (e.g. butternut, acorn) |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Spaghetti squash | <input type="checkbox"/> _____ |

Refrigerated Fruits and Vegetables*

- | | | |
|----------------------------------|---------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Pears | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Limes | <input type="checkbox"/> Beets (greens removed) | <input type="checkbox"/> Radishes (greens removed) |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Carrots (greens removed) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cabbage | <input type="checkbox"/> _____ |

*These items are considered perishable, but are shelf-stable for a week to over a month when stored properly



Reducing Your Food Waste

According to Feeding America, 25-40% of all the food grown, processed, and transported in the United States will never be eaten. Food waste is not only bad for the environment, but it also means wasted money for you.

Use these tips to help reduce food waste in your kitchen:

Make a Food Plan

- Plan meals and snacks in advance.
- Shop from a list, based on the plan you made.
- Cook only what is going to be eaten, or create a plan to use up any leftovers.

Shop Wisely for Ingredients

Produce

- Avoid produce with cuts, holes, bruises, sunken spots, moldy spots on the skin, or strong unpleasant odors.
- Avoid leafy greens that appear limp or damaged.

Fish and Shellfish

- If buying fresh fish or seafood, plan to cook it or freeze it the day you buy it.
- Purchase frozen or canned fish and shellfish for longer shelf-life.

Dairy and Refrigerated

- Choose the package with the furthest expiration date (or use-by, best-by, or sell-by date).
- Some cheese varieties should have visible mold (i.e. bleu cheese, gorgonzola) but avoid mold in other varieties.

Eggs

- Choose the carton with the furthest sell-by date.
- Check your eggs, avoiding those that stick to the carton and those that have cracks or wet spots.

Meat and Poultry

- Avoid any meat or poultry that is discolored or has a strong odor.
- Avoid packages of meat or poultry that are damaged, leaking, or torn.

Canned Foods

- Choose cans with the furthest expiration date (or use-by, best-by, or sell-by date).
- Avoid cans that are dented, bulging, or dusty.

Frozen Foods

- Choose the frozen food package with the furthest expiration date (or use-by, best-by, or sell-by date).
- Avoid frozen food packages with visible ice crystals or with pieces of the food clumped together.

Ensure a Longer Shelf-Life

- Keep food packages tightly sealed in the refrigerator or in a cool, dry place, depending on the item. Most shelf-stable items should be refrigerated after opening.
- Make it easy for yourself to follow the “first in, first out” rule by placing new items behind older items on your shelves.
- Once a food is opened, keep it fresh and safe. Avoid putting a contaminated spoon or knife back into the container (double-dipping).

Understand Product Dates

- One source of food waste comes from consumers and stores throwing away food because of confusion about the meaning of the dates displayed on the label.
- Manufacturers print dates on packages to help consumers and retailers decide when food is of best quality. After these dates, the quality may deteriorate. However, most products are still safe if handled and stored properly.
- Spoiled foods will develop an off odor, flavor, color, or texture. If a food meets any of these criteria, it should be thrown away and not be eaten.
- Food banks and shelters can still accept donated food that has passed the printed date. They will inspect the food for safety and spoilage.

Types of product dates and what they mean:

- **Best-by:** Indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- **Sell-by:** Tells the store how long to display the product for sale for inventory management. It is not a safety date.
- **Use-by:** The last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula.

Store Food Properly

All food goes bad eventually, but where and how food is stored plays a crucial role in how quickly this happens.

Refrigerator	Freezer
Eggs	Foods from the freezer section
Dairy products	Perishable foods you will not be using right away:
Opened condiment containers and canned foods (take the item out of the can for storage)	<ul style="list-style-type: none"> Meat, poultry, fish, shellfish Cooked or partially cooked vegetables
Meat, poultry, fish, shellfish	<ul style="list-style-type: none"> Fruit Cooked whole grains
Leftovers	<ul style="list-style-type: none"> Bread Fresh ginger
Fresh herbs, except basil (with the stem ends in water)	<ul style="list-style-type: none"> Tortillas Shredded cheese
Cut or peeled vegetables and fruits	Baking yeast
Tofu and tempeh	Countertop
Certain vegetables:	Fresh basil (with the stem ends in water)
<ul style="list-style-type: none"> Artichokes Green beans Asparagus* Green onions* Beets Leafy greens Belgian endive Leeks Broccoli Lettuce Brussels sprouts Mushrooms Cabbage Okra (in paper bag) Carrots Peas Cauliflower Peppers Celery Radishes Cucumbers Summer squash Eggplant Winter greens 	Certain fruit:
	<ul style="list-style-type: none"> Apples (<7 days) Persimmons Bananas Plantains Citrus (<7 days) Pomegranates Melons
	Counter until ripened, then move to the refrigerator:
	<ul style="list-style-type: none"> Avocados Papaya Guava Peaches Kiwi Pears Nectarines Plums Mangoes Tomatoes
	Cupboard or Pantry
	Certain vegetables (keep in a cool, well-ventilated area):
	<ul style="list-style-type: none"> Garlic Sweet potatoes Onions Jicama Potatoes Winter squash
Certain fruit:	Dry goods (e.g. salt, spices, sugar, baking powder, baking soda, most oils, most flours, canned foods, vinegar, honey, dried fruit, dried beans)
<ul style="list-style-type: none"> Apples (>7 days) Citrus (>7 days) Apricots Fresh figs Asian pears Grapes Berries Pineapple Cherries 	
*with the root ends or stem ends in water	

Breakfast Recipes



Banana-Oat Chia Pudding

Prep: 10 minutes | Chill: 6 hours | Total: 6 hours 10 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 cup uncooked old fashioned (rolled) oats
- 1 cup plain nonfat Greek yogurt
- 2 tablespoons honey or maple syrup
- 1 pinch salt
- 1½ cups lowfat (1%) milk
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 2 ripe to overripe medium bananas, chopped (about 1 cup)

Directions

1. In a large (~4-cup) storage container or quart-size mason jar, stir together the oats, yogurt, honey or maple syrup, and salt.
2. Add the milk, chia seeds, and vanilla. Stir or close the lid and shake until well combined.
3. Add the bananas and gently stir or shake to combine.
4. Cover the container with the lid or plastic wrap and place in the refrigerator. Let sit until the oats and chia seeds are softened and the liquid is mostly absorbed, at least 6 hours and up to overnight.
5. Serve cold, or warm briefly in the microwave (about 1 minute) if desired.

Recipe Notes

- Loaded with filling plant-based protein, chia pudding works well as a breakfast entrée, a snack, or a dessert.
- This chia pudding will keep in the refrigerator for up to 4 days.
- For a smoother texture, flax meal (ground flaxseed) can be used in place of the chia seeds. For extra crunch, sprinkle with chopped toasted almonds or walnuts right before serving.
- An unsweetened non-dairy milk alternative (e.g. soy milk, almond milk) can be used, if desired.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 105 mg | Total Carbohydrate: 49.5 g | Dietary Fiber: 9 g | Protein: 14.5 g**

Cinnamon-Raisin Overnight Oatmeal

Prep: 10 minutes | Chill: 6 hours | Total: 6 hours 10 minutes

Yield: 2 servings | Serving Size: ~1½ cups

Ingredients

2 cups unsweetened soy milk

1 tablespoon flax meal (ground flaxseed)

½ teaspoon ground cinnamon

1 pinch salt

1 cup uncooked old fashioned (rolled) oats

1 medium sweet or sweet-tart apple, chopped (about ¾ cup; e.g. Gala, Fuji, Honeycrisp, Pink Lady)

¼ cup toasted walnuts, chopped

¼ cup raisins

Directions

1. Add the soy milk, flax meal, cinnamon, and salt to a storage container (~4-cup capacity) or medium mixing bowl. Whisk with a fork to combine.
2. Add the oats, apple, walnuts, and raisins. Stir to combine.
3. Cover the container with the lid or plastic wrap and place in the refrigerator. Let sit until the oats are softened and the liquid is mostly absorbed, at least 6 hours and up to overnight.
4. Serve cold, or warm briefly in the microwave (about 1 minute) if desired.

Recipe Notes

- For more fruit flavor, top with fresh fruit such as berries or sliced banana right before serving.



**Nutrition Facts Per Serving: Calories: 460 | Total Fat: 17.5 g | Saturated Fat: 1.5 g
Sodium: 160 mg | Total Carbohydrate: 64.5 g | Dietary Fiber: 12 g | Protein: 18 g**



Microwave Blueberry-Walnut Oatmeal

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

- 1 cup frozen blueberries, divided
- 1 cup old fashioned (rolled) oats
- 1¾ cups unsweetened soy milk
- 2 teaspoons ground cinnamon
- 4 tablespoons (¼ cup) toasted walnuts, chopped, divided
- 4 tablespoons (¼ cup) dried cranberries, divided

Directions

1. Gather two individual serving bowls and add ½ cup of the blueberries to each bowl. Set aside.
2. In a separate medium to large microwave-safe bowl, stir together the oats, soy milk, and cinnamon.
3. Microwave on high power (default setting) until creamy, about 2-3 minutes.
4. Divide the oat mixture between the bowls with the blueberries (~1½ cups in each).
5. Top each with 2 tablespoons of the walnuts and 2 tablespoons of the dried cranberries, then serve warm.

Recipe Notes

- Try other flavor combinations, such as frozen mango with raisins and cashews or frozen strawberries with chopped dates and sliced almonds.
- Cow's milk or another non-dairy milk alternative (e.g. almond milk, coconut milk) can be used in place of the soy milk, if desired.

**Nutrition Facts Per Serving: Calories: 425 | Total Fat: 16 g | Saturated Fat: 1.5 g
Sodium: 110 mg | Total Carbohydrate: 58.5 g | Dietary Fiber: 9.5 g | Protein: 16.5 g**



Slow Cooker Apple Harvest Oatmeal

Prep: 10 minutes | Cook: 8 hours | Total: 8 hours 10 minutes

Yield: 6 servings | Serving Size: ~1½ cups

Ingredients

Nonstick cooking spray

5 cups water

2 cups (16 ounces) 100% apple juice or apple cider

2 medium sweet or sweet-tart apples, chopped (about 2 cups; e.g. Gala, Fuji, Honeycrisp, Pink Lady)

1 tablespoon ground cinnamon

½ teaspoon salt

2 cups uncooked steel-cut oats

½ cup raisins

½ cup toasted walnuts, chopped

½ cup unsweetened shredded or flaked coconut, toasted if desired

Directions

1. Spray the inside of a slow cooker insert with nonstick spray.
2. Add the water, apple juice or apple cider, apples, and cinnamon.
3. Add the oats, raisins, walnuts, and coconut. Press down to submerge in the liquid.
4. Cover the slow cooker with the lid and cook on low for 8 hours.
5. Serve warm.

Recipe Notes

- Another dried fruit can be used in place of the raisins, if desired, chopped into smaller pieces if large.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 9.5 g | Saturated Fat: 2.5 g
Sodium: 210 mg | Total Carbohydrate: 41.5 g | Dietary Fiber: 6 g | Protein: 5.5 g**



Strawberry-Pineapple Green Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 smoothie (~2 cups)

Ingredients

1½ cups almond milk

1 frozen ripe medium banana (peel and slice before freezing)

1 cup fresh or frozen strawberries, tops removed if desired

1 cup fresh or frozen chopped pineapple

2 tablespoons almond butter

1 tablespoon flax meal (ground flaxseed) or chia seeds

2 cups loosely packed fresh spinach (or ½ cup frozen chopped spinach)

½ cup ice cubes (optional)

Directions

1. Add the almond milk to the blender, followed by the banana, strawberries, and pineapple.
2. Pulse to chop up the fruit, then add the almond butter, flax meal or chia seeds, spinach, and ice (if using).
3. Blend until smooth, about 2-3 minutes, stopping to stir the mixture as needed.
4. Serve cold.

Recipe Notes

- Leftovers can be stored in the refrigerator for up to 24 hours, or frozen into popsicles for up to 3 months.
- Cow's milk or another non-dairy milk alternative (e.g. almond milk, coconut milk) can be used in place of the soy milk, if desired.

**Nutrition Facts Per Serving: Calories: 535 | Total Fat: 27 g | Saturated Fat: 2 g
Sodium: 330 mg | Total Carbohydrate: 73 g | Dietary Fiber: 16.5 g | Protein: 14.5 g**

Green Machine Fruit Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 smoothie (~2 cups)

Ingredients

- 1 cup unsweetened soy milk
- 1 ripe to overripe medium banana
- 1 cup frozen fruit (any type or a combination; e.g. mango, strawberries, cherries, peaches, pineapple)
- 1 tablespoon flax meal (ground flaxseed)
- 1 cup loosely packed fresh spinach (or ¼ cup frozen chopped spinach)

Directions

1. Add the milk to the blender, followed by the banana and selected frozen fruit.
2. Pulse to chop up the fruit, then add the flax meal and spinach.
3. Blend until smooth, stopping to stir the mixture as needed, about 2-3 minutes.
4. Serve cold.

Recipe Notes

- Leftovers can be stored in the refrigerator for up to 24 hours, or frozen into popsicles for up to 3 months.
- Another leafy green can be used in place of the spinach, if desired. Mild flavored greens such as parsley or lacinato kale work best.
- Cow's milk or another non-dairy milk alternative (e.g. almond milk, coconut milk) can be used in place of the soy milk, if desired.
- For a thinner consistency, add water or more soy milk. For a thicker milkshake-like consistency, peel and slice the banana and then freeze it for at least 4 hours.

**Nutrition Facts Per Serving: Calories: 335 | Total Fat: 7.5 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 61.5 g | Dietary Fiber: 10 g | Protein: 11.5 g**



Banana Bread Baked Oatmeal

Prep: 10 minutes | Cook: 40 minutes | Chill: 20 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 1 (4-inch) square without optional toppings

Ingredients

Nonstick cooking spray
2 overripe medium bananas
½ teaspoon salt
½ teaspoon ground cinnamon
1 pinch ground nutmeg
2 tablespoons flax meal (ground flaxseed)
⅓ cup water
⅓ cup maple syrup
2 tablespoons olive oil
1 teaspoon vanilla extract
2 cups uncooked old fashioned (rolled) oats
1 cup toasted walnuts, chopped
2 teaspoons baking powder
1½ cups unsweetened soy milk
Optional toppings: Soy milk, banana, hemp hearts, pepitas (green pumpkin seeds), peanut butter

Directions

1. Preheat the oven to 350°F.
2. Coat the inside of an 8x8-inch baking dish with nonstick cooking spray, then set aside.
3. Peel the bananas into a large mixing bowl. Add the salt, cinnamon, and nutmeg, then mash with a fork until smooth.
4. Add the flax meal, water, maple syrup, oil, and vanilla. Stir to combine, then let sit for 10 minutes.
5. Add the oats, walnuts, and baking powder. Stir to combine, then add the soy milk and stir again.
6. Transfer the mixture to the prepared baking dish, spreading it into an even layer.
7. Bake uncovered until fully set and golden-brown, about 40-45 minutes. The center should be firm when tapped and not indent.
8. Let cool for 7-10 minutes, then cut into four squares.
9. Serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 345 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 425 mg | Total Carbohydrate: 63 g | Dietary Fiber: 7 g | Protein: 7 g**



Breakfast Egg Muffins

Prep: 20 minutes | Cook: 30 minutes | Chill: 10 minutes | Total: 1 hour

Yield: 6 servings | Serving Size: 2 egg muffins

Ingredients

Nonstick cooking spray
1 tablespoon olive oil
½ cup diced onion (about ½ medium onion)
½ cup diced bell pepper (about ½ medium bell pepper)
½ cup diced grape or cherry tomatoes (about 8 cherry tomatoes or 12 grape tomatoes)
1 cup loosely packed fresh spinach, chopped
3 cloves garlic, minced (about 1½ teaspoons)
12 eggs
¾ cup lowfat (1%) milk
½ teaspoon salt
¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 350°F.
2. Prepare a 12-cup (standard size) muffin tin by spraying each cup with nonstick cooking spray. Set aside.
3. Heat a medium skillet over medium heat. Add the oil and heat until shimmering.
4. Add the onion, bell pepper, and tomatoes. Cook until the onion is softened, about 5-7 minutes, stirring often.
5. Add the spinach and garlic. Cook and stir until it is wilted, about 1-2 minutes. Remove from the heat and set aside.
6. In a large mixing bowl, whisk together the eggs, milk, salt and black pepper. Add the vegetables and stir to combine.
7. Divide the egg-vegetable mixture between the muffin tin cups (~⅓ cup each).
8. Bake until the eggs are fully set, about 20-25 minutes.
9. Let cool completely, about 7-10 minutes, then carefully remove each muffin from the pan. Serve warm.

Recipe Notes

- These egg muffins will keep in the refrigerator for up to 4 days, or in the freezer for up to 2 months.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 355 g | Total Carbohydrate: 6.5 g | Dietary Fiber: 1 g | Protein: 15 g**



Peanut Butter-Berry Toast

Prep: 2 minutes | Cook: 3 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 2 English muffin halves with toppings

Ingredients

1 whole-wheat English muffin, split horizontally into halves

2 tablespoons peanut butter

½ cup raspberries

Directions

1. Place each English muffin half into one slot of a toaster. Toast to desired color and crispness.
2. Spread 1 tablespoon of the peanut butter onto each toasted English muffin half.
3. Top each with ¼ cup of the raspberries.
4. Serve warm.

Recipe Notes

- Whole-wheat sandwich bread slices or a sandwich thin can be used in place of the English muffin.
- Another nut butter or a seed butter can be used in place of the peanut butter. Some examples include almond butter, cashew butter, and sunflower seed butter.
- Feel free to use another fruit in place of the raspberries, such as blueberries, sliced strawberries, sliced apple, or sliced banana.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 17.5 g | Saturated Fat: 4 g
Sodium: 390 mg | Total Carbohydrate: 39 g | Dietary Fiber: 8 g | Protein: 14 g**



Vegan Breakfast Tacos

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 3 servings | Serving Size: 2 tacos without optional toppings

Ingredients

- 1 tablespoon olive oil
- 1 (14- to 16-ounce) block soft tofu, drained
- 3 tablespoons nutritional yeast seasoning (see Recipe Notes)
- ½ teaspoon garlic powder
- ½ teaspoon ground turmeric
- ¼ teaspoon ground black pepper
- 1 pinch salt
- 6 (6-inch) corn tortillas
- 6 tablespoons (~⅓ cup) salsa, divided
- 1 avocado, thinly sliced, divided
- Optional toppings: Hot sauce, lime juice, cilantro

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the tofu, nutritional yeast, garlic powder, turmeric, black pepper, and salt.
4. Use a heat-resistant mixing spoon or rubber spatula to gently break the tofu into bite-sized pieces.
5. Cook and stir until most of the liquid from the tofu has evaporated, about 4-6 minutes, stirring often.
6. Wrap the tortillas in a damp paper towel and microwave on high power (default setting) until warm, about 30 seconds.
7. Divide the tofu mixture between the tortillas. Top each with 1 tablespoon of the salsa and a sixth of the avocado slices.
8. Serve warm, adding toppings as desired.

Recipe Notes

- Look for nutritional yeast in the baking and seasoning aisle or in the bulk bin section at your grocery store. With its cheese-like flavor, it makes a nice addition to these breakfast tacos. However, you can leave it out if you prefer.

**Nutrition Facts Per Serving: Calories: 445 | Total Fat: 25 g | Saturated Fat: 4.5 g
Sodium: 280 mg | Total Carbohydrate: 38.5 g | Dietary Fiber: 11.5 g | Protein: 23.5 g**

Lunch and Dinner Recipes



Lentil Sloppy Joes

Prep: 20 minutes | Cook: 45 minutes | Total: 1 hour 5 minutes

Yield: 4 servings | Serving Size: 1 sloppy joe sandwich

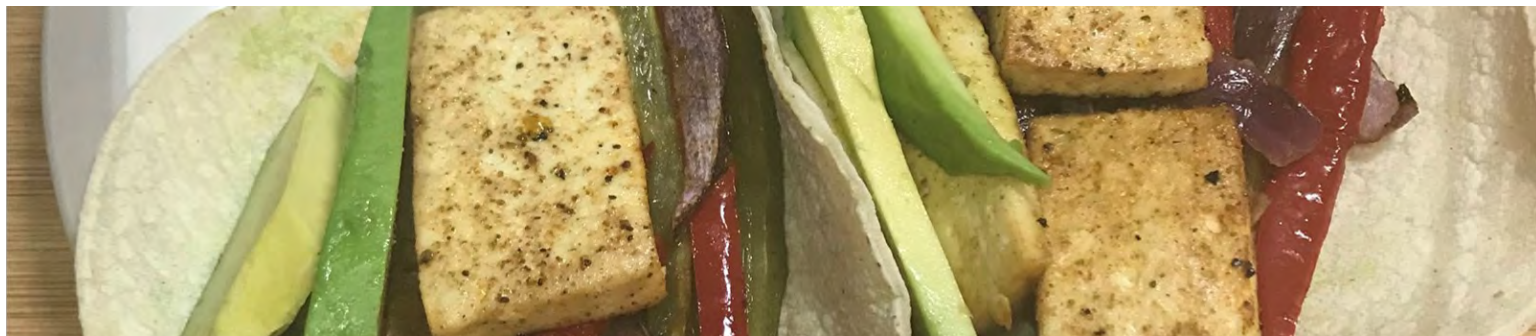
Ingredients

- 1 tablespoon oil
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 1 medium carrot, shredded (about ½ cup)
- 1 tablespoon chili powder
- 2 cloves garlic, minced (about 1 teaspoon)
- ½ cup uncooked red lentils, picked through, rinsed
- 1½-2 cups (12-16 ounces) low-sodium vegetable broth
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 tablespoon tomato paste
- 1 tablespoon reduced-sodium (lite) soy sauce
- 2 teaspoons yellow or Dijon mustard
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey
- 4 whole-wheat hamburger buns, split into halves

Directions

1. Heat a large sauté pan or saucepan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper, onion, and carrot. Cook until softened, about 6-8 minutes, stirring often.
4. Add the chili powder and garlic. Cook and stir until fragrant, about 1 minute.
5. Add the lentils and 1½ cups of broth. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cook uncovered until the lentils are tender and most of the broth is absorbed, about 15-20 minutes. Add up to ½ cup more broth if the broth absorbs before the lentils are done.
7. Add the diced tomatoes with their juice, tomato sauce, tomato paste, mustard, vinegar, soy sauce, and honey.
8. Bring to a simmer, then continue cooking uncovered until thickened, about 9-11 minutes, stirring occasionally.
9. Toast the hamburger buns, if desired, then top each bottom bun half with a quarter of the lentil mixture. Place the top bun halves on each to make sandwiches.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 7 g | Saturated Fat: 0.5 g
Sodium: 625 mg | Total Carbohydrate: 41.5 g | Dietary Fiber: 7.5 g | Protein: 8.5 g**



Baked Meatless Fajitas

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 2 fajitas (tortillas with filling)

Ingredients

- 3 tablespoons olive oil
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne
- 1 (14- to 16-ounce) block extra firm tofu, drained
- 1 medium green bell pepper, thinly sliced (about 2 cups)
- 1 medium red bell pepper, thinly sliced (about 2 cups)
- 1 medium onion, thinly sliced (about 2 cups)
- 8 (6-inch) corn tortillas
- 1 avocado, thinly sliced, divided

Directions

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil and set aside.
2. In a large mixing bowl, whisk together the oil, paprika, salt, black pepper, cumin, garlic powder, and cayenne. Set aside.
3. Wrap the drained tofu in a clean dish towel and gently press to remove excess water, then remove the tofu from the towel and cut it into ¼-inch-thick strips.
4. Place the tofu strips in a single layer on one side of the prepared baking sheet, then brush on both sides with some of the oil-seasoning mixture. Set aside.
5. Add the bell peppers and onion to the bowl with the remaining oil-seasoning mixture and toss to coat. Transfer the mixture to the other side of the baking sheet and spread into an even layer.
6. Bake until well-browned, about 20-25 minutes.
7. Wrap the tortillas in a damp paper towel and microwave on high power (default setting) until warm, about 30 seconds.
8. Divide the tofu strips, pepper-onion mixture, and avocado between the tortillas, then serve warm.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 23.5 g | Saturated Fat: 3.5 g
Sodium: 625 mg | Total Carbohydrate: 32 g | Dietary Fiber: 8.5 g | Protein: 13.5 g**



Black Bean and Sweet Potato Quesadillas

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 quesadilla without optional toppings

Ingredients

1 medium (8- to 10-ounce) sweet potato
1 (15-ounce) can no-salt-added black beans, drained and rinsed
½ cup shredded cheese or cheese blend (e.g. cheddar, mozzarella, Mexican style blend)
½ teaspoon sweet or smoked paprika
½ teaspoon ground cumin
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon ground black pepper
¼ teaspoon salt
⅓ cup minced cilantro
4 (8-inch) whole-wheat tortillas
Nonstick cooking spray
Optional toppings: Lime juice, plain Greek yogurt, salsa or Pico de Gallo, avocado, guacamole

Directions

1. Poke the skin of the sweet potato all over with a fork. Place in the microwave and cook on high power (default setting) until fork-tender, about 3-5 minutes on each side.
2. Carefully cut the sweet potato in half lengthwise, then scrape the flesh off the skin and into a medium mixing bowl.
3. Add the cheese, paprika, cumin, garlic powder, onion powder, black pepper, and salt. Mash together with a fork.
4. Add the black beans and cilantro, then stir to combine.
5. Spray one side of each tortilla with nonstick cooking spray, then place spray-side-down on a clean cutting board.
6. Place a quarter of the sweet potato-bean mixture (~½ cup) onto one half of each tortilla. Fold the other half of each tortilla over the filling to make quesadillas.
7. Heat a large skillet over medium heat.
8. Working in batches as needed, add the quesadillas and cook until golden-brown, about 2-4 minutes on each side.
9. Cut the quesadillas into wedges and serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 390 | Total Fat: 9.5 g | Saturated Fat: 5 g
Sodium: 740 mg | Total Carbohydrate: 62 g | Dietary Fiber: 12 g | Protein: 16 g**



Black Bean Vegetable Tacos

Prep: 20 minutes | Cook: 20 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

2 limes
1 tablespoon olive oil
1 medium zucchini or yellow summer squash, diced (about 2 cups)
1 medium bell pepper, diced (about 1 cup)
1 medium onion, diced (about 1 cup)
2 tablespoons low-sodium taco seasoning (store-bought or [homemade](#))
1 (15-ounce) can no-salt-added black beans, drained and rinsed
8 (8-inch) whole-wheat tortillas
1 avocado, diced, divided
8 tablespoons (½ cup) salsa, divided
2 cups chopped Romaine lettuce
Optional toppings: Cilantro, jalapeño, hot sauce

Directions

1. Cut 1 of the limes into eight wedges and juice the remaining 1 lime into a small bowl. Set aside.
2. Heat a large skillet or sauté pan over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the zucchini or summer squash, bell pepper, and onions. Cook until crisp-tender and beginning to brown, about 6-8 minutes, stirring often.
5. Add the taco seasoning. Cook and stir until fragrant, about 1-2 minutes.
6. Add the beans and 1 tablespoon of the lime juice. Stir to combine, then continue cooking until warmed through and the vegetables are tender, about 2-5 minutes.
7. Wrap the tortillas in a damp paper towel and microwave on high power (default setting) until warm, about 30 seconds.
8. Divide the bean-vegetable mixture between the tortillas. Top each with 1 tablespoon of the salsa, an eighth of the avocado (~1 tablespoon), and ¼ cup of the lettuce.
9. Serve warm with the lime wedges, squeezing on juice to taste.

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 15.5 g | Saturated Fat: 3 g
Sodium: 530 mg | Total Carbohydrate: 52.5 g | Dietary Fiber: 14 g | Protein: 10 g**



Chickpea Tacos with Spicy Slaw

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

- 3 tablespoons lime juice, divided
- 2 tablespoons olive oil, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- 1 cup shredded cabbage or coleslaw mix
- ½ cup thinly sliced bell pepper
- ½ cup thinly sliced onion
- 2 tablespoons minced fresh cilantro
- 1 jalapeño, seeded and minced
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 8 (6-inch) corn tortillas
- 1 avocado, thinly sliced
- 8 tablespoons (½ cup) crumbled feta, divided

Directions

1. In a medium mixing bowl, whisk together 2 tablespoons of the lime juice, 1 tablespoon of the oil, ¼ teaspoon of the salt, and ¼ teaspoon of the black pepper.
2. Add the cabbage or coleslaw mix, bell pepper, onion, cilantro, and jalapeño. Toss to combine, then set aside.
3. In a medium skillet or sauté pan, stir the beans with the remaining 1 tablespoon of oil, ¼ teaspoon of salt, and ¼ teaspoon of black pepper.
4. Place the pan over medium-high heat. Once sizzling, add the cumin, chili powder, and garlic powder. Cook and stir until the beans are golden-brown, about 7-9 minutes.
5. Add the remaining 1 tablespoon of lime juice. Stir to combine, then remove from heat.
6. Wrap the tortillas in a damp paper towel and microwave on high power (default setting) until warm, about 30 seconds.
7. Divide the bean mixture between the tortillas (~¼ cup each), then top each with an eighth of the avocado slices, 1 tablespoon of the feta, and an eighth of the cabbage mixture (~¼ cup each). Serve warm.

**Nutrition Facts Per Serving: Calories: 380 | Total Fat: 20.5 g | Saturated Fat: 5 g
Sodium: 520 mg | Total Carbohydrate: 43 g | Dietary Fiber: 8.5 g | Protein: 9.5 g**



Plant-Based Lentil Taco Meat

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 14 servings | Serving Size: ½ cup

Ingredients

- 1 tablespoon olive oil
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 4 cloves garlic, minced (about 2 teaspoons)
- 2-3 tablespoons chili powder, to taste
- 2 teaspoons ground cumin
- 1 pound (16 ounces) uncooked green or brown lentils, picked through and rinsed
- 5 cups water
- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon molasses
- 2-3 tablespoons red wine vinegar, to taste

Directions

1. Heat a large stockpot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the bell pepper and onion. Cook until softened, about 6-8 minutes, stirring often.
4. Add the garlic, chili powder, and cumin. Cook and stir until fragrant, about 1 minute.
5. Add the lentils, water, crushed tomatoes, molasses, and vinegar. Stir to combine.
6. Bring to boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the lentils are tender and most of the liquid is absorbed, about 25-30 minutes.
8. Use right away as desired, or store for later use (see Recipe Notes).

Recipe Notes

- Add this lentil taco meat to tortillas to make tacos or use in any meal that calls for traditional taco meat (e.g. taco salads, burritos or burrito bowls, tostadas, nachos), then top it off with your favorite garnishes. Some ideas include cilantro, lime juice, shredded cheese, lettuce, tomatoes, olives, and plain Greek yogurt.
- This lentil taco meat will keep in the refrigerator for up to 7 days or in the freezer for up to 6 months.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 1.5 g | Saturated Fat: 0 g
Sodium: 45 mg | Total Carbohydrate: 25 g | Dietary Fiber: 5 g | Protein: 8.5 g**



Simple Vegetable Stir-Fry over Rice

Prep: 10 minutes | Cook: 1 hour | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

- 1½ cups uncooked brown rice
- 3 cups water
- 1 tablespoon canola or avocado oil
- 1 (16-ounce) bag frozen stir-fry vegetables
- 1 (10-ounce) bag frozen shelled edamame (mukimame)
- 2 tablespoons lite (reduced-sodium) soy sauce
- 1-2 tablespoons red chili hot sauce, to taste
- ½ tablespoon toasted sesame oil
- 2 cloves garlic, minced (about 1 teaspoon)
- ½ teaspoon ground dried ginger (or 2 teaspoons grated fresh ginger)

Recipe Notes

- Leftover cooked brown rice or any other whole grain can be used in place of the uncooked rice and water. Substitute 3-4 cups of the cooked grain and skip step 1.
- This recipe does not use the sauce packet that comes with some bags of frozen stir-fry vegetables. The sauce packet can be kept in the freezer for use in another recipe, if desired.

Directions

1. Add the brown rice and water to a large saucepan and bring to a boil over high heat. Reduce the heat to maintain a simmer and cover with a lid, then cook until the rice is tender, about 45-60 minutes.
2. During the last 15-20 minutes of the rice cooking time, heat a large sauté pan, skillet, or wok over medium-high heat.
3. Add the canola or avocado oil, stir-fry vegetables, and edamame. Cook and stir until thawed and beginning to soften, about 4-6 minutes.
4. Add the soy sauce, hot sauce, sesame oil, garlic, and ginger. Cook and stir until fragrant, about 1 minute.
5. Divide the cooked rice between four serving bowls (~1 cup in each), then top each with a quarter of the vegetable mixture (~1 cup).
6. Serve warm.

**Nutrition Facts Per Serving: Calories: 410 | Total Fat: 9.5 g | Saturated Fat: 1 g
Sodium: 285 mg | Total Carbohydrate: 67.5 g | Dietary Fiber: 7 g | Protein: 12.5 g**



Thai-Inspired Tofu Vegetable Wraps

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1 wrap (tortilla with filling)

Ingredients

⅓-½ cup room temperature or warm water
¼ cup peanut butter
⅓ cup lite (reduced-sodium) soy sauce
1 tablespoon curry powder
1 tablespoon ground cumin
1 tablespoon toasted sesame oil
1 tablespoon canola or avocado oil
2 scallions (green onions), minced
4 garlic cloves, minced (about 2 teaspoons)
2 teaspoons grated fresh ginger (or ½ teaspoon ground dried ginger)
¼-1 teaspoon crushed red pepper flakes, to taste
1 (14- to 16-ounce) block extra-firm tofu, drained
4 (8- to 10-inch) whole-wheat tortillas
4 cups chopped or sliced fresh vegetables (one type or a combination; e.g. carrots, bell pepper, spinach, arugula), divided

Directions

1. Preheat the oven to 350°F.
2. In a medium mixing bowl, whisk together the water, peanut butter, soy sauce, curry powder, cumin, sesame oil, and canola or avocado oil. Add the scallions, garlic, ginger, and red pepper flakes. Stir to combine, then set aside.
3. Place the tofu between two thick layers of paper towels. Gently yet firmly press down on the top layer of paper towels to remove any remaining excess liquid from the tofu.
4. Cut the tofu into cubes, then add to the bowl with the peanut butter-soy sauce mixture. Gently toss to coat.
5. Transfer the tofu mixture to an 8x8- or 9x13-inch baking dish and spread it into an even layer.
6. Bake until the sauce mixture forms a dry coating on the outside of the tofu, about 40-45 minutes, stirring after about 20 minutes.
7. Wrap the tortillas in a damp paper towel and microwave on high power (default setting) until warm, about 30 seconds.
8. Divide the tofu mixture between the tortillas (~½ cup each), followed by the selected vegetables (1 cup on each). Roll into wraps, then serve.

**Nutrition Facts Per Serving: Calories: 415 | Total Fat: 25 g | Saturated Fat: 5 g
Sodium: 855 mg | Total Carbohydrate: 31 g | Dietary Fiber: 7.5 g | Protein: 20 g**



Curried Tofu Vegetable Skillet

Prep: 30 minutes | Cook: 35 minutes | Total: 1 hour 5 minutes

Yield: 6 servings | Serving Size: ~1½ cups

Ingredients

- 1 tablespoon olive oil
- 1 medium (8- to 10-ounce) potato, cut into ¼- to ½-inch pieces (about 2 cups)
- 2 medium bell peppers, diced (about 2 cups)
- 1 large onion, diced (about 2 cups)
- 1 medium carrot, diced (about ½ cup)
- 3 cups bite-sized cauliflower florets
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 cup water
- 1 (15-ounce) can crushed tomatoes
- 1 cup uncooked instant (10-minute) brown rice
- 1 (14- to 16-ounce) block firm or extra-firm tofu, cut into ½-inch cubes
- ¾ cup canned coconut milk (half of a 13.5-ounce can)
- ¼ cup minced fresh cilantro

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the potato, bell peppers, onion, and carrot. Cook until the onion is softened, about 6-8 minutes, stirring often.
4. Add the cauliflower, curry powder, cumin, and salt. Cook and stir until fragrant, about 1-2 minutes.
5. Add the water, tomatoes, and rice. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook until the rice and vegetables are tender, about 10-15 minutes.
7. Add the tofu, coconut milk, and cilantro. Gently stir to combine.
8. Continue cooking until warmed through, about 2-3 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 380 | Total Fat: 15.5 g | Saturated Fat: 7.5 g
Sodium: 275 mg | Total Carbohydrate: 50 g | Dietary Fiber: 9 g | Protein: 15 g**



Lentil Mushroom Ragout

Prep: 20 minutes | Cook: 50 minutes | Total: 1 hour 10 minutes

Yield: 6 servings | Serving Size: ½ cup without optional toppings

Ingredients

- 1 tablespoon olive oil
- 1 (16-ounce) container sliced mushrooms
- 1 medium onion, diced (about 1 cup)
- 2 medium carrots, diced (about 1 cup)
- ½ teaspoon salt
- 3 garlic cloves, minced (about 1½ teaspoons)
- 1 teaspoon dried thyme
- ½ teaspoon ground black pepper
- 4 cups (32 ounces) low-sodium vegetable broth
- ½ cup uncooked lentils, picked through, rinsed
- 1 tablespoon red wine vinegar
- ½ cup evaporated milk
- Optional toppings: Parmesan, parsley

Directions

1. Place a large stockpot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the mushrooms, onion, carrots, and salt. Cook until the onion is softened and the mushrooms are well-browned, about 10-12 minutes, stirring often.
4. Add the garlic, thyme, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the broth, lentils, and vinegar, scraping the bottom of the pot to remove any browned bits. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cook uncovered until the lentils are tender, about 20-25 minutes, stirring occasionally.
7. Add the evaporated milk and continue cooking until warmed through, about 2-3 minutes.
8. Use right away and add toppings as desired, or store for later use (see Recipe Notes).

Recipe Notes

- Use this lentil ragout in place of tomato-based meat sauces over cooked pasta or other grains.
- This lentil ragout will keep in the refrigerator for up to 7 days or in the freezer for up to 6 months.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 11 g | Saturated Fat: 5.5 g
Sodium: 110 mg | Total Carbohydrate: 14 g | Dietary Fiber: 5 g | Protein: 8 g**



Enchilada-Style Spaghetti Squash

Prep: 15 minutes | Cook: 50 minutes | Total: 1 hour 5 minutes

Yield: 2 servings | Serving Size: ½ filled squash shell

Ingredients

- 1 medium (4- to 5-pound) spaghetti squash
- 2 tablespoons olive oil
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 1 cup chopped mushrooms
- 1 teaspoon ground cumin
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 (10-ounce) can enchilada sauce
- 1 cup shredded cheddar or cheddar jack cheese
- Optional toppings: Black olives, cilantro, plain Greek yogurt or sour cream, hot sauce

Directions

1. Preheat oven to 350°F. Line a baking sheet with aluminum foil and set aside.
2. Cut the squash in half lengthwise, then scoop out the seeds. Rub the cut side of each squash half with 1 tablespoon of oil, then place cut-side-down on the prepared baking sheet. Bake until fork-tender, about 40-45 minutes.
3. While the squash is cooking, heat a large sauté pan or skillet over medium-high heat.
4. Add the oil, bell pepper, onion, and mushrooms. Cook until the bell pepper and onion are softened and the mushrooms are browned, about 6-8 minutes, stirring often.
5. Add the garlic and cumin. Cook and stir for 1 minute.
6. Add the beans and enchilada sauce. Stir to combine.
7. Use a fork to scrape the inside of each spaghetti squash half out into the pan with the bean mixture. Stir to combine, then transfer half of the filling to each empty squash shell.
8. Place the filled squash shells back on the baking sheet filled-side-up and sprinkle each with ½ cup of the cheese. Place under the broiler to melt the cheese, about 1 minute. Serve warm.

**Nutrition Facts Per Serving: Calories: 425 | Total Fat: 20.5 g | Saturated Fat: 7.5 g
Sodium: 550 mg | Total Carbohydrate: 46 g | Dietary Fiber: 13 g | Protein: 19 g**



Bean and Rice-Stuffed Pepper Enchiladas

Prep: 20 minutes | Cook: 1 hour | Total: 1 hour 20 minutes

Yield: 6 servings | Serving Size: 2 stuffed pepper halves

Ingredients

2 cups enchilada sauce, divided (store-bought or [homemade](#))

6 medium bell peppers, tops cut off, halved lengthwise, seeds and membranes removed

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 (10- to 12-ounce) bag frozen corn

1 cup cooked brown rice

2 cloves garlic, minced (about 1 teaspoon)

1 cup Mexican style shredded cheese blend

½ cup minced fresh cilantro (about 1 small bunch)

2 scallions (green onions) thinly sliced (about ¼ cup)

Directions

1. Preheat the oven to 350°F.
2. Pour 1 cup of the enchilada sauce into the bottom of a 9x13-inch baking dish. Place 6 of the bell pepper halves in the dish skin-side-down. Set aside.
3. Heat a large sauté pan or skillet over medium heat. Add the oil and heat until shimmering. Add the onion and cook until softened, about 5-7 minutes, stirring often.
4. Add the beans, corn, cooked rice, garlic, and the remaining 1 cup of enchilada sauce. Cook until warmed through, about 2-3 minutes, then remove from the heat.
5. Divide the bean-rice mixture between the bell pepper halves in the baking dish, about 1 cup each. Top each with one of the remaining 6 bell pepper halves.
6. Bake uncovered for 30 minutes.
7. Remove from the oven and sprinkle with the cheese, cilantro, and scallions.
8. Continue baking until the cheese is melted and the peppers are tender, about 10-15 minutes. Serve warm.

**Nutrition Facts Per Serving: Calories: 205 | Total Fat: 4.5 g | Saturated Fat: 1 g
Sodium: 195 mg | Total Carbohydrate: 36.5 g | Dietary Fiber: 8 g | Protein: 9 g**



Baked Chipotle Bean Burgers

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1 burger without optional toppings

Ingredients

Nonstick cooking spray

½ cup uncooked quinoa, rinsed

1 teaspoon onion powder

1 teaspoon chili powder

½ teaspoon garlic powder

½ teaspoon salt

1 cup plus 1 tablespoon water

1 (15-ounce) can no-salt-added beans, drained and rinsed (e.g. black beans, pinto beans)

¼ cup uncooked quick (1-minute) oats or old fashioned (rolled) oats

1 tablespoon flax meal (ground flaxseed)

1-2 chipotle peppers in adobo, to taste (about ½-1 tablespoon)

4 whole-wheat hamburger buns, split into halves

Optional toppings: Regular or spicy mayo, avocado, lettuce, tomato, pickled onions

Directions

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper and coat the paper with nonstick cooking spray, then set aside.
3. Add the quinoa, onion powder, chili powder, garlic powder, salt, and 1 cup of the water to a small saucepan.
4. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cover the pot with a lid and cook until the quinoa is tender, about 10-15 minutes.
5. While the quinoa is cooking, add the beans, oats, flax meal, chipotle peppers, and the remaining 1 tablespoon of water to the bowl of a food processor. Pulse to chop and combine.
6. Add the cooked quinoa and pulse until sticky and combined, but not pureed.
7. Divide the mixture into four portions on the prepared baking sheet, then shape each portion into a thick patty. Spray the tops with nonstick cooking spray.
8. Bake until golden-brown and crispy, about 30-35 minutes.
9. Place one patty on each bottom bun half. Add toppings as desired, then add the top bun half. Serve warm.

**Nutrition Facts Per Serving: Calories: 255 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 300 mg | Total Carbohydrate: 52 g | Dietary Fiber: 10 g | Protein: 9 g**



Italian White Bean Meatballs

Prep: 25 minutes | Cook: 45 minutes | Total: 1 hour 10 minutes

Yield: 5 servings | Serving Size: 3 meatballs

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped mushrooms
- ½ medium onion, diced (about ½ cup)
- ½ teaspoon salt
- 1 cup loosely packed fresh spinach, chopped (or ¼ cup frozen chopped spinach)
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon Italian seasoning
- 1 pinch cayenne (optional)
- 1 (15-ounce) can white beans (e.g. cannellini, great northern), drained and rinsed
- ⅔ cup panko breadcrumbs
- 1 egg
- ⅓ cup shredded or grated parmesan
- ⅓ cup sun-dried tomatoes, rinsed, minced
- ¼ cup toasted walnuts, chopped

Directions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Heat a medium skillet or sauté pan over medium-high heat.
3. Add the oil, mushrooms, onion, and salt. Cook and stir until the onions are softened and any liquid released from the mushrooms has cooked off, about 6-8 minutes.
4. Add the spinach, garlic, Italian seasoning, and cayenne (if using). Cook until the spinach is wilted, about 2-3 minutes.
5. Transfer the mixture to a food processor, along with the beans, breadcrumbs, egg, parmesan, tomatoes, and walnuts.
6. Pulse until just combined, with a consistency that will be easy to roll into balls without sticking to your hands or cracking. If too sticky, add more breadcrumbs, ½ tablespoon at a time. If too dry, add more oil, ½ tablespoon at a time.
7. Carefully remove the blade from the food processor, then use a 2-tablespoon disher (spring-loaded cookie scoop) to portion the mixture onto the prepared baking sheet. Use clean hands to gently roll each portion into a ball.
8. Bake until golden-brown and crispy, about 28-32 minutes, turning them over after about 15 minutes. Serve warm.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 10.5 g | Saturated Fat: 2.5 g
Sodium: 430 mg | Total Carbohydrate: 30 g | Dietary Fiber: 7 g | Protein: 15 g**

Soup and Stew Recipes



African-Inspired Sweet Potato Stew

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1¾ cups without optional toppings

Ingredients

1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
2 medium (8- to 10-ounce) sweet potatoes, peeled, cut into ½-inch pieces (about 4 cups)
2 tablespoons tomato paste
4 cloves garlic, minced (about 2 teaspoons)
1 tablespoon curry powder
¼ teaspoon ground black pepper
2 cups (16 ounces) low-sodium vegetable broth
1 (14.5-ounce) can no-salt-added fire roasted diced tomatoes
1 (15-ounce) low-sodium garbanzo beans (chickpeas), drained and rinsed
1 (4-ounce) can diced green chiles
½ cup peanut butter
Optional toppings: Cilantro, roasted peanuts, hot sauce

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and sweet potatoes. Cook until the onion is softened and beginning to brown, about 8-10 minutes, stirring often.
4. Add the tomato paste, garlic, curry powder, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the broth, diced tomatoes with their juice, beans, and green chiles. Stir to combine, scraping up any browned bits from the bottom of the pot.
6. Bring to simmer over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the sweet potatoes are fork-tender, about 10-12 minutes.
8. Add the peanut butter and stir to combine.
9. Serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 570 | Total Fat: 22 g | Saturated Fat: 4 g
Sodium: 340 mg | Total Carbohydrate: 78.5 g | Dietary Fiber: 15.5 g | Protein: 19 g**



Curried Chickpea-Cauliflower Stew

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced (about 1 cup)
- ½ teaspoon salt
- 6 cups bite-sized cauliflower florets (about one 3-pound cauliflower head)
- 1 tablespoon curry powder
- 2 cloves garlic, minced (about 1 teaspoon)
- 2 (14.5-ounce) cans no-salt-added diced tomatoes
- 1 (13.5-ounce) can lite coconut milk
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
- 3 cups chopped kale (about 1 bunch with stems removed; or one 16-ounce bag frozen kale)
- 4 tablespoons (¼ cup) minced fresh cilantro, divided

Recipe Notes

- This stew will keep in the refrigerator for up to 4 days, or in the freezer for up to 6 months.

Directions

1. Heat a large sauté pan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and salt. Cook until softened and beginning to brown, about 6-8 minutes, stirring often.
4. Add the cauliflower florets, curry powder, and garlic. Cook and stir until fragrant, about 3-5 minutes.
5. Add the diced tomatoes with their juice and the coconut milk. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook uncovered for 15 minutes.
7. Add the beans and kale. Continue cooking until the kale is wilted and tender, about 3-5 minutes, stirring often.
8. Serve warm, sprinkling each serving with 1 tablespoon of the cilantro.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 13 g | Saturated Fat: 5.5 g
Sodium: 415 mg | Total Carbohydrate: 40 g | Dietary Fiber: 10 g | Protein: 12 g**



Hearty Bean and Vegetable Chili

Prep: 15 minutes | Cook: 1 hour | Total: 1 hour 15 minutes

Yield: 8 servings | Serving Size: ~1½ cups without optional toppings

Ingredients

2 tablespoons olive oil
1 medium zucchini, chopped (about 2 cups)
1 medium onion, diced (about 1 cup)
1 medium bell pepper, diced (about 1 cup)
1 (6-ounce) can tomato paste
3 cloves garlic, minced (about 1½ teaspoons)
2-3 tablespoons chili powder, to taste
1 teaspoon ground cumin
1 teaspoon dried oregano
1 teaspoon salt
4 cups (32 ounces) low-sodium vegetable broth
2 (14.5-ounce) cans no-salt-added diced tomatoes
4 (15-ounce) cans no-salt-added beans, drained and rinsed (one type or a combination; e.g. black beans, kidney beans, pinto beans)
Optional toppings: Cheese, sour cream or plain Greek yogurt, cilantro, scallions (green onions)

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add zucchini, onion, and bell pepper. Cook until the vegetables soften and begin to brown, about 6-8 minutes, stirring often.
4. Add the tomato paste, garlic, chili powder, cumin, oregano, and salt. Cook and stir until fragrant, about 2-3 minutes.
5. Add the broth, tomatoes with their juice, and beans. Stir to combine, scraping up any browned bits from the bottom of the pot.
6. Bring to a simmer over high heat, then reduce the heat to maintain a gentle simmer
7. Cook uncovered until the flavors have blended, about 35-45 minutes.
8. Serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 4.5 g | Saturated Fat: 1 g
Sodium: 380 mg | Total Carbohydrate: 44 g | Dietary Fiber: 13 g | Protein: 13 g**



Three-Bean Chili

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 1 tablespoon olive oil
- 2 medium bell peppers, diced (about 2 cups)
- 1 medium onion, diced (about 1 cup)
- ½ teaspoon salt
- 1-2 tablespoons chili powder, to taste
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 (15-ounce) can no-salt-added pinto beans, drained and rinsed
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 1 (28-ounce) can crushed tomatoes
- 1 cup water
- 1 tablespoon lime juice (about ½ lime)

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the bell peppers, onion, and salt. Cook until softened, about 5-7 minutes, stirring often.
4. Add the chili powder, cumin, garlic powder, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the black beans, pinto beans, kidney beans, crushed tomatoes, and water. Stir to combine, scraping up any browned bits from the bottom of the pot.
6. Bring to a simmer over high heat, then reduce the heat to maintain a gentle simmer.
7. Cover the pot with a lid and cook until the flavors have blended, about 25-35 minutes.
8. Add the lime juice and stir to combine.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 245 | Total Fat: 5.5 g | Saturated Fat: 0.5 g
Sodium: 630 mg | Total Carbohydrate: 44 g | Dietary Fiber: 12.5 g | Protein: 12 g**



Spiced Red Lentil Pumpkin Soup

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

- 1 tablespoon olive oil
- 2 medium carrots, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 teaspoon ground turmeric
- 1 teaspoon ground dried ginger
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon crushed red pepper flakes
- 4 cups (32 ounces) low-sodium vegetable broth
- 1 cup uncooked red lentils, picked through and rinsed
- ¾ cup pumpkin puree (half of a 15-ounce can)
- 3 cups loosely packed fresh spinach, chopped if large (or ¾ cup frozen chopped spinach)
- 1 teaspoon lemon juice or apple cider vinegar

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the carrots, onion, and salt. Cook until the onion is softened, about 5-7 minutes, stirring often.
4. Add the garlic, turmeric, ginger, black pepper, cinnamon, and red pepper flakes. Cook and stir until fragrant, about 1 minute.
5. Add the broth, lentils, and pumpkin puree. Stir to combine, scraping up any browned bits from the bottom of the pan.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook until the lentils are tender and beginning to break down, about 8-10 minutes.
8. Add the spinach and lemon juice or vinegar. Cook and stir until the spinach is wilted (or thawed if frozen), about 2-3 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 410 mg | Total Carbohydrate: 40 g | Dietary Fiber: 18 g | Protein: 16 g**



Rustic White Bean and Vegetable Soup

Prep: 25 minutes | Cook: 40 minutes | Total: 1 hour 5 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 1 tablespoon olive oil
- 3 Roma tomatoes, diced (about 2 cups)
- 2 medium carrots, diced (about 1 cup)
- 1 medium onion, diced (about 1 cup)
- ½ teaspoon salt
- 1 tablespoon tomato paste
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- 4 cups (32 ounces) low-sodium vegetable broth
- 1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed
- 3 cups chopped hearty greens (e.g. chard, kale, collard greens; about 1 bunch with stems removed)
- 4 tablespoons (¼ cup) grated or shredded parmesan, divided

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the tomatoes, carrots, onion, and salt. Cook until the tomatoes have released their liquid and the onion is softened, about 6-8 minutes, stirring often.
4. Add tomato paste, garlic, Italian seasoning, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
5. Add the broth, beans, and hearty greens. Stir to combine, scraping up any browned bits from the bottom of the pan.
6. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
7. Cook uncovered until the greens are tender and the flavors have blended, about 15-20 minutes.
8. Divide the soup between four serving bowls and top each with 1 tablespoon of the parmesan.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 245 | Total Fat: 6 g | Saturated Fat: 1.5 g
Sodium: 585 mg | Total Carbohydrate: 35 g | Dietary Fiber: 10.5 g | Protein: 14 g**



Turmeric Roasted Cauliflower Soup

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 6 cups bite-sized cauliflower florets (about 1½ pounds)
- 1 medium onion, cut into ¾- to 1-inch pieces (about 2 cups)
- 3 garlic cloves, peeled and smashed
- 3 tablespoons olive oil
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 pinch crushed red pepper flakes
- 3-4 cups (24-32 ounces) low-sodium vegetable broth, as needed to adjust the consistency
- 2 tablespoons minced fresh cilantro
- ¼ cup canned coconut milk

Directions

1. Preheat the oven to 450°F.
2. In a large mixing bowl, toss the cauliflower, onion, and garlic cloves with the oil. Sprinkle with the turmeric, cumin, salt, and red pepper flakes. Toss to combine, then transfer to a baking sheet and spread into an even layer.
3. Bake until the cauliflower florets are well-browned and very tender, about 25-30 minutes, stirring the mixture after about 15 minutes.
4. While the cauliflower mixture cooks, heat 3 cups of the broth in a large saucepan or stockpot over medium heat.
5. Transfer 1 cup of the roasted cauliflower to a cutting board. Chop it into small pieces, then toss with the cilantro. Set aside.
6. Add the remaining roasted cauliflower mixture and the coconut milk to the pot with the broth.
7. Use an immersion (handheld) blender to blend the mixture until it is completely smooth, about 4-6 minutes, adding more broth as needed to adjust the consistency.
8. Divide between four serving bowls. Top each serving with ¼ cup of the cauliflower-cilantro mixture. Serve warm.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 14.5 g | Saturated Fat: 4.5 g
Sodium: 390 mg | Total Carbohydrate: 13.5 g | Dietary Fiber: 5 g | Protein: 5.5 g**



Green Lentil and Vegetable Soup

Prep: 25 minutes | Cook: 40 minutes | Total: 1 hour 5 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 1 tablespoon olive oil
- 1 large onion, diced (2 cups)
- 2 carrots, diced (about 1 cup)
- 2 stalks celery, diced (½ cup)
- 1 teaspoon salt
- 1 medium (6- to 8-ounce) potato, cut into ½-inch chunks (about 1½ cups)
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 cup uncooked green or brown lentils, picked through and rinsed
- 4 cups (32 ounces) low-sodium vegetable broth
- ½-1 cup water, as needed to adjust consistency
- 2 cups chopped kale (about half bunch with stems removed, or half of 16-ounce bag frozen kale)
- 1-3 teaspoons apple cider vinegar, to taste

Directions

1. Heat a large stockpot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, carrots, celery, and salt. Cook until the onion is softened, about 6-8 minutes, stirring often.
4. Add the potatoes, Italian seasoning, black pepper, and garlic powder. Cook and stir until fragrant, about 1-2 minutes.
5. Add broth, lentils, and ½ cup of the water. Stir to combine, scraping up any browned bits from the bottom of the pan.
6. Bring to a boil over high heat, then reduce the heat maintain a simmer.
7. Cover the pot with a lid and cook until the lentils and potatoes are just tender, about 12-15 minutes.
8. Add kale and cook until wilted and tender, about 4-6 minutes.
9. Add the apple cider vinegar and more water as needed to adjust the consistency.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 315 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 705 mg | Total Carbohydrate: 51 g | Dietary Fiber: 18 g | Protein: 17.5 g**



Southwestern Corn and Black Bean Soup

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: 2 cups without optional toppings

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 garlic clove, minced (about ½ teaspoon)
- 1-3 teaspoons chili powder, to taste
- ½ teaspoon ground cumin
- 3 cups (24 ounces) low-sodium vegetable broth
- 1 (15-ounce) can pumpkin puree
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 (15-ounce) can corn kernels, drained and rinsed (or 2 cups frozen corn)
- 1 cup salsa (store-bought or homemade)
- Optional toppings: Cheese, sour cream or plain Greek yogurt, avocado, hot sauce, cilantro, tortilla chips

Directions

1. Heat a large saucepan or stockpot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened, about 4-6 minutes, stirring often.
4. Add the garlic, chili powder, and cumin. Cook and stir until fragrant, about 1 minute.
5. Add broth, pumpkin puree, beans, corn, and salsa. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook uncovered until the flavors have blended, about 10-15 minutes.
8. Serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 165 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 555 mg | Total Carbohydrate: 29 g | Dietary Fiber: 6.5 g | Protein: 7 g**



Chickpea Masala Stew

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced (about 1 cup)
- 1 medium bell pepper, thinly sliced (about 2 cups)
- 1 jalapeño, seeds and membranes removed, minced
- 1 (10-ounce) package frozen cauliflower rice (about 2 cups)
- 6 cloves garlic, minced (about 1 tablespoon)
- 2 teaspoons grated fresh ginger (or ½ teaspoon ground dried ginger)
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
- 1 (15-ounce) jar tikka masala sauce
- 1 (14.5-ounce) can no-salt-added diced tomatoes

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, and jalapeño. Cook until softened, about 5-7 minutes, stirring often.
4. Add the cauliflower rice, garlic, and ginger. Cook until fragrant and the cauliflower rice is thawed, about 3-5 minutes, stirring often.
5. Add the beans, tikka masala sauce, and tomatoes with their juice. Stir to combine.
6. Bring to a simmer over medium-high heat, then reduce the heat to maintain a gentle simmer.
7. Cook uncovered for 10 minutes, stirring occasionally.
8. Serve warm.

Recipe Notes

- Tikka masala sauce is a flavorful tomato-based sauce infused with warm spices like cumin, cinnamon, and cloves. Some jarred sauces contain dairy products, so be sure to read the label if dairy-free is needed.
- For a complete and balanced meal, you can replace half of the cauliflower rice with 1 cup of cooked brown rice.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 360 mg | Total Carbohydrate: 31 g | Dietary Fiber: 9 g | Protein: 8 g**

Side Dish Recipes



Summer Kale and Edamame Salad

Prep: 15 minutes | Chill: 4 hours | Total: 4 hours 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- ½ cup red wine vinegar
- ¼ cup olive oil
- 2 tablespoons sugar or honey
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 bunch kale, stems removed, chopped or torn into bite-sized pieces (about 3 cups)
- 1 (10-ounce) bag frozen shelled edamame (mukimame)
- 2 medium carrots, shredded (about 1 cup)
- 1 (6-ounce) container blueberries (about 1 cup)
- ¼ cup finely chopped onion (about ¼ medium onion)
- ½ cup dried cranberries or cherries
- ½ cup sunflower seeds or green pumpkin seeds (pepitas)

Directions

1. In a large mixing or serving bowl, whisk together the vinegar, oil, sugar or honey, salt, and black pepper.
2. Add the kale, edamame, carrots, blueberries, and onion. Toss to combine and coat with the dressing.
3. Cover the bowl with a lid or plastic wrap. Place in the refrigerator for at least 4 hours and up to overnight.
4. Add the dried cranberries or cherries and the sunflower seeds or pumpkin seeds. Toss to combine.
5. Serve cold.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 16.5 g | Saturated Fat: 2 g
Sodium: 320 mg | Total Carbohydrate: 15 g | Dietary Fiber: 4 g | Protein: 7 g**



Ratatouille-Inspired Warm Quinoa Salad

Prep: 25 minutes | Cook: 35 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~1¾ cups

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups (16 ounces) low-sodium vegetable broth
- 1 tablespoon olive oil
- 2 medium tomatoes, cut into ½- to ¾-inch pieces (about 2 cups)
- ½ medium onion, cut into ½- to ¾-inch pieces (about 1 cup)
- ¼ teaspoon salt
- 1 medium bell pepper, cut into ½- to ¾-inch pieces (about 2 cups)
- 1 medium eggplant, cut into ½- to ¾-inch pieces (about 2 cups)
- 1 zucchini or yellow squash, cut into ½- to ¾-inch pieces (about 2 cups)
- ½ cup chopped fresh basil
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 teaspoon ground black pepper

Directions

1. Add the quinoa and broth to a small saucepan. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cover with a lid and cook until tender, about 10-15 minutes. Let sit for 5 minutes, then fluff with a fork.
2. While the quinoa is cooking, heat a large skillet or sauté pan over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the tomatoes, onion, and salt. Cook until the tomatoes have released their liquid and the onion is softened, about 4-6 minutes, stirring often.
5. Add the bell pepper, eggplant, and zucchini or yellow squash. Cook until softened, about 6-8 minutes, stirring often.
6. Add the basil, garlic, and black pepper. Cook and stir until fragrant, about 1-2 minutes.
7. Divide the cooked quinoa between four individual serving bowls (~¾ cup each), then top each with a quarter of the vegetable mixture (~1 cup each).
8. Serve warm.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 6.5 g | Saturated Fat: 1 g
Sodium: 200 mg | Total Carbohydrate: 43 g | Dietary Fiber: 9 g | Protein: 10 g**



Warm Napa Cabbage Slaw

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~½ cup

Ingredients

- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons lite (reduced-sodium) soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon maple syrup or honey
- 6 cloves garlic, minced (about 1 tablespoon)
- 1 tablespoon canola or avocado oil
- ½ medium onion, thinly sliced (about 1 cup)
- 1 medium (2- to 3-pound) head Napa cabbage, shredded (about 10 cups)
- 2 medium carrots, shredded (about 1 cup)
- ½ cup minced fresh cilantro (about 1 bunch)

Directions

1. In a small mixing bowl, whisk together the vinegar, soy sauce, sesame oil, maple syrup or honey, and garlic. Set aside.
2. Heat a large stockpot or wok over medium-high heat.
3. Add the canola or avocado oil and heat until shimmering.
4. Add the onion. Cook and stir until softened, about 3-4 minutes.
5. Add the cabbage and carrots. Cook and stir until the cabbage is wilted, about 2 minutes.
6. Add the vinegar-soy sauce mixture. Cook and stir until the vegetables are coated and most of the liquid is evaporated, about 2-3 minutes.
7. Remove from the heat and add the cilantro. Stir to combine.
8. Serve warm.

Recipe Notes

- Another type of cabbage can be used in place of the Napa cabbage.
- This slaw goes well with baked or stir-fried tofu, along with a cooked grain such as noodles or rice.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 245 mg | Total Carbohydrate: 16 g | Dietary Fiber: 4.5 g | Protein: 4 g**



Mediterranean Lentil Salad

Prep: 20 minutes | Cook: 30 minutes | Chill: 20 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

- 4 tablespoons (¼ cup) olive oil, divided
- 2 cloves garlic, minced (1 teaspoon)
- ½ teaspoon ground cumin
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cinnamon
- 1 cup uncooked green or brown lentils, picked through and rinsed
- 3 cups water
- 2 tablespoons lemon juice (about ½ lemon)
- 1 tablespoon unseasoned rice vinegar
- ¼ teaspoon salt
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium cucumber, peeled if desired, diced (about 1 cup)
- ¼ cup pitted kalamata olives, sliced
- 3 tablespoons minced fresh mint
- 3 tablespoons minced fresh parsley

Directions

1. Add 1 tablespoon of the oil to a medium saucepan, along with the garlic, cumin, oregano, and cinnamon. Stir to combine.
2. Place over medium heat. Cook until fragrant and sizzling, about 3-5 minutes.
3. Add the lentils and water. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
4. Cover the pot with a lid and cook until the lentils are tender, about 20-25 minutes.
5. While the lentils are cooking, in a large mixing bowl, whisk the remaining 3 tablespoons of oil with the lemon juice, vinegar, and salt.
6. Add the bell pepper, cucumber, olives, mint, and parsley. Stir to combine.
7. Add the cooked lentils and toss to combine.
8. Cover the bowl with a lid or plastic wrap. Place in the refrigerator to chill for at least 20 minutes and up to overnight.
9. Serve cold.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 17 g | Saturated Fat: 2 g
Sodium: 350 mg | Total Carbohydrate: 26 g | Dietary Fiber: 5.5 g | Protein: 10 g**



Vegan Creamy Potato Salad

Prep: 20 minutes | Cook: 20 minutes | Chill: 30 minutes | Total: 1 hour 10 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

6 medium (4- to 6-ounce) red or gold potatoes, peeled if desired, cut into ½-inch chunks (about 1½ pounds total)

1 teaspoon plus 1 pinch salt, divided

Water

¼ cup vegan mayonnaise

1 tablespoon Dijon mustard

½ teaspoon ground turmeric

½ teaspoon ground cumin

1 pinch ground black pepper

2 stalks celery, diced (about ½ cup)

1 medium carrot, shredded (about ½ cup)

3 scallions (green onions), thinly sliced (about ⅓ cup)

1 tablespoon minced parsley

Directions

1. Add the potatoes to a large stockpot or Dutch oven. Add 1 teaspoon of the salt and enough water to cover the potatoes by about an inch.
2. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook until the potatoes are fork-tender, about 15-20 minutes.
3. Drain the potatoes into a colander or strainer, then rinse with cold water. Set aside.
4. In a large bowl, stir together the mayonnaise, mustard, turmeric, cumin, black pepper, and the remaining 1 pinch of salt.
5. Add the celery, carrot, scallions, and parsley. Toss to combine.
6. Add the potatoes and gently fold to combine.
7. Cover the bowl with a lid or plastic wrap. Place in refrigerator for at least 30 minutes, ideally overnight.
8. Serve cold.

**Nutrition Facts Per Serving: Calories: 180 | Total Fat: 2.5 g | Saturated Fat: 0 g
Sodium: 225 mg | Total Carbohydrate: 36 g | Dietary Fiber: 6 g | Protein: 4 g**



Savory Roasted Acorn Squash

Prep: 10 minutes | Cook time: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~4 slices

Ingredients

1 acorn squash, halved lengthwise and seeds removed, sliced ½- to ¾-inch-thick

8 sprigs fresh thyme, stems removed (or 1 teaspoon dried thyme)

1 tablespoon olive oil

¼ teaspoon salt

¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 400°F.
2. Place the squash slices on a baking sheet and drizzle with the oil, then toss to coat.
3. Sprinkle with the thyme, salt, and black pepper. Toss to combine.
4. Spread the squash slices into an even layer on the baking sheet.
5. Bake until golden-brown and fork-tender, about 20-30 minutes, turning the slices over after about 10 minutes.
6. Remove the peel from each squash slice, then serve warm.

Recipe Notes

- This recipe can be used for cooking any variety of winter squash, such as butternut squash or kabocha squash.

**Nutrition Facts Per Serving: Calories: 45 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 50 mg | Total Carbohydrate: 4 g | Dietary Fiber: 1 g | Protein: 0.5 g**



Mexican-Style Rice

Prep: 15 minutes | Cook time: 40 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 medium bell pepper, diced (about 1 cup)
- 1 tablespoon tomato paste
- 6 garlic cloves, minced (about 1 tablespoon)
- ¼ teaspoon ground cumin
- ¼ teaspoon cayenne
- 1 cup uncooked long grain white rice
- 1½ cups (12 ounces) low-sodium vegetable broth
- 1 (10-ounce) can diced tomatoes with green chilies
- ⅓ cup minced fresh cilantro
- 1 tablespoon lime juice (about ½ lime)

Directions

1. Heat a medium sauté pan or saucepan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and bell pepper. Cook until softened, about 4-6 minutes, stirring often.
4. Add the tomato paste, garlic, cumin, and cayenne. Cook and stir until fragrant, about 1 minute.
5. Add the rice. Cook and stir for 2 minutes.
6. Add the broth and tomatoes with green chilies. Stir to combine, scraping up any browned bits from the bottom of the pan.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Cover the pan with a lid and cook until the rice is tender, about 15-20 minutes.
9. Remove the pan from the heat and let sit for 5 minutes, then fluff the rice with a fork.
10. Add the cilantro and lime juice. Stir to combine, then serve warm.

**Nutrition Facts Per Serving: Calories: 250 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 320 mg | Total Carbohydrate: 47.5 g | Dietary Fiber: 2 g | Protein: 5.5 g**



Spaghetti with Vegetable Sauce

Prep: 20 minutes | Cook: 35 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: ~1 cup

Ingredients

Water

8 ounces uncooked whole-grain spaghetti (half of a 16-ounce box)

1 tablespoon olive oil

1 medium onion, diced (about 1 cup)

1 medium bell pepper, diced (about 1 cup)

4 ounces mushrooms, chopped (half of an 8-ounce container; about 1 cup)

1 medium carrot, diced (about ½ cup)

1½ cups marinara or red pasta sauce ([homemade](#) or about half of a 24-ounce jar)

Directions

1. Fill a large stockpot or Dutch oven about halfway full with water. Bring to a boil over high heat, then add the spaghetti. Cook for the amount of time listed on the package, then drain into a colander or strainer and set aside.
2. Place the pot back on the stovetop over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the onion, bell pepper, mushrooms, and carrot. Cook until softened and beginning to brown, about 8-10 minutes, stirring often.
5. Add the sauce and the cooked spaghetti. Toss to coat, then continue cooking until warmed through, about 3-5 minutes.
6. Serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 265 mg | Total Carbohydrate: 41 g | Dietary Fiber: 6.5 g | Protein: 7 g**



Pressure Cooker Smokey Baked Beans

Prep: 10 minutes | Cook: 1 hour 30 minutes | Chill: 20 minutes | Total: 2 hours

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 teaspoon salt
- 1 tablespoon smoked paprika
- 1½ teaspoons garlic powder
- 1 teaspoon ground black pepper
- 4 cups (32 ounces) low-sodium vegetable broth
- ½ cup maple syrup
- ¼ cup apple cider vinegar
- ¼ cup tomato paste
- 2 tablespoons Dijon mustard or yellow mustard
- 1 pound (16 ounces) dried beans, picked through and rinsed (one type or a combination; e.g. navy beans, pinto beans)

Directions

1. Heat the pot of a pressure cooker over medium-high heat or heat an electric pressure cooker on high heat sauté.
2. Add the oil, onion, and salt. Cook until softened, about 5-7 minutes, stirring often
3. Add the smoked paprika, garlic powder, and black pepper. Cook and stir until fragrant, about 1 minute.
4. Add the broth and stir, scraping up any browned bits with a spoon or a spatula.
5. Add the maple syrup, vinegar, tomato paste, and mustard. Stir to combine.
6. Without stirring, add the beans.
7. Lock the lid in place and close the pressure valve. For a stovetop cooker, bring to pressure over high heat and then reduce to low heat. Set an electric pressure cooker to high pressure. Cook for 75 minutes, with the time starting after the pressure has built up.
8. Turn off the heat and let sit for 20 minutes, then turn the pressure valve to vent to release any remaining pressure.
9. Carefully open the lid, then serve warm.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 510 mg | Total Carbohydrate: 36 g | Dietary Fiber: 4.5 g | Protein: 6 g**



Creamy Cauliflower Mash

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

3 cups bite-sized cauliflower florets (about one 2-pound cauliflower head; or one 12-ounce bag frozen cauliflower)

1 clove garlic, peeled and left whole

1 cup (8 ounces) low-sodium vegetable broth

¼ cup shredded or grated parmesan

1 tablespoon olive oil

¼ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon smoked paprika

¼ teaspoon minced fresh rosemary or thyme (optional)

Directions

1. Add the cauliflower, garlic clove, and broth to a medium saucepan.
2. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
3. Cover the pot with a tight-fitting lid and cook until the cauliflower is fork-tender, about 15-20 minutes (or about 5-7 minutes for frozen). If the broth evaporates before the cauliflower is tender, add enough water to fill the pot by about ½ inch.
4. Use a slotted spoon to transfer the cauliflower and garlic clove to a food processor or blender.
5. Add the parmesan, oil, salt, black pepper, paprika, and rosemary or thyme (if using).
6. Blend until completely smooth, about 1-2 minutes, stopping to scrape down the sides as needed.
7. Serve warm.

**Nutrition Facts Per Serving: Calories: 75 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 270 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2 g | Protein: 4 g**

Mixed Green Side Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 salad (~2 cups)

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon vinegar (e.g. white wine vinegar, red wine vinegar, balsamic, apple cider vinegar, unseasoned rice vinegar)
- 1 teaspoon maple syrup or honey
- ¼ teaspoon Dijon mustard
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 1 cup loosely packed mixed salad greens
- 1 cup chopped or shredded fresh vegetables (one type or a combination; e.g. carrots, cucumbers, tomatoes, bell peppers)
- 1 tablespoon toasted seeds (one type or a combination; e.g. sesame seeds, pepitas, sunflower seeds)

Directions

1. In a medium mixing bowl, make a dressing by whisking together the oil, selected vinegar, maple syrup or honey, mustard, garlic powder, salt, and black pepper.
2. Add the salad greens and selected vegetables. Gently toss to combine and coat with the dressing.
3. Transfer to an individual serving bowl and sprinkle with the selected seeds.
4. Serve right away.

**Nutrition Facts Per Serving: Calories: 205 | Total Fat: 15.5 g | Saturated Fat: 2 g
Sodium: 260 mg | Total Carbohydrate: 16 g | Dietary Fiber: 3 g | Protein: 3 g**



Carrot-Almond Rice Pilaf

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- ¼ cup slivered or sliced almonds
- 2 tablespoons olive oil
- 1 medium carrot, shredded (about ½ cup)
- ¼ cup diced onion (about ¼ medium onion)
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 cup uncooked long-grain white rice (e.g. Jasmine, Basmati)
- 2 cups (16 ounces) low-sodium vegetable broth
- 2 tablespoons minced fresh parsley

Directions

1. Heat a medium saucepan over medium heat.
2. Add the almonds. Cook and stir until toasted and fragrant, about 3-5 minutes. Transfer to a clean bowl and set aside.
3. Place the pot back over medium heat. Add the oil and heat until shimmering.
4. Add the carrot, onion, black pepper, and salt. Cook and stir until the onion is softened, about 3-5 minutes.
5. Add the rice. Cook and stir until toasted, about 2-3 minutes.
6. Add the broth and bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
7. Cover the pot with a lid and cook until the rice is tender, about 12-16 minutes.
8. Remove the pot from the heat. Let sit, still covered with the lid, for 5 minutes.
9. Fluff the rice with a fork, then add the parsley and toasted almonds. Stir to combine, then serve warm.

Recipe Notes

- This rice pilaf will keep in the refrigerator for up to 5 days.
- Scramble an egg or two into any leftover rice for a twist on fried rice.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 10.5 g | Saturated Fat: 1.5 g
Sodium: 195 mg | Total Carbohydrate: 41 g | Dietary Fiber: 2 g | Protein: 6 g**



Balsamic-Herb Roasted Vegetables

Prep: 25 minutes | Cook: 45 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ½ medium butternut squash, peeled and seeded, cut into 1- to 2-inch pieces (about 2 cups)
- 2 medium carrots, peeled and cut into 1- to 2-inch pieces (about 2 cups)
- ¼ pound (4 ounces) Brussels sprouts, stems trimmed, cut in half lengthwise (about 2 cups)
- ½ medium onion, cut into large wedges (about 1 cup)

Directions

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the oil, vinegar, Italian seasoning, salt, garlic powder, and black pepper.
3. Add the butternut squash, carrots, Brussels sprouts, and onion. Toss to combine.
4. Transfer the vegetable mixture to a baking sheet and spread it into an even layer.
5. Bake until the vegetables are browned and fork tender, about 30-45 minutes, stirring after about 20 minutes.
6. Serve warm.

**Nutrition Facts Per Serving: Calories: 130 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 180 mg | Total Carbohydrate: 16.5 g | Dietary Fiber: 3.5 g | Protein: 2 g**

Snack and Appetizer Recipes



Fruit-and-Nut Butter Energy Bites

Prep: 10 minutes | Chill: 30 minutes | Total: 40 minutes

Yield: 12 servings | Serving Size: 1 energy bite

Ingredients

1 cup uncooked old fashioned (rolled) oats

$\frac{3}{4}$ cup nut butter (e.g. almond butter, cashew butter, peanut butter)

$\frac{1}{3}$ cup dried fruit, chopped if large (e.g. raisins, cranberries, cherries, apricots, dates)

$\frac{1}{4}$ cup honey

1 teaspoon chia seeds

1 teaspoon vanilla extract

Directions

1. In a medium mixing bowl, stir together the oats, selected nut butter, selected dried fruit, honey, chia seeds, and vanilla extract.
2. Cover the mixture with plastic wrap, pressing it against the surface.
3. Place in the refrigerator until firm, about 20-30 minutes.
4. Divide the mixture into 12 portions, rolling each into a ball about 1-inch across.
5. Serve cold.

Recipe Notes

- These energy bites will keep for up to 1 month in the refrigerator or up to 6 months in the freezer.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8.5 g | Saturated Fat: 2 g
Sodium: 75 mg | Total Carbohydrate: 14.5 g | Dietary Fiber: 1.5 g | Protein: 4.5 g**



Simple Savory Kale Chips

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients

1 bunch kale, stems removed, cut or torn into 1- to 2-inch pieces (about 4 cups)

2 tablespoons olive oil

¼ teaspoon garlic powder

½ teaspoon salt

½ teaspoon ground black pepper

Directions

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper.
3. If the kale is still wet from washing, pat it completely dry with paper towels or let it air dry.
4. Add the kale and oil to a large mixing bowl. Toss to coat the kale with the oil.
5. Add the garlic powder, salt, and black pepper. Toss to combine.
6. Bake until the kale is crispy and the edges browned but not burnt, about 10-15 minutes.
7. Let cool slightly, then serve.

Recipe Notes

- These kale chips will keep in an airtight container at room temperature for up to 5 days.

**Nutrition Facts Per Serving: Calories: 95 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 105 mg | Total Carbohydrate: 7 g | Dietary Fiber: 1 g | Protein: 2 g**



Cheddar-Herb Roasted Almonds

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

1 egg yolk

1 teaspoon salt-free herb seasoning (single variety or a blend; e.g. Italian seasoning, poultry seasoning, all-purpose salt-free seasoning)

½ teaspoon salt

½ teaspoon garlic powder

2 cups whole almonds

¾ cup shredded cheddar cheese

Directions

1. Preheat the oven to 325°F.
2. Line a baking sheet with parchment paper and set aside.
3. In a large mixing bowl, whisk together the egg yolk, selected herb seasoning, salt, and garlic powder.
4. Add the almonds and cheese. Toss to coat, then transfer the mixture to the prepared baking sheet.
5. Bake until the cheese is melted and golden-brown, about 20-25 minutes, stirring every 5-7 minutes.
6. Let cool, then serve.

Recipe Notes

- Serve these almonds as part of a snack or try adding them to a green salad.
- These almonds will keep in an airtight container at room temperature for up to 5 days.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 15.5 g | Saturated Fat: 3 g
Sodium: 205 mg | Total Carbohydrate: 5.5 g | Dietary Fiber: 3 g | Protein: 7.5 g**



Sweet Potato-Chocolate Chip Muffins

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray
1 large (14- to 16-ounce) sweet potato
1¼ cups regular or white whole-wheat flour
1 tablespoon baking powder
1 tablespoon ground cinnamon
1 teaspoon ground dried ginger
1 teaspoon ground turmeric
½ teaspoon salt
⅛ teaspoon ground cloves
⅛ teaspoon ground nutmeg
¾ cup lowfat (1%) milk
½ cup maple syrup
2 tablespoons olive oil
1 egg
¾ cup mini semisweet chocolate chips

Directions

1. Preheat the oven to 375°F. Prepare a 12-cup (standard) muffin tin by spraying each cup with nonstick spray. Set aside.
2. Prick the sweet potato all over with a fork, then wrap in a paper towel and microwave on high (default setting) until fork-tender, about 4-5 minutes on each side.
3. Meanwhile, in a medium mixing bowl, whisk together the flour, baking powder, cinnamon, ginger, turmeric, salt, cloves, and nutmeg. Set aside.
4. Let the cooked sweet potato cool slightly, then carefully cut it in half lengthwise and scoop the flesh out of the skin (about 1¼ cups) and into a separate large mixing bowl.
5. Add the milk, maple syrup, oil, and egg. Whisk to combine.
6. Add to the flour mixture to the sweet potato mixture, along with the chocolate chips. Gently fold until just combined.
7. Fill the muffin tin cups to the top with the batter.
8. Bake until the muffins bounce back when gently pressed or a toothpick comes out clean, about 23-28 minutes.
9. Let cool, then remove from the tin and serve.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 115 mg | Total Carbohydrate: 24.5 g | Dietary Fiber: 1.5 g | Protein: 2.5 g**



Cowboy Caviar

Prep: 20 minutes | Chill: 1 hour | Total: 1 hour 20 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- ⅓ cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice (about 1 lime)
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ¼ teaspoon ground black pepper
- ¼ teaspoon sugar
- ¼ teaspoon salt
- 1 (10-ounce) container grape or cherry tomatoes, halved lengthwise (about 2 cups)
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- ½ cup minced fresh cilantro (about 1 small bunch)
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 (10- to 12-ounce) bag frozen corn

Directions

1. In a large mixing bowl, whisk together the oil, vinegar, lime juice, garlic powder, cumin, black pepper, sugar, and salt.
2. Add the tomatoes, bell pepper, onion, cilantro, beans, peas, and corn. Toss to combine.
3. Cover the bowl with a lid or plastic wrap, then place in the refrigerator to chill for at least 1 hour and up to overnight.
4. Serve cold or bring to room temperature, on its own as a side dish or as a salsa with chips.

**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 9.5 g | Saturated Fat: 1.5 g
Sodium: 180 mg | Total Carbohydrate: 25.5 g | Dietary Fiber: 6.5 g | Protein: 7 g**



Lemon-Herb Roasted Chickpeas

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ¼ cup

Ingredients

- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon sweet or smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 lemon, zested

Directions

1. Preheat the oven to 400°F.
2. Spread the beans onto a clean kitchen towel or several layers of paper towels. Let sit, or pat with the towel or paper towels, until completely dry to the touch. Set aside.
3. In a large mixing bowl, use a fork to whisk together the oil, paprika, garlic powder, thyme, black pepper, salt, and 1½ teaspoons of the lemon zest.
4. Add the beans and toss to coat.
5. Transfer the beans to a rimmed baking sheet and spread into an even layer.
6. Bake until golden-brown, about 30-40 minutes.
7. Let cool, then serve.

Recipe Notes

- Serve these roasted chickpeas as part of a snack or try adding them as a topping to a green salad.
- These roasted chickpeas will keep in an airtight container at room temperature for up to 5 days.
- Store the zested lemon and any remaining lemon zest in zip-top plastic bags in the refrigerator for up to 7 days, or in the freezer for up to 6 months.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5.5 g | Saturated Fat: 0.5 g
Sodium: 405 mg | Total Carbohydrate: 19 g | Dietary Fiber: 5.5 g | Protein: 6.5 g**



Lemon-Garlic Hummus

Prep: 15 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 (15-ounce) can garbanzo beans (chickpeas)
- 1 medium lemon, zested and juiced (about 1 tablespoon zest and ¼ cup juice)
- ¼ teaspoon ground black pepper
- ¼ teaspoon sweet or smoked paprika

Directions

1. Add the oil and garlic to a small skillet. Place over medium heat and cook until fragrant, about 3-5 minutes. Remove from the heat and set aside.
2. Place a strainer or colander over a large liquid measuring cup or medium mixing bowl. Drain the beans into the strainer or colander, reserving the liquid.
3. Add 2 tablespoons of the reserved canning liquid (aquafaba) to a food processor, along with the beans and oil-garlic mixture. Pulse to chop, then blend until mostly smooth.
4. Add the lemon zest, lemon juice, and black pepper. Continue blending until completely smooth, about 2-4 minutes, stopping to scrape down the sides as needed. Add 1-4 tablespoons more canning liquid (aquafaba) for a thinner consistency, if desired.
5. Transfer the mixture to a serving bowl or storage container and sprinkle with the paprika. Serve right away, or chill before serving if desired.

Recipe Notes

- Serve this hummus as a dip for whole-grain crackers, pita bread, or fresh vegetables like carrots and cucumber. It can also be spread onto sandwiches or cooked proteins like chicken and salmon.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 9 g | Saturated Fat: 1 g
Sodium: 275 mg | Total Carbohydrate: 19.5 g | Dietary Fiber: 5.5 g | Protein: 6.5 g**

Dessert Recipes



Plant-Based Peanut Butter Cookies

Prep: 5 minutes | Chill: 15 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 9 servings | Serving Size: 1 cookie

Ingredients

- ⅓ cup maple syrup
- 1 tablespoon flax meal (ground flaxseed)
- 3 tablespoons water
- 1 teaspoon vanilla extract
- ¾ cup uncooked quick (1-minute) oats (see Recipe Notes)
- ½ cup natural peanut butter
- 1 teaspoon baking powder

Directions

1. In a medium mixing bowl, stir together the maple syrup, flax meal, water, and vanilla.
2. Add the oats, peanut butter, and baking powder. Stir to combine.
3. Cover the bowl with a lid or plastic wrap and place in the refrigerator to chill until firm, about 15-30 minutes.
4. Meanwhile, preheat the oven to 375°F and line a baking sheet with parchment paper.
5. Use a 2-tablespoon disher (spring-loaded cookie scoop) to divide the chilled dough onto the baking sheet.
6. Gently press the dough down into discs about ¼-inch-thick.
7. Bake until the tops of the cookies just start to look dry, about 9-12 minutes. They may look underdone.
8. Let the cookies cool on the baking sheet for at least 5 minutes, then carefully lift off with a spatula and serve.

Recipe Notes

- Another nut or seed butter (e.g. almond butter, cashew butter, sunflower butter) can be used, if desired.
- If you don't have quick oats, pulse old-fashioned (rolled) oats in a blender or food processor until they look like breadcrumbs.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 75 mg | Total Carbohydrate: 15.5 g | Dietary Fiber: 2 g | Protein: 4.5 g**



Ginger Blueberry Crisp

Prep: 10 minutes | Cook: 30 minutes | Chill: 20 minutes | Total: 1 hour

Yield: 6 servings | Serving Size: ~ $\frac{2}{3}$ cup

Ingredients

- Nonstick cooking spray
- 3 cups fresh or frozen blueberries (do not thaw if frozen)
- 1 tablespoon cornstarch (optional; if using frozen blueberries)
- 1-3 teaspoons grated fresh ginger, to taste (or $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground dried ginger)
- $\frac{1}{2}$ cup uncooked old-fashioned (rolled) oats
- $\frac{1}{2}$ cup white whole-wheat flour
- $\frac{1}{3}$ cup packed brown sugar
- 3 tablespoons unsalted butter, softened at room temperature
- $\frac{1}{2}$ teaspoon ground cinnamon

Directions

1. Preheat the oven to 375°F.
2. Coat the inside of an 8x8-inch baking dish with nonstick spray.
3. In a medium mixing bowl, stir together the blueberries, cornstarch (if using), and ginger. Transfer the mixture to the prepared baking dish and spread into an even layer. Set aside.
4. Rinse the bowl with water, then wipe dry with a paper towel. Add the oats, flour, brown sugar, butter, and cinnamon. Knead together with a fork or clean hands until the mixture looks like wet sand.
5. Sprinkle the oat mixture over the blueberry mixture, spreading it into an even layer.
6. Bake until the top is golden-brown and the blueberries are bubbling around the edges, about 25-30 minutes.
7. Let sit for at least 20 minutes, then serve warm.

Recipe Notes

- This recipe works well with other soft fruits such as cherries, mango, or other berries.
- This crisp will keep in the refrigerator for up to 5 days, or in the freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 6.5 g | Saturated Fat: 3.5 g
Sodium: 70 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3.5 g | Protein: 3 g**



Garbanzo Bean Brownies

Prep: 15 minutes | Cook: 50 minutes | Chill: 20 minutes | Total: 1 hour 25 minutes

Yield: 16 servings | Serving Size: 1 (2-inch square) brownie

Ingredients

Nonstick cooking spray

1 (15-ounce) can garbanzo beans (chickpeas)

1¼ cups dark chocolate or semisweet chocolate chips

2 tablespoons unsweetened cocoa powder

½ cup packed brown sugar

1 egg

1 tablespoon coconut oil

1 tablespoon vanilla extract

½ teaspoon baking powder

½ teaspoon salt

¼ teaspoon ground cinnamon

⅓ cup toasted pecans, chopped

Directions

1. Preheat the oven to 325°F. Coat the inside of an 8x8-inch baking dish with nonstick cooking spray and set aside.
2. Place a strainer or colander over a large liquid measuring cup or medium mixing bowl. Drain the beans into the strainer or colander, reserving the liquid.
3. Add ½ cup of the reserved canned bean liquid (aquafaba) to a large microwave-safe mixing bowl, along with the chocolate chips and cocoa powder. Stir to combine.
4. Microwave at high power (default setting) until the chocolate is melted, about 1-2 minutes, stopping to stir every 15-30 seconds.
5. Add the beans to a food processor, along with the sugar, egg, oil, vanilla, baking powder, salt, and cinnamon. Pulse to chop, then blend until mostly smooth, about 2-3 minutes.
6. Add the melted chocolate mixture. Blend until combined and completely smooth, about 1-2 minutes.
7. Transfer the mixture to the prepared baking dish, spreading it into an even layer. Sprinkle evenly with the pecans.
8. Bake until fully set but still moist, about 40-45 minutes. Let cool for at least 20 minutes, then cut and serve.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 7 g | Saturated Fat: 4 g
Sodium: 170 mg | Total Carbohydrate: 23 g | Dietary Fiber: 2.5 g | Protein: 2 g**



Simple Frozen Banana Swirl

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: ½ cup

Ingredients

2 frozen ripe medium bananas (peel and slice before freezing)

1 teaspoon vanilla extract

1 pinch salt

1-4 tablespoons unsweetened soy milk, as needed to adjust the consistency

Directions

1. Add the bananas, vanilla, salt, and 1 tablespoon of the soy milk to a food processor or blender.
2. Pulse to chop, then blend on low speed until smooth and creamy, about 4-6 minutes, stopping to scrape down the sides and stir as needed. Add more soy milk, 1 tablespoon at a time, as needed to adjust the consistency.
3. Serve right away, or place in the freezer for 30 minutes for a firmer texture.

Recipe Notes

- For the best flavor, use bananas that are yellow with brown spots. Bananas will keep fresh for up to 3 months in the freezer.
- For strawberry-banana swirl, add ½ cup of frozen strawberries in place of one of the bananas.
- For peanut butter-banana swirl, at 1-2 tablespoons of peanut butter.
- For a mocha flavored banana swirl, add 1 tablespoon unsweetened cocoa powder to ¼ cup (2 ounces) hot coffee or espresso. Let cool, then use in place of the milk.
- Cow's milk or another non-dairy milk alternative (e.g. almond milk, coconut milk) can be used in place of the soy milk, if desired.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 90 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 3.5 g | Protein: 2 g**

Peanut Butter-and-Jelly Protein Milkshake

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 milkshake (1½ cups)

Ingredients

¾ cup unsweetened soy milk

1 frozen ripe medium banana (peel and slice before freezing)

¾ cup frozen strawberries

2 tablespoons peanut butter

Directions

1. Add the soy milk to the pitcher of a blender, followed by the banana, strawberries, and peanut butter.
2. Blend until smooth, about 2-3 minutes. You may need to stop and scrape the sides halfway through, depending on the strength of your blender.
3. Serve cold.

Recipe Notes

- Leftovers can be stored in the refrigerator for up to 24 hours, or frozen into popsicles for up to 3 months.
- You can use a different fruit in place of the strawberries, or try a combination of fruit.
- If the smoothie is too thick, add 1-3 tablespoons of water or more soy milk and continue blending.
- Cow's milk or another non-dairy milk alternative (e.g. almond milk, coconut milk) can be used in place of the soy milk, if desired.



**Nutrition Facts Per Serving: Calories: 335 | Total Fat: 17.5 g | Saturated Fat: 3.5 g
Sodium: 160 mg | Total Carbohydrate: 41 g | Dietary Fiber: 7 g | Protein: 11 g**



Chocolate-Peanut Butter Stuffed Dates

Prep: 10 minutes | Chill: 30 minutes | Cook: 5 minutes | Total: 45 minutes

Yield: 12 servings | Serving Size: 1 stuffed date

Ingredients

12 large dates (e.g. Medjool)

12 teaspoons (¼ cup) peanut butter, divided

½ cup dark chocolate or semisweet chocolate chips

12 teaspoons (¼ cup) roasted unsalted peanuts, chopped, divided

Directions

1. Line a plate or baking dish with parchment paper.
2. Slice each date lengthwise and open it like a book. Remove any pits or pit fragments from the dates, if present.
3. Use a butter knife to spread 1 teaspoon of the peanut butter into the center of each date, then place the dates cut-side-up on the prepared plate or baking dish. Set aside.
4. Add the chocolate chips to a small microwave-safe bowl. Microwave on high power (default setting) until melted, about 30-60 seconds, stopping to stir every 15-30 seconds.
5. Use a spoon to drizzle the melted chocolate over the dates, then sprinkle each with 1 teaspoon of the peanuts.
6. Place in the refrigerator until the chocolate is hardened, at least 30 minutes and up to overnight (or in the freezer for about 10 minutes).
7. Serve cold or let sit at room temperature to soften slightly, about 10 minutes, before serving.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 7 g | Saturated Fat: 2.5 g
Sodium: 25 mg | Total Carbohydrate: 25.5 g | Dietary Fiber: 2.5 g | Protein: 2.5 g**

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Lime or lime juice

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Marinara or red pasta sauce

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Milk

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Pumpkin seeds, green (pepitas)

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Sunflower seeds

Summer Kale and Edamame Salad	64
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Variety or unspecified nut/seed butter

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Variety or unspecified nuts or seeds

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Peppers, canned, diced green chile

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