
Veggie Marinara Sauce

An easy marinara sauce loaded up with veggies. Try this over whole wheat pasta, zoodles, brown rice, baked potatoes, quinoa, or polenta.

Prep Time:
10 minutes

Cook Time:
34 minutes

Total Time:
44 minutes

Servings: 6

Ingredients:

- 1 Tbsp. **extra virgin olive oil**
- 1 small **onion**, diced
- 2 cloves **garlic**, minced
- 1 small **zucchini** or ½ large, diced
- ¾ cup diced **eggplant**, about ½ of 1 large
- 1 large **carrot**, peeled and diced
- 1 **red sweet bell pepper**, seeded and diced
- 1 28 oz. can **crushed tomatoes**
- 1 tsp. salt
- ½ tsp. pepper
- 2 tsp. dried basil
- 1 Tbsp. balsamic vinegar
- ¼ cup vegetable broth
- Optional garnishes: fresh basil (parmesan cheese or nutritional yeast)

Instructions:

1. Sauté the onion and carrot in 1 Tbsp. olive oil for 5-7 minutes until starting to soften. Add garlic and cook until aromatic, about 2-3 minutes.
2. Add the bell pepper, zucchini, eggplant and additional 2 Tbsp. vegetable broth and sauté another 5-7 minutes.
3. Add the crushed tomatoes, salt, pepper, dried basil, balsamic vinegar and the remainder of the veggie broth and stir to combine.
4. Simmer the sauce on low for 20 minutes, stirring occasionally.
5. Serve over your favorite cooked noodles, zoodles, or whole grains.

Scrambled Tofu

This is a vegan breakfast loaded with protein and phytochemicals from every one of the ingredients. Feel free to mix and match according to what you have available. You could use scallions instead of onion, kale or arugula instead of spinach, or add avocado for extra creaminess.

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Servings: 4

Ingredients:

- 12 oz. package of firm or extra firm **tofu**, drained and pressed
- 1 Tbsp. **extra virgin olive oil**
- 1 small **onion**, diced
- 1 **red bell pepper**, diced
- 5 ounces baby **spinach**
- 1 cup **broccoli** florets, chopped
- 2 tsp. ground **turmeric**
- 1 tsp. smoked paprika
- 3 Tbsp. nutritional yeast
- 1 clove **garlic**, minced
- Salt and pepper to taste

Instructions:

1. Drain and press tofu by wrapping in paper towel and weighing down.
2. Using your hands or a fork, crumble tofu in a small bowl.
3. Combine tofu with nutritional yeast, turmeric, paprika, black pepper and salt.
4. Heat olive oil in skillet over medium high heat. Add onions, broccoli, and bell pepper and cook until translucent. Add garlic and heat for additional 2 minutes.
5. Add tofu and sauté for about 5 minutes. Add spinach and mix into tofu scramble.
6. Check seasoning and add additional flavor if desired. Enjoy!

Winter Squash with Wild Blueberries

A satisfying plant-based recipe that paints your plate with color. Feel free to mix and match ingredients, such as almonds for walnuts, or wheat berries for farro.

Cook time: 25 minutes

Total time: 25 minutes

Servings: 6

Ingredients:

- 2 cups **winter squash**, cubed
- 1 spring of **rosemary**
- 3 tsp. **extra virgin olive oil**
- 2-3 cloves **garlic**, minced
- $\frac{3}{4}$ cup **wild blueberries**, frozen (defrosted)
- 2 cups cooked **farro**
- $\frac{1}{2}$ cup toasted **walnuts**

Instructions:

1. Preheat oven to 350 degrees.
2. In a baking dish, coat squash with 2 tsp. oil and toss in garlic. Toss in rosemary.
3. Bake in oven for 20-25 minutes. Discard rosemary and set aside.
4. Lightly toast cooked farro with 1 tsp. oil for 5 minutes. Set aside.
5. Toss butternut squash, farro, and walnuts in a serving bowl.
6. Gently fold in drained wild blueberries.

Super Slaw with Rosemary Dressing

Fresh, delicious vegetable slaw with a garlic rosemary tahini dressing. Packed with nutrient-rich vegetables and fruit with benefits from tons of nutrients. Just 20 minutes required for this incredibly healthy side, snack, or salad base.

Prep Time: 20 minutes

Total Time: 20 minutes

Servings: 8 (1 cup servings)

Ingredients:

Slaw*

- 3 cups **green cabbage**, shredded
- 1 bulb fennel, stems and fronds removed
- 1 small **apple** (honey crisp, jazz, or pink lady)
- 2 stalks celery
- 1 small **beet**
- 2 large **carrots**
- ½ cup fresh cilantro and/or parsley, finely chopped
- 2 Tbsp. lemon juice and **zest**
- 1 Tbsp. apple cider vinegar

Dressing

- ½ cup tahini
- 3 Tbsp. lemon juice and **zest**
- 1 Tbsp. apple cider vinegar
- 2 Tbsp. freshly minced **rosemary**
- 4 cloves minced **garlic**
- 3 Tbsp. soy sauce, tamari, or coconut aminos
- 1/3 cup water (plus more as needed)
- 1 Pinch sea salt

Instructions:

1. Prepare fruit and veggies for the slaw by thinly slicing on a mandolin, finely grating with the grating blade of a food processor or using a sharp knife.
2. Add all vegetables and fruit to a large mixing bowl and top with lemon juice and apple cider vinegar. Toss to combine and set aside.
3. To prepare dressing, add all ingredients (except water) to a small blender, food processor, or medium mixing bowl. Blend or whisk to combine. Add water until a pourable dressing is achieved.
4. Taste and adjust flavor as needed, adding more garlic for zing, lemon for acidity, apple cider vinegar for tanginess, or rosemary for herbal flavor.
5. Add dressing to slaw and toss thoroughly to combine. Enjoy as is or add to salads, to bowls, or on top of bean burgers. Store leftovers covered in fridge for up to 4-5 days.

*Feel free to adjust fruits and vegetables based on seasonality.

Blueberry & Pistachio Parfait

You may not be on the beach right now, but you can channel the delicious flavors of the Mediterranean with a Blueberry Pistachio Parfait. Layering salty pistachios, creamy Greek yogurt, sweet-tart blueberries, and fragrant honey gives you a dish that is pleasing to the eye and your taste buds. Enjoy as breakfast, dessert or a snack!

Prep Time: 5 minutes

Servings: 2

Ingredients:

- 1 ½ cups plain Greek yogurt
- 1 cup frozen **wild blueberries**
- ¼ cup lightly salted **pistachios**, chopped
- 2 Tbsp. honey (optional)

Instructions:

1. Layer half the yogurt, blueberries, and pistachios between 2 serving glasses. Repeat layers.
2. Drizzle with honey and enjoy!

Chocolate Matcha Energy Bites

10 bites made in 10 minutes

Ingredients:

- ½ cup pitted dates
- ½ cup chopped **walnuts**
- ¼ cup **cocoa powder** (not Dutch processed or processed with alkali = higher number of polyphenols)
- 1 Tbsp. **matcha green tea** + more for dusting
- 1 Tbsp. unsweetened almond milk (or alternative)

Instructions:

1. Add dates and walnuts to food processor and process until forms a sticky ball.
2. Break up ball, add in cocoa powder, green matcha, and almond milk.
3. Process until all ingredients have been combined and form a large sticky ball again.
4. Roll into 10 small balls and dust with matcha powder.
5. Store in fridge for up to 2 weeks, or up to 1 month in freezer.