

# Bagel Sandwich

Two servings • 10 minutes

For a tasty breakfast or an easy lunch, the bagel sandwich is not to be missed! It's crunchy, creamy and healthy.

## Ingredients

- 2 bagels
- 3 oz.vegan cream cheese
- 1/2 red onion, sliced thin
- 1 handful of sprouts, any variety
- 1/2 medium tomato

## Instructions

1. Cut bagels in half, toast and smear with vegan cream cheese. Top with red onion, tomato and sprouts.

## Nutritional Information

- 2 Servings
- 405 Calories
- 9g Fat
- 68g Carbohydrates
- 14g Protein
- 653mg Sodium
- 11g Sugar
- 4g Fiber

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# Bean, Corn and Tortilla Salad

Four servings • 15 minutes to prepare

## Ingredients

- 1 can (15.5 ounces) pinto beans, drained and rinsed
- 1 package (10 ounces) frozen corn kernels (2 cups)
- 1/4 cup prepared medium tomato salsa, plus more for serving
- 1 bunch scallions, thinly sliced (1 cup)
- 1 ripe avocado, peeled, pitted, and cubed
- 3 plum tomatoes, thickly sliced
- Coarse salt and ground pepper
- 1 bag (12 ounces) romaine hearts, cut into bite-size pieces
- 3 cups (3 ounces) broken tortilla chips

## Instructions

1. In a medium microwave-safe bowl, combine beans, corn, and salsa. Microwave just until warmed through, 1 minute. Stir in scallions, avocado, and tomatoes; season with salt and pepper. Set bean mixture aside.
2. In a large bowl, toss lettuce and chips together. Divide evenly among plates; top with bean mixture. Serve immediately, topped with additional salsa, if desired.


## Nutritional Information

- 4 Servings
- 643 Calories
- 11g Fat
- 109g Carbohydrates
- 31g Protein
- 50mg Sodium
- 8g Sugar
- 27g Fiber

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# Burrito Bowls

Two servings • 30 minutes

## Ingredients

- 1 cup rice
- 1 (15 oz.) can black or pinto beans
- 1 avocado
- 1 large zucchini
- 2 medium carrots
- 2 cups romaine lettuce, shredded
- 1/2 cup salsa
- 1 tbsp. olive oil

## Instructions

1. Start cooking rice according to package directions.
2. While rice is cooking, chop vegetables and prepare lettuce and avocado.
3. When rice is almost done, heat olive oil in a medium sauté pan over medium heat. Add carrots and let cook for 2-3 minutes before adding zucchini. Sauté carrots and zucchini another 4-5 minutes until just tender, but not mushy.
4. Meanwhile, warm beans in a small saucepan on the stove or microwave.
5. Assemble all ingredients in a bowl: rice, beans, sautéed vegetables, avocado, lettuce and salsa. Serve.

## Nutritional Information

- 2 Servings
- 575 Calories
- 19g Fat
- 82g Carbohydrates
- 21g Protein
- 359mg Sodium
- 10g Sugar
- 25g Fiber

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# Edamame Sushi Bowl

Four servings • 45 minutes, mostly hands off

This recipe is the next best thing to takeout from your favorite Japanese spot. All the things you love about vegi sushi with none of the fuss!

## Ingredients

- 1 cup short grain brown rice
- 1 cup edamame, fresh or frozen
- 1 medium avocado
- 1 cup shredded green cabbage
- 1/2 red bell pepper, chopped
- 2 carrots, shredded
- 1/4 cup scallions, sliced
- 3 tbsp. chives, minced
- 3 tbsp. low sodium soy sauce
- 2 tbsp. rice vinegar
- 1 tsp. sesame oil
- 1 tsp. agave nectar

## Instructions

1. Cook rice and edamame (if needed) according to package directions.
2. Cut the avocado into bite-size pieces. Add to a large bowl and toss with the edamame, cabbage, red bell pepper, carrots, scallions and chives.
3. Whisk together the soy sauce, rice vinegar, sesame oil and agave.
4. Add rice to individual bowls, top with cabbage mixture and drizzle with dressing.

## Nutritional Information

- 4 Servings
- 307 Calories
- 7g Fat
- 50g Carbohydrates
- 9g Protein
- 433mg Sodium
- 5g Sugar
- 7g Fiber

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# Kale Walnut Pesto Pasta

Four servings • 20 minutes

This can easily be made with a gluten-free pasta if you have an intolerance or just want to cut back on the wheat products.

## Ingredients

1/2 bunch kale, discard stems and chop

1 pound pasta

1/2 cup chopped walnuts

2 cloves garlic

1/2 cup nutritional yeast

Juice from 1/2 lemon to start, up to 1 lemon to taste

1/4 cup olive oil

## Instructions

1. Bring a large pot of water to a boil. Add a teaspoon of salt and the kale. Cook for 5 minutes and transfer the kale to a colander, using a slotted spoon. Bring the water back to a boil and add the pasta. Cook according to package directions. Drain, and return the pasta to the pot.
2. While the pasta is cooking, combine the kale, walnuts, garlic, nutritional yeast, olive oil, and lemon juice in a food processor. Process until smooth. Add salt and pepper and more lemon to taste.
3. Toss the pesto with the cooked pasta and serve

## Nutritional Information

4 Servings

**687** Calories

**24g** Fat

**95g** Carbohydrates

**23g** Protein

**28mg** Sodium

**3g** Sugar

**7g** Fiber

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# Mediterranean Chickpea Wrap

Four servings • 30 minutes to prepare

## Ingredients

2 tablespoons olive oil  
1 carrot, diced  
1 onion, finely chopped  
1/2 banana pepper, seeded and finely chopped  
1 clove garlic, minced  
1 teaspoon ground cumin  
1/2 teaspoon red pepper flakes  
1/8 teaspoon cayenne pepper  
1 can (15 ounces) garbanzo beans, with liquid  
1 white potato, peeled and diced  
4 whole wheat tortillas, warmed

## Instructions

1. In a large sauté pan, over medium heat warm the oil for about a minute. Add the carrot, onion, banana pepper, and garlic. Cook for 5-7 minutes, stirring frequently. When the vegetable have started to soften, add the cumin, red pepper, cayenne and sauté for 1 minute.
2. Add the garbanzo beans with their liquid and 1 cup water. Bring to a boil. Add the potato and simmer for 20 minutes or until the potatoes are soft.
3. Wrap in warm tortillas with fresh spinach and serve.

## Nutritional Information

4 Servings

427 Calories

14g Fat

67g Carbohydrates

11g Protein

814mg Sodium

6g Sugar

12g Fiber

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# Millet and Quinoa with Dates and Almonds

Two servings • 15 minutes

## Ingredients

1/2 cup millet

1/2 cup quinoa

4 cups water

1/2 tsp. cardamom

Pinch cinnamon

1/4 cup chopped dates

1/4 cup chopped almonds

## Instructions

1. Rinse millet and quinoa in a saucepan. Add water and bring to a boil. Reduce heat to a low simmer, add cardamom and dates, and simmer until grains are soft—about 10 minutes. Remove from heat and stir in chopped nuts (roasting optional).

## Nutritional Information

**2** Servings

**457** Calories

**13g** Fat

**70g** Carbohydrates

**15g** Protein

**23mg** Sodium

**3g** Sugar

**9g** Fiber

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# Mushrooms and Tofu in Paprika Cream over Noodles

Four servings • One hour to prepare

Most often I serve this over pasta, but it's also great with brown rice. You can also swap out the tofu for seitan. If you decide to go with the seitan, add it to the pan after you're finished cooking the mushrooms.

## Ingredients

1/2 cup Tofutti sour cream

1 carton firm tofu, drained

salt and freshly ground black pepper

1 tablespoon vegetable oil

1 tablespoon Earth Balance

1 onion, finely diced

1 lb. mushrooms, sliced about 1/3 inch thick

juice of 1/2 lemon

1 tablespoon flour

1 1/2 tablespoons mild (sweet) paprika

1/3 cup white wine or sherry

2/3 cup water or vegetable stock

2 tablespoons chopped dill or tarragon

8 ounces short pasta, like a farfalle

## Instructions

1. Let the sour cream come up to room temperature.
2. Dice the tofu into 1/2-inch cubes. Set a nonstick skillet over medium-high heat and brush lightly with oil. Add the tofu and cook until golden on the bottom, about 3 minutes. Turn to brown the other sides. Sprinkle with salt and pepper, then remove to a dish.
3. Add the oil and Earth Balance to the pan. When it foams, add the onion and mushrooms, squeezing the lemon over the mushrooms so they keep their color. Cook until the mushrooms are browned and the onions are soft, about 8 minutes. Add the tofu and gently mix together.
4. Sprinkle over the flour and paprika, then season with 1/2 teaspoon salt and pepper. Turn the mixture to incorporate the flour, and add the wine, let it bubble up, then reduce until syrupy. Add the water, reduce the heat to medium-low and cook, covered, for 15 minutes. Check once or twice to ensure there's enough liquid to make a little sauce. If not add more water or stock as needed. Taste for salt. Cook the pasta until al dente, then drain and place on a warmed platter.
5. Rewarm the sauce, if necessary, then turn off the heat, add the fresh herbs and stir in the sour cream. Pour over the pasta and serve.

## Nutritional Information

4 Servings

449 Calories

15g Fat



**56g** Carbohydrates

**19g** Protein

**323mg** Sodium

**6g** Sugar

**5g** Fiber

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# Nutty Quinoa Salad

Four servings • 30 minutes to prepare

If I making this recipe ahead of time, I like to cook the quinoa and raisins the night before and toss it all together before serving. Regardless, it keeps well so don't sweat it if you throw it all together in advance. The only other suggestion, is to remember to zest your oranges before you peel them. If you don't have a zester (I recommend a modest investment in a [Microplane Grater](http://www.williams-sonoma.com/products/microplane-rasp-grater/?pkey=e%7Cmicroplane%7C11%7Cbest%7Co%7C1%7C24%7C%7C6&cm_src=PRODUCTSEARCH||NoFacet-_-NoFacet-_-NoMerchRules-_-) ([http://www.williams-sonoma.com/products/microplane-rasp-grater/?pkey=e%7Cmicroplane%7C11%7Cbest%7Co%7C1%7C24%7C%7C6&cm\\_src=PRODUCTSEARCH||NoFacet-\\_-NoFacet-\\_-NoMerchRules-\\_-](http://www.williams-sonoma.com/products/microplane-rasp-grater/?pkey=e%7Cmicroplane%7C11%7Cbest%7Co%7C1%7C24%7C%7C6&cm_src=PRODUCTSEARCH||NoFacet-_-NoFacet-_-NoMerchRules-_-))) just use an ordinary cheese grater.

## Ingredients

2 cups quinoa

4 cups water

1 cup golden raisins

1/2 cup sesame oil

6 scallions, sliced

1 cup roasted peanuts

1 cup mandarin oranges, peeled and sectioned

4 tablespoons fresh mint, chopped

4 tablespoons orange zest, grated

## Instructions

1. Combine the quinoa and water in a large saucepan, and bring to a boil. Reduce the heat, cover and simmer 10 minutes. Then add the raisins and continue cooking until all the liquid has evaporated, 5 minutes. Remove the pan from the heat and spread the mixture out on a baking sheet. Let it cool completely. In a large bowl, combine the quinoa and raisins with all the remaining ingredients. Toss gently and serve.

## Nutritional Information

4 Servings

938 Calories

48g Fat

109g Carbohydrates

23g Protein

18mg Sodium

35g Sugar

13g Fiber

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