

31 MEALS

a month of healthy,
simple dinners

Minimalist Baker
est. 2012



RECIPES
MADE WITH
simple,
healthy, &
affordable
INGREDIENTS

recipes & photos by Dana Shultz

TABLE OF CONTENTS

03	INTRODUCTION & RESOURCES
09	BLACK BEAN & CORN CHILI WITH SIMPLE CORNBREAD
12	CHICKPEA CHOPPED SALAD WITH ADOBO DRESSING
15	SUSHI SPRING ROLLS
17	BLACK BEAN CHILI LOADED BAKED POTATOES
19	GREEN BEAN, RED PEPPER & TOFU TERIYAKI STIR FRY
21	FREDDY'S STYLE THIN 'N' CRISPY VEGGIE BURGERS
24	SIMPLE VEGGIE CIABATTA PIZZA
26	SWEET POTATO BLACK BEAN TACOS WITH ROASTED JALAPEÑO SALSA
29	VEGGIE BIBIMBAP WITH BROWN RICE
31	THE ULTIMATE VEGETARIAN TACO SALAD
33	GADO-GADO BOWL WITH SPICY PEANUT SAUCE
35	ROSEMARY ROASTED ROOT VEGETABLE PANZANELLA
37	CASHEW COCONUT CURRY
39	TOFU PAD THAI
42	CREAMY PESTO ALFREDO PASTA WITH GREEN PEAS
45	SWEET & SPICY WINTER SQUASH WITH RED PEPPER ROMESCO
47	LOADED VEGETABLE & BLACK BEAN ENCHILADAS
49	ROASTED BEET & CHERRY SALAD WITH CHERRY BALSAMIC VINAIGRETTE
51	CHICKPEA TOMATO PEANUT STEW
53	LEMON GARLIC FETTUCCINE WITH FRESH HERBS
55	KALE FALAFEL HUMMUS WRAPS
57	RICE NOODLE SALAD WITH VEGGIES & PEANUT DRESSING
59	FIRE ROASTED TOMATO & WHITE BEAN NOODLE SOUP
61	THAI CARROT SALAD WITH CRISPY PEANUT TOFU
63	CHICKPEA SHAWARMA PIZZA ON PITA
65	CLASSIC STUFFED SHELLS
67	CURRIED CARROT & LENTIL SOUP
69	MASALA CHICKPEA STUFFED SWEET POTATOES
71	GRILLED ROMAINE CAESAR SALAD WITH HERBED WHITE BEANS
73	BOOZY RED WINE SPAGHETTI
75	HERBED PORTOBELLO BURGERS WITH GARLIC AIOLI
79	GLUTEN-FREE ALMOND BUTTER CHOCOLATE CHUNK COOKIES
81	MINI BLUEBERRY GALETTES
83	COFFEE CHOCOLATE CHIP ICE CREAM
85	COCONUT CARAMEL DARK CHOCOLATE BON BONS
88	5-INGREDIENT VEGAN TURTLES
89	WEEKLY MEAL PLANS
98	NUTRITIONAL INFORMATION

INTRO DUCTION ION

I SUPPOSE BEFORE I TELL YOU WHAT THIS COOKBOOK IS, I SHOULD TELL YOU WHY I CREATED IT.

Weeknight meals can be a hassle. You're running around all day doing this and that and barely have time to stop by the store for last-minute essentials, let alone make anything halfway fancy to feed your family. And with all of this going against you, you feel overwhelmed, so you eat the same two to three meals every week. And let's be honest—everyone is getting a little bored with it all.

That's OK. That's our house, too.

Even though there are just two of us, we have remarkably different tastes and appetites, and that alone can lead me to sticking with the three meals I know we'll both always love. But life is short and there are so many foods out there—*healthy foods, even!*—that are begging to be made, tapped into and explored.

This cookbook is for just that: exploring new flavors and cuisines while still keeping time, effort, and cost in mind. Just like every recipe on *Minimalist Baker*, every meal in this book requires 10 ingredients or less, 1 pot or bowl, or 30 minutes or less to prepare. This is how I personally narrow down the meals I choose to prepare, and I can assume most people do, too. If it takes too much time, needs too many ingredients, or makes too big of a mess, I'm not interested. In this way, you can branch out of your usual meal rotation without it being a hassle.



THIS COOKBOOK IS FOR JUST THAT:

*exploring new flavors
and cuisines while still
keeping time, effort &
cost in mind.*

10 INGREDIENTS OR LESS

1 POT OR BOWL

30 MINUTES OR LESS TO PREPARE

Inspiration for these recipes came from all over: past meals I've tried and recreated, simple classics we keep going back to in our own home, and even some exotic dishes and flavors from our travels abroad. You'll get a little bit of everything in this 31-meal collection - even five healthier desserts that will help break up your weekly routines with a little "treat" everyone can enjoy.

All recipes are entirely plant-based and most are gluten-free. Those that are not gluten-free include suggestions on how to make adjustments so everyone can enjoy the meals. Also, the typical serving size is 2-3, so if you have more mouths to feed, simply double or triple the required amounts as needed.

In addition to a map of 31 Meals to help you eat new, exciting, healthy meals all month long, we've also included a grocery list at the beginning of each week to help you better plan your grocery store trips. I've found that planning out 7 days' worth of meals at a time allows me to frequent the grocery store just once a week, saving me money and ultimately time to do other more important things.

And with that, let's get cooking. I hope you enjoy each of these recipes as much as we do. Happy cooking. We genuinely hope you learn something from the resources and recipes we've provided and that it somehow inspires or encourages you to get in the kitchen more often and experiment, because it doesn't have to be as complicated as some may think.

With love,

John & Dana

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SEVERAL RECIPES THROUGHOUT THIS BOOK CALL FOR INGREDIENTS LIKE Vegan Parmesan Cheese AND DIY Gluten-Free Flour Blend. NOT TO WORRY! I'VE GOT YOU COVERED WITH MY FIVE ALWAYS-ON-HAND KITCHEN STAPLES THAT WILL MAKE PREPARING THE RECIPES IN THIS BOOK A BREEZE. IF YOU'RE SHORT ON TIME, YOU CAN ALWAYS OPT FOR STORE-BOUGHT ALTERNATIVES. HOWEVER, I'VE FOUND HOMEMADE IS BEST!

DIY ALMOND MILK

Makes 5 cups Prep time 1 hr. 5 min. Total time 1 hr. 5 min.

1 cup (112g) raw almonds
(soaked in cool water 4-6
hours, or 1 hour in very hot
water, then drained)

5 cups (1200ml) filtered
water (less for thicker milk,
more for thinner milk)

2 dates, pitted, or other
sweetener of choice (omit for
unsweetened)

1 tsp pure vanilla extract or
one vanilla bean, scraped
(omit for plain)

Pinch sea salt

01 Add almonds, water, dates, salt, and vanilla to high-speed blender. Blend until creamy and smooth. Keep blending for at least 1-2 minutes to get the most out of the almonds.

02 Strain using a nut milk bag or thin dish towel. Simply lay a clean dish towel over mixing bowl, pour over almond milk, carefully gather corners, and lift. Squeeze until all liquid is extracted. Discard pulp or save for adding to baked goods.

03 Transfer milk to jar or covered bottle. Refrigerate. Milk will keep for 3-4 days. Shake well before using, as it will separate.

04 Flavors can also be infused. For strawberry, add 5-6 hulled strawberries when blending. For, chocolate add 1-2 Tbsp (5-10g) cacao or unsweetened cocoa powder.

VEGAN PARMESAN CHEESE

Makes 1 cup Prep time 5 min. Total time 5 min.

3/4 cup (90g) raw cashews

3 Tbsp (9g)
nutritional yeast

3/4 tsp sea salt

3/4 tsp garlic powder

01 Add all ingredients to food processor. Mix/pulse until a fine meal is achieved. Store in refrigerator to keep fresh. Lasts for several weeks.

02 I love vegan parmesan on top of pizza, pastas, avocado toast, gratins, and more. It also adds flavor and thickens creamy pasta sauces.

COCONUT WHIPPED CREAM

Makes 2 1/2 cups

Prep time 8 hrs. 10 min.

Total time 8 hrs. 10 min.

1 14-ounce can (414ml) coconut cream or full-fat coconut milk

1/2 tsp pure vanilla extract

1/4-3/4 cup (28-84g) powdered sugar

01 Chill coconut cream or milk in refrigerator overnight. Also, chill large mixing bowl 10 minutes before whipping.

02 The next day, remove can from refrigerator without tipping or shaking. Remove lid. Scrape out the top portion of cream that has thickened, leaving the liquid behind. (Reserve liquid for use in smoothies.)

03 Place coconut cream in chilled mixing bowl. Beat for 30 seconds with mixer until creamy. Add vanilla and powdered sugar 1/4 cup (28g) at a time. Beat until creamy and smooth—about 1 minute.

04 Use immediately or refrigerate. It will firm up and stiffen the longer it's chilled. Will keep for 1 to 2 weeks.

NOTES

*I've found not all coconut creams and milks are created equal. Some tend to have varied fat content and remain too liquid even after chilling, which prevents whipping. The best brands I've found are *Trader Joe's* coconut cream, *Thai Kitchen* full-fat coconut milk, and *Whole Foods 365* full-fat coconut milk.

*After chilling, if your coconut milk doesn't harden, it's possibly a dud can without the right fat content (see above note). In that case, you can try to salvage it with a bit of tapioca flour—1-4 Tbsp (7 1/2-30g)—during the whipping process. I've found, however, that this isn't always a guaranteed fix.



DIY GLUTEN-FREE FLOUR BLEND

Makes 2 1/2 cups (~40g per 1/4 cup)

Prep time 5 min.

Total time 5 min.

1 1/2 cups (240g)
brown rice flour

1/2 cup (96g) potato starch

1/4 cup (40g) white
rice flour

1/4 cup (30g) tapioca flour

OPTIONAL 1 tsp xanthan
gum*, for binding

01 Whisk flours together in a large mixing bowl and store in an air-tight container in a dry place (I use a large mason jar).

02 Gluten-free flours can be tricky because they react differently in pretty much every recipe. With that in mind, use this blend in place of all-purpose or whole-wheat flour.

NOTES

*For extra binding (since gluten is not present) a pinch of xanthan gum can be added, depending on the recipe, though I don't find it absolutely necessary.

FLAX EGG

Makes 1 flax egg

Prep time 5 min.

Total time 5 min.

1 Tbsp (7g) flaxseed meal
(ground raw flaxseed)

2 1/2 Tbsp (37ml) water

01 Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg.

02 It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

NOTES

*This is not my original recipe, but one I discovered on many vegan baking blogs and have since adapted for my own use.





GF OPTION
1 BOWL

BLACK BEAN & CORN CHILI *with* SIMPLE CORNBREAD

Savory, hearty vegan chili with black beans, fresh corn and diced tomatoes. Served alongside cornbread for a hearty, satisfying dish that's especially comforting during winter months. Don't worry about leftovers—they'll be put to good use in other recipes.

YIELDS 6 GENEROUS SERVINGS

PREP TIME 15 MIN.

COOK TIME 45 MIN.

TOTAL TIME 1 HR.

CHILI

- 1 Tbsp (15ml) olive oil
- 1 large white onion, diced (150g)
- 4 cloves garlic, minced (2 Tbsp or 12g)
- 1/2 tsp each sea salt & black pepper
- 3/4 cup (124g) corn (canned or off the cob)
- 1 Tbsp (8g) chili powder
- 1 28-ounce (793g) can diced tomatoes, no salt added
- 1/3 cup (80ml) water
- 1 15-ounce (425g) can kidney beans, slightly drained
- 2 15-ounce (425g) cans black beans, slightly drained

CORNBREAD

- 1 1/2 flax eggs*
- 3/4 cup + 1 Tbsp (195ml) unsweetened plain almond milk
- 1 tsp lemon juice or apple cider vinegar
- 1/2 teaspoon baking soda
- 1/3 cup (74g) vegan butter, melted (I like *Earth Balance*)*
- 1/2 cup (100g) organic cane sugar or granulated sugar
- 2 Tbsp (30g) unsweetened applesauce
- 1/2 tsp sea salt
- 3/4 cup + 1 Tbsp (108g) fine yellow cornmeal
- 3/4 cup + 1 Tbsp (110g) unbleached all-purpose flour*

CHILI

- 01 Heat oil in a large pot over medium-high heat. Add the onion, garlic, salt, and pepper.
- 02 Cook, stirring often until softened, 6 to 8 minutes. Add the corn then the chili powder and cook, stirring, for 1 minute. Add the tomatoes (with their juices), water, and black and kidney beans and stir.
- 03 Once it has reached a low boil, reduce heat to low and simmer until thickened, 25 to 30 minutes, stirring occasionally. (*This is when I'd recommend making your cornbread.*) Taste for additional seasoning. I added a touch more salt, pepper, and chili powder. Serve with desired toppings, such as hot sauce, cilantro, red onion, crackers, or tortilla chips.
- 04 Store leftovers in the refrigerator for up to 5 days, or the freezer for up to 1-2 months.

CORNBREAD

- 01 Preheat oven to 350 degrees F (176 C) and lightly grease an 8x8-inch baking dish.
- 02 Prepare flax eggs in a large mixing bowl and let set for 2-3 minutes.
- 03 Measure out almond milk in a liquid measuring cup and add lemon juice or vinegar. Allow to curdle for 5 minutes. Then add baking soda. Stir once more. Set aside.
- 04 To the mixing bowl with flax egg, add melted butter and sugar. Whisk vigorously to combine. Add applesauce and whisk once more. Next add almond milk mixture and whisk vigorously again to combine. Next add salt, cornmeal, and flour. Stir with a mixing spoon until just incorporated and no large lumps remain.

CONTINUED ON THE NEXT PAGE

05 Transfer to baking dish and bake for 32-40 minutes or until the edges of the cornbread are golden brown and a toothpick inserted into the center comes out clean. Remove from oven and let cool for 5-10 minutes before serving. Top with vegan butter and maple syrup (optional).

06 Cornbread is best when fresh. Will keep in an airtight container at room temperature for 2-3 days, or in the freezer up to 1 month. Save leftover cornbread to make croutons for the *Chickpea Chopped Salad!*

NOTES

*Find the recipe for *Flax Eggs* on [page 7](#).

*You can sub coconut oil for the vegan butter in this recipe, but it will add a slight coconut flavor.

*If gluten-free, I've only had success using my DIY gluten-free flour blend in place of all purpose flour, and 1 egg in place of the flax egg (which I find helps binding and rising). However, you can try it with another egg substitute with varied results.

*Save leftover chili for the [Black Bean Chili Loaded Baked Potatoes \(page 17\)](#) later in the week.





GF OPTION
10 INGR.

CHICKPEA CHOPPED SALAD *with* ADOBO DRESSING

When I was growing up in the Midwest, it was challenging to find restaurant salads that were truly entrée-worthy. But when I found one, I went back and ordered it over and over again. This recipe is inspired by one such salad: romaine lettuce, tomatoes, and chickpeas tossed in a creamy adobo dressing and topped with cornbread croutons and roasted pecans. It's what salad dreams are made of.

DRESSING

3/4 cup (90g) raw cashews

1/2 cup (120ml) water (sub unsweetened plain almond milk for creamier dressing)

1 large lemon, juiced
(-3 Tbsp or 60ml)

Healthy pinch each sea salt & black pepper (-1/8 tsp)

1 tsp adobo sauce (from a can of chipotle peppers in adobo), plus more to taste

1 Tbsp (15ml) maple syrup

SALAD

OPTIONAL 2 slices
leftover cornbread, cubed
(omit if gluten-free)

6 cups (282g) chopped
romaine lettuce (-2 heads)

1/2 cup (75g) grape tomatoes

1 cup (164g) cooked chickpeas

PECANS

1/2 cup (50g) raw pecan halves

1/2 Tbsp (7g) vegan butter
(or sub coconut oil)

1 Tbsp (15ml) maple syrup

Pinch each sea salt & black pepper

OPTIONAL Pinch each
cinnamon & cayenne pepper

OPTIONAL 1 tsp coconut sugar

01 Preheat oven to 350 degrees F (176 C).

02 Add raw cashews to a mixing bowl and cover with boiling-hot water. Let rest for 1 hour (uncovered). Then drain thoroughly.

03 Once oven is preheated, add cubed cornbread (optional) to a baking sheet and bake for 15-20 minutes or until golden brown and slightly crisp—flipping/tossing once at the 12-minute mark to ensure even baking. Then remove from oven and set aside to cool.

04 While the cornbread is baking, add pecans on a separate baking sheet and bake for 8 minutes. While they're toasting, melt vegan butter or coconut oil in the microwave (or in a small saucepan). Then add maple syrup, sea salt, cinnamon, and cayenne (optional). Whisk to combine.

05 Remove pecans from oven and toss with spices. Spread back onto the baking sheet and toast for another 5-8 minutes or until fragrant and golden brown, being careful not to burn. Let cool slightly. Then taste and adjust seasonings as needed. I added a bit more salt, cinnamon, cayenne, and a touch of coconut sugar. Toss to combine. Then set aside.

06 Next, prepare dressing by adding soaked, drained cashews, 1/2 cup water (or almond milk), lemon juice, sea salt, black pepper, adobo sauce, and maple syrup to a high-speed blender. Blend on high until creamy and smooth, adding more water or almond milk as needed to encourage blending. Scrape down sides as needed.

CONTINUED ON THE NEXT PAGE

YIELDS 2-3 LARGE SALADS

PREP TIME 1 HR. 15 MIN.

COOK TIME 15 MIN.

TOTAL TIME 1 HR. 30 MIN.

07 Taste and adjust seasonings as needed, adding more salt to taste, lemon for acidity, maple syrup for sweetness, or adobo sauce for heat. Set aside.

08 To assemble salad, add lettuce, grape tomatoes and chickpeas to a large bowl and toss with dressing to coat. Split between two serving plates and top with cornbread croutons (optional) and toasted pecans. Best when fresh. Store leftovers (salad, croutons, pecans, and dressing separately) in the refrigerator for 1-2 days. Dressing will keep in the refrigerator up to 1 week.





GF
30 MIN.
10 INGR.

SUSHI SPRING ROLLS

If you love sushi but don't want to mess with making it at home, this is the recipe for you. All of the best flavors of sushi are rolled into light and springy rice paper. Customize as you wish. They make excellent leftovers the next day, so feel free to make plenty.

1 cup (158g) cooked white or brown rice

Pinch sea salt

6-8 spring roll papers (found at grocery stores (like *World Market*) and Asian markets)

1 cup (67g) kale, roughly chopped

2 Tbsp (30g) pickled ginger

1 cup (128g) carrots, thinly sliced

1 ripe avocado, thinly sliced

Tamari or peanut sauce* (for dipping | if not gluten-free, can sub soy sauce)

01 Bring 3/4 cup (180ml) water to a boil in a small saucepan. Then add a pinch of salt and 1/2 cup brown or white rice. Swirl to coat, then cover and reduce heat to low and continue simmering for 15-25 minutes, or until water is completely absorbed and the rice is fluffy. Drain off excess water if necessary once rice is tender. Set aside.

02 Then pour very hot water into a shallow bowl or saucepan for softening the rice paper, and form an assembly line with your ingredients.

03 To assemble, wet rice paper sheets one at a time for 10-15 seconds in the warm water or until soft and malleable. Transfer to a flat, clean surface, and working quickly, add a small amount of rice, kale, pickled ginger, carrots and avocado to the bottom third of the sheet. Then fold over once, tuck in the sides, and fold over again. Place seam side down on a serving plate. Continue until all ingredients are used up—about 6-8 rolls.

04 Serve with soy sauce or peanut sauce for dipping and additional pickled ginger (or wasabi paste). Store leftovers in an airtight container or bag in the fridge for up to a couple of days, though they're best when fresh.

NOTES

*For peanut sauce, see the *Tofu Pad Thai* recipe on [page 39](#).

YIELDS 6-8 ROLLS OR 2-3 SERVINGS

PREP TIME 10 MIN.

COOK TIME 20 MIN.

TOTAL TIME 30 MIN.





GF
10 INGR.

BLACK BEAN CHILI LOADED BAKED POTATOES

Baked potatoes are one of our favorite healthy, simple comfort meals. Choose between russet or sweet potatoes and then top generously with the black bean and corn chili leftover from the beginning of the week!

2 large sweet or russet potatoes

2 cups *Simple Vegan Black Bean & Corn Chili* ([page 9](#))

TOPPINGS (OPTIONAL)

Vegan cheddar cheese (such as *Daiya* brand)

Chopped red onion

Fresh chopped cilantro

Ripe avocado

Hot sauce

01 Preheat oven to 400 degrees F (204 C).

02 Wash and scrub potatoes. Then poke several times with a fork. Place directly on the oven rack and bake for 45 minutes-1 hour (sweet potatoes usually take less time). Potatoes are done when you give them a squeeze and they have a slight give and tenderness. Set aside.

03 Reheat chili in a saucepan over medium heat while cooking the potatoes until bubbly and hot. Keep warm on low until serving.

04 Once baked, split the potatoes, top generously with chili, and serve with desired garnishes. To make this even more of a complete meal, serve alongside a side salad, steamed broccoli, or—our favorite—chips and salsa.

YIELDS 2 SERVINGS

PREP TIME 5 MIN.

COOK TIME 1 HR.

TOTAL TIME 1 HR. 5 MIN.





GF
10 INGR.

GREEN BEAN, RED PEPPER & TOFU TERIYAKI STIR-FRY

A healthy, simple, vegan, and gluten-free recipe the whole family will love. Tender veggies and roasted tofu are tossed in a sweet and savory teriyaki sauce that glazes a warm bed of brown rice underneath. You'll be in stir-fry heaven.

YIELDS 2 GENEROUS SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

STIR FRY

8 ounces (226g) extra firm tofu, wrapped in a clean towel & pressed for 15 minutes, then cubed

1/2 cup (90g) short grain brown rice*

Pinch sea salt

2 tsp sesame oil (or sub olive oil or coconut oil)

1 red pepper, julienne sliced (on a slant, thin)

1 heaping cup (120g) green beans, stems removed

TERIYAKI SAUCE

1/4 cup (120ml) tamari (or soy sauce if not gluten-free)

2 Tbsp (30ml) water

1 Tbsp (13g) organic brown sugar (or sub 1 extra Tbsp agave or maple syrup)

3 Tbsp (45ml) agave or maple syrup

1 1/2 tsp each fresh garlic & ginger, minced

1 tsp cornstarch, for thickening

01 Preheat oven to 400 degrees F (204 C) and bake tofu on a parchment-lined baking sheet for 20-25 minutes. This will dry it out and give it more of a meat-like texture, as well as help it absorb more sauce when added to the stir-fry. Set aside.

02 In the meantime, start your rice by bringing 3/4 cup (180ml) water to a boil. Then add brown rice and a pinch of salt and swirl to combine. Cover, reduce heat to low, and simmer for 15-25 minutes until water is absorbed and rice is tender and fully cooked. Drain off excess water (if needed) once tender.

03 Mix all teriyaki sauce ingredients in a bowl and set aside. Taste and adjust seasonings as needed.

04 Start the veggies when the tofu is almost done baking. Heat a large saucepan over medium heat and add sesame oil, green beans, and red peppers. Stir briefly. Then cover so the steam helps them cook faster. Once softened and slightly browned, add the teriyaki sauce, reduce heat to low and toss to coat. Add baked tofu and toss to coat once more. Keep on low until the rice is ready. This will allow for time to let the flavors meddle and the sauce to thicken.

05 Once the rice is done, divide rice between two serving plates and top with stir-fry. The sauce is very rich and will flavor the rice well, so be sure to pour a little bit over your veggies if you have extra.

06 Serve immediately. Will keep covered in the refrigerator for 1-2 days, though best when fresh.

NOTES

*Prepare an extra 1/2 cup cooked rice if you plan on making veggie burgers ([page 21](#)) later in the week.





GF OPTION
10 INGR.

FREDDY'S THIN 'N' CRISPY BURGERS

If you've ever had the steak burgers from Freddy's Frozen Custard, then you know how irresistible thin and flavorful hamburger patties can be. This concept inspired these gluten-free, vegan burgers made with a base of black beans and brown rice and seasoned with smoky chili powder and steak sauce. Serve these hearty veggie burgers with baked fries, chips, or a salad for a well-rounded, satisfying meal.

BURGERS

1/2 cup (98g) cooked & cooled short grain brown rice

1 Tbsp + 2 tsp (25ml) grape seed or olive oil

1 large or 2 small shallots, thinly diced (-1/4 cup or 40g)

2 cloves garlic, minced (1 Tbsp or 6g)

1 15-ounce (425g) can black beans, rinsed, drained & dried in a clean towel

1/3 cup (30g) gluten-free rolled oats (or sub ground pecans or walnuts)

1 Tbsp (15g) steak sauce, such as A7*

1 Tbsp (8g) chili powder

1 tsp ground cumin

Sea salt & black pepper, to taste

FOR SERVING (OPTIONAL)

4 whole wheat or gluten free hamburger buns (or lettuce wraps)

Vegetables (lettuce, tomato, pickle, onion)

Ketchup & mustard

01 Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper. Also cook and cool your brown rice at this time, if you haven't already.

02 In the meantime, heat a saucepan over medium heat. Once hot, sauté shallots and garlic in 2 tsp oil until soft (~2 minutes) and season with a pinch of salt. Remove from heat and set aside.

03 To a food processor, add the brown rice, shallots, garlic, black beans, oats or nut meal, steak sauce, chili powder, cumin, and a healthy pinch each sea salt and black pepper. Pulse to combine, avoiding pureeing the mixture to preserve some texture.

04 Remove blade. Then taste and adjust seasonings as needed, adding more chill powder for heat, salt for flavor, or cumin for smokiness. The texture should be thick and sticky, but if it is too wet to handle, add another sprinkle of oats or nut meal and stir with a spatula or wooden spoon to combine.

05 Scoop out scant 1/4 cup of the mixture and gently form into a small disc (using plastic wrap helps get a uniform thickness). Continue this process until you have 7-8 thin patties about 3 inches wide and 1/4 inch thick—you want them pretty thin so they cook faster.

06 Heat the skillet from earlier over medium heat, and once hot, add 1 Tbsp oil. Add 3-4 patties at a time (or however many your pan will allow without crowding) and season the tops with an additional sprinkle of salt and chili powder. Cook for 3-4 minutes on each side, or until fragrant and very browned on both sides. Be careful when flipping, as they can be fragile. Once browned, carefully transfer to the parchment-lined baking sheet and place in preheated oven.

CONTINUED ON THE NEXT PAGE

YIELDS 7-8 SMALL BURGERS

PREP TIME 10 MIN.

COOK TIME 30 MIN.

TOTAL TIME 40 MIN.

07 Repeat until all burgers are cooked and in the oven. Bake for 15-22 minutes or until deep golden brown and slightly dried out. The longer you bake them, the firmer/crispier they will get! Let cool from oven for a few minutes before serving, which will help them firm up ever more.

08 To plate, stack two burgers on each bun (or lettuce wrap) and top with desired vegetables and condiments. If desired, serve with chips, oven-baked fries (see [Crispy Baked Garlic Matchstick Fries](#) on our blog), or salad.

NOTES

*According to my research, *A1 Steak Sauce* is both vegan and gluten-free.

*To keep this recipe gluten-free, serve on gluten-free buns, wrapped in lettuce, or on top of fresh sliced tomato, onion, and lettuce.





GF OPTION
30 MIN.

SIMPLE VEGGIE CIABATTA PIZZA

Pizza is definitely a staple in our home, and this is a fun and effortless way to switch things up and try something other than a traditional crust. Use baguette if ciabatta is too difficult to find, and add additional toppings if desired.

SPICY CHICKPEAS

- 1 cup (164g) cooked chickpeas, rinsed, drained & dried in a clean towel
- 1 Tbsp (15ml) olive oil
- 1 Tbsp (5g) vegan parmesan cheese*
- 1/4 tsp red pepper flake
- Pinch sea salt
- 1/4 tsp garlic powder
- 1/2 tsp each dried oregano & basil

PIZZA

- 1 ciabatta loaf (bakery fresh, if possible)
- 1 Tbsp (15ml) olive oil
- 1 cup (245g) pizza sauce*
- 1/4 cup (20g) vegan parmesan cheese (or vegan store-bought mozzarella—I like *Daiya*)
- 1 cup (-130g) assorted diced veggies, such as red onion, tomato, mushroom, & green pepper

FOR SERVING (OPTIONAL)

- Fresh basil
- Vegan parmesan cheese
- Red pepper flakes

- 01** Preheat oven to 400 degrees F (204 C) and arrange an oven rack in the middle of the oven.
- 02** Add chickpeas to a medium mixing bowl and top with olive oil, vegan parmesan cheese, red pepper flake, sea salt, oregano, and basil. Toss, taste, and adjust seasonings if needed. Then set aside.
- 03** Split the ciabatta in half and lightly brush with olive oil. Place on a baking sheet and spread on sauce. Then top with vegetables, chickpeas, and vegan cheese of choice.
- 04** Bake for 12-17 minutes or until golden brown and the vegetables are tender. Cut and serve immediately. Fresh basil, red pepper flake, and additional parmesan cheese make a great garnish.
- 05** Best when fresh, though leftovers keep in the refrigerator for 1-2 days. Reheat in a 350 degree F (176 C) oven until hot.

NOTES

*Find the recipe for *Vegan Parmesan Cheese* on [page 5](#).

*My go-to pizza sauce: 1 4-ounce can tomato paste + 1/2 cup (120ml) water and 1 teaspoon each dried basil, dried oregano, garlic powder, coconut sugar, and a pinch of salt. Red pepper flake is optional. Taste and adjust seasonings as needed.

*To keep this recipe gluten-free, use my [World's Best Gluten-free Pizza Crust](#) here.

YIELDS 2-3 SERVINGS

PREP TIME 10 MIN.

COOK TIME 15 MIN.

TOTAL TIME 25 MIN.





GF
30 MIN.

SWEET POTATO BLACK BEAN TACOS

with ROASTED JALAPEÑO SALSA

These healthy, plant-based tacos are not only delicious, they're also extremely satisfying and include a homemade roasted jalapeño salsa. Save your leftover salsa for the Ultimate Vegetarian Taco Salad later in the book ([page 31](#)).

YIELDS 2-3 SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

TACOS

1 large sweet potato (~200g), rinsed & cut into small wedges lengthwise (like French fries)

1 Tbsp (15ml) grape seed or avocado oil

Pinch sea salt

1 15-ounce (425g) can black beans in sea salt, slightly drained (not rinsed)

1/2 tsp ground cumin

OPTIONAL 1/2 tsp chili powder

6-8 yellow or white corn tortillas

SALSA*

1 jalapeño

2 cloves garlic

1/4 white onion

1/2 ripe avocado

2 limes, juiced (1/4 cup or 60ml)

1/4 cup (15g) fresh chopped cilantro

1/4 tsp each sea salt & black pepper

1 4-ounce can mild diced green chilies

FOR GARNISH (OPTIONAL)

Purple cabbage or red onion, thinly sliced

Fresh cilantro, chopped

Fresh lime juice

01 To save time, start baking the sweet potatoes while charring the jalapeños. Preheat oven to high broil and position one rack near the top of the oven, and one in the lower middle.

02 Add sweet potatoes to a foil-lined baking sheet and toss with 1 Tbsp oil and a pinch of sea salt. Arrange in a single layer so they cook evenly. Add to the lower middle rack to begin cooking.

03 Place your jalapeño on a bare baking sheet and set on the highest oven rack for 5-10 minutes total—flipping once to ensure even cooking—until the skin is blackened. (Alternatively, if you have a gas stove or grill, char over an open flame.)

04 When blackened on all sides, wrap loosely in foil to steam for a few minutes. Once the jalapeño is finished roasting and out of the oven, reduce oven heat to 375 degrees F (190 C) and continue baking sweet potatoes for a total of 20-25 minutes, flipping once at the halfway point to ensure even cooking. They're done when tender and golden brown. Remove from oven and set aside.

05 Heat saucepan over medium heat. Add black beans, cumin, and chili powder. Once bubbling, reduce heat to low and simmer until serving. Taste and adjust seasonings as needed.

06 Once jalapeño has cooled slightly, unwrap from foil and carefully peel off charred skin—it should slide right off. Slice in half and remove stems and seeds.

07 Place jalapeño, garlic, onion, avocado, lime juice, cilantro, salt and pepper, and diced green chilies to a food processor and blend on high until well combined. Taste and adjust seasonings as needed, or more salt for flavor, lime for more acidity, and garlic for zing. Pour into a serving dish and set aside.

CONTINUED ON THE NEXT PAGE

08 Just before serving, place tortillas on a baking sheet and add to the still-warm oven for 1-2 minutes to soften. Or, wrap in a damp towel and microwave for 30 seconds.

09 To serve, top tortillas with sweet potatoes, black beans, jalapeño salsa, and any other desired toppings. I love purple cabbage, cilantro, and lime juice. Enjoy immediately—best when fresh. Salsa will keep in the refrigerator up to 5-6 days.

NOTES

*This salsa is spicy. If you aren't into spicy, leave out the jalapeño or substitute your favorite store-bought green salsa.

*Save any leftover salsa for the [Ultimate Vegetarian Taco Salad \(page 31\)](#) later in the week.





GF
30 MIN.

VEGGIE BIBIMBAP *with* BROWN RICE

A traditional South Korean dish that's simple, healthy, and customizable depending on what veggies you like and how much spice you prefer. It's also very affordable, and the sauce can be made ahead of time in large batches to save time for future preparations.

1 cup (185g) short grain brown rice, rinsed

3 cups (~500g) mixed chopped vegetables (such as carrot, bean sprout, zucchini squash, kale)

1 shallot, diced

1 clove garlic, minced

2 Tbsp (30ml) sesame oil, divided*

Sea salt

SPICY SAUCE

3 Tbsp (45g) chili garlic sauce*

1 1/2 Tbsp (22ml) maple syrup or agave

1/2 tsp tamari (or soy sauce if not gluten-free)

1 tsp rice vinegar (or sub white vinegar)

1 tsp sesame oil*

01 In a large saucepan, bring 1 2/3 cups (400ml) water to a boil. Then add brown rice and a pinch of salt, swirl to combine, cover, and reduce heat to simmer (low). Cook for 15-25 minutes until water is absorbed and rice is tender and fully cooked. Drain off excess water (if needed) once tender.

02 Prepare sauce by whisking all ingredients together and tasting to adjust seasonings. It should be very fragrant and spicy. Pull back on the chili garlic sauce if you prefer less heat.

03 In the meantime, add 1 tsp sesame oil to a large skillet over medium heat and sauté veggies in groups (carrots in one area, bean sprouts in another) so you can arrange them separately over the rice (optional). Season each with a pinch of sea salt and transfer to a serving plate once softened and lightly browned. Cover to keep warm until serving. Add additional oil with each batch of veggies.

04 Lastly, cook the garlic and shallot together for best flavor. Set aside.

05 Once the rice is ready, add 1 tsp sesame oil and 1 tsp tamari and stir for flavor.

06 Divide the rice between 2-3 serving bowls and top with cooked veggies (see *photo*). Serve with spicy sauce. Leftovers keep in the refrigerator for 2-3 days. Reheats well in the microwave.

NOTES

*Chili garlic sauce is very affordable and can be found at Asian markets. The brand I prefer is *Huy Fong Foods*.

* Sesame oil can also be found at Asian markets and grocery stores. Its flavor works best in this recipe, but can be subbed for grape seed or peanut oil for a similar result.

YIELDS 2 GENEROUS SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.





GF OPTION
30 MIN.

THE ULTIMATE VEGETARIAN TACO SALAD

While I love ordering taco salads at restaurants, I don't love how calorie-laden they can be. One simple switch makes this homemade version much healthier. Instead of serving in a fried shell, top with thin and crispy baked tortilla strips. Fresh veggies, pico de gallo, avocado, and black beans send this salad over the top and into entrée heaven. Use your favorite salsa or leftovers from the Sweet Potato Black Bean Tacos with Roasted Jalapeño Salsa ([page 26](#)).

SALAD

- 1 flour tortilla*
- Non-stick cooking spray
- Sea salt & garlic powder
- 4 cups (~200g) romaine lettuce or other greens, chopped
- 1/2 cup (83g) corn kernels (1 like canned)
- 1 cup (185g) cooked black beans, rinsed & drained
- 1 ripe avocado, halved & cut into strips

PICO DE GALLO

- 1 roma tomato, diced
- 1/4 cup (40g) red onion, diced
- 1/4 cup (15g) fresh cilantro, chopped
- 1 lime, juiced (~2 Tbsp or 30ml)
- Pinch sea salt

TOPPINGS (OPTIONAL)

- Vegan cheddar cheese and/or sour cream
- Sliced jalapeños
- Hot sauce

01 Preheat oven to low broil and position a rack at the top of the oven. Slice tortilla into thin strips and place on baking sheet. Spray with non-stick spray or toss with oil and sprinkle with sea salt and garlic powder. Toss to coat and arrange in a single layer.

02 Broil for 3-4 minutes, flipping once to ensure even browning. Watch carefully—they burn easily. Set aside.

03 Prepare a quick pico de gallo by combining tomato, red onion, cilantro, and lime juice and stirring. Add sea salt to taste and set aside.

04 Arrange salads on 2 serving plates, layering veggies in rows on top of lettuce (*see photo*). Serve with roasted jalapeño avocado salsa (leftover from *Sweet Potato Black Bean Tacos*, [page 26](#)) and tortilla strips.

NOTES

*Keep this recipe gluten-free by using corn tortillas.

YIELDS 2 GENEROUS SERVINGS

PREP TIME 20 MIN.

COOK TIME 5 MIN.

TOTAL TIME 25 MIN.





GF
30 MIN.

GADO-GADO BOWL *with* SPICY PEANUT SAUCE

We enjoyed gado-gado—a traditional Indonesian dish—during our trip to Bali in 2013. The concept is basic: rice, vegetables, and a spicy peanut sauce. My version includes brown rice, baked sweet potato for heartiness, and roasted salted peanuts for a little added protein. Customize this recipe and make it your own! It's the perfect dinner when you want something basic but still delicious and satisfying.

YIELDS 2 BOWLS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

VEGETABLES & RICE

1 cups (185g) short grain brown rice, rinsed

1 large sweet potato (~200g), rinsed & chopped into 1/4-inch slices

1 Tbsp (15ml) grape seed or avocado oil

8 ounces (226g) green beans, any stems removed

1/2 red pepper, thinly sliced (22g)

3/4 cup (24g) bean sprouts

Fresh chopped cilantro

OPTIONAL 2-3 Tbsp (18-27g) roasted salted peanuts

PEANUT SAUCE

1/4 cup (64g) creamy salted peanut butter

1 Tbsp (15ml) tamari (or soy sauce if not gluten-free)

1 Tbsp (15ml) fresh lime juice

2-3 (27-40g) Tbsp organic brown sugar or coconut sugar

1 Tbsp (15g) chili garlic sauce (more or less depending on preferred level of spice)

1-4 Tbsp (15-60ml) hot water

01 In a large saucepan, bring 1 2/3 cups (400ml) water to a boil. Then add brown rice and a pinch of salt, swirl to combine, cover, and reduce heat to simmer (low).

Cook for 15-25 minutes until water is absorbed and rice is tender and fully cooked. Drain off excess water (if needed) once tender.

02 In the meantime, preheat oven to 400 degrees F (204 C) and line a baking sheet with foil or parchment paper. Add sliced sweet potato and drizzle with oil. Bake for 25 minutes, flipping once at the 20-minute mark to ensure even cooking. When ready, they should be tender and slightly golden brown. Set aside.

03 In the meantime, steam green beans in a steamer basket or in the microwave for 3-4 minutes. Alternatively, add to boiling-hot water for 1 minute and then transfer to ice water to stop the cooking process (called “shocking”). Drain and set aside.

04 Prepare the peanut sauce by adding all ingredients except water to a small mixing bowl and whisking. Add hot water 1 tablespoon at a time until desired consistency is reached—it should be pourable.

05 Taste and adjust seasonings as needed, adding more chili garlic sauce for heat, brown sugar for sweetness, or lime juice for acidity.

06 To assemble, divide brown rice between 2-3 serving plates and top with roasted sweet potato, green beans, red pepper, bean sprouts, and cilantro. Serve with spicy peanut sauce and salted roasted peanuts (optional). For extra heat, sriracha or extra chili garlic sauce make a great addition. Best when fresh. Store any leftovers separate from the dressing in the refrigerator up to 2 days.





GF OPTION
30 MIN.

ROSEMARY ROASTED ROOT VEGETABLE PANZANELLA

This recipe screams fall and winter. It's a marriage of roasted vegetables, chickpeas, and hearty panzanella salad that's extremely satisfying and comforting. Major perk: It's a simple plant-based meal that makes for delicious leftovers the next day.

SALAD

2 cups (70g) day old wheat baguette, cubed (omit if gluten-free)

2 beets (160g), rinsed, scrubbed and cut into 1/4-inch rounds

1 leek (89g), halved, rinsed clean & chopped into 1/4-inch slices

2 whole carrots (120g), peeled & loosely chopped (chop large segments in half lengthwise)

1 large sweet potato (200g), cut into 1/4-inch rounds

2 Tbsp (30ml) grape seed or avocado oil

Healthy pinch each salt & black pepper

1-2 sprigs fresh rosemary, or sub dried

3 large handfuls (200g) lacinato kale, torn into bite-size pieces, stems removed

1 cup (200g) cooked chickpeas, rinsed & drained

DRESSING

1/4 cup + 1 Tbsp (80g) tahini

1 1/2 tsp whole grain mustard

1 Tbsp (15ml) maple syrup

1 large lemon, juiced (-3 Tbsp or 45ml)

OPTIONAL 1 tsp apple cider vinegar

Pinch each salt & pepper

3 Tbsp (45ml) grape seed or olive oil

2-4 Tbsp (30-60ml) water, to thin

01 Preheat oven to 400 degrees F (204 C) and position one rack near the top of the oven and another rack in the center of the oven.

02 Place cubed baguette on a bare baking sheet and add to oven on the top rack. Bake until toasty and golden brown—about 10 minutes.

03 In the meantime, place prepared vegetables on a separate, foil- or parchment-lined baking sheet and toss with oil, salt, pepper, and rosemary. Bake on the center rack (under the baguette), for a total of 20-25 minutes, or until vegetables are tender and light golden brown. Flip/toss near the 15-minute mark to ensure even cooking.

04 In the meantime, prepare dressing by adding all ingredients (except water) to a small mixing bowl and whisking to combine. Add water until pourable. Taste and adjust seasonings as needed. Then set aside.

05 Add kale to a large mixing bowl. Once vegetables are done roasting, add to kale along with bread cubes, chickpeas, and dressing.

06 Toss to coat and serve immediately. Best when fresh, but if saving for later, store all parts separately up to three days— especially the dressing and bread cubes—to keep from getting soggy.

YIELDS 3-4 SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.





GF
30 MIN.

CASHEW COCONUT CURRY

A light and simple flavorful curry with coconut milk, red peppers, ginger, and toasted cashews. Not overwhelmingly spicy and perfect over rice or with naan or pita. For a lighter version, serve with cauliflower rice (find the recipe linked below).

- 2 Tbsp (30ml) grape seed or coconut oil
- 4 garlic cloves, minced (2 Tbsp or 12g)
- 2 Tbsp (12g) fresh ginger, minced
- 1/2 red onion, finely chopped (80g)
- 1 red bell pepper, sliced
- 3/4 tsp sea salt, divided
- 1 1/2 Tbsp (10g) curry powder
- 3/4 cup (180ml) light coconut milk
- 1 cup (240ml) vegetable broth
- OPTIONAL 1/4 tsp cayenne pepper
- OPTIONAL 1-2 Tbsp (15-30ml) agave nectar
- 1/2 cup (60g) roasted unsalted cashews
- 1/2 lime, juiced (-1 Tbsp or 15ml)

FOR SERVING (OPTIONAL)

- Lime wedges
- Fresh basil
- Fresh cilantro
- Rice or cauliflower rice*
- Naan bread

01 Heat a large, deep skillet over medium heat and add oil, garlic, ginger, onion, red pepper and 1/4 tsp salt. Sauté until softened, stirring frequently—about 3-5 minutes.

02 Add curry powder and stir to coat. Then add coconut milk and vegetable broth and stir. Season with 1/2 tsp salt and 1/4 tsp cayenne pepper for heat (optional).

03 Bring to a low boil and then reduce to simmer. Cook for another 4-5 minutes or until the liquid is reduced and slightly thickened.

04 Taste and adjust seasonings as needed, adding a little agave nectar or sweetener of choice to sweeten and offset heat, if desired.

05 Just before removing from heat, add cashews and stir to coat. Then remove from heat, add the lime juice, and stir.

06 Serve over rice, over cauliflower rice, or with naan. Garnish with fresh basil and cilantro and remaining lime wedges.

NOTES

*Find the recipe for [Cauliflower Rice](#) here.

YIELDS 2 SERVINGS

PREP TIME 15 MIN.

COOK TIME 15 MIN.

TOTAL TIME 30 MIN.





GF
10 INGR.

TOFU PAD THAI

I've been making pad Thai for years now, and this version has become my favorite and a dinner staple in our home. It may look like a lot, but there are only 10 ingredients and thanks to a little multi-tasking, it takes just 1 hour to prepare. Crispy tofu is sautéed in peanut sauce until golden brown and served over brown rice noodles in a spicy-sweet tamarind sauce. This is at-home takeout at its finest.

YIELDS 2-3 SERVINGS

PREP TIME 20 MIN.

COOK TIME 40 MIN.

TOTAL TIME 1 HR.

TOFU

- 10 ounces (283g) extra firm tofu
- 1 Tbsp (15ml) tamari (sub soy sauce if not gluten-free)
- 1 Tbsp (12g) coconut sugar, plus more to taste
- 1/2 tsp chili garlic sauce*
- 1 tsp + 1 Tbsp (20ml) sesame oil, divided

TAMARIND SAUCE

- 3 Tbsp (45g) tamarind sauce* (or 1 Tbsp (25g) tamarind paste + 2 Tbsp (30ml) water)
- 1 Tbsp (15ml) lime juice
- 2 Tbsp (30ml) tamari (or soy sauce if not gluten-free)
- 2 Tbsp (24g) coconut sugar, organic brown sugar or maple syrup
- 1 tsp chili garlic sauce

PEANUT SAUCE

- 1/3 cup (85g) creamy salted peanut butter
- 1 1/2 Tbsp (20ml) tamari
- 2-3 Tbsp (24-36g) coconut sugar (or organic brown sugar or maple syrup)
- 2 Tbsp (30ml) lime juice
- 1 tsp chili garlic sauce
- 2-4 Tbsp (30-60ml) hot water

CONTINUED

- Preheat oven to 400 degrees F (204 C) and line a baking sheet with parchment paper.
- Wrap tofu in a clean absorbent towel and set something heavy on top—such as a cast-iron skillet—to press out the excess moisture for 10-15 minutes.
- In the meantime, bring about 10 cups (2400ml) water to a boil and pour over rice noodles in a large mixing bowl, making sure they're covered completely. Let sit for about 10 minutes, stirring occasionally to ensure they don't stick together, until soft. Sample to test doneness. Then drain and cover with towel. Set aside.
- Once oven is hot, cut pressed tofu into 1/2-inch cubes and arrange on parchment-lined baking sheet, leaving room between each piece so it bakes evenly. Bake for 25-32 minutes or until light golden brown and slightly dried out. For firmer, chewier tofu, bake for 30-35 minutes. For softer, more tender tofu, bake for 25 minutes or less. Once done baking, let sit at room temperature for 10 minutes to continue firming up/drying out.
- In the meantime, prepare your peanut sauce by whisking all ingredients together and then thinning out with very hot water until pourable. Taste and adjust seasonings as needed, adding more coconut sugar for sweetness, tamari for saltiness, lime juice for acidity, or chili garlic sauce for heat.
- Set aside 1/4 cup of the peanut sauce for serving, and keep remaining peanut sauce in the bowl. Add 1 Tbsp tamari, 1 Tbsp coconut sugar, 1/2 tsp chili garlic sauce, and 1 tsp sesame oil. Whisk and set aside. When tofu is finished resting, add to this sauce to begin marinating. Marinate for at least 10 minutes, stirring occasionally.

CONTINUED ON THE NEXT PAGE

STIR FRY

6 ounce (170g) brown rice
pad Thai noodles

1 Tbsp (15ml) sesame oil

1 bundle green onions
(6 ounces or 170g)

OPTIONAL 2 cloves garlic,
minced (1 Tbsp or 6g)

1 tsp tamari

07 Next, add your tamarind sauce ingredients to a small saucepan over medium heat and stir. Once bubbling, stir and cook for 30 more seconds. Then turn off heat. Taste and adjust seasonings as needed. Then set aside (off the heat).

08 When your tofu has been marinating for 10 minutes, heat a large saucepan over medium heat. Once hot, add 1 Tbsp sesame oil and tofu, reserving any excess marinade for later. Sauté until generously browned on all sides—about 4 minutes. Then scoop back into bowl with remaining marinade, toss, and set aside.

09 To the still-hot skillet over medium heat, add 1 Tbsp sesame oil and green onions, garlic (optional), and 1 tsp tamari. Sauté for 2 minutes, stirring often, until slightly browned.

10 Next, add drained rice noodles and tamarind sauce, and increase heat to medium high. Cook for 2-3 minutes, stirring frequently, until the liquid is completely absorbed and the noodles are coated but not sticky. Remove from heat to serve.

11 Divide between serving dishes and top with peanut tofu. Serve with a side of peanut sauce. Other toppings could include fresh lime, chopped carrots, crushed peanuts, sriracha, fresh cilantro, or basil. Best when fresh. Store leftovers in an airtight container in the refrigerator for up to 2-3 days. Reheat in the microwave or on the stovetop.

NOTES

* Find tamarind sauce (I like *Combine Thai Foods* brand) and chili garlic sauce (I like *Huy Fong* brand) online, or in Asian markets.





GF
30 MIN.

CREAMY PESTO ALFREDO PASTA

with GREEN PEAS

Consider this vegan, gluten-free pasta perfected. Arrowroot starch, olive oil, and garlic make a dreamy roux that's thinned with almond milk and given a punch of flavor with nutritional yeast and vegan parmesan cheese. Throw in your favorite gluten-free penne (I include mine below) and some peas for a serving of veggies and protein, and you're in pasta heaven. This is a thick, creamy, luxurious pasta that will fool even the harshest critics into thinking it's the "real thing."

YIELDS 2-3 SERVINGS

PREP TIME 10 MIN.

COOK TIME 20 MIN.

TOTAL TIME 30 MIN.

PASTA

10 ounces (283g) gluten-free penne (I love *Bionaturae* brand, found online & *Whole Foods*)

Pinch sea salt

1 cup (145g) green peas (if frozen, thawed)

PESTO (MAKES EXTRA*)

2 cups (120g) lightly packed fresh basil

1/3 cup (40g) raw walnuts or pine nuts

5 large cloves garlic (-3 Tbsp or 18g)

1/4 cup (20g) vegan parmesan cheese*

1 Tbsp (15ml) lemon juice (-1/2 lemon)

2 Tbsp (30ml) olive oil

2-3 Tbsp (30-45ml) water

1/8th tsp each salt & pepper, plus more to taste

SAUCE

3 Tbsp (45ml) olive oil

4 cloves garlic, minced (2 Tbsp or 12g)

1/4 cup (28g) arrowroot starch (or sub cornstarch if not gluten-free)

2 cups (480ml) unsweetened plain almond milk

CONTINUED

01 Bring a large pot of water to a boil and add a healthy pinch of sea salt.

02 In the meantime, prepare pesto. Add basil, walnuts, garlic, vegan parmesan cheese, and lemon juice to a food processor and pulse to combine. Then stream in olive oil while mixing. If it's still too thick, stream in a little water (I used 2-3 Tbsp).

03 Taste and adjust seasonings as needed, adding more lemon juice for acidity, salt for flavor, vegan parmesan for cheesiness, or garlic for zing/bite. Set aside. (Store leftovers covered in the fridge for up to a couple of weeks, though best when fresh.)

04 Once the water is boiling, add pasta to the pot and cook according to package instructions. Drain and cover to prevent drying. Set aside.

05 Meanwhile, heat a large skillet over medium heat. Once hot, add 3Tbsp (45ml) oil and four cloves garlic, stirring to ensure it doesn't burn. Reduce heat if it begins browning.

06 Add arrowroot starch and whisk to combine. Cook for 1 minute. Then slowly add almond milk a little at a time and whisk to combine. There will likely be clumps, which is okay because it will be blended. Cook for 2 minutes.

07 Transfer to a blender and add salt, pepper, vegan parmesan cheese, and nutritional yeast and blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed—you want it to be pretty cheesy and salty, so don't be shy.

CONTINUED ON THE NEXT PAGE

Sea salt & black pepper to taste (-1/8 tsp)

1/4 cup (20g) vegan parmesan cheese, plus more for serving*

1/4 cup (12g) nutritional yeast

3-4 Tbsp (45-60g) vegan pesto (recipe above)

OPTIONAL 1/4 tsp red pepper flake, for heat

08 Return sauce back to skillet and add pesto sauce and red pepper flake (optional). Stir to combine and cook on medium-low heat until it bubbles. Then reduce heat to low and cook until thickened, stirring frequently. Turn off heat and keep on stovetop.

09 Once sauce is ready, add cooked, drained pasta, peas, and toss. Serve with additional vegan parmesan cheese, pesto, and red pepper flake. Leftovers keep covered in the refrigerator for up to a few days, though best when fresh.

NOTES

*Find the recipe for *Vegan Parmesan Cheese* on [page 5](#).

*Save leftover pesto for the *Lemon Garlic Fettuccini* on [page 53](#).





GF
10 INGR.

SWEET & SPICY WINTER SQUASH

with RED PEPPER ROMESCO

This dish is inspired by two of my new loves: winter squash and romesco sauce. Acorn squash is brushed with a harissa-coconut sugar glaze then baked until tender and sweet. Dressed in creamy red pepper romesco sauce and garnished with hazelnuts and fresh mint, this dish is my winter dream come true. This recipe is inspired by and adapted from Real Simple magazine.

YIELDS 2 SERVINGS

PREP TIME 15 MIN.

COOK TIME 45 MIN.

TOTAL TIME 1 HR.

ROMESCO

- 2 red peppers
- 1/2 cup (56 g) raw almonds
- 2 cloves garlic with skin on
- 2 Tbsp (60ml) grape seed oil or avocado oil, divided
- 1 Tbsp (15-30ml) red wine vinegar (or sub apple cider vinegar)
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt, plus more to taste
- 2 tsp coconut sugar, plus more to taste
- 1 tsp harissa paste (or sub chili garlic sauce), plus more to taste

SQUASH

- 2 Tbsp (30ml) grape seed or olive oil, divided
- 1 Tbsp (12g) harissa paste (for added heat/smokiness)
- OPTIONAL 2-3 tsp chili garlic sauce, for added spice
- 1 Tbsp coconut sugar or maple syrup
- Healthy pinch sea salt
- 1 acorn squash, sliced in 1/4-inch rounds, seeds removed

FOR SERVING (OPTIONAL)

- 1/3 cup roasted hazelnuts, chopped
- Fresh mint

01 Preheat oven to 425 degrees F (218 C). Arrange red peppers (still whole with stems) on one end of clean baking sheet. On the other end of baking sheet, arrange almonds and garlic (still in skin). Lightly drizzle garlic with oil.

02 Place baking sheet in oven and roast almonds for 6-7 minutes (or until light golden brown). Then remove from pan and set aside. Flip garlic and bake for another 5-8 minutes or until golden brown and slightly caramelized. Then remove and set aside. Allow red peppers to roast until skin is bubbled and mostly blackened, turning/flipping halfway through to char both sides. Once charred, wrap roasted red peppers in foil to steam. Set aside.

03 Line the baking sheet you just used with foil and brush with 1 Tbsp oil.

04 In a small mixing bowl, mix together remaining 1 Tbsp oil, harissa paste, chili garlic sauce (optional), coconut sugar, and sea salt. Arrange sliced acorn squash on baking sheet and brush both sides generously with the harissa-coconut sugar mixture. Sprinkle with a bit more salt and then roast for a total of 20 minutes, flipping at the 10-minute mark to ensure even cooking.

05 In the meantime, peel away the skin, seeds, and core from the red peppers. Also, remove skin from garlic. Add peeled peppers, almonds, garlic, oil, vinegar, paprika, sea salt, coconut sugar, and harissa to a blender or food processor. Puree until smooth, scraping down sides as needed. Taste and adjust seasonings as desired.

06 To serve, add a generous amount of romesco to a serving dish and top with squash. Drizzle on more sauce and garnish with hazelnuts and mint. Serve as is or with a salad for extra staying power. Store leftovers (sauce separate from squash) in the refrigerator for 1-2 days.





GF
10 INGR.

LOADED VEGETABLE & BLACK BEAN ENCHILADAS

Let's be real. Making your own enchilada sauce is cool and all, but it's also kind of tedious. Plus, when you buy it from the grocery store (I include my favorite below), it means you save time and can focus your remaining nine ingredients on the important part: FILLINGS! These loaded vegetable enchiladas are plant-based, nutritious, satisfying, and so simple to make. Serve these to vegans and meat-eaters alike, and everyone is sure to be satisfied.

FILLINGS

- 1 Tbsp (15ml) grape seed oil
- 1 white or red onion, sliced in thin rings
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- Sea salt & black pepper to taste (-1/4 tsp each)
- 1 15-ounce (425g) can corn, well drained
- 1 15-ounce (425g) can black beans with salt, drained (if unsalted, add more salt to taste)
- 1 tsp cumin
- OPTIONAL 1 tsp chili powder

ENCHILADAS

- 8-10 yellow or white corn tortillas
- 12 ounces (340g) red enchilada sauce*
- 1-4 Tbsp (15-60ml) hot water

FOR SERVING (OPTIONAL)

- Fresh chopped green onion
- Ripe avocado, sliced
- Fresh chopped cilantro

NOTES

*I like *Trader Joe's Red Enchilada Sauce*. If you'd like to make your own sauce, find [my go-to recipe](#) here.

- Preheat oven to 350 degrees F (176 C) and position rack in the middle of the oven. Heat a large skillet over high heat. Once hot, add oil, onion, red pepper, and green pepper. Season with salt and pepper. Sauté for 3-5 minutes, stirring occasionally, until the onions have softened. Remove from heat to cool slightly.
- Add corn and black beans to a mixing bowl. Add cooked onion and peppers, cumin, and chili powder (optional). Stir to combine. Taste and adjust seasonings as needed. For extra flavor, add 1/4 cup of the enchilada sauce to the filling. Set aside.
- Wrap tortillas in damp paper or cloth towel and microwave to warm for 30 seconds to make more pliable. (Alternatively, place tortillas directly on a preheated oven rack for 1 minute to heat through.)
- Pour a thin layer of enchilada sauce into the bottom of 9x13-inch (3-quart or similar shaped) baking dish. Take one corn tortilla and lay it down in the dish. Fill with a generous amount of the filling (there should be plenty for 8-10 tortillas). Then roll up tortilla.
- Place seam side down at one end of dish. Continue until all tortillas are filled and wrapped, adding more sauce to the bottom as needed. Pour remaining sauce over the top of the enchiladas in a stripe down the middle, leaving the edges bare. Make sure not to drown enchiladas in sauce, but rather make sure they're well coated. This will prevent them from getting soggy.
- Brush/spray edges of the tortillas with oil to prevent them from drying. Bake for 18-22 minutes (uncovered) or until completely warmed through. Garnish with desired toppings and serve. I love fresh lime juice, avocado, and cilantro, but these enchiladas are delicious on their own!
- Leftovers will keep covered in the refrigerator for up to 3 days, though best when fresh.

YIELDS 8-10 ENCHILADAS

PREP TIME 15 MIN.

COOK TIME 30 MIN.

TOTAL TIME 45 MIN.





GF
30 MIN.
10 INGR.

ROASTED BEET & CHERRY SALAD

with CHERRY BALSAMIC VINAIGRETTE

An incredibly hearty salad with the dressing that solved the problem of what to do with my farmers market finds last summer. It's rich, sweet, satisfying, and wholesome. Plant-based eating never tasted so good.

YIELDS 2 SERVINGS

PREP TIME 10 MIN.

COOK TIME 20 MIN.

TOTAL TIME 30 MIN.

SALAD

- 2 medium beets (160g), peeled & cut into 1/4-inch rounds
- 1 Tbsp (15ml) grape seed or avocado oil
- Pinch each salt & pepper, plus more for serving
- 1 cup (155g) red cherries, pitted & halved*
- 7 ounces (198g) arugula
- 1/2 cup (67g) roasted hazelnuts, chopped

DRESSING

- 1/2 cup (120ml) balsamic vinegar
- 1/2 cup (77 1/2g) red cherries, pitted
- 1 Tbsp (15ml) maple syrup
- 3 Tbsp (45ml) olive oil
- Healthy pinch each sea salt & black pepper

01 Preheat oven to 400 degrees F (204 C).

02 Add beets to a baking sheet and toss with oil, salt, and pepper. Toss to combine. Then bake for 20 minutes, flipping at the 10-minute mark to ensure even baking. Set aside.

03 In the meantime, reduce the balsamic vinegar by adding to a small saucepan over medium-high heat and bringing to a boil. Once boiling, reduce to medium and simmer for 5-10 minutes. Watch carefully to ensure it doesn't burn—you'll know it's done when you run a spatula across the bottom of the pan and it leaves a visible line. Set aside to cool.

04 Prepare dressing by adding balsamic vinegar reduction, pitted cherries, maple syrup, oil, salt, and pepper to a blender or food processor and blend until well combined. Taste and adjust seasonings as needed.

05 To a large bowl, add arugula, remaining 1 cup of cherries, roasted beets, and hazelnuts. Pour on dressing and toss to coat. Best when fresh. Dressing keeps in refrigerator up to one week.

NOTES

*If cherries aren't in season, sub strawberries or another seasonal fruit.





GF
1 POT

CHICKPEA TOMATO PEANUT STEW

A thick, creamy soup that's dairy-free—finally, my answer to prayer. If you're unsure of how chickpeas, tomatoes, and peanut butter taste together, just try this soup—you won't be disappointed. I think you'll find it's quite addictive and will become a frequent item in your dinner rotation.

1 Tbsp (15ml) coconut, olive or grape seed oil

2 cloves garlic, minced (1 Tbsp or 6g)

1/2 red or white onion, diced (-2/3 cup or 106g)

1/2 red bell pepper, diced (-2/3 cup or 110g)

Pinch sea salt

1 14-ounce (396g) can diced tomatoes

1/4 cup (66g) tomato paste

1 tsp chili garlic sauce (I like *Huy Fong Foods* brand)

1/2 cup (128g) natural, salted peanut or almond butter (creamy or chunky)

1 cup (240ml) light coconut milk

1-2 cups (240-480ml) water, depending on desired thickness

1 15-ounce (425g) can chickpeas, rinsed & drained

FOR SERVING (OPTIONAL)

Rice or cauliflower rice*

Naan bread

Fresh basil

Fresh cilantro

Raw broccoli

01 Heat a large saucepan over medium heat. Once hot, add oil, garlic, onion, red pepper, and a pinch of salt. Cook for 3-5 minutes or until peppers and onions have softened.

02 Add the tomatoes with their juices, tomato paste, chili garlic sauce, peanut butter, and coconut milk. Stir to combine. Add water to desired thickness.

03 Bring to a simmer. Then lower heat and continue cooking until slightly thickened and fragrant—about 15-20 minutes. Add chickpeas in the last few minutes of cooking. Taste and adjust seasonings as needed, adding sea salt for saltiness, additional peanut butter for depth of flavor and creaminess, chili garlic sauce for heat, and tomato paste for tomato flavor.

04 Serve as a stew, over rice, or with naan or pita. Basil and cilantro are delicious finishing touches. For a lighter option, serve over cauliflower rice* or a bed of raw broccoli (which happens to be my favorite).

NOTES

*Find the recipe for [Cauliflower Rice](#) here.

YIELDS 4 SERVINGS

PREP TIME 10 MIN.

COOK TIME 30 MIN.

TOTAL TIME 40 MIN.





GF OPTION
30 MIN.
10 INGR.

LEMON GARLIC FETTUCCHINE *with* FRESH HERBS

Though I've attempted complicated pasta dishes in the past, I always go back to the simple flavors we love: lemon, garlic, vegan parmesan cheese, and fresh herbs. These four ingredients are seemingly meant for each other, especially in pasta. Top this dish with toasted pine nuts for a little crunch and added protein. While it's delicious on its own, this pasta pairs especially well with steamed vegetables and garlic bread.

8 ounces (227g) fettuccine or similar-shaped noodle (use GF pasta to keep gluten-free)

3 Tbsp (45ml) olive oil

4 cloves garlic, minced (2 Tbsp or 12g)

Sea salt & black pepper

1 large lemon, juiced (~3 Tbsp or 45ml)

1 1/2 tsp basil pesto*

1/2 cup (40g) vegan parmesan cheese*

1/2 cup (30g) each fresh basil & parsley, for garnish

OPTIONAL 1/4 cup (33g)

toasted pine nuts

FOR SERVING (OPTIONAL)

Steamed vegetables

Green salad

Garlic bread*

01 Fill a large pot 3/4 full with water and place over high heat. Once boiling, add a healthy pinch of sea salt and pasta. Stir once and cook according to package instructions for al dente. Prep any other ingredients, like the garlic, at this time.

02 When the pasta is almost ready, heat a large skillet over medium-low heat. Then add oil, garlic and stir.

03 Toss in cooked, drained pasta, and healthy pinches of sea salt and black pepper and stir. Then add lemon juice and pesto and toss once more. Last, add vegan parmesan cheese and fresh herbs.

04 Serve immediately with lemon wedges, additional vegan parmesan cheese, and pine nuts (optional). Optional sides include steamed broccoli, green salads or garlic bread*.

NOTES

*You should have leftover pesto from the *Creamy Pesto Alfredo Pasta* on [page 42](#). Otherwise, use a store-bought vegan-friendly basil pesto.

*Find the recipe for *Vegan Parmesan Cheese* on [page 5](#).

*To make vegan garlic bread, simply halve a baguette, brush generously with olive oil or vegan butter, and top with a generous sprinkle of vegan parmesan. Bake at 400 degrees F (204 C) for 5-10 minutes, or until light golden brown.

YIELDS 2 GENEROUS SERVINGS

PREP TIME 10 MIN.

COOK TIME 15 MIN.

TOTAL TIME 25 MIN.





GF OPTION
30 MIN.

KALE FALAFEL HUMMUS WRAPS

This kale and chickpea falafel is a healthier version of one of my favorite Mediterranean dishes. Toasted up and topped with lemony hummus and wrapped in pita, it's an absolutely delicious, healthy, and satisfying meal. If gluten-free or just a veggie lover, opt to serve the falafel on greens or wrapped in chard instead of the pita.

- 4 cups (268g) kale, stems removed & torn
- 1 15-ounce (425g) can chickpeas, rinsed & drained (-2 cups)
- 4 large cloves garlic, minced (2 Tbsp or 12g)
- 1 1/2 Tbsp (22g) tahini
- 3 Tbsp (45ml) fresh lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp sea salt
- 4-6 Tbsp (22-33g) oat flour (ground from rolled oats or all purpose, if not gluten-free)*
- 2-4 Tbsp (30-60ml) grape seed, coconut or olive oil, for cooking
- 1/4 cup (60g) homemade or store-bought hummus, for topping
- 4 white or wheat pitas (sub rainbow chard for gluten-free option)*
- 1 cup (60g) greens of choice (Fresh parsley or lettuce)

- 01** Add kale, chickpeas, garlic, tahini, lemon juice, cumin, and salt to a food processor and pulse to combine. It shouldn't be pureed—just combined.
- 02** Once incorporated, transfer mixture to a medium mixing bowl and stir in oat flour 1 Tbsp (5.6g) at a time until the mixture is thick enough to handle—roughly 4-6 Tbsp. Taste and adjust seasonings as desired. I added a touch more salt, cumin, and lemon juice.
- 03** Scoop out rounded 2 Tbsp amounts of falafel mixture and form into small discs with hands. Set aside.
- 04** Heat a large skillet over medium to medium-high heat. Once hot, add 2 Tbsp oil at a time. Swirl to coat pan. Add 4 falafel (or however many will fit comfortably) to the pan at a time.
- 05** Cook until browned on the bottom, checking at the 2-minute mark to ensure they're not browning too quickly on the bottom. If they are, slightly reduce heat. Flip once deep golden brown—about 3-4 minutes. Cook until the other side is golden brown as well.
- 06** To assemble, lay pita flat, top with 2-3 falafel, a healthy spread of hummus, and greens or herbs, and roll up. Secure with a toothpick or wrap with parchment or foil for easy handling. Store leftover falafel covered in the refrigerator for up to 4-5 days and reheat in a 350 degree F (176 C) oven. Freeze for longer-term storage (up to 1 month).

NOTES

- *To keep this recipe gluten-free ensure your oat flour is gluten-free or substitute a gluten-free flour, and serve your falafel over a salad or wrap in rainbow chard instead of the pita.
- *If you have leftover pita, freeze it to save for next week's *Chickpea Shawarma Pizza on Pita*. Otherwise, you can just buy more.

YIELDS 4 WRAPS & LEFTOVER FALAFEL
PREP TIME 15 MIN.
COOK TIME 15 MIN.
TOTAL TIME 30 MIN.





GF
30 MIN.

RICE NOODLE SALAD *with* VEGGIES & PEANUT DRESSING

When you're craving something fresh, vegetable-heavy, and satisfying, this is the dish for you. Brown rice noodles are tossed with a colorful mix of veggies—including edamame for extra protein—and a gingery peanut sauce. Not only is this salad delicious the first day, but it makes for even better leftovers and travels well, so you can bring it along to work the next day for lunch.

6 ounces (170g) brown rice noodles (I love *Annie Chun's* brand)

PEANUT DRESSING

1/4 cup (64g) creamy salted peanut butter

2 tsp sesame oil

1/2 tsp fresh grated ginger, plus more to taste

1 Tbsp (15ml) tamari (sub soy sauce if not gluten-free)

2 Tbsp (30ml) maple syrup, plus more to taste

1 tsp chili garlic sauce

1 lime, juiced (-2 Tbsp or 30ml)

1-3 Tbsp (15-45ml) water, to thin

VEGETABLES & TOPPINGS

3/4 cup (116g) edamame, lightly steamed

1 cup (128g) finely chopped carrots

1/2 cup (80g) chopped snow or sugar snap peas

OPTIONAL 1/4 cup (17g) chopped kale

1/4 cup (25g) chopped green onion

1/4 cup (15g) chopped fresh cilantro

1/4 cup (36g) crushed roasted lightly salted peanuts

1 tsp sesame oil

2 tsp tamari

1/2 lime, juiced (-1 Tbsp or 15ml)

1/2 tsp chili garlic sauce

2 tsp maple syrup

01 Add brown rice noodles to a large mixing bowl and cover with boiling-hot water until fully submerged. Let sit uncovered for 5-10 minutes (reference package instructions), stirring occasionally to prevent sticking until cooked to your desired doneness. Then drain thoroughly, return to mixing bowl, and set aside to cool.

02 In the meantime, prepare peanut dressing by adding peanut butter, sesame oil, ginger, tamari, maple syrup, chili garlic sauce, and lime juice to a small mixing bowl and whisking to combine. Add a little water to thin, but not too much. You want dressing to remain fairly thick.

03 Taste and adjust seasonings as needed, adding more chili garlic sauce for heat, lime juice for acidity, tamari for saltiness, maple syrup for sweetness, or ginger for zing. Set aside.

04 Prep vegetables (including lightly steaming edamame in a steamer basket until tender, or briefly microwaving for 30-45 seconds).

05 Add edamame, carrots, snap or snow peas, kale (optional), green onion, cilantro, and crushed peanuts to the rice noodles. Next add sesame oil, tamari, lime juice, chili garlic sauce, and maple syrup to “pre-dress” the salad and gently toss to combine.

06 Next, add 3/4 of the peanut dressing and toss once more to combine, reserving any extra for serving. Enjoy immediately or chill for 2-3 hours. Best within the first 48 hours, though leftovers will keep stored in the refrigerator up to 3 days.

YIELDS 2 BOWLS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.





GF
1 POT

FIRE ROASTED TOMATO & WHITE BEAN NOODLE SOUP

My healthy, vegan, and gluten-free version of minestrone with fire-roasted tomatoes, kale, white beans, and gluten-free pasta noodles. A hearty, savory soup that's perfect for chilly fall and winter evenings. I include a simple vegan pesto as an optional topping, which sends the flavor over the top!

YIELDS 4-6 SERVINGS

PREP TIME 5 MIN.

COOK TIME 40 MIN.

TOTAL TIME 45 MIN.

SOUP

2 Tbsp (30ml) olive, grape seed or coconut oil

1 large white or yellow onion, diced

3 cloves garlic, minced (1 1/2 Tbsp or 9g)

1 cup (128g) carrots, sliced

1/2 tsp each sea salt & black pepper, and more to taste

1 14.5-ounce (411g) can diced fire-roasted tomatoes

1 15-ounce (425g) can tomato sauce*

6 cups (1440ml) vegetable broth

2 tsp each dried basil & dried oregano

1 tsp garlic powder

OPTIONAL Pinch red chili pepper flake

2 cups (224g) gluten-free pasta noodles (I use *Trader Joe's GF Fusilli*)

1 15-ounce (425g) can white beans, rinsed & drained

OPTIONAL 1-2 Tbsp (12-24g) coconut sugar

1 cup (25g) kale (or other sturdy green), chopped

EASY PESTO SAUCE (OPTIONAL)

1 cup packed (-70g) fresh basil

2 large cloves garlic (1 Tbsp or 6g)

1/4 cup (20g) vegan parmesan cheese

Healthy pinch each salt & pepper, plus more to taste

3-4 Tbsp (45-60ml) olive oil
Water, to thin

01 Heat a large pot or dutch oven over medium heat.

Once hot, add oil, onion, garlic, and carrots and stir.

Season with salt and pepper and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.

02 Add fire-roasted tomatoes, tomato sauce, vegetable broth, basil, oregano, garlic powder, and red pepper flake (optional). Stir to coat. Increase heat to medium-high and bring soup to a rolling simmer. Reduce heat slightly to medium (or medium-low) until the soup is simmering but not boiling. Add pasta and beans and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.

03 Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed, adding coconut sugar to balance the flavors (optional). I added more dried basil, oregano, and salt.

04 Add kale and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together.

05 At this time, prepare pesto (optional) by adding all ingredients except olive oil and water to a food processor and mixing to combine. While the machine is on, stream in olive oil slowly until a creamy sauce is formed. Taste and adjust seasonings as needed. If desired, thin with water to make it pourable. Set aside.

06 To serve, divide soup between serving bowls and garnish with pesto sauce and vegan parmesan cheese (optional). Store leftovers in the refrigerator up to 3-4 days or the freezer up to 1 month. Be careful not to overheat the soup when warming leftovers, as the pasta is tender once cooked and will get mushy if overcooked.

NOTES

*Tomato sauce is tomato purée seasoned with salt, garlic powder, and herbs. My favorite brand is *Trader Joe's*.





GF
10 INGR.

THAI CARROT SALAD

with CRISPY PEANUT TOFU

A crunchy Thai-inspired carrot salad in a spicy, tangy dressing, topped with crispy, baked peanut tofu! Perfect when you're craving Thai food but want to keep it light and healthy.

TOFU

10 ounces (283g) extra firm tofu (organic when possible)

2 tsp sesame oil, divided

2 Tbsp (32g) creamy salted peanut butter

1 Tbsp (15ml) tamari (sub soy sauce if not gluten-free)

1 tsp chili garlic sauce

2 Tbsp (24g) coconut sugar, plus more to taste

2 Tbsp (30ml) lime juice (-1 small lime)

2-3 Tbsp (30-45ml) hot water

CARROT SALAD

2 1/2 cups (-1 pound or 453g) finely grated carrots (1 use a mandolin)

2 cups (180g) roughly chopped green or purple cabbage

OPTIONAL 2 plum or roma tomatoes, sliced into small wedges

DRESSING

1 Tbsp (16g) creamy salted peanut butter

2 cloves garlic, minced (1 Tbsp or 6g)

1 tsp chili garlic sauce (or 2 dried red thai (birds eye) chilies)

1/4 cup (60ml) fresh lime juice (2 small limes)

1 Tbsp (12g) coconut sugar

1 1/2 Tbsp (20ml) tamari (or soy sauce if not gluten-free)

OPTIONAL 1 Tbsp (15ml) pineapple juice

01 Preheat oven to 400 degrees F (204 C) and wrap tofu in a clean, absorbent towel. Set something heavy on top—such as a cast-iron skillet—to draw out moisture.

02 Line a baking sheet with parchment paper. Once oven is preheated, unwrap tofu and cut into 1/2-inch cubes and arrange on baking sheet, leaving space between each piece so it browns evenly.

03 Bake for 25-32 minutes, or until light golden brown and slightly dried out. For firmer, chewier tofu, bake for 30 minutes or more. For softer, more tender tofu, bake for 25 minutes or less.

04 In a medium mixing bowl, whisk together the tofu sauce ingredients: 1 tsp sesame oil, peanut butter, tamari, chili garlic sauce, coconut sugar, and lime juice. Whisk to combine, adding hot water until pourable. Taste and adjust seasonings as needed.

05 Once tofu is done baking, add directly to marinade and set aside, tossing occasionally to infuse the flavors.

06 In the meantime, add carrots, cabbage, and tomatoes to a large mixing bowl. In a separate small mixing bowl, add the dressing ingredients and whisk to combine. Taste and adjust seasonings as needed, adding more chili garlic sauce for heat, coconut sugar for sweetness, lime juice for acidity, or tamari for saltiness. Set aside.

07 When the tofu has been marinating for 10 minutes, heat a large skillet over medium heat. Once hot, add remaining 1 tsp sesame oil and carefully add tofu to the pan, leaving the excess marinade in the bowl. Sauté for 2-3 minutes, stirring occasionally, until crispy and golden brown. Place back in mixing bowl with reserved marinade.

08 To serve, add dressing to the vegetables and toss to coat. Then top with tofu and any remaining peanut marinade. Additional toppings may include roasted salted peanuts, cilantro, or fresh lime juice.

YIELDS 2 LARGE SALADS

PREP TIME 15 MIN.

COOK TIME 45 MIN.

TOTAL TIME 1 HR.





GF OPTION
30 MIN.

CHICKPEA SHAWARMA PIZZA ON PITA

This simple pizza is a fun and healthy way to marry Mediterranean and Italian into one family-friendly dish. This is a variation of what we eat in our home weekly! Find options for keeping this recipe gluten-free in the notes.

YIELDS 2 SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

CHICKPEAS

1 15-ounce (425g) can chickpeas, rinsed, drained & dried in a clean towel

1 Tbsp (15ml) grape seed or avocado oil

1 tsp coconut sugar

Heaping 1 tsp cumin

Heaping 1/2 tsp smoked paprika

Heaping 1/2 tsp turmeric

1/2 tsp sea salt

1/2 tsp ground cinnamon

1/4 tsp ground ginger

Pinch black pepper

OPTIONAL Pinch each ground coriander & cardamom

PIZZA

2 pitas*

1 Tbsp (15ml) grape seed or avocado oil

1/2 tsp garlic powder

1/2 cup (120g) your favorite hummus*

Fresh parsley, chopped

OPTIONAL Smoked paprika & turmeric

OPTIONAL Toasted pine nuts or sesame seeds

01 Preheat oven to 375 degrees F (190 C) and line a baking sheet with foil or parchment paper.

02 Add rinsed, dried chickpeas to a small mixing bowl and top with oil, coconut sugar, cumin, paprika, turmeric, sea salt, cinnamon, ginger, black pepper, coriander and cardamom (optional). Toss to combine. Then sample a chickpea and add more seasonings to taste. I added a little more salt and cumin.

03 Arrange chickpeas on prepared baking sheet and bake for 20-23 minutes or until deep golden brown and slightly crispy. Then remove from oven and set aside.

04 When the chickpeas have reached the 15-minute mark, place your pitas on a separate baking sheet and mist or brush both sides with oil and sprinkle with garlic powder.

05 Place in the oven with the chickpeas and bake until light golden brown and a little crispy—about 3-4 minutes on each side.

06 To assemble pizzas, top pitas with 1/4 cup each hummus, baked chickpeas, and a sprinkle of paprika, pine nuts, and fresh parsley. Additional toppings might include kalamata olives, red onion, or chili garlic sauce.

NOTES

*To keep this recipe gluten-free, omit the pita, spread the hummus on a serving plate, and top with chickpeas. Scoop up with diced veggies, such as cucumber and red pepper, or gluten-free crackers or chips.

*Find my favorite [hummus recipe](#) here.





GF OPTION
10 INGR.

CLASSIC STUFFED SHELLS

My go-to stuffed shells with my favorite tofu ricotta filling, rich marinara sauce, fresh herbs, and plenty of vegan parmesan cheese. Fresh, simple and reminiscent of a Caprese salad in ooey-goey pasta form.

12 jumbo pasta shells*

Pinch sea salt

TOFU RICOTTA FILLING

10 ounces (283g) extra firm tofu, drained & pressed dry for 10 minutes

2 lemons, juiced (-1/3 cup or 80ml)

3 Tbsp (9g) nutritional yeast

1/2 cup (30g) fresh basil, finely chopped

1 Tbsp (3g) dried oregano

2-3 Tbsp (30-45ml) olive oil

1/2 tsp each salt & pepper

1/4 cup (20g) vegan parmesan cheese

EXTRAS

OPTIONAL 1 roma tomato, halved then cut into 1/4-inch rounds

1 24-ounce jar favorite marinara sauce (you'll have extra)

01 Preheat oven to 375 degrees F (190 C).

02 Add water to large saucepan 3/4 of the way full and bring to a boil. Add a generous pinch of salt and the jumbo shells and stir. Cook according to instructions—about 10 minutes. Then drain and set aside.

03 While shells are cooking, prepare the filling. Add all tofu ricotta ingredients to a food processor or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-puréed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.

04 Add a thin layer of marinara sauce to the bottom of an 8x8-inch (or similar shape) baking dish. Once shells are cool enough to handle, fill to the brim with the tofu filling and arrange in rows in pan. Add a slice of fresh tomato (optional) between each shell. Cover with marinara sauce, top with foil, and bake for 35 minutes. Then remove foil and bake for another 10-15 minutes uncovered. The sauce will be bubbly when done.

05 Let sit for 5-10 minutes before serving. Top with fresh basil and vegan parmesan cheese. Otherwise plate as is. A side salad or steamed veggies make great additions to this dish.

NOTES

*To keep this dish gluten-free, use gluten-free shells or eggplant like [in this recipe](#).

YIELDS 3-4 GENEROUS SERVINGS

PREP TIME 15 MIN.

COOK TIME 45 MIN.

TOTAL TIME 1 HR.





GF
30 MIN.
1 POT

CURRIED CARROT & LENTIL SOUP

When you're craving something comforting and healthy, this is the soup for you. It's loaded with nutrient-rich carrots and sweet potatoes, seasoned with red curry paste, and balanced with coconut milk. I prefer a creamy texture so I blended mine, but you can leave it as is for more texture.

YIELDS 4 SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

SOUP

- 2 Tbsp (30g) coconut or grape seed oil
- 1/2 white onion, thinly diced (-55g)
- 2 large cloves garlic, minced (1 Tbsp or 6g)
- 1 Tbsp (6g) minced fresh ginger
- 8 whole large carrots (-1 pound or 453g), peeled & cut into bite-size pieces
- 1 medium sweet potato (-130g), peeled & cut into bite-size pieces
- 1/4 tsp each sea salt & black pepper, plus more to taste
- 2 1/2 Tbsp (37 1/2g) red curry paste* (or sub 1 1/2 Tbsp or 12g curry powder)
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1 cup (240ml) light coconut milk, plus more for serving
- 3 1/2 cups (840ml) vegetable broth
- 1/2 cup (120ml) water
- OPTIONAL Pinch each ground cumin, smoked paprika, ground coriander, ground cardamom & cayenne pepper*
- 2/3 cup (128g) red lentils, well rinsed & drained
- OPTIONAL 1 Tbsp (12g) coconut sugar

FOR SERVING (OPTIONAL)

- Fresh chopped cilantro
- Fresh lemon juice
- Pita or bread

- 01** Heat a large pot over medium heat. Once hot, add oil, onion, garlic, and ginger. Sauté for 2 minutes, stirring frequently. Add carrots and sweet potatoes, and season with each salt and pepper, curry paste, turmeric, and cinnamon. Stir to distribute spices. Then cover and cook for 4 minutes, stirring occasionally.
- 02** Add coconut milk, vegetable broth, water, and a pinch each cumin, paprika, coriander, cardamom, and cayenne pepper (optional).
- 03** Bring to a low boil over medium-high heat. Add lentils and reduce heat to medium-low. Cook at a gentle simmer uncovered for 15 minutes or until lentils are tender.
- 04** Use an immersion blender, or transfer soup to a blender, and puree on high until creamy and smooth (or leave unblended for a chunkier texture). If using a blender, return soup back to pot over medium-low heat.
- 05** Taste and adjust seasonings, adding more spices, salt, or pepper as needed. To offset the heat and bring out the other flavors, you can also add coconut sugar if desired (optional). Continue cooking for a few more minutes over medium heat to marry the flavors together.
- 06** Serve as is or with garnishes of choice (see options). Store leftovers covered in the refrigerator for 3-4 days, or in the freezer up to 1 month. Best when fresh.

NOTES

*Ensure your curry paste is vegan friendly. I like to use the [Thai True brand](#).

*I like adding a pinch of the optional spices listed (ground cumin, etc.) to add more flavor. But the curry paste, turmeric, and cinnamon provide plenty of flavor if you don't have the others on hand.





GF
30 MIN.

MASALA CHICKPEA STUFFED SWEET POTATOES

A fan favorite from the blog is our [Mediterranean Baked Sweet Potatoes](#). This is an inspired version that infuses Indian flavors in both the chickpea seasonings and the green chutney. The result is a tender sweet potato topped with Tandoori Masala-spiced chickpeas and a slightly sweet sauce.

YIELDS 3-4 SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.

POTATOES

3 sweet or russet potatoes (organic when possible), scrubbed clean & halved

1 Tbsp (15ml) grape seed oil

Pinch sea salt

OPTIONAL 1 Tbsp (30g) green curry paste*

CHICKPEAS

1 15-ounce (425g) can chickpeas, rinsed, drained & dried in a clean towel

1 Tbsp (15ml) grape seed oil (or sub melted coconut or avocado oil)

3 Tbsp (21g) Tandoori Masala seasoning*

1/4 tsp sea salt

OPTIONAL Pinch cayenne pepper, for heat

CHUTNEY

2 cups (-120g) loosely packed fresh cilantro

3 cloves garlic (1 1/2 Tbsp or 9g)

1/4 tsp each sea salt & black pepper

1 lime, juiced (-2 Tbsp or 30ml)

2-3 tsp sweetener (like maple syrup or agave nectar)

Water to thin (-1/4 cup or 60ml)

OPTIONAL 2-3 Tbsp ripe avocado, for extra creaminess

01 Preheat oven to 400 degrees F (204 C) and line two baking sheets with foil or parchment paper.

02 Add potatoes to one of the baking sheets, drizzle with oil, and sprinkle with sea salt. An optional step to infuse more flavor is to rub the potatoes in green curry paste. Lay potatoes cut-side down on baking sheet and bake on a center rack for 25 minutes or until tender.

03 In the meantime, add chickpeas to a small mixing bowl and top with oil, masala seasoning, sea salt, and a pinch of cayenne (optional). Toss to combine. Taste and adjust seasonings as needed, adding more masala blend for smokiness, sea salt for saltiness, or cayenne for heat.

04 Arrange chickpeas on the other baking sheet and bake for a total of 20-25 minutes with the sweet potatoes.

05 To prepare the chutney, add cilantro, garlic, salt, pepper, lime juice, and sweetener to a food processor (or use a mortar and pestle) and mix to combine. Add only enough water to encourage blending and make the sauce pourable. Add avocado (optional) at this time to create a creamier texture. Taste and adjust seasonings, adding more garlic for spice/zing, salt for saltiness, sweetener for sweetness, or lime juice for acidity. Set aside.

06 To serve, top potatoes with chickpeas and chutney and enjoy immediately. Garnish with extra cilantro or lime juice if desired. Best when fresh. Store leftover chickpeas in a well-sealed container at room temperature up to 3 days. Chutney will keep in the refrigerator up to 3 days.

NOTES

*Ensure your curry paste is vegan. I like *Thai True* brand.

*I buy my Tandoori Masala blend at *Whole Foods*. If you can't find it, try my DIY Blend: 3 Tbsp ground cumin, 2 Tbsp garlic powder, 2 Tbsp paprika, 3 tsp ground ginger, 2 tsp ground coriander, and 2 tsp ground cardamom. Multiply as needed.





GF
30 MIN.

GRILLED ROMAINE CAESAR SALAD

with HERBED WHITE BEANS

If you've never grilled romaine lettuce before, you're missing out. It gives it a smoky flavor and a slightly softened texture, making it more interesting than your average salad. Topped with lemon-herb white beans and a hummus-based dressing, this salad is a plant-based show-stopper.

YIELDS 2 LARGE SALADS

PREP TIME 15 MIN.

COOK TIME 10 MIN.

TOTAL TIME 25 MIN.

SALAD

2 heads romaine lettuce, outside pruned & halved

1 Tbsp (15ml) olive oil (sub grape seed or canola oil, if grilling)

Pinch each sea salt & black pepper

OPTIONAL Vegan parmesan cheese, for topping

BEANS

1 15-ounce (425g) can white or butter beans, rinsed and drained

1 clove minced garlic (1/2 Tbsp or 3g)

1/2 lemon, juiced (1 Tbsp or 15ml)

1 Tbsp (15ml) olive oil

1/4 tsp sea salt

1 Tbsp (-4g) fresh parsley, chopped, plus more for topping

CAESAR DRESSING

1/4 cup (60g) plain hummus

1 tsp spicy mustard

1/2 tsp lemon zest

2-3 Tbsp (30-45ml) lemon juice, to taste

2 tsp capers, finely minced/smashed, plus 3 tsp caper brining juice

4 cloves fresh minced garlic (2 Tbsp or 12g)

Healthy pinch each sea salt & pepper, more to taste

OPTIONAL 1-2 Tbsp (15-30ml) olive oil

OPTIONAL 1-2 tsp maple syrup

01 If using a grill, heat your grill at this time. Otherwise, move an oven rack to the highest level of your oven and heat to high broil (this doesn't yield as delicious of a salad, but it still works!).

02 Prepare romaine by removing any bruised pieces and lightly rinsing the outermost leaves to remove dirt. Dry with a clean towel, and use a damp paper towel to clean any remaining bits of dirt from the inner leaves. Use a knife to carefully cut the romaine heads in half lengthwise. Then arrange on a baking sheet and lightly brush the cut sides with oil. Sprinkle with salt and pepper and set aside.

03 In the meantime, add drained white beans to a small mixing bowl and add garlic, lemon juice, oil, sea salt, and fresh parsley. Toss to combine. Set aside.

04 Next, make your dressing. To a small mixing bowl, add hummus, mustard, lemon zest and juice, minced capers and their brining juice, and minced garlic and whisk thoroughly to combine. Olive oil is optional, but it will add creaminess. Add hot water to thin until pourable and whisk until creamy and smooth (see photo). Taste and adjust flavors as needed. Maple syrup will help offset how salty and acidic this dressing is if you find you need it (I did not).

05 If using a grill, place romaine on the hot grill and grill for 1-2 minutes on each side or until there are visible grill marks. Turn carefully, as it gets a little fragile under the heat. If using an oven, slide the baking sheet onto the top rack under broiler and watch closely while it cooks for 2-3 minutes. It's a fairly quick process—you're essentially looking for them to lightly brown and soften a bit. No need to flip—cooking on one side is enough.

06 Remove romaine from oven or grill and divide between two plates. Top with white beans and desired amount of dressing. Vegan parmesan cheese and extra parsley make an excellent garnish (optional).





GF OPTION
30 MIN.

BOOZY RED WINE SPAGHETTI

Hearty whole-wheat spaghetti served with a boozy, red-wine tomato sauce that's so simple to prepare and rich in flavor. Any red wine will do as long as it's not too sweet. This has become a favorite in our weekly dinner rotation.

8 ounces (227g) whole grain or gluten-free spaghetti

Pinch sea salt

1 Tbsp (15ml) olive oil

1 small yellow onion, chopped (-130g)

2 cloves garlic, minced (1 Tbsp or 6g)

1/2 cup (120ml) your favorite red wine (dry rather than sweet—I prefer cabernet sauvignon)

1 14-ounce (396g) can crushed tomatoes

2 Tbsp (33g) tomato paste

Sea salt & black pepper to taste (-1/4 tsp each)

OPTIONAL Pinch red pepper flake

OPTIONAL 1 Tbsp (12g) coconut sugar or organic cane sugar

FOR SERVING (OPTIONAL)

Chopped fresh Italian parsley and/or basil

01 Cook spaghetti according to package instructions—al dente. Then drain and set aside. Meanwhile, add oil and onion to large skillet over medium heat and season with a pinch each sea salt and pepper. Stir frequently and cook for 5 minutes or until soft and translucent.

02 Add garlic and cook for 1 minute more. Increase heat and add the wine—flames may occur and are normal, so be careful. Stir until wine has reduced by about half—3-4 minutes. Add tomatoes, tomato paste, and a pinch each sea salt, black pepper, and red pepper flakes (optional).

03 Simmer for another 10-15 minutes, stirring occasionally. Taste and adjust seasonings as needed, adding more salt and pepper to taste, red pepper flake for heat, or a little coconut sugar to bring out the other flavors (optional). At this point, I also added one more splash of wine for a more intense flavor, but that's certainly optional.

04 Add drained noodles to the sauce. Toss to coat and serve. Top with fresh Italian parsley or basil and serve with side salads or steamed broccoli and remaining wine. Garlic bread also makes a great addition to this dish*.

NOTES

*Find the recipe for my vegan garlic bread in the *Lemon Garlic Fettuccine with Fresh Herbs* recipe on [page 53](#).

YIELDS 2 GENEROUS SERVINGS

PREP TIME 5 MIN.

COOK TIME 25 MIN.

TOTAL TIME 30 MIN.





GF OPTION
10 INGR.

HERBED PORTOBELLO BURGERS

with GARLIC AIOLI

Every once in a while, a veggie burger craving strikes, and now I know what to make when that happens. These portobello burgers are the best mushroom burgers I've ever had! That may seem biased, but it's true! It's the balsamic-herb marinade and homemade garlic aioli that set them apart. I'm absolutely smitten. Make these for plant-based friends and meat-eaters alike! They're sure to please a crowd.

GARLIC AIOLI

- 1 head garlic
- 3/4 cup (90g) raw cashews
- 2 cloves whole garlic, minced (1 Tbsp or 6g)
- 1/3 cup (80ml) water (or sub unsweetened almond milk for creamier consistency)
- 1-2 Tbsp (15-30ml) olive oil (plus more for roasting garlic)
- Salt & pepper, to taste

BURGERS

- 4 large portobello mushrooms (organic when possible)
- 1/4 cup (60ml) olive oil
- 1/4 cup (60ml) balsamic vinegar
- 1 Tbsp (3g) Italian seasoning (sub dried basil & oregano)
- 2 cloves garlic, minced (1 Tbsp or 6g)
- Healthy pinch each salt & black pepper

FOR SERVING

- 4 whole wheat hamburger buns (or lettuce wraps if gluten-free)
- 1 white or yellow onion, peeled & sliced into 1/4-inch rings
- 2 ripe tomatoes, sliced (organic when possible)
- OPTIONAL Lettuce or Italian parsley

01 Preheat oven to 400 degrees F (204 C) and chop off the top of a head of garlic. Drizzle with a little oil and sprinkle with sea salt and loosely wrap in foil. Set directly on an oven rack and bake for 1 hour. Let cool before use.

02 In the meantime, place cashews in a bowl and cover with boiling-hot water. Let sit uncovered for 1 hour. Then drain thoroughly.

03 While cashews are soaking, use a damp washcloth or paper towel and clean the mushrooms by wiping away any dirt and removing the stems. Place, stem side up on a rimmed baking sheet or 9x13-inch baking dish.

04 To a small mixing bowl, add oil, balsamic vinegar, Italian seasoning, garlic, salt, and pepper. Whisk to combine. Then pour over mushrooms and use a pastry brush to distribute the marinade. Flip mushrooms over and brush the other side. Flip back over to stem side up position. Set aside uncovered at room temperature to marinate.

05 Add your drained, soaked cashews to a high-speed blender. Take your roasted head of garlic and press out the softened garlic by squeezing from the base up until all of the garlic is extracted.

06 To the blender also add fresh garlic, 1/3 cup (80ml) water (or almond milk), 1 Tbsp oil (to start), and a pinch each salt and pepper. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed, adding more olive oil or water for creaminess, or salt for saltiness. Transfer to a serving dish and set aside.

YIELDS 4 BURGERS

PREP TIME 1 HR. 20 MIN.

COOK TIME 25 MIN.

TOTAL TIME 1 HR. 45 MIN.

CONTINUED ON THE NEXT PAGE

07 To caramelize the onions (optional), heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil, sliced onion, and a pinch of salt. Sauté, stirring frequently, until light golden brown and very soft. Remove from skillet and set aside.

08 Return the skillet to the stovetop (or heat a grill and lightly oil grilling surface). Once hot, add portobello mushrooms—only as many as will fit comfortably in the pan—and sauté for 2-4 minutes on each side, or until the mushrooms are deep golden brown on the edges and slightly softened. While cooking, brush with any leftover marinade for extra flavor.

09 At this time prepare any serving items, such as browning hamburger buns on the skillet (or grill), slicing tomato, or chopping parsley.

10 To serve, add a generous spoonful of garlic aioli to the bottom of each bun. Then top with parsley, mushrooms, tomato, onions, more aioli, and the top bun. Enjoy immediately. Store leftover mushrooms separately in the refrigerator up to 2-3 days, though best when fresh. Aioli will keep in the refrigerator for 7-10 days.



BONUS

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GF
30 MIN.
1 BOWL

GLUTEN-FREE ALMOND BUTTER CHOCOLATE CHUNK COOKIES

Tender, wholesome cookies with a light, fluffy texture—not too sweet, rich with almond butter flavor, and studded with chunks of dark chocolate.

1 flax egg*
1 medium ripe banana (-118g unpeeled)
1/3 cup (85g) roasted almond butter (if salted, forgo additional pinch of sea salt)
1 Tbsp (15g) coconut oil or non-dairy butter, melted
3 Tbsp (41g) organic brown sugar
1 tsp pure vanilla extract
1/2 tsp baking soda
1/2 tsp baking powder
Pinch sea salt
3/4 cup (67g) oat flour (ground from gluten-free oats)
1/4 cup (27g) almond meal (ground from raw almonds)
1/3 cup (40g) roughly chopped dark vegan chocolate*

01 Preheat oven to 350 degrees F (176 C) and lightly grease a baking sheet. In a large bowl, make flax egg by combining flaxseed and water and let set for 2 minutes to achieve “eggy” texture.

02 Add the banana and mash. Then add almond butter, coconut oil, brown sugar, vanilla, baking powder, baking soda, and salt and whisk. Add oat flour and almond meal and mix again. Add chocolate chips and stir again. Refrigerate for 5-10 minutes to harden.

03 Drop cookies in uniform 1 1/2 Tbsp spoonfuls onto prepared baking sheet. They won’t expand much, so spacing isn’t a concern.

04 Bake for 15-17 minutes or until the cookies are slightly golden brown. Let rest on baking sheet for a few minutes before transferring to a cooling rack. After completely cooled, store in an air-tight container to keep fresh for up to a few days. Freeze for up to 1 month.

NOTES

*Find the recipe for *Flax Egg* on [page 7](#).

*Sub dried fruit or nuts for the chocolate if desired.

YIELDS 12 COOKIES

PREP TIME 15 MIN.

COOK TIME 15 MIN.

TOTAL TIME 30 MIN.





GF OPTION
10 INGR.

MINI BLUEBERRY GALETTES

Mini rustic pies made with simple ingredients. These make the perfect dessert any time of year—especially summer. Use fruits in season for best flavor—such as blueberries for summer and apples sautéed in cinnamon, vegan butter, and coconut sugar for fall. Serve with your favorite vegan ice cream or coconut whipped cream for an extra-special treat.

- 2 cups (272g) unbleached all-purpose flour*
- 1 tsp sea salt
- 12 Tbsp (1 1/2 sticks or 168g) cold vegan butter
- 4-6 Tbsp (60-90ml) ice cold water
- 3 cups (444g) fresh or frozen blueberries
- 1 Tbsp (12 1/2g) organic cane sugar, plus more for topping
- 1 tsp cornstarch

NOTES

*To make gluten-free, use your favorite flour blend or try my [DIY Gluten-free Flour Blend](#) on [page 7](#). You will have leftover since our recipe only requires 2 cups. *Optional:* I also add 1/2 tsp xanthan gum to act as an additional binder. Gluten-free pies shouldn't require as much water because they absorb the butter more easily. In this case, you may only need 1-3 Tbsp (15-45ml) instead of 4-6 Tbsp (60-90ml). Lastly, the edges don't fold up as gracefully so I simply used a butter knife coated in gluten-free flour and pushed the edges up to keep the filling contained.

*Find my go-to recipe for [Vanilla Coconut Ice Cream](#) here.

*Find the recipe for [Coconut Whipped Cream](#) on [page 6](#).

- 01** Preheat oven to 400 degrees F (204 C) and position a rack in the middle of the oven. Also, get out two large baking sheets.
- 02** In a large mixing bowl, mix the flour and salt. Cut butter into the flour until well blended, using a pastry cutter or fork. Add chilled water 1 Tbsp (15ml) at a time and stir until the dough scrapes away from the bowl. This will depend on the flour you use, but usually around 4-5 Tbsp. If you add too much water, add more flour to compensate.
- 03** Transfer dough to a lightly floured surface. Without overworking, form into a disc with your hands. Then divide into four segments if making small pies, or six segments if making mini pies. Working one at a time and adding more flour as needed, roll out each piece of dough into a rough circle and use the rolling pin to carefully transfer to baking sheets.
- 04** Add blueberries to the dough bowl—no need to rinse it—and toss with sugar and cornstarch. Divide berries evenly among the pies, placing in the center of the dough. Next, carefully fold the crust edges up, overlapping them as you go. Try to ensure no cracks remain or the fruit will seep out during baking.
- 05** Brush pies with a touch of water (or melted vegan butter) and sprinkle with organic cane or raw sugar to ensure a golden, crisp crust.
- 06** Bake for 35-45 minutes, depending on size of your pies, or until the crust is golden brown and the fruit is bubbly. Serve warm with a scoop of vegan ice cream* or coconut whipped cream*.

YIELDS 4 SMALL PIES OR 6 MINI PIES

PREP TIME 15 MIN.

COOK TIME 35 MIN.

TOTAL TIME 50 MIN.





GF
10 INGR.

COFFEE CHOCOLATE CHIP ICE CREAM

In high school, my friend and I used to share pints of coffee ice cream after a dinner of frozen pizza. Since then, my palate has matured (thankfully), but I still love coffee ice cream. These days, it's all dairy-free desserts for me, but I'm not missing out. This recipe gets its creamy base from cashews and full-fat coconut milk, and it is naturally sweetened with maple syrup. Dark-roast coffee lends that quintessential coffee flavor, while flecks of vegan dark chocolate add an extra-special touch to this surprisingly simple dessert.

- 1 cup (120g) raw cashews
- 2 2/3 cups (630 ml) full-fat coconut milk
- 3/4 cup (180ml) strong brewed coffee (dark roast is best)
- 1 tsp vanilla extract
- 1/2 cup (120ml) maple syrup
- Pinch sea salt
- 1/2 cup (60g) finely chopped vegan dark chocolate (70% cacao or higher—not chocolate chips)

NOTES

*Prep time does not include freezing ice cream.

01 The night before, place your ice cream churning bowl in the freezer to chill. Also, soak your cashews overnight by covering with cool water and setting in the refrigerator (do not exceed more than 12 hours of soaking or cashews can take on an unpleasant flavor).

02 Brew your coffee extra strong so the coffee flavor really shines through. For 3/4 cup coffee, I poured 3/4 cup boiling-hot water over 1/4 cup finely ground dark roast beans. Chill in the refrigerator until completely cooled before use.

03 Add soaked, drained cashews, coconut milk, brewed (and cooled) coffee, vanilla, maple syrup, and sea salt to a high-speed blender. Blend until creamy and smooth, scraping down sides as needed. You want it to be completely blended. Taste and adjust flavor as needed.

04 Add mixture directly to chilled ice cream maker and churn according to manufacturer's instructions—about 45 minutes. It should look like soft serve.

05 In the meantime, prepare your chocolate by using a sharp knife to very finely chop or "shave" the chocolate into tiny flecks or curls. The finer it's chopped, the better. In the last few minutes of churning, add in the chopped chocolate and allow it to churn until just mixed.

06 Transfer to a large freezer-safe container (if metal, line with parchment paper so the flavor is not affected). Smooth the top with a spoon and cover/seal well. Freeze for at least 4-6 hours or until firm.

07 Set out for 15-20 minutes before scooping to soften, and use a hot scoop to ease serving. Will keep in the freezer up to 3 weeks.

YIELDS 4 CUPS (8, 1/2-CUP SERVINGS)

PREP TIME 9 HRS, 15 MIN.*

COOK TIME 45 MIN.

TOTAL TIME 10 HRS.





GF
10 INGR.

COCONUT CARAMEL DARK CHOCOLATE BON BONS

These bon bons are little bites of heaven. Vegan coconut ice cream is dipped in a crunchy chocolate shell and rolled in roasted pecans. A ribbon of date caramel through the ice cream adds an extra decadent touch. Enjoy these throughout the week when you're craving a small but satisfying dessert!

YIELDS 25 BON BONS

PREP TIME 9 HRS.*

TOTAL TIME 9 HRS.

COCONUT ICE CREAM

1/2 cups (180g) raw cashews (soaked for 4-6 hours in cool water, or 1 hour in very hot water, then drained)*

1 14-ounce (396g) can full-fat coconut milk (sub light with less creamy results)

1/2 cup (120ml) maple syrup or agave nectar (sub up to half with cane sugar)

1 tsp pure vanilla extract

Pinch sea salt

DATE CARAMEL

14 dates pitted (1 cup packed or 200g)*

OPTIONAL 1-5 Tbsp warm water, for thinning

1/2 tsp sea salt

CHOCOLATE SHELL

2 cups (240g) chopped vegan dark chocolate (72% cacao or higher)

2 Tbsp (30g) coconut oil

1 cup (100g) roasted pecans

Sea salt, for topping

01 The night before, place your ice cream churning bowl in the freezer to chill. Also, soak your cashews overnight by covering with cool water and setting in the refrigerator (do not exceed more than 12 hours of soaking or the cashews can take on an unpleasant flavor). See notes for speed soaking method.*

02 Add soaked, drained cashews, coconut milk, maple syrup, vanilla, and sea salt to a high-speed blender and blend until creamy and smooth, scraping down sides as needed. You want it to be completely creamy and blended. Taste and adjust flavor as needed, adding more maple syrup for sweetness, vanilla for vanilla flavor, or salt for balance. Add mixture directly to chilled ice cream maker and churn according to manufacturer's instructions — about 45 minutes. It should look like soft serve.

03 In the meantime, prepare caramel by adding dates to a food processor and blending until small bits remain or it forms a ball. Add warm water 1 Tbsp at a time and blend until it forms a creamy paste (do not add more than 5 Tbsp or it will get runny). Season with salt and blend once more to combine. Taste and adjust flavor as needed. Set aside.

04 Once ice cream is the consistency of soft serve, transfer to a large, freezer-safe container (if metal, line with parchment paper so flavor is not affected) and spoon in desired amount of caramel (I used 3/4, but you can use all or reserve for other uses). Use a spoon or knife to swirl.

05 Smooth the top with a spoon and cover/seal well. Freeze for at least 4-6 hours or until firm.

06 Once firm, set out for 10-15 minutes before scooping to soften. To make bon bons, scoop out ice cream using 1 1/2 Tbsp scoop ([like this one](#)) and place on a parchment-lined baking sheet.

CONTINUED ON THE NEXT PAGE

07 Place a toothpick in the top (don't go all the way through to the bottom) for easy handling while dipping in chocolate. Repeat until all ice cream is made into bon bons—about 25—and set in freezer to harden—about 15 minutes.

08 In the meantime, add chocolate and coconut oil to a medium mixing bowl and melt in the microwave in 30 second increments or over a double boiler on the stovetop. Set aside. Also, place chopped pecans into a bowl for easy dipping.

09 Once hardened, remove bon bons from freezer and use the toothpick to quickly dip in melted chocolate then roll the bottom and sides in pecans. Sprinkle with sea salt if desired (optional).

10 Place back on parchment-lined baking sheet and repeat until all bon bons are dipped, working quickly as they'll melt.

11 Place back in freezer to set for about 10 minutes. Remove toothpicks and enjoy immediately, or place back in freezer to enjoy later. Will keep well-sealed in the freezer up to 1 month.

NOTES

*Prep time does not include chilling ice cream maker.

*If you forgot to soak your cashews, cover with boiling-hot water and let sit—uncovered—for 1 hour. Drain and proceed with recipe as instructed.

*If your dates are dry, soak in warm water for 10 minutes. Then drain thoroughly and proceed with recipe.





GF
10 INGR.

5-INGREDIENT VEGAN TURTLES

Ridiculously easy vegan turtles made with a date-almond base, roasted pecans, and melted dark vegan chocolate. Simple flavors, big luxurious taste.

1 cup (100g) raw pecan halves
1 1/2 cups packed (~300g) large pitted dates* (if dry, soak in hot water 10 minutes, then drain)
3 Tbsp (20g) almond meal (ground from raw almonds)*
2/3 cup (80g) chopped vegan dark chocolate
1 Tbsp (15g) coconut oil

01 Preheat oven to 350 degrees F (176 C) and roast pecans on a bare baking sheet for 10-12 minutes. Set aside.

02 In the meantime, add dates to a food processor and pulse/mix until small bits remain or it forms a ball. Add almond meal and pulse again. If dough appears too sticky to handle, add more almond meal and pulse to combine.

03 Using your hands, form the date mixture into 8 small, round-shaped discs and place on a parchment or plastic wrap-lined pan. Add 4 toasted pecan halves to make the “turtle legs” and freeze for 10 minutes to harden.

04 In the meantime, melt chocolate and coconut oil over a double boiler on the stovetop (a ceramic or glass bowl set over a saucepan with 1 inch simmering water), or in the microwave in 30-second increments and then set aside.

05 Remove turtles from freezer and top each with a generous spoonful of melted chocolate. Use the spoon to evenly coat the tops of the candies. If you have leftover chocolate, reserve it for another use or for dipping strawberries or bananas.

06 Pop turtles back in the freezer for 10-15 minutes to set. Store in an airtight container in the refrigerator for 5-7 days, or the freezer up to one month. If frozen, set out for 10 minutes before consuming for best results.

YIELDS 8 TURTLES

PREP TIME 20 MIN.

COOK TIME 13 MIN.

TOTAL TIME 33 MIN.

ME NU	SUNDAY	MONDAY
	BLACK BEAN & CORN CHILI WITH SIMPLE CORNBREAD <i>page 9</i>	CHICKPEA CHOPPED SALAD WITH ADOBO DRESSING <i>page 12</i>
TUESDAY	WEDNESDAY	THURSDAY
SUSHI SPRING ROLLS <i>page 15</i>	BLACK BEAN CHILI LOADED BAKED POTATOES <i>page 17</i>	GREEN BEAN, RED PEPPER & TOFU TERIYAKI STIR FRY <i>page 19</i>
FRIDAY	SATURDAY	BONUS DESSERT
FREDDY'S STYLE THIN & CRISPY VEGGIE BURGERS <i>page 21</i>	SIMPLE VEGGIE CIABATTA PIZZA <i>page 24</i>	HANKERING FOR SOMETHING SWEET? <i>Check out the bonus desserts on pages 79-88!</i>

WET STAPLES

- OLIVE OIL
- GRAPE SEED OIL
- SESAME OIL
- PLAIN UNSWEETENED ALMOND MILK
- APPLE CIDER VINEGAR
- VEGAN BUTTER (*such as Earth Balance*)**
- MAPLE SYRUP OR AGAVE NECTAR
- TAMARI (*or sub soy sauce if not gluten-free*)
- HOT SAUCE (*optional, for Chili Loaded Baked Potatoes*)
- STEAK SAUCE (*optional, for Freddy's Style Veggie Burgers*)***
- MUSTARD (*optional, for Freddy's Style Veggie Burgers*)
- KETCHUP (*optional, for Freddy's Style Veggie Burgers*)

DRY STAPLES

- SEA SALT
- BLACK PEPPER
- CHILI POWDER
- CAYENNE PEPPER
- GROUND CINNAMON
- GARLIC POWDER
- RED PEPPER FLAKE
- DRIED BASIL (*or sub fresh*)
- DRIED OREGANO (*or sub fresh*)
- FLAXSEED MEAL
- ALL PURPOSE OR WHOLE-WHEAT PASTRY FLOUR*
- BAKING SODA
- ORGANIC BROWN SUGAR
- COCONUT SUGAR
- ORGANIC CANE SUGAR
- RICE (*both white and short grain brown rice*)
- CORNSTARCH (*or arrowroot starch*)
- GLUTEN-FREE ROLLED OATS
- 1 24-OUNCE BAG FINE YELLOW CORNMEAL
- NUTRITIONAL YEAST****

BREAD

- 4-5 WHOLE WHEAT HAMBURGER BUNS
(*optional, for Freddy's Style Veggie Burgers*)*
- 1 LARGE CIABATTA OR BAGUETTE (*wheat or white*)*

NUTS & SEEDS

- 4 OUNCES RAW PECAN HALVES
- 10 OUNCES RAW CASHEWS

HERBS

- 1 BUNCH CILANTRO

PRODUCE

- 1 RED ONION, 1 WHITE ONION
- 2 LEMONS
- 2 RIPE TOMATOES
- 1 LARGE SHALLOT
- 1 SMALL KNOB OF GINGER
- 2 HEADS GARLIC
- 2 EARS CORN (OR 1 15-OUNCE (425g) CAN OF CORN)
- 2 HEADS ROMAINE LETTUCE (*extra for veggie burgers, optional*)
- 1 SMALL CONTAINER GRAPE OR CHERRY TOMATOES
- 2 SWEET (OR RUSSET) POTATOES
- 2 AVOCADOS
- 1 BUNDLE KALE
- 1 BAG BABY CARROTS OR 1 BUNDLE WHOLE CARROTS
- 1 RED BELL PEPPER
- 1 GREEN BELL PEPPER
- 1 CONTAINER MUSHROOMS (*optional, for Veggie Ciabatta Pizza*)
- 8 OUNCES (227g) FRESH GREEN BEANS

BOTTLED & CANNED GOODS

- 1 28-OUNCE (793g) CAN DICED TOMATOES (*no salt added*)
- 1 15-OUNCE (425g) CAN KIDNEY BEANS
- 2 15-OUNCE (425g) CAN CHICKPEAS
- 3 15-OUNCE (425g) CANS BLACK BEANS
- 1 SMALL JAR UNSWEETENED APPLESAUCE
- 1 7-OUNCE (198g) CAN CHIPOTLES IN ADOBO SAUCE
- 1 JAR PICKLED GINGER (*optional, for Sushi Spring Rolls*)
- 1 6-OUNCE (170g) CAN TOMATO PASTE (*or sub pizza sauce*)
- 1 SMALL JAR PICKLES (*optional, for veggie burgers*)

OTHER

- 1 PACKAGE SPRING ROLL PAPERS (*found in Asian section*)
- VEGAN CHEDDAR CHEESE (*such as Daiya brand—optional, for Chili Loaded Baked Potatoes*)
- 8 OUNCES (227g) EXTRA FIRM OR FIRM TOFU
- 1 BAG CHIPS (*optional, for Freddy's Style Veggie Burgers*)
- 1 BAG VEGAN MOZZARELLA CHEESE (*optional, for Veggie Ciabatta Pizzas*)

GROCERY LIST NOTES

*For gluten-free alternatives, check the *Veggie Ciabatta Pizza* and *Freddy's Style Thin & Crispy Veggie Burgers*.

**You can substitute the vegan butter in recipes for coconut oil, but it may alter its flavor and texture (especially in baked goods).

***Ensure steak sauce is vegan and gluten-free, such as *A1*.

****The nutritional yeast is for the vegan parmesan cheese for topping the *Veggie Ciabatta Pizza*, which can be substituted with vegan mozzarella cheese (such as *Daiya* brand).

*****The grocery lists do not include ingredients for desserts.

ME NU	SUNDAY	MONDAY
	SWEET POTATO BLACK BEAN TACOS WITH ROASTED JALAPEÑO SALSA <i>page 26</i>	VEGGIE BIBIMBAP WITH BROWN RICE <i>page 29</i>
TUESDAY	WEDNESDAY	THURSDAY
THE ULTIMATE VEGETARIAN TACO SALAD <i>page 31</i>	GADO-GADO WITH SPICY PEANUT SAUCE <i>page 33</i>	ROSEMARY ROASTED ROOT VEGETABLE PANZANELLA <i>page 35</i>
FRIDAY	SATURDAY	BONUS DESSERT
CASHEW COCONUT CURRY <i>page 37</i>	TOFU PAD THAI <i>page 39</i>	C'MON, YOU DESERVE IT. <i>Check out the bonus desserts on pages 79-88!</i>

WET STAPLES

- MAPLE SYRUP OR AGAVE NECTAR
- AVOCADO OR GRAPE SEED OIL
- OLIVE OIL
- COCONUT OIL
- SESAME OIL
- APPLE CIDER VINEGAR
- TAMARI (*or soy sauce if not gluten-free*)
- VEGETABLE BROTH
- RICE VINEGAR (*Found in Asian sections/markets*)
- TAHINI (SESAME SEED BUTTER)
- WHOLE GRAIN MUSTARD
- SALTED CREAMY NATURAL PEANUT
- HOT SAUCE (*optional, for Ultimate Vegetarian Taco Salad*)
- SRIRACHA HOT SAUCE (*found in Asian section—optional, for Tofu Pad Thai*)

DRY STAPLES

- ORGANIC BROWN SUGAR
- COCONUT SUGAR
- SHORT GRAIN BROWN RICE
- SEA SALT
- BLACK PEPPER
- GROUND CUMIN
- CHILI POWDER
- CAYENNE PEPPER (*optional, for Cashew Coconut Curry*)
- CURRY POWDER
- ONION POWDER

BREAD

- 1 BAG (10 SMALL) CORN TORTILLAS
- FLOUR TORTILLAS* (*or sub corn tortillas—optional, for The Ultimate Vegetarian Taco Salad*)
- 1 BAGUETTE*
- 1 BAG NAAN BREAD*

NUTS & SEEDS

- 1 SMALL BAG ROASTED SALTED PEANUTS
(*optional, for topping Gado-Gado with Spicy Peanut Sauce*)
- 3 OUNCES (85g) ROASTED UNSALTED CASHEWS

BOTTLED & CANNED GOODS

- 1 14-OUNCE (396g) CAN LIGHT COCONUT MILK
- 1 4-OUNCE (113g) CAN DICED MILD GREEN CHILIES
- 2 15-OUNCE (425g) CANS BLACK BEANS
- 1 15-OUNCE (425g) CAN CHICKPEAS

PRODUCE

- 1 KNOB FRESH GINGER ROOT
- 1 BUNDLE GREEN ONIONS
- 1 LEEK
- 1 SHALLOT
- 1 LEMON
- 6 LIMES
- 1 SMALL HEAD PURPLE CABBAGE (*optional, for Sweet Potato Black Bean Tacos*)
- 1 HEAD GARLIC
- 1 ROMA TOMATO
- 1 HEAD CAULIFLOWER (*optional, for cauliflower rice for the Cashew Coconut Curry*)
- 2 RED BELL PEPPERS
- 3 SWEET POTATOES
- 1 SMALL BAG FRESH GREEN BEANS (1 cup)
- 2 RED ONIONS, 1 WHITE ONION
- 2 BUNDLES KALE
- 1 BUNDLE OF BEETS
- 2 AVOCADOS
- 2 JALAPEÑOS
- LARGE BAG BEAN SPROUTS (*enough for Veggie Bibimbap & Gado-Gado*)
- 1 LARGE BUNDLE WHOLE CARROTS
- 1 ZUCCHINI SQUASH
- 1 EAR CORN (*or sub canned—optional, for Taco Salad*)

HERBS

- 1 BUNDLE FRESH ROSEMARY (*or sub dried*)
- 1 CUP FRESH BASIL (*optional, for Cashew Coconut Curry*)
- 2 BUNCHES CILANTRO

OTHER

- VEGAN CHEDDAR CHEESE (*such as Daiya brand—optional, for The Ultimate Vegetarian Taco Salad*)
- 10 OUNCES EXTRA FIRM TOFU
- 1 8-OUNCE (227g) BOX BROWN RICE PAD THAI NOODLES
- CHILI GARLIC SAUCE (*I like Huy Fong Foods brand, found in Asian section*)
- TAMARIND SAUCE, NOT PASTE (*Found in Asian sections/markets—I like this brand*)
- VEGAN SOUR CREAM (*optional, for Taco Salad*)

GROCERY LIST NOTES

*For gluten-free alternatives, check the *Rosemary Roasted Root Vegetable Panzanella* and *Ultimate Vegetarian Taco Salad*.

**The grocery lists do not include ingredients for desserts.

ME NU	SUNDAY	MONDAY
	CREAMY PESTO ALFREDO PASTA WITH GREEN PEAS <i>page 42</i>	SWEET & SPICY WINTER SQUASH WITH RED PEPPER ROMESCO <i>page 45</i>
TUESDAY	WEDNESDAY	THURSDAY
LOADED VEGETABLE & BLACK BEAN ENCHILADAS <i>page 47</i>	ROASTED BEET & CHERRY SALAD WITH CHERRY BALSAMIC VINAIGRETTE <i>page 49</i>	CHICKPEA TOMATO PEANUT STEW <i>page 51</i>
FRIDAY	SATURDAY	BONUS DESSERT
LEMON GARLIC FETTUCCINE WITH FRESH HERBS <i>page 53</i>	KALE FALAFEL HUMMUS WRAPS <i>page 55</i>	WHAT'S DINNER WITHOUT DESSERT? <i>Check out the bonus desserts on pages 79-88!</i>

WET STAPLES

- PLAIN UNSWEETENED ALMOND MILK
- MAPLE SYRUP OR AGAVE NECTAR
- OLIVE OIL
- RED WINE VINEGAR (*or sub apple cider vinegar*)
- GRAPE SEED OR AVOCADO OIL
- BALSAMIC VINEGAR
- TAHINI
- COCONUT OIL
- CREAMY SALTED PEANUT BUTTER

DRY STAPLES

- SEA SALT
- BLACK PEPPER
- RED PEPPER FLAKE
- SMOKED PAPRIKA
- COCONUT SUGAR
- GROUND CUMIN
- CHILI POWDER
- RICE (*for serving with Chickpea Tomato Peanut Stew*)
- ARROWROOT STARCH (*or cornstarch*)
- NUTRITIONAL YEAST
- GLUTEN-FREE OAT FLOUR (*store-bought or ground from gluten-free oats*)

BREAD & PASTA

- 1 8-OUNCE (227g) BOX FETTUCCINE OR SIMILAR-SHAPED NOODLE*
- 10 OUNCES (283g) GLUTEN-FREE PENNE (*I love Bionaturae brand, found online & Whole Foods*)
- 1 WHITE OR WHEAT BAGUETTE (*optional, for serving with Lemon Garlic Fettuccine*)
- 8-10 YELLOW OR WHITE CORN TORTILLAS
- 4 WHITE OR WHEAT PITAS
- 1 BAG NAAN* (*should have leftovers—optional, for Chickpea Tomato Peanut Stew*)

OTHER

- 12 OUNCES (340g) RED ENCHILADA SAUCE
- 1 SMALL CONTAINER PLAIN HUMMUS
- CHILI GARLIC SAUCE (*I like Huy Fong Foods brand, found online & in Asian section*)
- HARISSA PASTE (*found at grocery stores & specialty markets*)

PRODUCE

- 7 OUNCES (198g) ARUGULA
- 200g (-1 1/2 CUPS) RED CHERRIES
- 3 HEADS GARLIC
- 1 LARGE OR 2 SMALL ACORN SQUASH
- 2 RED OR WHIT ONIONS
- 4 RED BELL PEPPERS
- 1 GREEN BELL PEPPER
- 1 BUNDLE GREEN ONIONS (*optional, for Black Bean Enchiladas*)
- 1 AVOCADO (*optional, for Black Bean Enchiladas*)
- 2 LARGE BEETS
- 3 LEMONS
- 1 SMALL BAG GREEN PEAS (*fresh or frozen*)
- 1 LARGE BUNDLE LACINATO (*non-curly*) KALE
- BROCCOLI (*optional, for Chickpea Tomato Peanut Stew*)
- CAULIFLOWER (*optional “rice” for Chickpea Tomato Peanut Stew*)
- GREENS (*for Kale Falafel Hummus Wraps*)

HERBS

- 1 SMALL BUNDLE FRESH PARSLEY
- 2 BUNDLES FRESH BASIL
- 1/2 CUP (30g) FRESH MINT
- 1 BUNDLE CILANTRO (*optional, for Black Bean Enchiladas & Chickpea Tomato Stew*)

BOTTLED & CANNED GOODS

- 1 14-OUNCE (396g) CAN DICED TOMATOES
- 1 4-OUNCE (113g) CAN TOMATO PASTE
- 1 14-OUNCE (396g) CAN LIGHT COCONUT MILK
- 2 15-OUNCE (425g) CANS CHICKPEAS
- 1 15-OUNCE (425g) CAN CORN
- 1 15-OUNCE (425g) CAN BLACK BEANS (*with salt*)

NUTS & SEEDS

- 2 CUPS (240g) RAW CASHEWS (*for vegan parmesan cheese for the Lemon Garlic Fettuccine and Creamy Pesto Alfredo*)
- 2 OUNCES (57g) RAW ALMONDS
- 8 OUNCES (226g) ROASTED HAZELNUTS
- 4 OUNCES (113g) RAW WALNUTS (*or more pine nuts for pesto*)
- 2 OUNCES (57g) TOASTED PINE NUTS (*optional, for Lemon Garlic Fettuccine*)

GROCERY LIST NOTES

*For gluten-free alternatives, check the *Lemon Garlic Fettuccine* and *Kale Falafel Hummus Wraps*.

**The grocery lists do not include ingredients for desserts.

ME NU	SUNDAY	MONDAY
	RICE NOODLE SALAD WITH VEGGIES & PEANUT DRESSING <i>page 57</i>	FIRE ROASTED TOMATO & WHITE BEAN NOODLE SOUP <i>page 59</i>
TUESDAY	WEDNESDAY	THURSDAY
THAI CARROT SALAD WITH CRISPY PEANUT TOFU <i>page 61</i>	CHICKPEA SHAWARMA PIZZA ON PITA <i>page 63</i>	CLASSIC STUFFED SHELLS <i>page 65</i>
FRIDAY	SATURDAY	SUNDAY
CURRIED CARROT & LENTIL SOUP <i>page 67</i>	MASALA CHICKPEA STUFFED SWEET POTATOES <i>page 69</i>	GRILLED ROMAINE CAESAR SALAD WITH HERBED WHITE BEANS <i>page 71</i>
MONDAY	TUESDAY	BONUS DESSERT
BOOZY RED WINE SPAGHETTI <i>page 73</i>	HERBED PORTOBELLO BURGERS WITH GARLIC AIOLI <i>page 75</i>	DON'T FIGHT YOUR SWEET TOOTH! <i>Check out the bonus desserts on pages 79-88!</i>

WET STAPLES

- OLIVE OIL
- SESAME OIL
- GRAPE SEED OR AVOCADO OIL
- COCONUT OIL
- BALSAMIC VINEGAR
- CREAMY SALTED PEANUT BUTTER
- TAMARI (*or soy sauce if not gluten-free*)
- MAPLE SYRUP OR AGAVE NECTAR
- SPICY MUSTARD
- VEGETABLE BROTH (*need 2280 ml total*)

DRY STAPLES

- SEA SALT
- BLACK PEPPER
- GROUND CUMIN
- SMOKED PAPRIKA
- GROUND TURMERIC
- GROUND CINNAMON
- GROUND GINGER
- GROUND CORIANDER (*optional, for Shawarma Pizza*)
- GROUND CARDAMOM (*optional, for Shawarma Pizza*)
- TANDOORI MASALA SEASONING (*I like Whole Foods brand, but I also included a DIY recipe**)
- CAYENNE PEPPER
- DRIED BASIL
- DRIED OREGANO
- DRIED ITALIAN SEASONING (*or sub dried basil & oregano*)
- GARLIC POWDER
- RED PEPPER FLAKE
- COCONUT SUGAR
- NUTRITIONAL YEAST
- 1 SMALL BAG RED LENTILS

BREAD & PASTA

- 3 PITA ROUNDS** (*if you don't have leftover from last week—1 pita round is optional, for serving with Carrot & Lentil Soup*)
- 1 BOX JUMBO PASTA SHELLS**
- 6 OUNCES (170g) BROWN RICE PAD THAI NOODLES
- 1 BAG GLUTEN-FREE PASTA (*I use Trader Joe's Fusilli*)
- 8 OUNCES (227g) WHOLE GRAIN OR GLUTEN-FREE SPAGHETTI**
- 1 BAGUETTE** (*optional, for serving with Boozy Spaghetti*)
- 4 HAMBURGER BUNS** (*optional, for Portobello Burgers*)

PRODUCE

- 1 KNOB FRESH GINGER
- 4 LARGE HEADS GARLIC
- 1 LARGE SWEET POTATO
- 4 WHITE ONIONS
- 2 HEADS ROMAINE LETTUCE
- 5 LEMONS
- 6 LIMES
- 1 SMALL BAG FROZEN EDAMAME
- 1 SMALL HEAD GREEN (OR PURPLE) CABBAGE
- 1 AVOCADO (*optional, for Masala Sweet Potatoes*)
- 5 PLUM OR ROMA TOMATOES
- 3 SWEET POTATOES (*or sub russet potatoes*)
- 4 PORTOBELLO MUSHROOMS
- 1 SMALL BAG SNOW PEAS OR SUGAR SNAP PEAS
- 2 BUNDLES KALE
- 3 LARGE BUNDLES CARROTS (-3 POUNDS OR 48 OZ.)
- 1 BUNCH GREEN ONIONS

HERBS

- 3 BUNCHES FRESH CILANTRO (*1 is optional, for topping Carrot & Lentil Soup*)
- 2 BUNCHES FRESH BASIL (*only 1 if you don't have leftover pesto from last week*)
- 2 BUNCHES FRESH PARSLEY

BOTTLED & CANNED GOODS

- 1 SMALL JAR CAPERS
- 1 14.5-OUNCE (411g) CAN DICED FIRE ROASTED TOMATOES
- 1 15-OUNCE (425g) CAN TOMATO SAUCE
- 2 15-OUNCE (425g) CANS WHITE OR BUTTER BEANS
- 1 14-OUNCE (396g) CAN LIGHT COCONUT MILK
- 2 15-OUNCE (425g) CANS CHICKPEAS
- 1 24-OUNCE (680g) JAR MARINARA SAUCE
- 1 SMALL JAR KALAMATA OLIVES (*optional, for Shawarma Pizza*)
- 1 14-OUNCE (396g) CAN CRUSHED TOMATOES
- 1 4-OUNCE CAN TOMATO PASTE (*likely have leftovers*)
- 1 SMALL CAN PINEAPPLE CHUNKS IN JUICE (NOT SYRUP) OR PINEAPPLE JUICE (*optional, for Thai Carrot Salad*)

NUTS & SEEDS

- 1 SMALL BAG ROASTED SALTED PEANUTS
- 1 LARGE BAG (8-10 OZ. OR 227-283g) RAW CASHEWS
- 1 SMALL BAG PINE NUTS (*optional, for Shawarma Pizzas*)

OTHER

- 2 10-OUNCE (283g) PACKAGES EXTRA FIRM TOFU
- RED CURRY PASTE (*ensure vegan friendly, like Thai True brand*)
- GREEN CURRY PASTE (*ensure vegan friendly— optional, for Masala Sweet Potatoes*)
- 1 BOTTLE RED WINE (*dry is best, such as Cabernet Sauvignon*)
- 1 LARGE CONTAINER HUMMUS
- CHILI GARLIC SAUCE (*I like Huy Fong Foods brand, found online & in Asian section*)

GROCERY LIST NOTES

*If you can't find Tandoori Masala seasoning, check the recipe for *Masala Chickpea Stuffed Sweet Potatoes* for the DIY blend ingredients.

**For gluten-free alternatives, check *Chickpea Shawarma Pizza*, *Boozy Red Wine Spaghetti*, and *Herbed Portobello Burgers*.

***The grocery lists do not include ingredients for desserts.



NUTRITIONAL INFORMATION

BLACK BEAN & CORN CHILI WITH SIMPLE CORNBREAD

CHILI

serving size: 1 bowl
calories: 459
fat: 4.3g
sodium: 569mg
carbs: 83.3g
fiber: 21g
sugar: 7.9g
protein: 26.5g

CORNBREAD

serving size: 1 slice (of 9)
calories: 198
fat: 7.6g
sodium: 265mg
carbs: 30.4g
fiber: 1.6g
sugar: 11.6g
protein: 2.5g

BLACK BEAN CHILI LOADED BAKED POTATOES

serving size: 1 sweet potato with 1 cup chili (& no additional toppings)

calories: 205 fiber: 4.5g
fat: 7.6g sugar: 1.5g
sodium: 25mg protein: 24.3g
carbs: 31g

CASHEW COCONUT CURRY

serving size: 1/2 recipe
calories: 414 fiber: 5.2g
fat: 33.7g sugar: 6g
sodium: 170mg protein: 8.4g
carbs: 26.1g

CLASSIC STUFFED SHELLS

serving size: ~1/4 recipe
calories: 547 fiber: 10g
fat: 19.6g sugar: 19.3g
sodium: 752mg protein: 20.8g
carbs: 74.7g

BOOZY RED WINE SPAGHETTI

serving size: 1/2 recipe (without extra toppings or sides)

calories: 537 carbs: 91.3g sugar: 15.9g
fat: 8.7g fiber: 17.9g protein: 20.6g
sodium: 416mg

CHICKPEA CHOPPED SALAD WITH ADOBO DRESSING

serving size: 1/3 recipe with dressing
calories: 581
fat: 32.4g
sodium: 632mg
carbs: 64.7g
fiber: 5g
sugar: 17.9g
protein: 14.7g

CHICKPEA SHAWARMA PIZZA ON PITA

serving size: 1 pizza without additional toppings (pine nuts or parsley)
calories: 396
fat: 14.4g
sodium: 1121mg
carbs: 54.2g
fiber: 4.3g
sugar: 10g
protein: 14.9g

CHICKPEA TOMATO STEW

serving size: 1/4 recipe (without extra toppings or sides)
calories: 512
fat: 35.4g
sodium: 181mg
carbs: 35.6g
fiber: 13.9g
sugar: 10.6g
protein: 18g

CREAMY PESTO ALFREDO PASTA WITH GREEN PEAS

serving size: 1/3 recipe with 3 Tbsp. pesto
calories: 884 fiber: 19.9g
fat: 40.2g sugar: 6.3g
sodium: 371mg protein: 32g
carbs: 107.8g

GADO-GADO BOWL WITH SPICY PEANUT SAUCE

serving size: 1/2 recipe with dressing
calories: 585 sugar: 17.5g
fat: 23.9g protein: 15.7g
sodium: 685mg
carbs: 82.9g
fiber: 12.4g

CURRIED CARROT & LENTIL SOUP

serving size: 1/4 recipe (without toppings or sides)
calories: 354
fat: 13.5g
sodium: 1272mg
carbs: 44.2g
fiber: 14.2g
sugar: 9.8g
protein: 15.2g

FIRE ROASTED TOMATO & WHITE BEAN NOODLE SOUP

serving size: 1/6 recipe without pesto
calories: 385 fiber: 12.3g
fat: 6.2g sugar: 8.9g
sodium: 1148mg protein: 16.6g
carbs: 67.7g

GREEN BEAN, RED PEPPER & TOFU TERIYAKI STIR FRY

serving size: 1/2 recipe
calories: 341 protein: 8.8g
fat: 2.9g
sodium: 1810mg
carbs: 74.5g
fiber: 6.3g
sugar: 27.2g

FREDDY'S STYLE THIN 'N' CRISPY BURGERS

serving size: 1 burger (of 8)
calories: 118
fat: 2.6g
sodium: 227mg
carbs: 20.3g
fiber: 3g
sugar: 0.7g
protein: 3.8g

GRILLED ROMAINE CAESAR SALAD WITH HERBED WHITE BEANS

serving size: 1/2 recipe with dressing
calories: 585 sodium: 685mg fiber: 12.4g protein: 16.5g
fat: 23.9g carbs: 82.9g sugar: 4.4g

HERBED PORTOBELLO BURGERS WITH GARLIC AIOLI

serving size: 1 burger with bun, onions, tomato & aioli
calories: 430 sodium: 271mg fiber: 8.4g protein: 12.4g
fat: 28.7g carbs: 41.1g sugar: 8.1g

KALE FALAFEL HUMMUS WRAPS

serving size: 1 wrap (of 4) in a pita
calories: 396
fat: 19.2g
sodium: 673mg
carbs: 59.1g
fiber: 11.2g
sugar: 1.3g
protein: 18.3g

LEMON GARLIC FETTUCCINE WITH FRESH HERBS

serving size: 1/2 recipe (without pine nuts or additional toppings)

calories: 660 carbs: 85.1g sugar: 4.8g
fat: 27.5g fiber: 11g protein: 23.1g
sodium: 187mg

RICE NOODLE SALAD WITH VEGGIES & PEANUT DRESSING

serving size: 1/2 recipe with dressing
calories: 571
fat: 24.6g
sodium: 644mg
carbs: 74g
fiber: 12.2g
sugar: 14.7g
protein: 19g

THAI CARROT SALAD WITH CRISPY PEANUT TOFU

serving size: 1/2 recipe with dressing
calories: 515
fat: 22.9g
sodium: 1300mg
carbs: 63.1g
fiber: 14g
sugar: 39.3g
protein: 23.2g

ROASTED BEET & CHERRY SALAD WITH CHERRY BALSAMIC VINAIGRETTE

serving size: 1/2 recipe with dressing
calories: 691 fiber: 7.5g
fat: 49.1g sugar: 17.6g
sodium: 206mg protein: 9.7g
carbs: 58.9g

ROSEMARY ROASTED ROOT VEGETABLE PANZANELLA

serving size: 1/4 recipe with dressing
calories: 463
fat: 26g
sodium: 248mg
carbs: 48.3g
fiber: 9.5g
sugar: 12.3g
protein: 12.8g

SUSHI SPRING ROLLS

serving size: 2 rolls (of 6) without dipping sauce
calories: 205
fat: 7.6g
sodium: 25mg
carbs: 31g
fiber: 4.5g
sugar: 1.5g
protein: 3.7g

LOADED VEGETABLE & BLACK BEAN ENCHILADAS

serving size: 1 (of 10) enchiladas without toppings
calories: 201
fat: 3.7g
sodium: 391mg
carbs: 37.5g
fiber: 4.9g
sugar: 2.7g
protein: 4.7g

MASALA CHICKPEA STUFFED SWEET POTATOES

serving size: 1/3 recipe with chutney
calories: 485
fat: 15g
sodium: 538g
carbs: 76.5g
fiber: 11.4g
sugar: 10.2g
protein: 9.9g

SWEET & SPICY WINTER SQUASH WITH RED PEPPER ROMESCO

serving size: 1/2 recipe (without toppings)
calories: 568 carbs: 45.6g sugar: 15g
fat: 42.5g fiber: 7.5g protein: 9g
sodium: 310mg

SWEET POTATO BLACK BEAN TACOS WITH ROASTED JALAPEÑO SALSA

serving size: 2 tacos with 2 Tbsp salsa (of 6)
calories: 369 carbs: 55g sugar: 7.9g
fat: 13.5g fiber: 12.6g protein: 10.5g
sodium: 286mg

THE ULTIMATE VEGETARIAN TACO SALAD

serving size: 1/2 recipe
calories: 434 fat: 21.2g sodium: 507mg carbs: 57.2g fiber: 17.4g sugar: 7.6g protein: 12.5g

TOFU PAD THAI

serving size: 1/2 recipe with peanut sauce
calories: 658 fiber: 10.8g
fat: 29.2g sugar: 30.1g
sodium: 1852mg protein: 21.1g
carbs: 85.2g

VEGGIE BIBIMBAP WITH BROWN RICE

serving size: 1/2 recipe with sauce
calories: 578 fiber: 7.3g
fat: 18.6g protein: 9.5g
sodium: 701mg
carbs: 94.5g

SIMPLE VEGGIE CIABATTA PIZZA

serving size: 1/2 recipe
calories: 272 fiber: 3.5g
fat: 11.2g sugar: 6g
sodium: 547mg protein: 9.3g
carbs: 35.5g

GLUTEN-FREE ALMOND BUTTER CHOCOLATE CHUNK COOKIES

serving size: 1 cookie

calories: 134 fat: 8g sodium: 57mg carbs: 13.1g fiber: 1.7g sugar: 5.9g protein: 3.2g

COFFEE CHOCOLATE CHIP ICE CREAM

serving size: 1/2 cup
calories: 317 sugar: 17.5g
fat: 22.9g protein: 4g
sodium: 59mg
carbs: 24.9g
fiber: 0.7g
sugar: 17.5g

COCONUT CARAMEL DARK CHOCOLATE BON BONS

serving size: 1 bon bon
calories: 199 sugar: 14.5g
fat: 13.2g protein: 2.7g
sodium: 52mg
carbs: 19.3g
fiber: 1.6g

5-INGREDIENT VEGAN TURTLES

serving size: 1 turtle
calories: 421 protein: 5g
fat: 30.2g
sodium: 1mg
carbs: 39.5g
fiber: 7.5g
sugar: 29.5g

MINI BLUEBERRY GALETTES

serving size: 1 pie (of 6) without toppings
calories: 401
fat: 22.7g
sodium: 629mg
carbs: 44.3g
fiber: 2.9g
sugar: 9.3g
protein: 4.8g

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We deeply appreciate all the wonderful people that helped us in creating this cookbook. We couldn't have done it without them.

EDITORS JAMIN STILL + MICKEY REED

DESIGNER HOLLY WHITTLEF

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Thanks again for supporting Minimalist Baker by purchasing this cookbook. It means so much to us. We would love to hear your feedback. Reach out to us:

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Nutritional information included as part of this cookbook is an estimate and provided as a courtesy. Although we've attempted to provide accurate data, this information is not a guarantee. Nutritional information was calculated with the help of online calculators such as *Caloriecount.com*. Varying factors such as product types and the way ingredients are processed change the effective nutritional information in any given recipe. To obtain the most accurate representation of the nutritional information in a recipe, you should calculate the nutritional information with the ingredients and quantities actually used or substituted in your recipe.



IF YOU'VE EVER BEEN IN A DINNER RUT OR STARED BLANKLY AT A MEAL

planning calendar, this book is for you. If your meal-time solution is always take-out because you desire quick, simple food, this book is for you. To be quite honest, we made this book because we needed it, too.

31 MEALS was created for those of us who not only desire more variety in our weeknight meals, but also desire those meals to be simple, healthy, and affordable. There can be a balance, and you'll find it in the pages of this cookbook.

In 31 MEALS, expect to find a month's worth of simple, healthy dinners that will introduce variety into your family's diet while keeping your budget in mind. All recipes are plant-based and mostly gluten-free, and those that are not include options on how to adjust them to be gluten-free. We've also included a suggested meal plan with weekly grocery lists and tips as well as five simple dessert recipes for weekends and special occasions.

- ❑ 31 PLANT-BASED MEALS
- ❑ MOSTLY GLUTEN-FREE
- ❑ WEEKLY MEAL PLANS
- ❑ GROCERY LISTS
- ❑ 5 BONUS DESSERTS

So relax. We've got you covered this month—and every month, for that matter. We hope you'll want to start it all over again once you finish. Enjoy.

THE TEAM



Dana Shultz is a recipe developer, photographer and co-author of the food blog *MinimalistBaker.com* with her husband, John.

Dana cooks, writes and photographs, while John designs, codes and plays visionary—a true blogging match made in heaven. The pair finds joy living simply in Portland, Oregon, but travels often, usually in search of good food.

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