

Avocado Toast with Garbanzo Beans



Makes 1 serving

Prep time 10 min

Ingredients

1 large avocados
1/2 cup cherry tomatoes
1/4 cup garbanzo beans
1/2 lemon
1 Tbsp. olive oil
1 Tbsp. parsley
1 tsp. red pepper flakes
Salt and pepper to taste
2 slices whole grain bread

Instructions

Slice avocado in half, and remove the pit. Cut into cubes, and pour the cubes into a bowl. Add salt and pepper, and squeeze lemon juice into the bowl. Mix thoroughly. Begin to toast the bread. Once the bread is toasted, drizzle olive oil on the bread before adding other ingredients. Scoop the avocado mixture onto the bread. Garnish with cherry tomatoes, garbanzo beans, minced parsley, and red pepper flakes. Enjoy!

<https://www.peta.org/recipes/avocado-toast-garbanzo-beans/>

Grilled Chicken and Blueberry Salad



Makes 4 servings

Total Time: 20 minutes

Salad Ingredients

5 cups mixed greens

1 cup blueberries

¼ cup slivered almonds

2 cups cubed chicken breasts, cooked

Dressing Ingredients

¼ cup olive oil

¼ cup apple cider vinegar

¼ cup blueberries

2 Tbsp honey

Salt and pepper to taste

Instructions

In a large bowl, toss the greens, blueberries, almonds, and chicken breasts until well mixed.

For the salad dressing, combine the olive oil, apple cider vinegar, blueberries, and honey in a blender. Blend until smooth. Add pepper to taste.

<https://skinnyms.com/grilled-chicken-and-blueberry-salad/>

Tofu-Spinach Lasagna



Makes 6 to 8 servings

Total Time: 50 minutes

Ingredients

1/2 lb. Whole Wheat lasagna noodles
2 10-oz. packages frozen chopped spinach, thawed and drained
1 lb. soft tofu
1 lb. firm tofu
1 Tbsp. sugar
1/4 cup soy milk
1/2 tsp. garlic powder
2 Tbsp. lemon juice
3 tsp. minced fresh basil
2 tsp. salt
4 cups tomato sauce

Instructions

109493

Cook the lasagna noodles according to the package directions. Drain and set aside.

Preheat the oven to 350 degrees F.

Squeeze the spinach as dry as possible and set aside.

Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.

Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling.

Continue in the same order, using half of the remaining tomato sauce and noodles and all the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

<https://www.peta.org/recipes/tofu-spinach-lasagne/>

Healthy Triple-Layer Smoothie



Makes 3 servings

Total Time 15 minutes

Ingredients

3 cups banana chunks, frozen
1 20-oz. can pineapple chunks, juice reserved
1/2 cup kale or spinach leaves
1/2 cup raspberries
1 cup blueberries

Instructions

835151

Add 1 cup of the frozen banana chunks and 1 cup of the pineapple chunks to a blender and banana chunks, 1/2 cup of the pineapple chunks, and the kale or spinach. Add some pineapple juice, if needed, to keep things moving. Carefully add to the glasses, trying not to mix the colors. Blend together the remaining cup of frozen banana chunks with the raspberries and blueberries. Add some pineapple juice, if needed. Carefully pour into the glasses and serve immediately.

<https://www.peta.org/recipes/detox-smoothie/>

Tuna Stuffed Tomatoes



Makes 4 servings

Total Time: 30 minutes

INGREDIENTS

2 cans or pouches (5 oz) Solid White Albacore Tuna in Water, drained and flaked
1/2 cup dry bread crumbs
1 tablespoon diced onion
1 tablespoon diced green bell pepper
1/2 teaspoon chopped fresh tarragon
3 tablespoons extra virgin olive oil
1/2 teaspoon ground black pepper
1/2 teaspoon salt
4 large tomatoes

INSTRUCTIONS

Preheat oven to 400°F. Cut a thin slice from the top of each tomato and scoop out most of the pulp leaving a thick shell so that the tomato will hold its shape. Invert on paper towel and set aside. Combine tuna, bread crumbs, onion, bell pepper, tarragon, olive oil, pepper and salt. Stuff each tomato with tuna salad mixture. Place in lightly greased pan and bake for 15 – 20 minutes. Garnish with tarragon as desired.

<http://www.bumblebee.com/recipes/tuna-stuffed-tomatoes/>

Grilled Zucchini Pizza



Makes 4 servings
Total Time: 16 minutes

Ingredients

3 large zucchinis
14 oz can tomato sauce, low sodium
2 oz soft goat cheese
1-pint grape tomatoes
Fresh basil
Salt and pepper
Cooking spray

BALSAMIC DRESSING:

1/4 cup extra virgin olive oil
2 tbsp maple syrup
2 tbsp balsamic vinegar
1 tbsp low sodium soy sauce
2 garlic cloves, minced

Instructions

Make balsamic dressing. You will keep leftovers refrigerated for weeks to come to drizzle on ANY salad. Slice each zucchini lengthwise into thick 4 slices – think easy to maneuver on the grill. Preheat grill to 500 degrees F and spray with cooking spray or oil the way you usually do. Place zucchini, close the lid and grill for 2 minutes. Transfer on a platter flipping so the grilled side is up. Keep BBQ closed.

Now make “pizza” by spreading tomato sauce then topping with basil, goat cheese and tomatoes each zucchini slice until you run out of ingredients.

Transfer back on the grill, close the lid and grill for 3-4 minutes. Transfer on a platter and drizzle with balsamic dressing. Serve hot or cold

Olena of ifoodreal.com edited by Rita Sartin

Gluten-Free Bagels



Makes 6 bagels

Total Time: 30 minutes

Ingredients

2/3 cup lukewarm **milk**
2 tablespoons yeast
2 teaspoons **sugar**
2 **eggs**
1 cup **potato starch**
1 1/2 cups **cornstarch**
1/2 teaspoon **baking soda**
2 teaspoons **baking powder**
2 teaspoons **xanthan gum**
1 teaspoon **salt**
1/2 teaspoon **cider vinegar**

Instructions

Preheat oven to 375°F and put a pot of salted water on to boil. In a large bowl, combine milk, yeast and sugar. Stir well to dissolve yeast. Mix in egg. Add remaining ingredients. Mix well to remove all lumps. Divide dough into 6 disks, press a hole in middle of each disk and shape into bagels. (these will rise quite a bit - so be sure to make a big hole). Gently place bagels into boiling water. Boil bagels (I boil each separate) for approx. 1 minute. Remove bagels from water and place on a greased baking sheet or one sprinkled with cornmeal. Bake 15-18 mins or until golden brown.

<https://www.geniuskitchen.com/recipe/gluten-free-bagels-255600>

Veggie & Hummus Sandwich



Makes 1

Total Time: 15 minutes

Ingredients

2 slices whole-grain bread
3 tablespoons hummus
¼ avocado, mashed
½ cup mixed salad greens
¼ medium red bell pepper, sliced
¼ cup sliced cucumber
¼ cup shredded carrot

Instructions

Spread one slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber and carrot. Slice in half and serve.

To make ahead: Refrigerate sandwich for up to 4 hours.

By: Katie Webster

Glazed Salmon



Makes 4 servings

Total Time: 30 minutes

Ingredients

1/2 cup apple cider

2 tbsp. honey

4 (6-oz.) salmon fillets

Chopped fresh chives (optional)

Instructions

Preheat oven to 450°F. Lightly coat a baking sheet with nonstick cooking spray. For the glaze, in a small saucepan whisk together cider and honey; bring to boiling. Reduce heat; simmer 10 minutes or until reduced by half, stirring occasionally. Remove from heat. Place fillets on baking sheet; season with salt and pepper to taste. Brush fillets with half the glaze. Bake 10 minutes or until fish flakes easily with a fork, brushing occasionally with remaining glaze. Garnish with chives (if desired), and serve.

<https://adamsfarms.com/recipes/apple-cider-glazed-salmon/>

Coconut Chia Berry Parfait



Makes 2 servings

Total Time: Prep 10 min Chill time 2 hours

Ingredients

- 1 can coconut milk
- 3 Tbsp. black chia seeds
- 3 Tbsp. white chia seeds
- 1/2 cup raspberry preserves
- 1 cup fresh blueberries
- Dried coconut shavings, for garnish

Instructions

875763

Mix the coconut milk with the black chia seeds and let chill for at least 2 hours.

In each of two cups, layer 1/4 of the coconut chia mix, followed by half of the raspberry preserves and white chia seeds, and 1/4 of the coconut chia mix. Top with fresh blueberries and coconut shavings.

<https://www.peta.org/recipes/coconut-chia-berry-parfait/>

Delicious Vegan Battered “Fish” Tacos



Makes 4 servings

Total Time: 30 minutes

Ingredients

- 1 pkg. Gardein fishless filets
- 1 Tbsp. vegan margarine
- 4 medium-sized soft tortillas
- 1/4 cup Vegenaise or other vegan mayonnaise
- 1/4 cup guacamole or sliced avocado
- 1/4 medium red onion, diced
- 1/3 cup chopped cilantro
- 1 jalapeño, sliced (optional)
- 1/2 red or orange pepper, sliced (optional)
- Juice of 1/2 lime
- 1/2 cup salsa (optional)
- 1/2 cup vegan sour cream (optional)

Instructions

620270

Cook the fishless filets according to the package directions.

Melt the vegan margarine in a pan over medium heat. Place a soft tortilla in the pan and cook until lightly browned. Remove from the pan and spread with 1 tablespoonful of the vegan mayonnaise and 1 tablespoonful of the guacamole. Cut the cooked fishless filets into strips and place 3 strips on the tortilla. Sprinkle with some of the red onion, cilantro, jalapeño, and pepper and drizzle with the lime juice. Repeat with the remaining tortillas. Serve with salsa and/or vegan sour cream.

<https://www.peta.org/recipes/fish-tacos/>

Balsamic Glazed Chicken with Mushrooms



Makes 4 servings

Total Time: 35 minutes

Ingredients

1 Pound Chicken Breast *skinless, boneless*

15 Ounces chicken broth *low sodium*

12 Ounces Mushrooms *sliced*

2 Tablespoons Balsamic Glaze

1 Tablespoon Living Now Tapioca Flour

Salt and Pepper

Instructions

In olive oiled frying pan, brown chicken 7 minutes on each side. Add 1/3 cup broth; simmer 3 minutes or until cooked thoroughly. Remove from pan and set aside in a glass dish. Add mushrooms to frying pan; brown slightly. Add remaining broth and balsamic glaze; simmer until mushrooms are cooked. Add tapioca flour and stir constantly for 2 minutes. Pour mushrooms and sauce over chicken; serve with grilled asparagus and Garlic Mashed Cauliflower.

<https://celiac.org/eat-gluten-free/recipes/balsamic-glazed-chicken-with-mushrooms/>

Quinoa Breakfast Bake



Makes 9 servings

Total Time 1 hour 15 minutes

Ingredients

1/2 cup quinoa, uncooked
1/2 cup steel cut oats, uncooked
1/4 cup coconut flakes, unsweetened
3 medium very ripe bananas, sliced
1 1/2 cups blueberries, fresh or frozen
1/2 cup raspberries, fresh or frozen
2 cups almond milk
2 large eggs
1 – 2 tbsp maple syrup or honey
1 tsp pure vanilla extract
1/2 tsp cinnamon
Dash of salt
Cooking spray
Greek yogurt, for topping (optional)

Instructions

Rinse quinoa and oats with cold running water, drain and set aside.* reheat small skillet on low-medium heat, add coconut and toast until golden brown, stirring frequently. Set aside. In a **medium mixing bowl**, whisk milk, eggs, maple syrup, vanilla extract, cinnamon and salt. Set aside. Preheat oven to 375 degrees F and spray 8 x 8 square baking dish with cooking spray. Lay half of bananas, blueberries and raspberries in a single layer on a bottom. Using a spoon or spatula, spread rinsed quinoa and steel cut oats on top. Top with remaining banana and berries. Slowly pour liquid mixture in the corner of the baking dish without disturbing the set up (if you pour the liquid abruptly in the middle of the dish, all fruit might float on top. We are looking for evenly distributed fruits and sweetness in every slice). Sprinkle with toasted coconut flakes and bake for 60 minutes uncovered. Remove from the oven and let cool for 45 – 60 minutes. Cut into 9 slices and serve hot, warm or cold with a dollop of Greek yogurt if desired. You can also dig in with spoon right away. The bake won't be completely set but still delicious. **Store: Refrigerate in an airtight container for up to 5 days or freeze leftovers for up to 3 months**

Olena of ifoodreal.com edited by Rita Sartin

Strawberry-Almond-Kale Salad with Citrus Vinaigrette



Makes 3 to 4 servings

Total Time: 20 minutes

Ingredients

1 bunch kale, stemmed
1 lb. strawberries, sliced
1/4 cup sliced almonds

Dressing

Juice of 1 lemon
2 Tbsp. olive oil
1 Tbsp. agave
1/8 tsp. salt
1/8 tsp. black pepper
3-4 Tbsp. orange juice (optional)

Instructions

749161

Tear the kale into bite-sized pieces and massage with your hands until soft, about 30 seconds. (This makes the kale easier to eat.) Place in a bowl and add the strawberries and almonds. To make the dressing, combine the lemon juice, olive oil, agave, salt, and pepper and pour over the salad. For an extra kick, splash orange juice over the salad and enjoy!

<https://www.peta.org/recipes/strawberry-almond-kale-salad-with-citrus-vinaigrette/>

Vegan Macro Bowl



Makes 2 servings

Total Time: 30 minutes

Ingredients

1/2 lb. extra-firm tofu, drained, pressed, and cubed
1 Tbsp. olive oil
Pinch basil
Pinch oregano
1 cup cooked brown rice
1 Tbsp. miso paste
1/2 bunch broccoli, cut into florets and steamed
1/2 cooked sweet potato, diced
1 large carrot, shredded
1 tsp. sauerkraut
1 tsp. pickled ginger (optional)

Instructions

764132

Combine the tofu, olive oil, soy sauce, basil, and oregano in a pan and cook on medium heat until the tofu is browned.

Mix the cooked brown rice and miso paste together in a medium-sized bowl. Add the tofu mixture, broccoli, sweet potato, carrot, sauerkraut, and pickled ginger and enjoy!

<https://www.peta.org/recipes/vegan-macro-bowl/>

Healthy Pancakes



Makes 38 pancakes

Total Time: 50 minutes

Ingredients

4 eggs, large
4 cups leftover yogurt whey or buttermilk
1/3 cup avocado oil
1/2 cup maple syrup
1 tsp salt
1 tsp baking soda
4 tsp baking powder, aluminum free
5 cups whole wheat flour
Cooking spray

Instructions

In a large mixing bowl whisk the eggs. Add yogurt whey or buttermilk, oil, maple syrup, salt, baking soda and powder, whisk really well. Add flour and whisk gently until combined and no lumps. Preheat non-stick griddle on medium heat and spray with cooking spray. Using 1/4 cup measuring cup pour batter in rounds and cook for about 5 minutes or until bubbles appear on top. Flip and cook another minute or so. Serve hot with berries, maple syrup etc.

ifoodreal.com

Spicy Tuna Avocado Salad



MAKES 2 SERVINGS

TOTAL TIME 45 MINUTES

INGREDIENTS

1 can (5 oz.) Solid White Albacore in Water
1 cup of kale, chopped
1 medium avocado, pitted and sliced
5 radishes, sliced
1 large jalapeño
½ cup buckwheat, toasted
2 tablespoons of virgin olive oil
1 lemon, juiced
Salt and pepper to taste

DIRECTIONS

Bring 1 cup of water to a boil.

Using a strainer or cheesecloth, thoroughly wash your buckwheat.

Place cleaned buckwheat in small bowl. Pour 1 cup of hot water over buckwheat, cover with a towel or plate, and let sit for 30 minutes. Then drain water and place off to the side.

Add chopped kale leaves to a separate mixing bowl. Mix in 1 teaspoon lemon juice, salt and pepper, olive oil. Stir until all ingredients are mixed.

Add buckwheat to the kale, along with the sliced radishes.

Drain your tuna and slice your jalapeno. Leave the seeds in your jalapeño if you like extra spicy recipes.

In small separate bowl, mash the avocado. Add in your jalapeño, and 2 teaspoons of lemon juice, salt and pepper, and tuna. Mix until there is a strong consistence among all the ingredients.

Scoop the tuna and avocado mixture on top of your kale salad and serve.

<http://www.bumblebee.com/recipes/spicy-tuna-avocado-salad/>

Cauliflower Chicken Fried "Rice"



Makes 4 servings

Total Time: 35 minutes

Ingredients

- 1 teaspoon peanut oil plus 2 tablespoons, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced, whites and greens separated
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced garlic
- 1-pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
- ½ cup diced red bell pepper
- 1 cup snow peas, trimmed and halved
- 4 cups cauliflower rice (see Tip)
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon sesame oil (optional)

Preparation

Heat 1 teaspoon oil in a large flat-bottomed carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into ½-inch pieces. Add 1 tablespoon oil to the pan along with scallion whites, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper and snow peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate. Add the remaining 1 tablespoon oil to the pan; add cauliflower rice and stir until beginning to soften, about 2 minutes. Return the chicken mixture and eggs to the pan; add tamari (or soy sauce) and sesame oil (if using) and stir until well combined. Garnish with scallion greens.

<http://www.eatingwell.com/recipe/254623/cauliflower-chicken-fried-rice/>

Breakfast Yogurt Parfait to Go



Makes 4 servings

Total time:10 minutes

Ingredients

1 cup grapes or mixed berries

1/2 banana, chopped

1/4 cup unsweetened shredded coconut

1/2 cup granola

1/2 cup nonfat or low-fat Greek-style yogurt

Instructions

Place a layer of berries or grapes on the bottom of the jar, add a layer of yogurt, a layer of granola, a layer of fruit, another layer of yogurt and a layer of the shredded coconut. Cap the jar, and off you go!

<https://skinnynms.com/breakfast-yogurt-parfait-to-go-9/>

Spinach and Feta Stuffed Chicken Breasts



Makes 4 servings

Total Time: 36 minutes

Ingredients

1 tablespoon olive oil
1 cup chopped yellow onion
2 tablespoons chopped fresh dill
5 ounces baby spinach
2 ounces crumbled feta cheese (about 1/2 cup)
4 (6-ounce) skinless, boneless chicken breasts
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 1/2 teaspoons olive oil

Instructions

Heat a large skillet over medium heat. Add 1 tablespoon olive oil to pan. Add onion; cook 8 minutes, stirring frequently. Remove pan from heat; stir in dill, spinach, and feta cheese. Cool 10 minutes. Cut a horizontal slit through the center of each chicken breast to form a pocket. Stuff each pocket evenly with spinach mixture. Close pockets with toothpicks. Sprinkle with salt and pepper. Heat skillet over medium-high heat. Add 1 1/2 teaspoons olive oil to pan. Add chicken; cook 4 minutes. Turn chicken. Cover pan, reduce heat to medium, and cook 5 minutes or until chicken is done.

<https://www.cookinglight.com/recipes/spinach-feta-stuffed-chicken-breasts>

Bean and Mushroom Soup



Makes 8 Servings
Total Time: 48 minutes

Ingredients

8 cups water or low sodium broth
1 large onion, finely chopped
2 medium carrots, finely grated
3 large celery stalks, diced
1.5 lbs white or brown mushrooms, sliced
3 tbsp extra virgin olive oil, divided
1 can (11 oz) organic cream of mushroom soup
3 x 14 oz cans white navy beans, drained & rinsed
3 large garlic cloves, crushed
1 1/4 tsp salt
Ground black pepper, to taste
3 bay leaves
1/3 cup dill or parsley, chopped (for garnish)

Instructions

To a large pot, add water and bring to a boil on high heat. In the meanwhile, preheat medium skillet on low – medium heat and add 1 tbsp olive oil. Add onion and sauté for 2 minutes, stirring occasionally. Add carrots, celery and garlic; sauté for a few more minutes, stirring occasionally. Add cream of mushroom soup, stir and cook for another minute. Transfer to a pot with boiling water. Return skillet to high heat, add mushrooms and cook until golden brown, stirring occasionally. Transfer to a pot along with beans, salt, pepper and bay leaves. Cover and cook for 30 minutes.

<https://ifoodreal.com/bean-mushroom-soup/>

