





Veggie Pita Pizza with Hummus

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 cup Hummus
- 2 Whole Wheat Pita

Nutrition

Amount per serving	
Calories	359
Fat	16g
Saturated	2g
Carbs	48g
Fiber	8g
Sugar	5g
Protein	12g
Cholesterol	0mg
Sodium	537mg
Potassium	491mg
Calcium	48mg
Magnesium	103mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 3 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 4 Let cool slightly and slice. Enjoy!

Notes

No Olive Oil: Use coconut oil, avocado oil, ghee or butter instead.

No Whole Wheat Pita: Use tortillas or flatbread instead.

Prep Ahead: Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.



Chezy Broccoli Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	180
Fat	3g
Saturated	0g
Carbs	31g
Fiber	5g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	25mg
Potassium	430mg
Calcium	53mg
Magnesium	95mg

Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Serve it With: Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

More Flavour: Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.



Hummus Roasted Broccoli & Cauliflower

4 servings
25 minutes

Ingredients

3 cups Broccoli (chopped into florets)
1 head Cauliflower (chopped into florets)
1 cup Hummus
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	12g
Saturated	2g
Carbs	21g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	329mg
Potassium	847mg
Calcium	93mg
Magnesium	83mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 2 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 3 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

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

No Broccoli or Cauliflower: Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.



Eggplant, Pepper & Tomato Saute

4 servings
20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Eggplant (large, cubed)
- Sea Salt & Black Pepper (to taste)
- 1 Green Bell Pepper (diced)
- 1 tsp Cumin
- 1 1/2 cups Diced Tomatoes

Nutrition

Amount per serving	
Calories	125
Fat	4g
Saturated	1g
Carbs	21g
Fiber	10g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	23mg
Potassium	689mg
Calcium	48mg
Magnesium	43mg

Directions

- 1 Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
- 2 Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
- 3 Season with salt and pepper to taste. Enjoy!

Notes

Serve it With: Pasta, brown rice, quinoa, brown rice tortilla chips, or on toast.

Extra Toppings: Feta, fresh herbs, avocado or Greek yogurt.

Storage: Refrigerate in an air-tight container up to 3 to 5 days, or freeze.



Marinated Eggplant with Quinoa

4 servings
30 minutes

Ingredients

- 1 Eggplant (stem removed, cubed)
- 1/2 cup Water
- 2 tbsps Tamari
- 1 tbsp Rice Vinegar
- 1 tsp Maple Syrup
- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	201
Fat	3g
Saturated	0g
Carbs	37g
Fiber	7g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	509mg
Potassium	581mg
Calcium	39mg
Magnesium	108mg

Directions

- 1 Preheat the oven to 450°F (232°C).
- 2 In a baking dish, combine the eggplant, water, tamari, rice vinegar and maple syrup until well coated. Roast for 30 minutes or until golden brown, stirring halfway.
- 3 Meanwhile, cook the quinoa according to package instructions.
- 4 Divide the quinoa onto plates and top with the roasted eggplant. Garnish with cilantro and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add ginger and garlic, and/or use broth for the quinoa and marinade.

Additional Toppings: Minced scallions and/or toasted sesame seeds.

No Tamari: Use soy sauce or coconut aminos instead.



Mini Eggplant Pizzas

4 servings

30 minutes

Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 4 1/3 ozs Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	260
Fat	21g
Saturated	6g
Carbs	12g
Fiber	5g
Sugar	7g
Protein	9g
Cholesterol	25mg
Sodium	160mg
Potassium	485mg
Calcium	183mg
Magnesium	34mg

Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

Serving Size: One serving is approximately three eggplant pizzas.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.



Balsamic Parmesan Zucchini Bites

4 servings
20 minutes

Ingredients

- 1 Zucchini (medium, sliced into 1/4-inch thick rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tsp Balsamic Vinegar
- 1/2 cup Parmigiano Reggiano (grated)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	80
Fat	6g
Saturated	3g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	5g
Cholesterol	12mg
Sodium	242mg
Potassium	132mg
Calcium	158mg
Magnesium	9mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
- 3 In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
- 4 Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

Serving Size: One serving is approximately five zucchini bites (or 1/4 of a zucchini).

Make it Vegan: Use a dairy-free, parmesan-style cheese instead.

No Olive Oil: Use avocado oil instead.



Honey Sesame Bok Choy & Mushrooms

4 servings
15 minutes

Ingredients

- 2 tbsps Sesame Oil
- 1 1/2 tpsps Raw Honey
- 4 cups Mushrooms (halved or quartered)
- 8 cups Bok Choy (baby, halved)
- 1/2 tsp Sesame Seeds
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	103
Fat	7g
Saturated	1g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	242mg
Potassium	577mg
Calcium	153mg
Magnesium	34mg

Directions

- 1 In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
- 2 Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

Notes

No Honey: Use maple syrup, coconut sugar or brown sugar.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.



Mushroom Miso Soup

2 servings
25 minutes

Ingredients

- 3 cups Water
- 1 cup Organic Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	199
Fat	7g
Saturated	1g
Carbs	26g
Fiber	6g
Sugar	9g
Protein	15g
Cholesterol	0mg
Sodium	2103mg
Potassium	374mg
Calcium	343mg
Magnesium	66mg

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.



Sea Salted Coconut Kale Chips

4 servings

1 hour

Ingredients

- 4 cups Kale Leaves
- 2 tbsps Coconut Oil (melted)
- 1 tsp Sea Salt
- 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	69
Fat	7g
Saturated	6g
Carbs	1g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	601mg
Potassium	79mg
Calcium	54mg
Magnesium	7mg

Directions

- 1 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 2 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 3 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 4 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



Lemony Kale & Cauliflower Salad

4 servings

15 minutes

Ingredients

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	114
Fat	9g
Saturated	1g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	306mg
Potassium	354mg
Calcium	84mg
Magnesium	23mg

Directions

- 1 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 2 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 3 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of salad.

More Flavor: Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

Meal Prep: Make the cauliflower rice head of time or use store-bought cauliflower rice instead.



Sautéed Spinach with Toasted Pecans

4 servings

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 1/2 cup Nutritional Yeast
- 1/2 cup Pecans
- 1 tsp Sea Salt
- 1 tsp Black Pepper

Nutrition

Amount per serving	
Calories	196
Fat	12g
Saturated	1g
Carbs	10g
Fiber	6g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	676mg
Potassium	690mg
Calcium	67mg
Magnesium	52mg

Directions

- 1 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 2 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Notes

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

Nut-Free: Use sunflower seeds or pumpkin seeds instead of pecans.

More Flavor: Add minced garlic or garlic powder.

Additional Toppings: Top with hemp seeds or flaxseeds.

No Spinach: Use arugula, Swiss chard, or collard greens instead.

No Nutritional Yeast: Use parmesan cheese or a dairy-free cheese.



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

- 4 cups Asparagus (trimmed, cut in half)
- 10 Garlic (cloves, peeled and cut in half)
- 1/2 Yellow Onion (cut into thick slices)
- 1/4 head Cauliflower (cut into florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 2 1/2 cups Organic Vegetable Broth
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	93
Fat	4g
Saturated	1g
Carbs	13g
Fiber	4g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	731mg
Potassium	541mg
Calcium	78mg
Magnesium	39mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Crispy Asparagus with Coconut

2 servings

15 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 1 cup Asparagus (trimmed)
- 1 tbsp Coconut Aminos
- 1 tsp Lime Juice
- 1/2 tsp Sesame Oil
- 1/4 tsp Chili Flakes
- 2 tbsps Unsweetened Coconut Flakes
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	76
Fat	6g
Saturated	3g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	2g
Cholesterol	0mg
Sodium	139mg
Potassium	149mg
Calcium	18mg
Magnesium	10mg

Directions

- 1 Heat a cast iron pan over medium-high heat and add the avocado oil. Add the asparagus and cook, tossing around as needed until charred, around 8 to 10 minutes. Remove from the heat and set aside on a plate.
- 2 In a small bowl, whisk together the coconut aminos, lime juice, sesame oil and chili flakes. Pour over the asparagus and top with coconut flakes and cilantro. Enjoy!

Notes

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

Likes it Sweeter: Add raw honey to the dressing.

Additional Toppings: Chopped peanuts, cashews or sunflower seeds.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Use toasted sesame oil.



Beets & Onions

4 servings
15 minutes

Ingredients

- 4 Beet (peeled and sliced into 1/2 inch pieces)
- 1 tbsp Avocado Oil
- 1 Sweet Onion (thinly sliced)
- 1/8 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	94
Fat	4g
Saturated	0g
Carbs	14g
Fiber	3g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	144mg
Potassium	365mg
Calcium	30mg
Magnesium	26mg

Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft. Set aside.
- 2 Prepare avocado oil in a pan over medium heat. Add onion and cook until soft, stirring occasionally.
- 3 Season the onion with salt. Add apple cider vinegar and the cooked beet slices. Stir until combined and serve.

Notes

Serve it With: Our Portobello Veggie Burgers with Goat Cheese, Orange Beef Stir Fry, or as a side to any main dish.

Turn it into a Salad: Toss with spinach, goat cheese and sunflower seeds.

No Avocado Oil: Use olive oil, coconut oil or butter instead.



Beet & Arugula Salad

4 servings

50 minutes

Ingredients

- 4 Beet (skin on, washed)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1 1/2 tpsps Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Apple (thinly sliced)
- 1/2 cup Goat Cheese (crumbled)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	239
Fat	17g
Saturated	4g
Carbs	20g
Fiber	5g
Sugar	14g
Protein	6g
Cholesterol	5mg
Sodium	138mg
Potassium	396mg
Calcium	64mg
Magnesium	31mg

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 3 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free: Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds: Omit or use sunflower seeds instead.

No Apple: Use a pear instead.

No Honey: Use maple syrup instead.

Save Time: Roast the beets ahead of time.



Strawberry Quinoa Arugula Salad

4 servings
40 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Saturated	1g
Carbs	25g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	93mg
Potassium	397mg
Calcium	107mg
Magnesium	79mg

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.