

# Best of 2015



# Meal Plans

# Family Recipes

## Baked Chimichangas serves 4

1 tbsp low-sodium soy sauce\*\*  
2 tsp fresh lemon juice  
2-3 tbsp Taco or Fajita seasoning  
15-oz can chickpeas  
15-oz can refried beans  
4 flour tortillas  
4-oz guacamole  
1 cup salsa

### Directions:

1. Preheat oven to 400F.
2. Line a baking sheet with parchment paper and set aside.
3. Combine soy sauce, lemon, seasoning and chickpeas, stirring to coat.
4. Place on baking sheet and bake 20-25 minutes, until crispy but not hard.
5. Increase oven temperature to 425F.
6. Mash chickpeas with a fork until no whole beans are left and set aside.
7. Spread refried beans in the middle of each tortilla. Top with guacamole and mashed chickpeas.
8. Roll into a burrito, place cut-side-down on the baking sheet and bake for 15-20 minutes, or until the tortillas are browned and crispy.
9. Serve warm and top with cool salsa.

*Per serving: 425 calories, 11.4g fat, 65g carbs, 16.1g fiber, 3.2g sugar, 18g protein*

*\*\*Use tamari (GF) or coconut aminos (SF).*

**Lower Fat:** Sub 2 sweet potatoes for guac.

**Add-on:** Add a side salad.

**Prep:** Make ahead and reheat.

## Bang Bang Chickpea Pasta serves 4

10-oz dry pasta  
2-3 garlic cloves  
15-oz can chickpeas

mince  
drain, rinse

### Bang Bang Sauce

½ cup vegan mayo (or yogurt)  
6 tbsp sweet red chili sauce  
1 tbsp fresh lime juice  
1½ tsp honey or agave nectar  
Sriracha, to taste (optional)

**To Make Bang Bang Sauce:** Whisk all ingredients until well combined.

### Directions:

1. Cook pasta via package instructions.
2. Drain, rinse under cool water. Set aside.
3. Line a skillet with ¼-cup water and sauté garlic until fragrant.
4. Add chickpeas and cook until they are slightly browned.
5. Toss garlic and chickpeas with cooked pasta and Bang Bang Sauce.

*Per serving: 419 calories, 2.6g fat, 76.2g carbs, 11.5g fiber, 13.3g sugars, 16.5g protein*

**Add-on:** Add greens like spinach or kale.

**Prep:** Make everything ahead. Store sauce separately or premix together.



## Big Mac Potatoes

serves 4

2½ cups cooked lentils (not red)  
¼ cup ketchup  
1-2 tbsp yellow mustard  
1 tsp Worcestershire sauce  
2 tsp onion powder  
¼ tsp garlic powder  
4 cooked potatoes  
2 cups lettuce                      shred  
2 tomatoes                        dice

### Secret Sauce

½ cup vegan mayo (or yogurt)  
1 tbsp ketchup  
2 tsp dill relish  
1 tsp white vinegar  
½ tsp garlic powder  
½ tsp onion powder  
1 tsp paprika  
sweetener (optional)

**To make Secret Sauce:** Combine all ingredients in a bowl and mix well. Add sweetener if desired.

### Directions:

1. Mash cooked lentils slightly, if desired.
2. Transfer to a mixing bowl, and stir in ketchup, mustard, Worcestershire sauce, and onion and garlic powders.
3. Slice potato in half and top with lentil mixture, lettuce and tomato and drizzle with Secret Sauce.

*Per serving: 418 calories, 1.6g fat, 80.3g carbs, 23.6g fiber, 13.1g sugars, 22.1g protein*

**Add-on:** Add a side salad or steamed broccoli.

**Prep:** Make lentils and sauce ahead, store separately. Assemble before eating.

## Buffalo Chickpea Potato Bowls

serves 4

4 carrots                              dice  
4 celery ribs                        slice  
30-oz can chickpeas              drain, rinse  
1 cup Frank's hot sauce (may reduce)  
2 tbsp pure maple syrup  
4 cooked potatoes  
4 green onions                      slice

### Directions:

1. Line a skillet with ¼-cup water.
2. Add carrots and celery and sauté until tender-crisp, about 3 minutes.
3. Add chickpeas, hot sauce, maple syrup and salt and pepper to taste.
4. Stir well and cook until sauce has thickened, about 2 minutes.
5. Slice potato in half and add chickpea mixture.
6. Garnish with green onions.

*Per serving: 424 calories, 2.1g fat, 81.8g carbs, 14.8g fiber, 11.6g sugars, 16.9g protein*

**Note:** Use Frank's RedHot Original Cayenne Pepper Sauce, not the wing sauce.

**Add-on:** Add a side salad or steamed veggies.

**Prep:** Make ahead. Store components separately.

## Coconut Chickpea Curry

serves 4

8-oz dry linguine  
1 onion  
2 garlic cloves  
1-inch fresh ginger root  
1 tbsp mild curry powder  
½ tsp ground cumin  
14-oz can lite coconut milk  
15-oz can chickpeas  
14-oz diced tomatoes  
1 tsp ground coriander  
garam masala, cilantro (optional)

### Directions:

1. Cook noodles via package instructions.
2. Drain, rinse under cold water. Set aside.
3. Line a large skillet with ¼-cup water.
4. Sauté onion until translucent.
5. Add garlic and ginger, cooking until fragrant, about 1 minute.
6. Add curry powder and cumin, and cook for 30-50 seconds.
7. Stir in coconut milk, chickpeas, tomatoes (with juices), and ¼-tsp garam masala.
8. Bring to a boil; reduce heat to low, and simmer 15 minutes uncovered, or until it thickens into a creamy curry.
9. Add coriander and stir to combine.
10. Turn off heat and wait 5 minutes.
11. Add more garam masala to taste.
12. Serve veg curry over cooked noodles.
13. Garnish with cilantro.

*Per serving: 411 calories, 7.9g fat, 71.9g carbs, 12.9g fiber, 6.1g sugars, 16.1g protein*

**Chef's Note:** You can add a small amount of turmeric for yellow coloring.

**Lower Fat:** Sub soy or almond milk and a drop or two of coconut extract (opt) for coconut milk.

**Add-on:** Add cauliflower florets or cashews.

**Prep:** Make ahead.

## Crispy Tofu Strips

serves 4

30-oz extra-firm tofu  
1 cup (8-oz) soy or almond milk  
½ cup flour  
½ cup breadcrumbs  
½ cup fine cornmeal  
¼ cup nutritional yeast  
1 tsp garlic powder  
1 tsp chili powder  
1 tsp smoked paprika  
dipping sauce (i.e. ketchup, mustard, etc)

**To press tofu:** Wrap tofu in a dish towel and place between two cutting boards. Place a small pot on the top board and fill it with water or a sturdy heavy object. Press tofu for 20 minutes.

### Directions:

1. Preheat oven to 425F and line baking sheet with parchment paper.
2. Place milk in a shallow dish.
3. In another shallow dish, combine flour, breadcrumbs, cornmeal, nutritional yeast, garlic powder, chili powder, smoked paprika, and salt to taste.
4. Use one hand to dip tofu slice in milk.
5. Using the other hand, dredge it in the breadcrumb mixture. Cover it fully and tap off excess.
6. Place on baking sheet and repeat with remaining slices.
7. Bake for 20 minutes, flip, and bake for another 15 minutes.
8. Serve with ketchup, mustard, or preferred dipping sauce.

*Per serving (without dipping sauce): 342 calories, 11.4g fat, 39.2g carbs, 8.9g fiber, 2.4g sugars, 28g protein*

**Add-on:** Add a side baked potato.

**Prep:** Make to order.



## Lentil Quesadillas

serves 4

1 cup cooked lentils  
1 cup salsa  
4 flour tortillas  
12-oz broccoli florets steamed

### Potato Queso

1 cup carrots chopped  
1 cup mashed potatoes  
¾ cup nutritional yeast  
1 tsp onion powder  
1 tsp garlic powder  
½ tsp smoked paprika  
2 tbsp yellow mustard  
1 tbsp miso paste\*\*  
dash of cayenne (optional)

**To Make Queso:** Boil carrots (and potatoes if not using leftover) in 1 cup water until VERY tender. Drain, reserving cooking liquid. Transfer to a food processor and combine with remaining ingredients, adding hot cooking water as necessary, about ½ to ¾-cup. Taste, adding more miso or seasonings if desired.

### Quesadilla Directions:

1. Pulse cooked lentils in a food processor so they're chewed up or leave whole. You can also mix lentils with some salsa.
2. Spread Queso on tortillas, top with lentil mix, and fold over. Heat in dry skillet or bake 5-10 mins at 375F if desired.
3. Serve with salsa and broccoli on side.

*Per serving: 406 calories, 9.8g fat, 59.3g carbs, 25.5g fiber, 9.5g sugars, 30.4g protein*

\*\* Use chickpea miso (SF)

**Note:** Queso gets firmer and stickier after 30 minutes chilling. Store in air-tight container.

**Add-on:** Avocado or guacamole.

**Prep:** Make lentils and Queso ahead.

## "Lobster" Rolls

serves 4

2-12 oz jars artichoke hearts chop  
kelp granules or dulse  
¼ tsp Old Bay seasoning  
½ tsp garlic powder  
2 celery ribs mince  
1-3 tbsp fresh lemon juice  
¼-½ cup vegan mayo  
low-sodium soy sauce\*\*  
4 hot dog buns or tortillas  
  
4 cooked ears of corn  
1 lb boiled red potatoes

### Directions:

1. Line a large pan with thin layer water.
2. Add artichokes, kelp or dulse, and Old Bay seasoning, stirring to coat.
3. Cook over medium heat, stirring as needed, for 5-8 minutes.
4. Add garlic powder and cook 1-2 minutes.
5. Transfer to a bowl and set aside to cool.
6. Add celery, lemon, mayo, a drizzle of soy sauce, and salt and pepper to taste.
7. Stir to combine, taste, and adjust seasonings as needed.

**Sandwich Assembly Directions:** Toast buns if desired. Spoon filling into buns and serve with corn on the cob and potatoes, sprinkling both with Old Bay and lemon juice to boost flavor.

*Per serving: 368 calories, 3.7g fat, 75.5g carbs, 15.0g fiber, 8.4g sugars, 15.5g protein*

\*\*Use tamari (GF) or coconut aminos (SF).

**Add-on:** Side salad.

**Prep:** Store components separately.

## Sassy Sofritas

serves 4

15-oz extra-firm tofu  
½ onion dice  
1 tomato dice  
2-oz diced green chilies  
2 chipotle chilies in adobo (may reduce)  
2 tbsp adobo sauce (may reduce)  
1 tbsp dried oregano  
½ tsp garlic powder  
¼ tsp ground cumin  
15-oz pinto beans drain, rinse  
4 flour tortillas  
2 cups lettuce chop  
½ cup salsa  
4-oz guacamole

**To press tofu:** Wrap tofu in a dish towel and place between two cutting boards. Place a small pot on the top board and fill it with water or a sturdy heavy object. Press tofu for 20 minutes.

### Directions:

1. Line a skillet with ¼-cup water.
2. Add onions and sauté until translucent.
3. Add tomatoes and cook for 3 minutes.
4. Add chilies, adobo sauce, spices and cook for another 2 minutes.
5. Add ½-cup water to the sauce and let it cook down for 2 minutes.
6. Crumble pressed tofu with your fingers into the pan.
7. Add beans, stir, and let simmer for 10 minutes. If it's too watery cook longer.

**Assembly directions:** Layer tortilla with lettuce, sofritas, salsa, and guacamole. Roll up and enjoy.

*Per serving: 403 calories, 13.3g fat, 53.1g carbs, 12.5g fiber, 6.7g sugars, 22.6g protein*

**Soy-Free:** Sub 1-15 oz can chickpeas (mashed) for tofu.

**Lower Fat:** Sub 2 sweet potatoes for guac.

**Add-on:** Add a side sweet potato.

**Prep:** Store components separately.

## Summer Enchiladas

serves 4

2 cups corn divided  
2 garlic cloves mince  
1 red onion dice  
1 zucchini dice  
15-oz can refried beans  
12 corn tortillas  
16-oz salsa verde  
½ avocado  
cilantro (optional)

### Directions:

1. In a blender or food processor, puree 1½ cups corn and 1 garlic clove until well blended; set aside.
2. Line a large skillet with ¼-cup water.
3. Sauté onion and remaining garlic until softened and fragrant.
4. Add zucchini and remaining corn, cook until veggies are tender.
5. Pour in corn sauce; mix until combined.
6. Remove from heat and set aside.

**Assembly Directions:** Add a small amount of beans down the center of tortilla. Top with spoonful of filling. Roll tortilla up tightly and transfer to the prepared baking dish with the seam-side down. Repeat with remaining tortillas. Pour salsa verde over enchiladas. Cover with foil and bake for 10-15 minutes at 400F (optional). Top with avocado and cilantro, if using.

*Per serving: 418 calories, 9.2g fat, 75.0g carbs, 15.2g fiber, 7.1g sugars, 14.8g protein*

**Lower Fat:** Sub 2 sweet potatoes for avocado.

**Add-on:** Add side of grains.

**Prep:** Make ahead. Add avocado before serving.

## Thai PB&J

serves 4

8 slices bread or 4 tortillas  
½ cup peanut butter  
¼ cup orange marmalade  
1 tsp mild curry powder  
Sriracha  
¼ cup fresh basil

### Directions:

1. Toast bread (optional).
2. Per sandwich: slather one slice of bread with 2 tbsp peanut butter. Slather the other with 1 tbsp orange marmalade.
3. Sprinkle both with mild curry powder.
4. Add a few drops of Sriracha (*to taste*).
5. Top with fresh basil (whole leaves or place leaves in top of each other, roll-up like a sleeping bag, and slice thinly) and combine to make a sandwich.

*Per serving: 383 calories, 18.1g fat, 44g carbs, 6.1g fiber, 18.1g sugars, 15.4g protein*

**Lower Fat:** Replace peanut butter with 1 cup plain hummus plus an additional 3-4 tbsp marmalade and 1-2 tbsp Sriracha. (Mix additional marmalade and Sriracha into hummus to taste, then spread on toast. Add remaining marmalade, basil, etc. on top). Enjoy ½ orange (per serving) on the side as well.

**Add-on:** Add a side of broccoli or oranges.

**Prep:** Make to order.

## Triple Green Quesadillas

serves 4

4 garlic cloves  
12-oz broccoli florets  
4 cups fresh spinach  
4 flour tortillas  
1 avocado  
1 cup plain hummus

### Chipotle Sauce

1-2 chipotle peppers in adobo (*may reduce*)  
6-oz plain vegan yogurt

**To make sauce:** Combine chipotle peppers and yogurt in a blender and blend until smooth. Taste and adjust salt level as necessary.

### Directions:

1. Line a pan with ¼-cup water.
2. Add garlic and cook for 30 seconds.
3. Add the broccoli plus salt to taste.
4. Cook, stirring frequently, until bright green and tender, about 7 minutes.
5. Add spinach and continue to cook and stir, until soft and wilted. Set aside.
6. Spread avocado on tortillas.
7. Top half of each tortilla with broccoli mixture and a dollop of hummus.
8. Fold over and press down.
9. Toast in a nonstick pan for 3-4 minutes on each side or until warm and crisp.
10. Drizzle chipotle sauce over quesadillas.

*Per serving: 396 calories, 18.1g fat, 47.4g carbs, 14g fiber, 5.7g sugars, 16.2g protein*

**Lower Fat:** Sub 4 sweet potatoes for avocado.

**Add-on:** Add a side sweet potato or corn.

**Prep:** Make to order. Can make sauce ahead.



## Vegan Pho

serves 4

12-oz dry linguine  
¼ cup fresh basil  
4 green onions slice  
3 limes (juice)

### Pho Broth

1 onion cut into quarters  
¼ cup fresh ginger root peel, mince  
1 quart (4 cups) veg broth  
3 tbsp low-sodium soy sauce\*\*  
3 stars of anise  
1 cinnamon stick (or ½ tsp ground cinnamon)  
1 tsp fennel seeds  
½ tsp whole cloves (or ¼ tsp ground cloves)

### Broth Directions:

1. Broil onions and ginger until the outside layers are almost charred.
2. Transfer to a large pot, add remaining broth ingredients, plus 3 cups water.
3. Cover, bring to a boil, then uncover and simmer for 60-90 minutes.
4. Use a kitchen strainer to pour the broth into a separate container, discarding the vegetables and spices.

### Pho Directions:

1. Cook noodles via package instructions.
2. Drain, rinse under cool water.
3. Place noodles in large soup bowls and pour hot broth over the top.
4. Top with fresh basil, green onions and a squeeze of fresh lime juice.

*Per serving: 403 calories, 3.2g fat, 81.2g carbs, 9.8g fiber, 4.9g sugars, 13.6g protein*

*\*\*Use tamari (GF) or coconut aminos (SF)*

**Add-on:** Add tofu, shiitakes or stir-fry veggies.

**Prep:** Store noodles & broth separately.

# Individual Recipes

## Baked Chimichangas serves 2

1½ tsp low-sodium soy sauce\*\*  
1 tsp fresh lemon juice  
1-2 tbsp Taco or Fajita seasoning  
¾ cup prepared chickpeas  
¾ cup refried beans  
2 flour tortillas  
4-oz guacamole  
½ cup salsa

### Directions:

1. Preheat oven to 400F.
2. Line a baking sheet with parchment paper and set aside.
3. Combine soy sauce, lemon, seasoning and chickpeas, stirring to coat.
4. Place on baking sheet and bake 20-25 minutes, until crispy but not hard.
5. Increase oven temperature to 425F.
6. Mash chickpeas with a fork until no whole beans are left and set aside.
7. Spread refried beans in the middle of each tortilla. Top with guacamole and mashed chickpeas.
8. Roll into a burrito, place cut-side-down on the baking sheet and bake for 15-20 minutes, or until the tortillas are browned and crispy.
9. Serve warm and top with cool salsa.

*Per serving: 429 calories, 13.3g fat, 62.8g carbs, 17.1g fiber, 2.8g sugar, 17.1g protein*

*\*\*Use tamari (GF) or coconut aminos (SF).*

**Lower Fat:** Sub 1 sweet potato for guac.

**Add-on:** Side salad.

**Prep:** Make ahead and reheat.

## Bang Bang Chickpea Pasta serves 2

4-oz dry pasta  
1 garlic clove  
1 cup prepared chickpeas

mince

### Bang Bang Sauce

¼ cup vegan mayo (or yogurt)  
3 tbsp sweet red chili sauce  
1½ tsp fresh lime juice  
1 tsp honey or agave nectar  
Sriracha, to taste (optional)

**To Make Bang Bang Sauce:** Whisk all ingredients until well combined.

### Directions:

1. Cook pasta via package instructions.
2. Drain, rinse under cool water. Set aside.
3. Line a skillet with ¼-cup water and sauté garlic until fragrant.
4. Add chickpeas and cook until they are slightly browned.
5. Toss garlic and chickpeas with cooked pasta and Bang Bang Sauce.

*Per serving: 392 calories, 2.5g fat, 70.7g carbs, 10.7g fiber, 14.1g sugars, 15.7g protein*

**Add-on:** Make more pasta or add greens.

**Prep:** Make everything ahead. Store sauce separately or premix together.

## Banh Mi Burger

serves 1

1 **Portobello Steak** (follows)  
**Pickled Vegetables** (follows)  
1 burger bun or tortilla  
sliced jalapeños, cilantro (optional)

### Portobello "Steaks"

1 cup **No-Beef Broth** (or veg broth)  
½ small onion dice  
1 garlic clove mince  
3 tbsp balsamic vinegar  
1 tbsp sherry or mirin  
2 portobello mushrooms stem

#### To Make "Steaks":

1. Line a large pan with ¼-cup broth.
2. Sauté onion and garlic for 2 minutes.
3. Add remaining ingredients & more broth.
4. Reduce heat to medium.
5. Cover and cook 5 minutes.
6. Flip mushrooms over and cook for 5 minutes more.
7. Repeat until desired tenderness is reached, adding more broth as needed.

### Pickled Vegetables

1 carrot peel, grate  
½ cucumber slice  
pinch raw sugar  
1 tbsp rice vinegar

**To pickle veggies:** Combine carrots and cucumbers with ¼-tsp salt and sugar. Rest 5-10 minutes. Drain, combine with vinegar. Add water until covered. Marinate 15-20 minutes.

### Sriracha Mayo

2 tbsp vegan mayo (or yogurt)  
1 green onion slice  
1 tsp Sriracha (may reduce)

**To Make Mayo:** Whisk together until combined.

**Assembly directions:** Spread Sriracha Mayo on bun, top with "steak" and pickled veggies, sliced jalapeños & cilantro.

*Per serving: 284 calories, 2.5g fat, 54.6 carbs, 9.2g fiber, 18.5g sugars, 11.2g protein*

**Note:** Recipe for No-Beef Broth in forums.

**Add-on:** Add side of grains or steamed veggies.

**Prep:** Store components separately.

## Big Mac Potato

serves 1

⅔ cup cooked lentils (not red)  
1 tbsp ketchup  
½ tsp yellow mustard  
½ tsp Worcestershire sauce  
½ tsp onion powder  
garlic powder  
1 cooked potato  
1 cup lettuce shred  
1 tomato dice

### Secret Sauce

2 tbsp vegan mayo (or yogurt)  
½ tsp ketchup  
½ tsp dill relish  
¼ tsp white vinegar  
dash of garlic powder  
dash of onion powder  
dash of paprika  
sweetener (optional)

**To make Secret Sauce:** Combine all ingredients in a bowl and mix well. Add sweetener if desired.

#### Directions:

1. Mash cooked lentils slightly, if desired.
2. Transfer to a mixing bowl, and stir in ketchup, mustard, Worcestershire sauce, onion powder and dash of garlic powder.
3. Slice potato in half and top with lentil mixture, lettuce and tomato and drizzle with Secret Sauce.

*Per serving: 426 calories, 1.6g fat, 82g carbs, 24.1g fiber, 13.6g sugars, 22.5g protein*

**Add-on:** Add a side salad or steamed broccoli.

**Prep:** Make lentils and sauce ahead, store separately. Assemble before eating.

## Buffalo Chickpea Potato Bowl

serves 1

1 carrot  
1 celery rib  
¾ cup prepared chickpeas  
¼ cup Frank's hot sauce (may reduce)  
1½ tsp pure maple syrup  
1 cooked potato  
1 green onion

dice  
slice  
  
  
  
  
slice

### Directions:

1. Line a skillet with ¼-cup water.
2. Add carrot and celery and sauté until tender-crisp, about 3 minutes.
3. Add chickpeas, hot sauce, maple syrup and salt and pepper to taste.
4. Stir well and cook until sauce has thickened, about 2 minutes.
5. Slice potato in half and add chickpea mixture.
6. Garnish with green onions.

*Per serving: 391 calories, 1.9g fat, 76.6g carbs, 13.6g fiber, 11.6g sugars, 15.2g protein*

**Note:** Use Frank's RedHot Original Cayenne Pepper Sauce, not the wing sauce.

**Add-on:** Add a side salad or steamed veggies.

**Prep:** Make ahead. Store components separately.

## Coconut Chickpea Curry

serves 2

1 small onion  
2 garlic cloves  
1" fresh ginger root  
1 tbsp mild curry powder  
½ tsp ground cumin  
1 tsp ground coriander  
14-oz lite coconut milk  
15-oz can chickpeas  
14-oz diced tomatoes  
garam masala and cilantro (optional)

dice  
mince  
peel, mince  
  
  
  
  
  
drain, rinse

### Directions:

1. Line a large skillet ¼-cup water.
2. Sauté onion until translucent.
3. Add garlic and ginger, and cook until fragrant, about 1 minute.
4. Add curry powder and cumin, and cook 30-50 seconds.
5. Stir in coconut milk, chickpeas, tomatoes (with juices), and ¼-tsp garam masala.
6. Cover and bring to a boil.
7. Uncover, reduce heat to low and simmer 15 minutes, or until it thickens.
8. Turn off heat and stir in coriander.
9. Wait 5 minutes and taste.
10. Add more garam masala to taste.
11. Garnish with cilantro.

*Per serving: 415 calories, 12.3g fat, 60.6g carbs, 13.7g fiber, 8.1g sugars, 18g protein*

**Chef's Note:** You can add a small amount of turmeric for yellow coloring.

**Lower Fat:** Sub soy or almond milk and a drop of coconut extract (opt) for coconut milk.

**Add-on:** Add cauliflower florets or cashews.

**Prep:** Make ahead.

## Crispy Tofu Strips

serves 2

15-oz extra-firm tofu                      press, slice  
½ cup (4-oz) soy or almond milk  
¼ cup flour  
¼ cup breadcrumbs  
¼ cup fine cornmeal  
2 tbsp nutritional yeast  
½ tsp garlic powder  
½ tsp chili powder  
½ tsp smoked paprika  
dipping sauce (i.e. ketchup, mustard, etc)

**To press tofu:** Wrap tofu in a dish towel and place between two cutting boards. Place a small pot on the top board and fill it with water or a sturdy heavy object. Press tofu for 20 minutes.

### Directions:

1. Preheat oven to 425F and line baking sheet with parchment paper.
2. Place milk in a shallow dish.
3. In another shallow dish, combine flour, breadcrumbs, cornmeal, nutritional yeast, garlic powder, chili powder, smoked paprika, and salt to taste.
4. Use one hand to dip tofu slice in milk.
5. Using the other hand, dredge it in the breadcrumb mixture. Cover it fully and tap off excess.
6. Place on baking sheet and repeat with remaining slices.
7. Bake for 20 minutes, flip, and bake for another 15 minutes.
8. Serve with ketchup, mustard, or preferred dipping sauce.

*Per serving (without dipping sauce): 342 calories, 11.4g fat, 39.2g carbs, 8.9g fiber, 2.4g sugars, 28g protein*

**Add-on:** Add a side baked potato.

**Prep:** Make to order.

## "Lobster" Rolls

serves 2

12-oz jar artichoke hearts                      chop  
kelp granules or dulse  
dash of Old Bay seasoning  
¼ tsp garlic powder  
1½ tsp-1½ tbsp fresh lemon juice  
2 tbsp-¼ cup vegan mayo (or yogurt)  
low-sodium soy sauce\*\*  
2 hot dog buns or tortillas  
  
2 cooked ears of corn  
½ lb boiled red potatoes

### Directions:

1. Line a large pan with ¼-cup water.
2. Add artichokes, kelp or dulse, and Old Bay seasoning, stirring to coat.
3. Cook over medium heat, stirring as needed, for 5-8 minutes.
4. Add garlic powder and cook 1-2 minutes.
5. Transfer to a bowl and set aside to cool.
6. Add lemon, mayo, a drizzle of soy sauce, and salt and pepper to taste.
7. Stir to combine, taste, and adjust seasonings as needed.

**Sandwich Assembly Directions:** Toast buns if desired. Spoon filling into buns and serve with corn on the cob and potatoes, sprinkling both with Old Bay and lemon juice to boost flavor.

*Per serving: 368 calories, 3.7g fat, 75.5g carbs, 15.0g fiber, 8.4g sugars, 15.5g protein*

**\*\*Use tamari (GF) or coconut aminos (SF).**

**Add-on:** Side salad.

**Prep:** Store components separately.

## Sweet Chili Quesadilla

serves 1

½ red bell pepper  
1 tomato  
½ cup cooked brown rice  
1 flour tortilla

seed, dice  
dice

### Sweet Chili Mustard Sauce

2 tbsp yellow mustard  
1 tbsp pure maple syrup  
1½ tsp Sriracha (may reduce or omit)

**To Make Sweet Chili Mustard Sauce:** Whisk all ingredients together with 1-2 tsp water.

### Directions:

1. Preheat oven to 400F.
2. Line a baking sheet with parchment.
3. Spread bell peppers into a single layer and roast for 15-20 minutes.
4. Combine cooked rice, bell peppers, tomatoes and sauce.
5. Spread into tortilla, fold over and enjoy.

*Per serving: 340 calories, 4.2g fat, 69.5g carbs, 9.2g fiber, 18.3g sugars, 9.7g protein*

**Chef's Note:** For a crispy quesadilla, pan fry assembled quesadilla or bake at 375F for 5-10 minutes until golden, careful not to burn.

**Add-on:** Add avocado or greens.

**Prep:** Store components separately.

## Thai PB&J

serves 1

2 slices bread or 1 tortilla  
2 tbsp peanut butter  
1 tbsp orange marmalade  
¼ tsp mild curry powder  
Sriracha  
1 tbsp fresh basil

### Directions:

1. Toast bread (optional).
2. Slather one slice of bread with 2 tbsp peanut butter. Slather the other with 1 tbsp orange marmalade.
3. Sprinkle both with mild curry powder.
4. Add a few drops of Sriracha (to taste).
5. Top with fresh basil (whole leaves or place leaves in top of each other, roll-up like a sleeping bag, and slice thinly) and combine to make a sandwich.

**Lower Fat:** Replace peanut butter with ¼-cup plain hummus plus an additional 1½-tsp to 1 tbsp marmalade and ½-1 tsp Sriracha. (Mix additional marmalade and Sriracha into hummus to taste, then spread on toast. Add remaining marmalade, basil, etc. on top). Enjoy ½ orange on the side as well.

**Add-on:** Add a side of broccoli or oranges.

**Prep:** Make to order.



## Triple Green Quesadilla

serves 1

1 garlic clove mince  
1 cup broccoli florets  
1 cup fresh spinach  
2-oz guacamole  
1 flour tortilla  
3 tbsp plain hummus

### Chipotle Sauce

2-oz plain vegan yogurt  
½ chipotle pepper in adobo (may reduce)

**To make sauce:** Combine chipotle pepper and yogurt in a blender and blend until smooth. Taste and adjust salt level as necessary.

### Directions:

1. Line a pan with ¼-cup water.
2. Add garlic and cook for 30 seconds.
3. Add the broccoli plus salt to taste.
4. Cook, stirring frequently, until bright green and tender, about 7 minutes.
5. Add spinach and continue to cook and stir, until soft and wilted. Set aside.
6. Spread guacamole on tortillas.
7. Top half of each tortilla with broccoli mixture and a dollop of hummus.
8. Fold over and press down.
9. Toast in a nonstick pan for 3-4 minutes on each side or until warm and crisp.
10. Drizzle chipotle sauce over quesadillas.

*Per serving: 380 calories, 16.7g fat, 46.4g carbs, 13.5g fiber, 7.5g sugars, 15.6g protein*

**Lower Fat:** Sub 1 sweet potato for guac.

**Add-on:** Add a side sweet potato or corn.

**Prep:** Make to order.

## Vegan Pho

serves 2

6-oz dry linguine  
2 tbsp fresh basil  
2 green onions slice  
1 lime (juice)

### Pho Broth

½ small onion cut into quarters  
2 tbsp fresh ginger root peel, mince  
2 cups veg broth  
1½ tbsp low-sodium soy sauce\*\*  
1 star of anise  
½ cinnamon stick (or ¼ tsp ground cinnamon)  
½ tsp fennel seeds  
¼ tsp whole cloves (or ⅛ tsp ground cloves)

### Broth Directions:

1. Broil onions and ginger until the outside layers are almost charred.
2. Transfer to a large pot, add remaining broth ingredients, plus 1½-cups water.
3. Cover, bring to a boil, then uncover and simmer for 60-90 minutes.
4. Use a kitchen strainer to pour the broth into a separate container, discarding the vegetables and spices.

### Pho Directions:

1. Cook noodles via package instructions.
2. Drain, rinse under cool water.
3. Place noodles in large soup bowls and pour hot broth over the top.
4. Top with fresh basil, green onions and a squeeze of fresh lime juice.

*Per serving: 393 calories, 3.2g fat, 78.7g carbs, 9.2g fiber, 4.6g sugars, 13.2g protein*

**\*\*Use tamari (GF) or coconut aminos (SF)**

**Add-on:** Add tofu, shiitakes or stir-fry veggies.

**Prep:** Store noodles & broth separately.