





Chipotle Cauliflower & Sweet Potato Tacos

12 servings

35 minutes

Ingredients

- 2 tbsps Avocado Oil (or aquafaba*)
- 1 tbsp Chipotle Peppers In Adobo Sauce (minced)
- 2 tbsps Adobo Sauce (reserved from chipotle peppers)
- 2 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 1/2 head Cauliflower (about 3 cups, chopped into small florets)
- 1 Sweet Potato (about 3 cups, chopped into 1/2-inch cubes)
- 1 3/4 cups Black Beans (one 15-ounce can drained and rinsed)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 Lime (juiced)
- 12 Gluten Free Tortillas
- 1 cup Purple Cabbage (shredded)
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped, optional)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. In a small bowl stir together the oil (or aquafaba), chipotle peppers, adobo sauce, 1 1/2 teaspoons garlic powder and 1/2 teaspoon salt. Add the cauliflower and sweet potato and toss to coat. Place on baking sheet in a single layer and bake for 20-25 minutes or until cauliflower is tender and browned, tossing once halfway through. Add the black beans to the pan and cook an additional 5 minutes to warm through.
- 2 Meanwhile make the crema. In a small bowl combine the yogurt, lime juice and remaining 1/2 tsp garlic powder and 1/4 tsp salt. Set aside.
- 3 Divide the tortillas between plates. Add the roasted cauliflower mixture, cabbage, and avocado to each tortilla. Drizzle the yogurt-lime sauce over each taco and garnish with cilantro, if using. Enjoy!

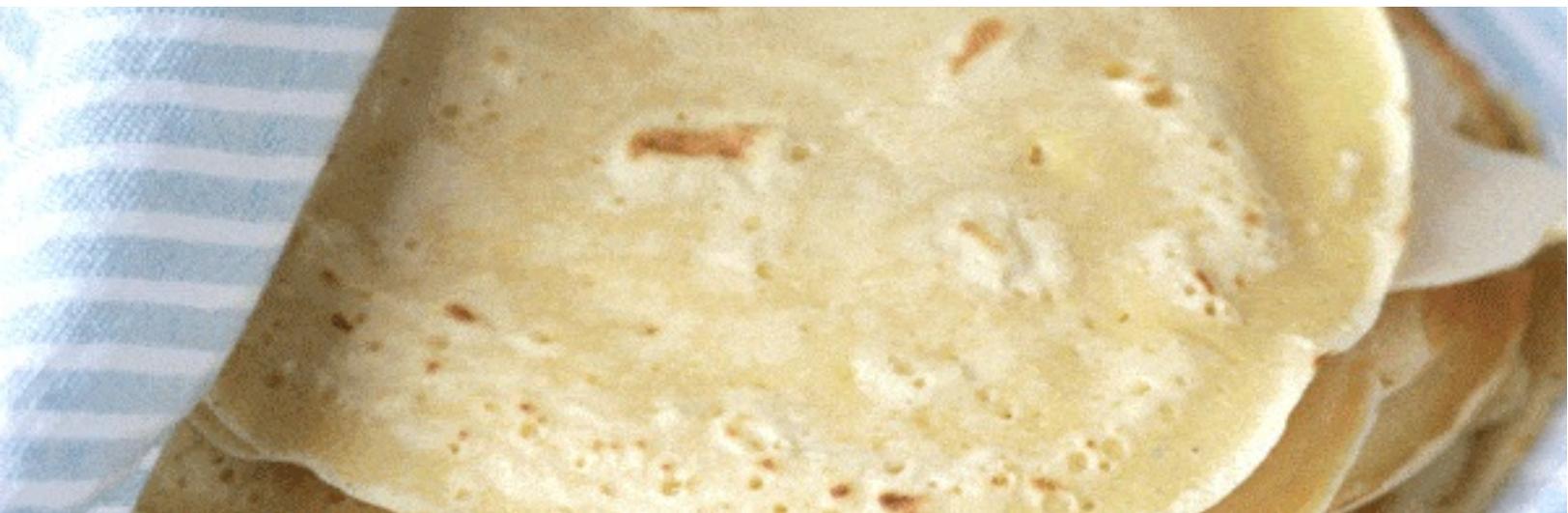
Notes

***Aquafaba:** Aquafaba is the liquid leftover from can of beans, and can be used in place of oil, for a lower fat option, when roasting veggies. Try using the liquid from the black beans in place of oil in this recipe.

Leftovers: This recipe is best stored with ingredients kept separately. Store everything in their own airtight container for up to three days.

More Flavor: Season the cabbage with extra lime juice and sea salt.

Add Grains: Use cooked quinoa or rice as part of the filling.



Gluten Free Tortilla Recipe

8 servings

25 minutes

Ingredients

- 1 cup Chickpea Flour (also called garbanzo bean or besan flour)
- 1/2 cup Tapioca Flour (also called tapioca starch, OR corn starch)
- 1 cup Water

Directions

- 1 Preheat a non-stick skillet over medium heat.
- 2 Whisk the chickpea flour and tapioca starch together in a medium sized bowl. Add the water and whisk until a smooth batter forms. Add a couple more tablespoons of water if needed to create a pourable batter. When whisking by hand some small lumps may be left in the batter, and this is okay. You can also use an immersion blender and blend for 20 seconds to quickly smooth out the batter.
- 3 At this point you have to decide what size tortillas you want to make. A scant 1/4 cup (or about 3 tablespoons) make a perfect 6-inch taco sized tortilla; a full 1/4 cup makes an 8-inch or small burrito size; and a 1/3 cup makes a 10-inch or full burrito sized tortilla shell.
- 4 Using a measuring cup, pour desired amount of batter onto preheated pan. Quickly pick up the pan and swirl the batter into a circle, spreading it as thin as you can. Return to the stove and allow to cook 2 minutes or until lightly browned on the underside. Flip the tortilla and cook another 1-2 minutes until lightly browned. Remove to a wire rack, taking care not to stack them on top of each other until they've cooled. Repeat with the remaining batter.

Notes

Allow to Cool: Don't stack the tortillas on top of each other until they are completely cooled. I found that they get gummy when they aren't cooled separately on a wire rack.

Storage: These tortillas will keep for two days on the counter, a week in the refrigerator or a month or more in the freezer.

Reheat: To reheat the tortillas: put in a skillet with a teaspoon of water over medium heat, cover and cook for a couple minutes. This will lightly steam them to restore flexibility.



Cucumber Mojito Slush

2 servings

10 minutes

Ingredients

- 1 Cucumber (large, chopped and frozen)
- 1/2 cup Mint Leaves (fresh)
- 1 Lime (juiced)
- 2 tbsps Maple Syrup (plus more to taste)
- 1/4 cup Rum (optional)
- 1/3 cup Water (cold)
- 1 cup Sparkling Water

Directions

- 1 Add frozen cucumber, mint, lime, maple syrup, optional rum and water to a food processor or high-powered blender and blend until smooth. Add a little more water as necessary to help it blend.
- 2 The mixture will be pretty thick after blending, so scoop into two glasses. Top with sparkling water and enjoy! Serve with lime wedges and a mint leaf if desired.

Notes

Make sorbet: Omit the sparkling water and blend until a very thick puree forms. Scoop out and eat with a spoon!



Mexican Quinoa Bowl with Cilantro-Lime Dressing

4 servings

25 minutes

Ingredients

- 1/2 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 1 tsp Chili Powder
- 1 tsp Oregano (divided)
- 1 1/2 cups Diced Tomatoes (or one 15-ounce can with juices)
- 1 cup Quinoa (rinsed)
- 2 Avocado (divided, skin and pit removed)
- 3/4 cup Unsweetened Almond Milk (or other non-dairy milk)
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 3 tbsps Lime Juice
- 1/2 tsp Sea Salt (plus more to taste)
- 1 tbsp Maple Syrup (or other liquid sweetener)
- 1 cup Cilantro (packed, leaves and stems)
- 1 cup Corn (fresh or frozen)
- 2 cups Black Beans (or 1-15 ounce can)
- 4 cups Baby Spinach (chopped)

Directions

- 1 Over medium-high heat, place the onion and garlic in a large saucepan with a few tablespoons of water. Saute for 4-5 minutes until onion is softened, adding a little water as necessary to prevent sticking. Add chili powder and 1/2 teaspoon oregano and cook until fragrant. Add the diced tomatoes with their juices, quinoa and 1 1/2 cups of water. Cover and bring to a boil. Reduce heat to low and simmer for 15 minutes. Turn off the heat and set aside.
- 2 While the quinoa is cooking, make the dressing. Add 1 avocado, almond milk, garlic powder, onion powder, 1/2 teaspoon dried oregano, lime juice, salt, maple syrup and cilantro to a blender. Blend until smooth. Taste and adjust seasonings as desired. Set aside.
- 3 If desired, warm the beans and corn kernels together in a pan. Add a little water, cover and allow to warm over medium-low heat. **
- 4 When the quinoa is done cooking, place spinach in the bottom of 4 shallow bowls. Place the cooked quinoa on top and then top with beans, corn and remaining sliced avocado. Drizzle with the cilantro-lime dressing. Enjoy!



Mushroom & Black Bean Stuffed Sweet Potato

2 servings

50 minutes

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 1/2 cup Cashews (soaked and drained)
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Garlic Powder
- 1 tsp Nutritional Yeast
- 1 tsp Lemon Juice (or vinegar)
- 1/4 tsp Sea Salt (to taste, optional)
- 1/2 Yellow Onion (chopped)
- 1 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 cup Black Beans (drained and rinsed)

Directions

- 1 Preheat the oven to 400°F (204°C) and place each sweet potato on a baking sheet. Bake for 40 to 45 minutes, or until cooked through.
- 2 Meanwhile, make the cashew cream sauce. Add drained cashews, almond milk, garlic powder, nutritional yeast, lemon juice and optional salt to a blender container. Blend until smooth. Set aside.
- 3 About 10 minutes before the sweet potatoes are done cooking, heat the water in a skillet over medium heat. Add in the onions and mushrooms and cook for 5 minutes or until soft, adding more water as necessary to prevent sticking. Add the kale, nutritional yeast and black beans and cook for another 3 minutes or until the kale is cooked down.
- 4 Once the potatoes are cooked through, slice them down the middle and top with the mushroom mixture. Drizzle with cashew cream sauce. Enjoy!

Notes

No Kale: Use spinach or Swiss chard instead.

Additional Toppings: Top with pumpkin seeds or sunflower seeds.

Soak Cashews: Soak cashews in water overnight or boil for 15 minutes before using. Drain and add to blender. This will aid in blending and making a nice smooth sauce.



Creamy Sun Dried Tomato Pasta (Oil Free)

4 servings

20 minutes

Ingredients

- 1 cup Water
- 2 Garlic (clove, minced)
- 1 tbsp Tapioca Flour
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained, and rinsed if packed in oil)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Brown Rice Penne
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

Directions

- 1 Heat water in a pan over medium heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 2 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 3 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 4 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

Nut-Free: Use coconut milk, hemp seed milk or oat milk instead of almond milk.

More Flavor: Use reserved water from cooking the pasta to thin the sauce instead.



Cashew Cauliflower Fettuccine Alfredo

4 servings

15 minutes

Ingredients

- 1/2 Yellow Onion (onion, chopped)
- 4 Garlic (cloves, chopped)
- 1/2 tsp Oregano (dried)
- 1/2 head Cauliflower (about 3 cups)
- 1/2 cup Cashews (soaked in hot water - see note)
- 2 cups Unsweetened Almond Milk (or other non-dairy milk)
- 1/2 tsp Sea Salt (or to taste)
- 2 tbsps Nutritional Yeast
- 2 tsps Lemon Juice
- 8 ozs Brown Rice Fettuccine
- 4 cups Broccoli (cut into 2 inch florets)

Directions

- 1 In a large saucepan add the onion, garlic, oregano, cauliflower, cashews, milk and sea salt and bring to a boil, cover and simmer for about 10 minutes. Cauliflower is done when it breaks apart easily when pierced with a fork.
- 2 Once the cauliflower is tender, add the entire contents of the pan to a blender. Add nutritional yeast and lemon juice and blend until completely smooth and creamy. Add a little more milk to reach desired consistency if necessary. Season with salt & pepper.
- 3 Bring a large pot of water to boil. Add fettuccine noodles and cook according to package directions. Add the broccoli florets to the pot during the last 4 minutes of cooking. Remove florets and set aside. Drain pasta, rinse to remove excess starch, and return to the cooking pot.
- 4 Over medium-low heat, pour half of the blended Alfredo sauce over the cooked noodles. Toss the noodles with the sauce until thoroughly coated, adding more sauce to reach desired consistency. Add broccoli to the pan, toss and enjoy!

Notes

Soak Cashews: If you don't have a high powered blender like a Vitamix: soak cashews in boiling water for 15 minutes and then drain before blending. This will help the cashews to blend into a creamy sauce.



Stuffed Mini Peppers w/ Cheese Sauce - Oil Free

6 servings

25 minutes

Ingredients

- 1 lb Mini Peppers (halved and seeded)
- 1 can Refried Beans
- 1 1/2 cups Cashews
- 3 tbsps Nutritional Yeast
- 1 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 tsp Cumin
- 1 1/2 tsps Chili Powder
- 1 tbsp Tabasco Sauce (optional)
- 1/4 cup Water (warm)
- 1 Avocado (diced)
- 1/2 Green Bell Pepper (diced)
- 1/2 cup Black Olives (pitted and diced)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime

Directions

- 1 Spread beans onto the mini pepper halves. Place on a parchment-lined baking sheet and broil in the oven for 5 minutes or until slightly charred. (Watch closely for burning!)
- 2 Prepare your "cheese" sauce by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
- 3 Divide stuffed mini peppers into bowls and top with diced avocado, green pepper, olives, "cheese" sauce and cilantro. Squeeze lime juice over top before serving. Enjoy!

Notes

Chip Lover: Make brown rice tortilla chips or sweet potato chips instead of peppers.

Storage: Store in an airtight container up to three days. Reheat before serving.

No Mini Peppers: Use regular bell peppers and slice them into quarters.

Likes it Spicy: Instead of mini peppers, use jalapeno peppers halved and seeds removed.



Roasted Apple & Fennel Salad With Wild Rice

4 servings

45 minutes

Ingredients

- 1 cup Wild Rice (uncooked; or 2 15-ounce cans cooked)
- 2 bulbs Fennel (fronds reserved for garnish)
- 3 Apple
- 1 tbsp Extra Virgin Olive Oil Or Water
- Salt And Pepper (to taste)
- 1/4 tsp Red Pepper Flakes (pinch)
- 1/4 cup Mint Leaves
- 4 stalks Green Onion
- 1/2 cup Walnuts (toasted and roughly chopped)
- 1 Lemon (large, zest and juice)

Directions

- 1 If cooking dry wild rice, cook rice according to package directions. Set aside.
- 2 Preheat the oven to 425F. Line two sheet pans with parchment paper. Cut the fennel bulbs and apples into 1/2-inch slices. Spread the fennel on one half of the prepared sheet pan. Drizzle with olive oil or water, salt and pepper to taste and a pinch of red pepper flakes. Roast the fennel for 15 minutes and then add the apples. Roast another 10 minutes, or until fennel and apples are softened, flipping each halfway through, until caramelized, golden brown, and tender. Remove from the oven and allow to cool slightly on sheet pan.
- 3 While the veggies are roasting, thinly slice the mint leaves and fennel fronds (discard the stalks). Thinly slice the green and white parts of the green onion crosswise. Toss together with the walnuts and set aside.
- 4 To serve: In 4 shallow bowls layer wild rice, roasted fennel, apples and green onion mixture. Zest lemon over each bowl and then squeeze lemon juice on top. Enjoy!

Notes

Make Wild Rice Ahead of Time: This can be done up to two days ahead of time and stored in an airtight container in the fridge. Rewarm in a saucepan with a couple tablespoons of water.

Pick the Right Apple: Pick an apple that is sweet and that holds its shape when baked. Honeycrisp, Braeburn, Jonagold and Cortland are all good choices.



Coconut Curry Lentil Soup

6 servings

30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (large, diced)
- 1 Carrot (large, diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (grated or finely minced)
- 2 tbsps Curry Powder
- 1/4 tsp Red Pepper Flakes (or to taste)
- 2 tbsps Tomato Paste
- 4 cups Vegetable Broth
- 2 cups Lite Coconut Milk (one 15-oz can)
- 2 cups Diced Tomatoes (one 15-oz can)
- 1 1/2 cups Dry Red Lentils (rinsed)
- 2 cups Baby Spinach (chopped)
- 1/4 cup Cilantro (for garnish, optional)

Directions

- 1 In a large soup pot, heat the coconut oil until shimmering. Add the onion and carrot and cook until softened and starting to brown, 5-7 minutes. Add the garlic, ginger, curry powder and red pepper flakes and cook 30 seconds, until fragrant. Add the tomato paste, vegetable broth, coconut milk, diced tomatoes and red lentils.
- 2 Cover and bring to a boil. Reduce to a simmer and cook another 20-25 minutes until the lentils are very soft. Add the spinach and cook an additional 3 minutes, until greens are wilted and tender. Season with salt and pepper. Enjoy!

Notes

No Spinach: Use chopped kale, swiss chard or any other dark leafy green.

Meal Prep: This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers: Store in the fridge for up to 5 days. Freeze for up to 3 months.



Chickpea Waldorf Salad on Spinach

4 servings

15 minutes

Ingredients

- 1/2 Avocado (peeled and diced)
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 cups Chickpeas
- 2 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (halved)
- 1/2 cup Red Onion (finely diced)
- 1/4 cup Parsley
- 1/2 cup Walnuts (chopped)
- 4 cups Baby Spinach

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and a tablespoon of water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

On-the-Go: Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free: Use sunflower seeds instead of walnuts.



Thai Curry Coconut Soup

4 servings

18 minutes

Ingredients

- 1 tbsp Ginger (minced)
- 4 Garlic (cloves, minced)
- 3 tbsps Thai Red Curry Paste
- 4 cups Vegetable Broth
- 2 cups Lite Coconut Milk (or 1 14-ounce can)
- 4 ozs Brown Rice Fettuccine
- 1 3/4 cups Chickpeas (or 1 15-ounce can)
- 2 tbsps Tamari (or coconut aminos for soy-free)
- 2 cups Baby Spinach (roughly chopped)
- 1/2 Lime (sliced, for garnish)
- 1/4 cup Cilantro (for garnish)

Directions

- 1 Saute ginger and garlic in a little bit of water or veggie broth until fragrant and slightly softened, about 3 minutes. Add the red curry paste and cook for a couple minutes until it starts browning. Add a splash of water if it becomes too dried out.
- 2 Next, add the whole can of coconut milk, veggie broth and water. Bring the broth to a boil. Reduce the broth to a simmer and then add the rice noodles and chickpeas and cook for about 3-5 minutes, until noodles are almost done, but still have a little bite.
- 3 Add chopped spinach, stir and cook another couple minutes until the rice noodles are tender. Stir in tamari (or coconut aminos) and serve garnished with lime and a big handful of chopped cilantro. And that's it! Enjoy!