

Avocado Toast with Egg



Makes: 1 serving

Total Time: 10 minutes

Ingredients

2 eggs (fried sunny side up)
2 slices of multi-grain or whole grain bread (toasted)
1 small avocado
1 teaspoon lime juice
sea salt + black pepper (to taste)
parsley (optional for topping)

Directions

Prepare toast and fried eggs to personal preference.
Peel and mash avocado with the lime juice, salt and pepper.
Spread avocado evenly on each slice of toast then top each with a fried egg and any additional seasonings you prefer. Serve immediately.

<https://simplegreenmoms.com/skinny-fried-egg-avocado-toast/>

Turmeric-Spiced Whole Roasted Cauliflower



Makes: 4 servings

Total Time: 1 hour 40 minutes

Ingredients

1 medium cauliflower (2 pounds)
3 tablespoons extra-virgin olive oil, divided, plus more for drizzling
2 tablespoons fresh lemon juice, plus more to taste
4 cups mixed spring greens
½ cup chopped mixed fresh herbs (any combination of cilantro, mint and/or parsley)
¼ cup toasted pine nuts or slivered almonds
Fine sea salt and freshly ground black pepper

Spiced Turmeric Sauce

½ cup whole milk Greek yogurt
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1 garlic clove, minced
¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon turmeric
¼ teaspoon maple syrup or honey
½ teaspoon fine sea salt
Pinch of cayenne pepper

Directions

Preheat the oven to 400 degrees Fahrenheit and loosely line a baking sheet with aluminum foil. Slice the bottom of the core off the cauliflower so that it sits evenly on the baking sheet. Drizzle 1½ tablespoons of the olive oil over the cauliflower and use your hands to coat it evenly. Sprinkle with salt and pepper and roast for 45 minutes.

To make the sauce: In a small bowl, combine the yogurt, olive oil, lemon juice, garlic, cumin, coriander, turmeric, maple syrup, salt, and cayenne. Remove the cauliflower from the oven and use a fork to gently start to pull apart the crevices of the cauliflower. Pour another 1½ tablespoons of olive oil and the lemon juice over the cauliflower, especially into the crevices. Return the cauliflower to the oven and roast for another 15 minutes. Remove the cauliflower from the oven and spread ¼ of the yogurt sauce all over. Roast for another 15 minutes.

In a large bowl, toss the spring greens with a drizzle of olive oil, a squeeze of lemon, and a pinch of salt. Set aside for now. Remove the cauliflower from the oven. It should be tender outside and fork-tender inside. Top the cauliflower with more sauce and sprinkle with the herbs and toasted pine nuts. Slice into quarters and serve with the salad and the remaining sauce on the side

<https://cookieandkate.com/turmeric-whole-roasted-cauliflower-recipe/>

Spanish roast chicken with garlic aioli (pollo la parilla con all i oli)



Makes: 4 Servings

Total Time: 1. 55 minutes

Ingredients

Aioli

- 8 cloves garlic, smashed
- 1 large egg
- 3 tsp (15 ml) sherry vinegar
- 1 cup (250 ml) olive oil
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp pepper

Chicken

- 1 whole chicken, flattened with rib cage removed
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{2}$ cup olive oil, plus 2 tbsp (extra)
- 2 bay leaves, torn
- 3 tsp fresh thyme, chopped
- 3 cloves garlic, chopped
- 3 tsp paprika
- Juice of 1 lemon
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp pepper

Directions **Marinating time:** 1 hour- **Resting time:** 10 minutes

For the aioli, in the bowl of a food processor, combine garlic, egg, sherry vinegar, salt and pepper. Blend until smooth. While the food processor is still running, add olive oil in a steady stream and blend until smooth and slightly stiff. Refrigerate aioli until use. For the chicken, in the bowl of a food processor, combine white wine, $\frac{1}{2}$ cup olive oil, bay leaves, thyme, garlic, paprika, lemon juice, salt and pepper. Blend until smooth to form a marinade. Transfer chicken to a large glass bowl and pour marinade over the chicken. Massage it into the chicken. Refrigerate for 1 hour. 5. Preheat oven to 190°C / 375°F. Once chicken is done marinating, heat remaining 2 tablespoons of olive oil in a large ovenproof pan over medium-high heat. Transfer chicken, skin-side down, to the pan and cook for 6-7 minutes or until skin is golden brown. Flip chicken and continue cooking for 3-4 minutes, until browned on the second side. Transfer pan to the oven to cook for 45 minutes, or until chicken reaches an internal temperature of at least 73°C/165°F. Set chicken aside at room temperature to rest for 10 minutes. Once cool enough to touch, cut chicken into eight pieces, halving the breasts and dividing the legs from thighs. Serve chicken hot, with aioli.

<https://www.sbs.com.au/food/recipes/spanish-roast-chicken-garlic-aioli-pollo-la-parilla-con-all-i-oli>

Sweet potato waffles with blueberry syrup



Makes: 6

Total Time: 30 Minutes

Ingredients

For the syrup:

- 1 1/2 (6 ounces) fresh or frozen blueberries
- 2 tablespoons water, if using fresh berries
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon zest
- 1 tablespoon dark honey
- 3 tablespoons light molasses
- Pinch of ground cloves

For the Waffles

- 1/3 cup peeled and diced sweet potato or 1/4 cup canned pumpkin puree
- 3/4 cup all-purpose flour
- 1/4 cup whole-wheat flour
- 1/4 cup cornmeal, preferably stone-ground
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1 cup plain soy milk
- 2 tablespoons olive oil
- 1 egg white

Directions

To make syrup, in a saucepan, combine blueberries, water (if using), lemon juice and zest, honey, 1 tablespoon of molasses and cloves. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer until berries burst and juices are slightly thickened, about 5 minutes. (Frozen berries may take slightly longer to thicken.) Set aside and keep warm. If using sweet potato, bring a small saucepan half-full of water to a boil. Add sweet potato, return to a boil, then reduce heat to medium-low and simmer until very tender, about 10 minutes. Drain and puree in a food processor or mash with a potato masher until smooth. Set aside. If using pumpkin puree, reserve. In a small bowl, sift together flours, cornmeal, baking powder, salt, cinnamon and ginger. In a large bowl, whisk together soy milk, sweet potato puree, olive oil and remaining 2 tablespoons molasses. Add flour mixture and stir just until combined. In a spotlessly clean bowl, using an electric mixer on high speed, beat egg white until stiff peaks form. Gently whisk one-third of egg white into batter to lighten it. Using a rubber spatula, gently fold remaining egg white into batter, mixing just until incorporated. Place a baking sheet in oven and preheat to 225 degrees. Preheat a waffle iron. Spoon or ladle about 1/2 cup batter into waffle iron, depending on size of iron. Spread evenly and cook according to manufacturer's instructions. (If batter thickens, thin with a little soy milk.) Transfer waffle to baking sheet in oven to keep warm. Repeat with remaining batter to make 6 waffles. Serve topped with syrup.

Vegetarian Red Beans and Rice



Makes: 4 Servings

Total Time: 40 minutes

Ingredients

No-Stick Cooking Spray

1 Cup frozen chopped vegetable blend for seasoning (onion, celery, bell pepper)

2 cans (16 oz. each) reduced sodium dark red kidney beans, undrained

1 can (14.5 oz each) Diced Tomatoes-No salt added, undrained

½ cup water

1 tablespoon Cajun seasoning

½ teaspoon dried Italian seasoning

¼ teaspoon garlic powder

1 ½ cups instant brown rice uncooked

Directions

Spray large skillet with cooking spray; heat over medium-high heat. Add frozen vegetable blend; cook 3 minutes or until vegetables are tender. Add undrained beans, undrained tomatoes, tomato sauce, water, Cajun seasoning, Italian seasoning and garlic powder. Stir to combine. Stir in rice; bring mixture to a boil. Reduce heat; cover and cook 15 minutes or until rice is tender. Let stand 5 minutes before serving.

<https://www.readyseteat.com/recipes-Vegetarian-Red-Beans-and-Rice-6931> edited by Rita Sartin

Fennel-Roasted Carrot + Shallot Salad w/Shaved Apple



Makes: 2 serving

Total Time: 30 minutes

Ingredients

2 teaspoons fennel seeds

2 bunches organic baby carrots, scrubbed and sliced in half (or 1 bunch large carrots, sliced in half and then in quarters)

2 small shallots (or 1 large), ends trimmed and sliced with half-inch thickness

2 teaspoons extra virgin olive oil, plus more to finish

sea salt + fresh ground pepper

1 honey crisp apple, cored and shaved thin (using a mandolin or a sharp knife)

handful fresh parsley, roughly chopped

juice from half of 1 blood orange

1 tablespoon toasted sesame seeds, to top

Instructions

Preheat oven to 375°. line a rimmed baking sheet with parchment paper. set aside
heat a small pan over medium-low heat, add fennel seeds; shake pan back and forth a few times so they don't burn or stick. toast seeds for 3-4 minutes, until fragrant and slightly brown. remove from heat and place in a mortar; once cooled, grind with pestle. set aside
in a large bowl, combine sliced carrots, shallots, crushed fennel, olive oil, and salt and pepper to taste. turn out onto prepared baking sheet and roast in oven for 20-25 minutes, until lightly browned and tender. set aside and let cool slightly. in a serving bowl, combine the roasted carrots and shallots with shaved apples, toss in the chopped parsley, drizzle with olive oil, blood orange juice, and toasted sesames; taste and adjust seasoning. serve warm or at room temperature

<http://www.dollyandoatmeal.com/blog/2015/1/28fennel-roasted-carrot-shallot-salad-w-shaved-apples>

Cheesy Spinach Baked Eggs



Makes: 6

Total Time: 20 minutes

Ingredients

4 teaspoons olive oil (divided in 2)
12 cups fresh spinach (divided in 2)
2 teaspoons minced garlic
1 cup shredded cheese of choice (I used a low-fat mozzarella) *
6 eggs

Directions

Preheat your oven to 350 degrees. Pour 2 teaspoons of oil in a large skillet. Add 1 teaspoon of garlic and half the spinach. Sauté for 2-3 minutes until it is wilted. Add 1/2 cup of cheese and stir until well combined. Spray the ramekins with nonstick cooking spray. Separate the spinach cheese mixture into 3 ramekins. Add 2 more teaspoons of oil to your skillet, garlic and the rest of the spinach and cook as before. Separate among 3 more ramekins. Carefully crack one egg over each spinach mixture. Bake for 15 minutes for slightly runny yolks. Add some salt and pepper and some fruit and breakfast is served!

<https://www.sugarfreemom.com/recipes/cheesy-spinach-baked-eggs/>

15 Minute Sesame Roman Noodles



Makes: 1 serving

Total time: 15 minutes

Ingredients

1 package ramen noodles flavor packet discarded
1 tablespoon coconut oil
2 garlic cloves minced
½ teaspoon freshly grated ginger
1 tablespoon brown sugar
2 tablespoons low sodium soy sauce
1 tablespoon rice vinegar
1 teaspoon chili garlic paste
2 tablespoons toasted sesame oil
2 green onions thinly sliced
toasted sesame seeds for sprinkling

Directions

Cook the ramen noodles according to the directions on the package. This only takes 2 to 3 minutes! I like to get all my other ingredients out while waiting for the water to boil. While the noodles are cooking, heat a large skillet over medium-low heat. Add the coconut oil and once melted, stir in the garlic and ginger. Cook for 1 minute, then stir in the sugar, soy sauce, vinegar and chili garlic paste. Turn off the heat and stir in the toasted sesame oil. Add the noodles to the skillet and toss well to coat. While the noodles are cooking, heat a large skillet over medium-low heat. Add the coconut oil and once melted, stir in the garlic and ginger. Cook for 1 minute, then stir in the sugar, soy sauce, vinegar and chili garlic paste. Turn off the heat and stir in the toasted sesame oil. Add the noodles to the skillet and toss well to coat. Serve the noodles with lots of green onions and sesame seeds on top.

<https://www.howsweeteats.com/2018/02/sesame-noodles/>

Slow Cooker Balsamic Turkey



Makes: 8 servings

Total Time: 4 to 7 hours

Ingredients

- 4 portabella mushroom caps, diced large
- 2 cups grape tomatoes
- 2 cups diced onions (diced small)
- 1/4 cup organic chicken broth
- 1/3 cup balsamic vinegar
- 1 tablespoon spicy brown mustard (optional)
- 1 two-pound boneless turkey breast
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional)

Directions

Place mushrooms, tomatoes, onions and chicken broth at the bottom of the slow cooker. Mix balsamic vinegar and mustard until well combined. Pour over vegetables in the slow cooker. Rub turkey with Italian seasoning, garlic powder, salt, pepper and red pepper flakes (if applicable). Place turkey on top of vegetables. Cover and cook for 4 hours on High OR 6 to 7 hours on Low. To serve, slice turkey breast and top with vegetables and balsamic sauce.

<https://hayliepomroy.com/blogs/recipes/slow-cooker-balsamic-turkey>

Maple Syrup Almond Meal Scones



Makes: 8 slices

Total Time: 30 minutes

Ingredients

Dry mix

2 cups almond meal

¼ teaspoon fine grain sea salt

1 teaspoon baking soda

1 cup currants (or fruit of your choosing)

¼ cup unsweetened shredded coconut

Wet Mix

2 tablespoons maple syrup

1 egg

Directions

preheat oven to 375 degrees

in a large bowl combine the dry ingredients: almond meal, salt, baking soda, currants, coconut

in a small bowl combine the wet ingredients: maple syrup and egg

combine the wet and dry ingredients and stir until mixed (I would suggest using a spatula, the mixed ingredients can be sticky)

turn dough onto the counter and form a round disk about an inch thick – cut into 8 slices

place slices on a baking sheet lined with parchment paper

bake for 10-12 until lightly golden

<http://www.dollyandoatmeal.com/blog/2013/01/25/maple-syrup-almond-meal-scones?rq=maple>

Charred Corn Salad with Spicy Cilantro Vinaigrette



Makes: 2 Servings

Total Time: 25 minutes

Ingredients

2 ears fresh corn, grilled
1 large heirloom tomato, chopped small
1/4 of a small red onion, sliced thin
1/2 of a ripe avocado, cut into small chunks
1 tablespoon cilantro, torn into pieces
1 handful pepitas, toasted

Dressing

1 small garlic clove (or 1/2 of a large clove)
1/4 cup packed cilantro
1/4 cup olive oil
2 tablespoons fresh squeezed lime juice
1/4 teaspoon fine grain sea salt
1/8 teaspoon ancho chili powder
a pinch of cayenne pepper (optional)

Directions

Prepare the dressing-using a mortar and pestle, crush the garlic with a pinch of salt until you have a paste. Then add the 1/4 cup of cilantro; grind until the cilantro is crushed and fragrant. In a small mixing bowl, combine the lime juice, salt, chili powder, and cayenne (if using), whisk until combined. Drizzle the olive oil while whisking. Add the cilantro-garlic paste, and whisk again *if you do not have a mortar and pestle, use a knife and chop the cilantro and garlic together until minced. Alternatively, you could blend all the ingredients in a small food processor.

Char the corn-because I don't have a grill (or an outside area) I grilled my corn on my gas top stove. Over a low flame, let the corn cook in 20-30 second intervals. Using tongs, turn the ears of corn to cook and char evenly - you should hear a crackling sound (this is normal) and smell the corn cooking. Cook until all sides are browned in spots if using a grill, the same technique applies.

Assembly-once the corn has cooled, stand it upright. Using a sharp knife, start from the top of the ear and cut straight down to dislodge the kernels from the cob. Rotate and repeat on all sides of the ear. In a large bowl, combine the corn kernels, chopped tomato, sliced red onion, chunked avocado, toasted pepitas, and torn cilantro, mix until combined. Using a spoon, dress the salad with the vinaigrette to your liking.

<http://www.dollyandoatmeal.com/blog/2013/8/15/charred-corn-summer-salad>

Curried Chicken on Pita



Makes: 4 servings

Total Time: 25 minutes

Ingredients

- 1 1/4 cups plain low-fat yogurt
- 4 garlic cloves, very finely chopped
- 2 teaspoons garam masala
- 2 teaspoons curry powder
- 1-pound skinless, boneless chicken breast halves, cut crosswise into 1/3-inch strips
- 1 tablespoon vegetable oil
- 2 jalapeños, seeded and thinly sliced
- 1 large red onion, halved lengthwise and thinly sliced crosswise
- Salt and freshly ground pepper
- Four 8-inch whole wheat pita breads
- 4 romaine lettuce leaves
- 1 large tomato, cut into thin wedges
- 1 medium cucumber—peeled, halved, seeded and cut into thin crescents

Directions

Preheat the oven to 400°. In a medium bowl, mix 1 tablespoon of the yogurt with the garlic, garam masala and curry powder. Add the chicken strips and stir until they are thoroughly coated with the yogurt-spice mixture. In a large nonstick skillet, heat the vegetable oil. Add the sliced jalapeños, red onion and coated chicken strips, season with salt and pepper and cook over moderately high heat, stirring, until the chicken strips are just white throughout, about 5 minutes. Remove the skillet from the heat and let stand for 1 minute to let the chicken, jalapeños and red onion cool slightly. Fold the remaining 1 cup plus 3 tablespoons of yogurt into the chicken, jalapeños and red onion until well combined. Heat the pita breads in the oven, about 30 seconds. Set the pitas on plates and top each one with a lettuce leaf, tomato wedges and cucumber slices. Spoon the chicken in yogurt sauce on top and serve right away.

<https://www.foodandwine.com/recipes/curried-chicken-on-pita>

Tomato Toast with Macadamia Ricotta



Makes: 6-8 slices

Total Time: 30 Minutes

Ingredients

macadamia ricotta

- 1 cup soaked raw macadamia nuts, drained and rinsed
- 1 1/2 tablespoons nutritional yeast
- 2 teaspoons apple cider vinegar
- 1 1/2 teaspoon fresh lemon juice
- 2 teaspoons white mellow miso paste
- 2 small cloves garlic
- 8-10 tablespoons filtered water
- 1/4 teaspoon fine grain sea salt
- tomato toasts
- 6-8 slices whole grain gluten-free bread (or bread of choice), toasted
- 1/2-pound tomatoes (see notes), sliced with 1/4" thickness
- 1/2 cup macadamia ricotta
- 1/4 cup julienned shiso
- a few pinches black lava salt (or large grain sea salt)

Directions

macadamia ricotta

drain and rinse the macadamia nuts and place in an upright high-speed blender with nutritional yeast, vinegar, lemon juice, miso, garlic, 8 tablespoons of water, and salt. blend on high for 1 minute, scraping down the sides of the blender and adding water a tablespoon at a time, until you reach a fluffy creamy consistency. taste and adjust salt, vinegar, or lemon as necessary. transfer ricotta to a bowl and cover with cling wrap; refrigerate until ready to use.

Toasts-remove macadamia ricotta from the fridge and set aside, top toasted bread with macadamia ricotta, sliced tomatoes, julienned shiso, and a few pinches of black salt. cut the toast in half and serve.

<http://www.dollyandoatmeal.com/blog/2015/8/tomato-toast-w-macadamia-ricotta-shiso-black-sea-salt>

Smokey Grilled Egg Plant



Makes: 4 servings

Total Time: 20 minutes

Ingredients

EGGPLANT

- 1 large eggplant
- 4 Tbsp coconut aminos (or sub tamari, only slightly reduce as it's saltier)
- 1-2 Tbsp avocado oil (or other neutral oil for grilling)
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper (or red pepper flake // omit for less spicy)

FOR SERVING (optional)-

- Fresh Parsley
- Garlic Dill Sauce (or Tahini)
- Extra Virgin Olive Oil

Directions

Slice the eggplant into 1/4-inch rounds and place on a baking sheet. Drizzle the coconut aminos and half the oil over eggplant and use a brush or your hands to massage into the eggplant. The oil helps prevent sticking while grilling, and the coconut aminos infuses flavor. Add all the spices to a small dish and mix to combine. Then sprinkle over both sides of the eggplant and use your fingers to spread it around so it's well coated. Heat a grill or grill pan over medium-high heat. Once hot, brush the grill surface with a little oil to further prevent sticking. Then add eggplant. It can be helpful to place something heavy on top of the eggplant while it's grilling (like a cast-iron pan or heavy plate) to impress the eggplant into the grooves of the grill to make more pronounced grill marks. Grill on both sides for about 3 minutes or until the eggplant becomes a little tender and grill marks are pronounced. Plate the eggplant and enjoy as is or garnish with tahini, [garlic dill sauce](#), fresh herbs, or a little olive oil. This is delicious on its own, but I especially enjoy it with [hummus](#), in a [Mediterranean-themed bowl](#), or in a [salad](#). Best when fresh, though leftovers can be stored in the refrigerator up to 3 days. Reheat in a cast-iron pan over medium heat until hot.

<https://minimalistbaker.com/smoky-grilled-eggplant/>

Roasted Butternut Squash Soup



Makes: 4 bowls

Total Time: 1 hour 5 minutes

Ingredients

1 large butternut squash (about 3 pounds), halved vertically and seeded
1 tablespoon olive oil, plus more for drizzling
½ cup chopped shallot (about 1 large shallot bulb)
1 teaspoon salt
4 garlic cloves, pressed or minced
1 teaspoon maple syrup
⅛ teaspoon ground nutmeg
Freshly ground black pepper, to taste
Up to 4 cups (32 ounces) vegetable broth
1 to 2 tablespoons butter, to taste (substitute olive oil for dairy free/vegan soup)

Directions

Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about 1 teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper. Turn the squash face down and roast until it is tender and completely cooked through, about 45 to 50 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin. Meanwhile, in a medium skillet (or large soup pot, if you'll be serving soup from that pot), warm 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently. If you have a high-performance blender like a Vitamix (see notes if you're using an immersion blender instead), transfer the cooked shallot and garlic to your blender. Add the reserved butternut, maple syrup, nutmeg and a few twists of freshly ground black pepper. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (you can work in batches if necessary, and stir in any remaining broth later). Securely fasten the lid and select the soup preset, being careful to avoid hot steam escaping from the lid. The blender will stop running once the soup is super creamy and hot. If you would like to thin out your soup a bit more, stir in the remaining cup of broth (I used the full 4 cups, but if you used a small squash, you might want to leave it as is). Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary. Serve immediately (I like to top each bowl with a little more black pepper). Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

<https://cookieandkate.com/roasted-butternut-squash-soup/#tasty-recipes-23988>

Peanut Butter and Banana Smoothie



Makes: 2

Total time: 10 minutes

Ingredients

3 frozen bananas
1/4 cup peanut butter (smooth or chunky)
1 1/2 cups soy milk (or milk)
1/2 cup 2% Greek yogurt
1 teaspoon honey
1/4 teaspoon salt
1 tablespoon chopped roasted peanuts

Directions

Throw a few frozen bananas into a blender cup along with the peanut butter, soy milk, yogurt, honey, and salt. No need to be too fussy about it. Blend until smooth. Top each with a teaspoon of chopped peanuts.

<http://chubbyvegetarian.blogspot.com/2012/02/peanut-butter-banana-smoothie.html>

Crispy Cauliflower Pan Pizza



Makes: 2 Servings

Total Time: 50 Minutes

Ingredients

For the crust:

16 ounces cauliflower rice
1/2 teaspoon dried oregano
1/2 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon black pepper
Sea salt to taste
1-ounce grated nut-based cheese (optional)
1 egg

Toppings:

1/4 cup no-sugar-added marinara sauce
1-ounce grated nut-based cheese (optional)
Dried oregano, to taste
Fresh basil, to taste
Nutritional yeast

Directions

Place the cauliflower rice in a large bowl. Cover with plastic wrap, leaving a little hole as a vent, and microwave 5 minutes. While the cauliflower is cooling, preheat the oven to 450°F degrees. Once the cauliflower is cool, transfer it to a kitchen towel or cheesecloth and squeeze out all the moisture. (Expect a fair amount – we squeezed 2/3 cup of liquid out of our cauliflower!) Combine the squeezed-out cauliflower with the next 7 ingredients (oregano through cheese). Add the egg. Mix well until all the ingredients are well combined. Lightly coat a 10-inch cast-iron skillet with olive oil spray. Add the cauliflower to the cast-iron skillet. Spread and pat down the cauliflower. Bake 30 minutes. Remove the crust from the oven and spread the marinara sauce evenly over it. Top with the suggested toppings. Broil for 3 to 4 minutes, watching carefully so that it doesn't burn. Top with the basil and serve.

<https://hayliepomroy.com/blogs/recipes/crispy-cauliflower-pan-pizza> Edited by Rita Sartin

Moroccan Style Halibut



Makes: 1 Serving

Total Time: 20 minutes

Ingredients

8-ounce halibut fillet, 1 inch thick

Sea salt

Freshly ground black pepper

1/2 teaspoon ground cinnamon, divided

1/4 teaspoon cayenne pepper, divided

2 tablespoons olive oil, divided

4 large carrots, peeled and cut into matchsticks (about 4 cups)

1 tablespoon fresh lemon juice

1 teaspoon finely grated lemon zest

1-2 tablespoons thinly sliced fresh mint

Directions

Sprinkle both sides of the fish with salt and pepper, then with half of the cinnamon and cayenne. Heat 1 tablespoon olive oil in a heavy medium skillet over medium-high heat. Add the fish. Cook until brown and just opaque in center, 4 to 5 minutes per side. Transfer the fish to a plate. Add the remaining 1 tablespoon oil, carrots, lemon juice, and lemon zest to the pan. Sprinkle with salt, pepper, and the remaining cinnamon and cayenne. Toss to blend. Cover and cook over medium-low heat until the carrots are just tender, about 5 minutes. Mix in the mint. Mound the carrots on the fish and serve.

<https://hayliepomroy.com/blogs/recipes/moroccan-style-halibut>

Savory Oatmeal with Cheddar and Fried Egg



Makes: 1 serving

Total Time: 10 minutes

Ingredients

1/4 cup dry quick-cooking steel cut oats

3/4 cup water

salt and pepper

2 tablespoons shredded white cheddar cheese (add more if you like)

1 tsp coconut oil, divided

1/4 cup diced red pepper

2 tablespoons finely chopped onions

1 large egg

Optional Toppings

chopped walnuts

sliced green onions

zaatar (or any other spice blend)

Directions

Stove Top Method: Bring water to boil. Add oatmeal, reduce heat a little and let it cook for about 3 minutes, until all liquid is absorbed. Turn off heat and stir in cheese, a small pinch of salt, and pepper.

Microwave Method*: Place oats and water in a microwave-safe bowl. Line microwave dish with paper towels to catch any spills. Microwave at a high setting (but not the highest, about 8/10 power setting) at one-minute intervals for a total of 3 minutes. If you want a softer texture, continue microwaving at 30-second intervals. Give the oats a little stir between intervals. When the oatmeal is done, stir in shredded cheese, a small pinch of salt, and pepper.

Heat a nonstick pan with 1/2 teaspoon of coconut oil over medium-high heat. Add vegetables and cook for 2 to 3 minutes, until they soften. Spoon vegetables over cooked oats. Reduce heat to medium.

Add remaining 1/2 teaspoon of oil and fry egg. Cook until the whites are no longer translucent and serve over oatmeal.

Top with chopped walnuts, green onions, and zaatar, if you like.

<https://healthynibblesandbits.com/savory-oatmeal-cheddar-and-fried-egg/>

Easy Lemon Chicken Soup



Makes: 4 servings

Total Time: 45 minutes

Ingredients

2 tablespoons olive oil
2 tablespoons unsalted butter
1 sweet onion diced
1/2 cup chopped carrots
1/2 cup chopped celery
4 garlic cloves minced
1 teaspoon freshly grated ginger
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon freshly grated lemon zest
2 cups shredded chicken
1 lemon thinly sliced
4 cups low-sodium Chicken Stock
2 8-ounce containers Turmeric and Ginger Chicken Bone Broth
2 cups water
3/4 cup ditalini pasta
1/3 cup chopped fresh herbs like parsley, basil or cilantro
3 tablespoons chopped chives
shaved parmesan for topping
lemon wedges for serving

Directions

Heat a large pot over medium-low heat and add the olive oil and butter. Once melted, add in the onion, carrots, celery, garlic, ginger, salt and pepper. Stir and cook until the vegetables are slightly softened, about 5 minutes. Stir in the lemon zest and chicken. Add in the lemon slices, chicken stock, bone broth and water. Bring the mixture to a boil. Once boiling, add the pasta and reduce to a simmer. Cook until the pasta is al dente, about 8 to 10 minutes. Stir in the herbs and the chives. Serve immediately with shaved parmesan and a lemon wedge!

https://www.howsweeteats.com/wprm_print/57753 edited by Rita Sartin

Crispy Miso Chickpea Bowls with Garlic Sesame Dressing



Makes: 3 servings

Total Time: 40 minutes

Ingredients

2 cups cooked brown rice, rice noodles, quinoa, or cauliflower rice (or sub more vegetables — suggestions below)
1 15-ounce can chickpeas, rinsed, well drained, and towel dried
2 Tbsp. toasted or untoasted sesame oil (if oil-free, you can try omitting or adding more maple syrup as needed)
1 Tbsp. white or yellow miso paste (ensure vegan friendly — we prefer Miso Master brand chickpea miso)
2 tsp maple syrup
1 tsp chili garlic sauce or 1/2 tsp red pepper flake (adjust to preferred heat level)

Dressing

1 tsp chili garlic sauce or 1/2 tsp red pepper flake (adjust to preferred heat level)
1 Tbsp. maple syrup (plus more to taste)
1 Tbsp. coconut aminos (or sub tamari or soy sauce if not gluten-free)
2 Tbsp. lime juice
4 Tbsp. rice vinegar (or sub white or apple cider vinegar — results will vary)
1 ½ Tbsp. sesame oil (if oil-free omit)
4 cloves garlic, minced (*optional* // 4 cloves yield ~2 Tbsp.)

For Serving

1 ½ cups thinly sliced vegetables (such as red or green cabbage, bell pepper, cucumber, or carrots)
1/4 cup finely chopped roasted salted peanuts or cashews (*optional*)
Quick Ginger Garlic Miso Tahini Dressing (*optional*)

Instructions

If serving with grains, prepare at this time (follow links above for instructions). In the meantime, if preparing chickpeas, preheat oven to 425 degrees F (218 C). Rinse and drain chickpeas well. Then pat very dry — this will help them crisp up. To a medium mixing bowl add oil, miso paste, maple syrup, and chili garlic sauce or red pepper flake and whisk to combine. Then add chickpeas and toss to coat. Arrange on a parchment-lined baking sheet (or more baking sheets as needed if increasing batch size) and bake for 20-25 minutes, tossing/stirring once at the halfway point to ensure even baking. They're done when crisp and deep golden brown (see photo). Set aside. Next prepare dressing by adding chili garlic paste or red pepper flake, maple syrup, coconut aminos or tamari, lime juice, vinegar, sesame oil, and garlic (*optional*) to a small mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lime or vinegar for acidity, salt or coconut aminos or tamari for saltiness, maple syrup for sweetness, or chili garlic sauce or red pepper flake for added heat. You want this to be quite flavorful so don't be shy! Prepare any vegetable garnishes / toppings at this time and set aside. To serve, divide grains between serving bowls and top with chickpeas, veggies of choice, and dressing.

<https://minimalistbaker.com/crispy-miso-chickpea-bowls-with-garlic-sesame-dressing/>