

MAIN DISHES

HEALTH
HUB



Healthy recipes you
can make today

SIMPLE CHICKEN PARMESAN



MAKES 4 SERVINGS

THE CHICKEN

- 3 small Chicken Breasts
- Salt and Pepper to Taste
- 1 cup Mozzarella Cheese

THE COATING

- 2.5 oz. Pork Rinds
- 1/4 cup Flaxseed Meal
- 1/2 cup Parmesan Cheese
- 1 tsp. Oregano
- 1/2 tsp. Salt
- 1/2 tsp. Pepper
- 1/4 tsp. Red Pepper Flakes
- 1/2 tsp. Garlic
- 2 tsp. Paprika
- 1 large Egg
- 1 1/2 tsp. Chicken Broth
- 1/4 cup Olive Oil

THE SAUCE

- 1/4 cup Olive Oil
- 1 cup Tomato Sauce
- 1/2 tsp. Garlic
- 1/2 tsp. Oregano
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 313kcal
- Fat: 15g
- Carbs: 17.7g
- Sugar: 5g
- Protein: 44g
- Sodium: 899mg

DIRECTIONS

Grind up pork rinds, flaxseed meal, parmesan cheese, and spices in a food processor.

Slice chicken breasts in half or in thirds and pound them out into cutlets. Season to taste.

In a separate container to the coating, crack and egg and whisk with 1 1/2 tsp. chicken broth.

In a saucepan, combine all ingredients for the sauce and whisk together. Let this cook for at least 20 minutes while you are making the chicken.

Bread all chicken cutlets by dipping into egg mixture, then dipping into the coating mixture. Set aside on a piece of foil.

Heat 2 tbsp. olive oil in a pan and fry up each piece of chicken 2 at a time. Add more oil as needed (I used 1/4 cup in total).

Set pieces of chicken into a casserole dish, add sauce on top, and then sprinkle with 1 cup of mozzarella cheese. Bake at 400F for 10 minutes or until cheese is nice and melted.

Serve up with some broccoli and olives on the side! You can alternatively serve up 1 chicken cutlet with olives and broccoli for a smaller serving size.

SALMON WITH TARRAGON DILL CREAM SAUCE



MAKES 2 SERVINGS

SALMON FILETS

- 1 1/2 lb. Salmon Filet
- 3/4-1 tsp. Dried Tarragon
- 3/4-1 tsp. Dried Dill Weed
- 1 tbsp. Duck Fat
- Salt and Pepper to Taste

CREAM SAUCE

- 2 tbsp. Butter
- 1/4 cup Heavy Cream
- 1/2 tsp. Dried Tarragon
- 1/2 tsp. Dried Dill Weed
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 470kcal
- Fat: 34.1g
- Carbs: 5g
- Protein: 22.5g

DIRECTIONS

Slice the salmon in half to create 2 1/4 lb. filets. Season meat of fish with tarragon, dill weed, and salt and pepper. Turn around and season skin with salt and pepper only. Heat 1 tbsp. duck fat in a ceramic cast iron skillet over medium heat (or any pan that will hold heat well). Once hot, add salmon skin side down.

Allow salmon to cook for 4-6 minutes while skin crisps up. Once the skin is crisp, reduce to low heat and flip salmon.

Cook salmon until done-ness you want is achieved. Generally about 7-15 minutes over low heat.

Optional: If desired, cook on sides for 20-40 seconds to get darker edges.

Remove salmon from the pan and set aside. Add butter and spices to the pan and let brown. Once browned, add cream mix. Serve with broccoli or asparagus (or your favourite side dish) and be generous with cream sauce. Garnish with a small amount of red pepper flakes.

THAI CHICKEN ZOODLES



MAKES 1 SERVING

- 1/2 tsp. Curry Powder
- 3.5 oz. Chicken Thigh
- 1 tbsp. Unsalted Butter
- 1 tbsp. Coconut Oil
- 1 stalk Spring Onion
- 1 clove Garlic
- 1 large Egg
- 1.4 oz. Bean Sprouts
- 3.5 oz. Zucchini
- 1 tsp. Soy Sauce
- (or Coconut Aminos)
- 1/2 tsp. Oyster Sauce
- 1/8 tsp. White Pepper
- 1 tsp. Lime Juice
- Red Chilies, chopped
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 730kcal
- Fat: 46.1g
- Carbs: 32g
- Protein: 26g
- Sodium: 645mg

DIRECTIONS

Season the Chicken with 1/2 tsp. Curry Powder and a pinch of Salt and Pepper. Keep aside for a while.

Prepare the sauce by combining 1 tsp. Soy Sauce, 1/2 tsp. Oyster Sauce, and 1/8 tsp. White Pepper.

Finely chop Spring Onion and Garlic and make Zoodles out of Zucchini. Use a spiralizer to do so.

Fry the seasoned Chicken with 1 tbsp. Unsalted Butter until brown. When done, slice to bite-sized pieces.

In the same pan, melt 1 tbsp. Coconut Oil on high heat. Sauté chopped Spring Onion until fragrant.

Add chopped Garlic and again sauté until fragrant. Crack an Egg into the pan and make a scrambled egg. Sauté until slightly brown.

Add in Bean Sprouts and Zoodles. Mix everything well together.

Add in the sauce and stir. Reduce until there is little liquid left. Add in the fried Chicken pieces and stir.

Garnish with a few chopped Red Chilies and squeeze some Lime Juice on top. Serve while hot!

NACHO CHICKEN CASSEROLE



MAKES 6 SERVINGS

- 1.75 lbs. Chicken Thighs, boneless skinless
- 1 1/2 tsp. Chili seasoning
- 2 tbsp. Olive Oil
- 4 oz. Cream Cheese
- 4 oz. Cheddar Cheese
- 1 cup Green Chilies and Tomatoes
- 3 tbsp. Parmesan Cheese (~45g)
- 1/4 cup Sour Cream
- 16 oz. package Frozen Cauliflower
- 1 medium Jalapeno Pepper
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 457kcal
- Fat: 36g
- Carbs: 5g
- Protein: 28g
- Sugar: 1.9g
- Sodium: 393mg

DIRECTIONS

Pre-heat oven to 375F. Using kitchen shears, chop chicken into bite-size chunks. Season chicken with salt, pepper, and chili seasoning.

Over medium-high heat cook chicken in olive oil until browned on all sides.

Add cream cheese, sour cream and 3/4 of the cheddar cheese to the chicken, then stir together until melted and mixed.

Add tomatoes and green chili and mix well.

In a casserole dish, add chicken mixture from the pan.

Microwave frozen cauliflower until cooked through. Use an immersion blender to blend with remaining cheese into a mashed potato-like consistency. Season with salt and pepper.

Cut a jalapeno into chunks. Spread cauliflower mixture over the top of the casserole, then sprinkle jalapeno pepper over the top. Bake for 15-20 minutes or until some colour is on the top and the jalapenos are cooked.

Slice and serve. Some fresh chopped cilantro tastes great over the top!

BACON CHEESEBURGER CASSEROLE



MAKES 6 SERVINGS

- 1 lb. Ground Beef
- 3 slices Bacon
- 1/2 cup Almond Flour
- 265g Cauliflower, riced (~3 cups chopped)
- 1 tbsp. Psyllium Husk Powder
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 2 tbsp. Reduced Sugar Ketchup
- 1 tbsp. Dijon Mustard
- 1 tbsp. Mayonnaise
- 3 large Eggs
- 4 oz. Cheddar Cheese
(2 oz. inside, 2 oz. on top)
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 392kcal
- Fat: 28g (0.9g S.Fat)
- Carbs: 3g
- Protein: 30.4g
- Sodium: 567mg

DIRECTIONS

Pre-heat oven to 350F. Rice cauliflower in food processor. Add dry ingredients and mix.

Process bacon and ground beef in food processor until crumbly and slightly pasty. Cook over medium-high, seasoning with salt and pepper to taste.

Shred the cheese while meat is cooking. Once the meat is done, combine all ingredients in a large bowl and add 2 oz. (half) of the cheddar cheese.

Add eggs, mayo, ketchup, and mustard to the mixture. Using a fork or your hands, mix everything together well.

Press mixture into a 9×9 baking pan lined with parchment paper. Then, top with 2 oz. (the other half) of the cheddar cheese.

Place on top rack and bake for 25-30 minutes. For additional crisp on top, broil 2-3 minutes or until browned.

Remove from oven and let cool for 5-10 minutes.

Slice, and serve with additional toppings. Ideas: mustard, extra reduced sugar ketchup, and pickles.

MUJADDARA



MAKES 4 to 6 SERVINGS

- $\frac{3}{4}$ cup (144 g) (5.1oz) dry green lentils, rinsed and picked through
- $\frac{3}{4}$ cup (150 g) (5.3oz) dry brown jasmine rice, rinsed and picked through
- 3 cups (705 ml) vegetable broth
- 1 tbsp (15 ml) olive oil or melted coconut oil
- 2 white onions, chopped (10 ounces, or 340 g)
- 1 leek, thoroughly cleaned and sliced thinly, white and light green parts
- 6 ounces, or 170 g Vegetable broth or water, as needed
- 4 cloves garlic, grated, or pressed
- $\frac{1}{2}$ tsp fine sea salt, or to taste
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{4}$ tsp cayenne pepper, or to taste
- 2 tbsp (12 g) (0.42oz) chopped fresh mint
- 2 tbsp (8 g) (0.28oz) chopped fresh parsley or (2 g) (0.71oz) cilantro Zest and juice of a small organic lemon
- $\frac{1}{4}$ cup (35 g) (1.2oz) chopped toasted peanuts, cashews, or pine nuts, optional

NUTRITIONAL VALUES

- Calories: 292kcal
- Fat: 8.3g (0.9g S.Fat)
- Carbs: 41.4g
- Protein: 12.3g
- Sugar: 5.2g
- Sodium: 1079mg

DIRECTIONS

Place the lentils and rice in a rice cooker. Cover with the broth and stir to combine. Cover with the lid and cook until tender, 40 to 45 minutes. (Alternatively, cook the lentils and rice on the stove top, following the directions on the package of rice.)

In a large skillet, add the oil and heat on medium heat. Add the onions and leek and sauté until browned, about 15 minutes.

Add vegetable broth, 1 tbsp (15 ml) at a time, as needed, if the onions stick to the pan during that time. Add the garlic, salt, cinnamon, cumin, coriander, paprika, and cayenne pepper, stirring to combine. Stop stirring and cook until the onions are crisped, and the spices toasted and fragrant, about 5 minutes.

Place the lentils and rice in a large bowl and add the spiced onions on top; thoroughly and gently fold the onions into the lentils and rice. Once you are ready to serve, fold the mint, parsley or cilantro, zest, and lemon juice into the mujaddara, and garnish each serving with nuts. Adjust the seasonings as needed.

Leftovers can be stored in an airtight container in the refrigerator for up to 4 days. Note that this dish tastes even better when it gets to sit for a while. Gently reheat before serving.

SUN-DRIED TOMATO LINGUINE



MAKES 4 SERVINGS

SUN-DRIED TOMATO MARINARA SAUCE

- 4 ounces sun-dried tomatoes, chopped
- 2 cups warm water
- 1 teaspoon olive oil
- ½ medium yellow onion, diced
- 2 garlic cloves, peeled
- 2 cups halved cherry tomatoes
- ½ cup chopped fresh basil
- One 15-ounce can no-salt-added tomato sauce
- One 6-ounce can no-salt-added tomato paste
- 2 teaspoons maple syrup
- Black pepper to taste
- 1 pound linguine (gluten-free if necessary)
- Parmesan, optional
- ½ cup sliced pitted green olives
- 2 tablespoons capers, rinsed and drained
- Chopped fresh parsley or basil, optional

NUTRITIONAL VALUES

- Calories: 519kcal
- Fat: 11.2g (0.9g S.Fat)
- Carbs: 50g
- Protein: 16.2g
- Sugar: 5g
- Sodium: 391mg

DIRECTIONS

Place the sun-dried tomatoes in a bowl and cover with the water. Let them soak for 10 minutes, or until rehydrated and tender. Drain, and reserve the soaking water.

Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic and sauté until the onion is translucent. Add the sun-dried tomatoes and cherry tomatoes and cook, stirring occasionally, for about 8 minutes, until tender. Stir in the basil, tomato sauce, tomato paste, 1½ cups of the reserved soaking water, and the maple syrup. Stir until combined.

Use an immersion blender to blend the mixture until smooth (or mostly smooth), or transfer to a blender and blend until smooth. Simmer for 10 minutes more, stirring occasionally. If the sauce is sputtering too much, reduce the heat to medium-low. Add pepper.

While the sauce is cooking, bring a large pot of water to a boil. Add the linguine and cook according to the package instructions until al dente. Drain.

You can either add the pasta to the sauce or serve the pasta with the sauce spooned over it. Either way, garnish with a sprinkle of Pepita Parmesan (if using), olives, capers, and parsley (if using). Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

BARBEQUE LENTILS



MAKES 8 to 10 SERVINGS

- 2 cups (384 g) (14oz) dried green lentils
- 4 cups (940 ml) water
- 2 tsp olive oil
- ½ cup (80 g) (2.8oz) chopped red onion
- 3 medium carrots, peeled and trimmed, minced
- ½ cup (120 g) (4.2oz) organic ketchup
- ¼ cup (66 g) (2.3oz) tomato paste
- ½ cup (120 ml) water
- ¼ cup (60 ml) apple cider vinegar (See Recipe Note.)
- 2 tbsp (30 ml) liquid smoke
- 2 tbsp (40 g) (1.4oz) agave nectar or pure maple syrup
- 2 tbsp (30 ml) vegan Worcestershire sauce
- 2 tbsp (30 g) (1.1oz) Dijon mustard
- 1½ tsp onion powder
- ½ to 1 scant tsp fine sea salt, or to taste
- 1/8 to 1/2 tsp cayenne pepper, or to taste

NUTRITIONAL VALUES

- Calories: 170 kcal
- Fat: 11g (2.6g S.Fat)
- Carbs: 15.4g
- Protein: 4.5g
- Sugar: 9.6g
- Sodium: 206mg

DIRECTIONS

Rinse the lentils and drain well. Pick through them to remove any stones or other debris. Place them in a large pot and cover with the water. Bring to a low boil over medium-high heat, and then reduce the heat to a simmer. Cook uncovered until tender but not mushy, about 30 minutes. Add water if necessary, to make sure the lentils are barely covered. The cooking time will depend on the freshness of the lentils. Once cooked, drain and set aside.

Heat the oil in a medium skillet over medium-high. Add the onion and carrots, lower the heat to medium, and cover with a lid. Cook until tender, about 10 minutes, stirring occasionally.

Preheat oven to 350°F (180°C, or gas mark 4).

In a 10-inch (25 cm) oven-safe dish, whisk to combine the ketchup, tomato paste, water, apple cider vinegar, liquid smoke, agave or maple syrup, Worcestershire sauce, mustard, onion powder, salt, and cayenne pepper. Add the cooked lentils and carrots and stir until they are coated with the sauce. Bake for 30 minutes until the sauce is slightly caramelized on the edges.

This dish can be covered and stored in the refrigerator once cooled for up to 5 days. It also freezes well for up to 3 months.

CHICKPEA CACCIATORE WITH CAULIFLOWER STEAKS



MAKES 4 SERVINGS

FOR THE CACCIATORE CHICKPEAS:

- 1 tbsp (15 ml) olive oil
- ½ of a medium onion, cut into ½-inch (1.3 cm) slices
- ½ of a bell pepper (any colour), cut into ½-inch (1.3 cm) slices
- 4 ounces (113 g) cremini mushrooms, cut into quarters
- 4 cloves garlic
- 1 tsp dried thyme
- 1 tsp dried basil
- ½ tsp dried rosemary
- 1½ cups (246 g) (8.7oz) cooked chickpeas (See Recipe Note across.)
- 1 can (14.5 ounces, or 411 g) diced tomatoes, undrained
- 1 tsp fine sea salt
- ½ tsp ground black pepper
- 2 tbsp (8 g) (0.28oz) minced fresh parsley
- Minced fresh basil, for garnish

FOR THE CAULIFLOWER STEAKS:

- 1 large head of cauliflower
- 1 tbsp (15 ml) olive oil
- Salt and pepper

NUTRITIONAL VALUES

- Calories: 424kcal
- Fat: 9.5g (1.1g S.Fat)
- Carbs: 66.8g
- Protein: 21.4g
- Sugar: 12.5g
- Sodium: 489mg

DIRECTIONS

TO MAKE THE CHICKPEAS:

Preheat the oven to 400°F (200°C, or gas mark 6). In a 9 x 13 inch (23 x 33 cm) glass baking dish, combine the oil, onion, bell pepper, mushrooms, garlic, thyme, basil, and rosemary. Roast in the oven for 30 minutes until the peppers and onions are slightly brown on the edges. Remove the garlic and mince. Add the garlic back to the mixture and stir in the chickpeas, diced tomatoes, salt, and pepper. Bake for 15 minutes. Stir in the parsley.

TO MAKE THE CAULIFLOWER STEAKS:

Cut the cauliflower as evenly as possible into four (1 inch, or 2.5 cm) slices, from the crown to the stem. Reserve the remaining florets for another purpose.

Line a large baking sheet with foil. Heat the oil in a large skillet over medium to medium-high heat. Cook the cauliflower steaks (in batches) for 4 to 6 minutes until browned. Gently turn the cauliflower over and cook the second side for 3 to 5 minutes until browned. Transfer to the foil-lined sheet. Repeat with the remaining cauliflower. Put in the oven and roast for 8 minutes or to the desired tenderness. Divide the chickpea mixture evenly over the cauliflower steaks and garnish with basil.

BUFFALO CHICKEN JALAPENO POPPER CASSEROLE



MAKES 6 SERVINGS

- 6 small Chicken Thighs
- 6 slices Bacon
- 3 medium Jalapenos
- 12 oz. Cream Cheese
- 1/4 cup Mayonnaise
- 4 oz. Shredded Cheddar
- 2 oz. Shredded Mozzarella Cheese
- 1/4 cup Frank's Red Hot
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 7820kcal
- Fat: 66g
- Carbs: 5g
- Protein: 39g

DIRECTIONS

De-bone all chicken thighs and pre-heat oven to 400F. Season chicken thighs well with salt and pepper, then lay on a cooling rack over a cookie sheet wrapped in foil. Bake chicken thighs for 40 minutes at 400F.

Once your timer hits 20 minutes, start on the filling. Chop 6 slices of bacon into pieces and put into a pan over medium heat.

Once bacon is mostly crisped, add jalapenos into the pan.

Once jalapenos are soft and cooked, add cream cheese, mayo, and frank's red hot to the pan. Mix and season to taste.

Remove chicken from the oven and let cool slightly. Once they are cool enough, remove the skins from the chicken.

Lay chicken into a casserole dish, then spread cream cheese mixture over it, then top with cheddar and mozzarella cheese.

Bake for 10-15 minutes at 400F. Broil for 3-5 minutes to finish. Optional: Top with extra jalapenos before you broil.

Let cool for 5 minutes. Slice and serve up!

SPROUTED GRAIN SPICY SEITAN SANDWICH



DIRECTIONS

Heat the oil in a large skillet over medium-high heat and fry the patties until just golden on each side.

While the patties are in the skillet, toast the English muffins. Layer the toast with mayo, mustard, avocado, patty, and onion.

MAKES 6 SERVINGS

- 1 tbsp coconut oil
- 6 Pressure Cooker Tender Patties
- 6 sprouted grain English muffins, sliced open
- Condiments of your choice, such as dairy-free chipotle mayo and horseradish mustard
- 1 avocado, sliced
- 6 slices red onion

NUTRITIONAL VALUES

- Calories: 427kcal
- Fat: 22.3g (6.6g S.Fat)
- Carbs: 42.7g
- Protein: 16.8g
- Sugar: 2.5g
- Sodium: 866mg

KETO ROTI JOHN



MAKES 4 SERVINGS

THE BREAD

- 2 cups Mozzarella Cheese
- 3/4 cup Almond Flour
- 1 tbsp. Psyllium Husk Powder
- 3 tbsp. Cream Cheese
- 1 large Egg
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

OMELETTE

- 1 tbsp. Coconut Oil 1/2 small Onion, diced
- clove Garlic, finely chopped 1 tsp. Water
- 1/4 tsp. Curry Powder 4 tbsp. Ground Beef
- Salt and Pepper to Taste
- 1/2 tbsp. Unsalted Butter 2 large Eggs
- 2 tbsp. chopped Green Onion 2 tbsp. chopped Cilantro
- 2 tbsp. Mayonnaise (optional) 2 tbsp. Ketchup
- 5 slices Cucumber (garnish) 3 slices Tomatoes (garnish)
- 1 piece Butter Lettuce (garnish)

NUTRITIONAL VALUES

- Calories: 597kcal
- Fat: 40.3g (0.9g S.Fat)
- Carbs: 5.1g
- Protein: 50g

DIRECTIONS

Preheat oven to 400F. Follow the pizza base recipe for Low Carb Pepperoni Pizza, exclude the Italian Seasoning. Divide the dough into two. Shape each dough into a long bun, making sure both will fit on a large pan. Bake for about 30-40 minutes.

While waiting, preheat a pan on medium heat. Add in 1 tbsp. Coconut Oil. Once melted, sauté the diced Onion. Once the onion turns translucent, add in the chopped Garlic. After 1 minute, add in 1/4 tsp. Curry Powder and 1 tsp. Water. Let the curry powder cook for 2 minutes.

Add in 4 tbsp. Ground Beef and cook until brown. Season with Salt and Pepper to taste. It should be cooked in such a way you would eat this on its own.

When the buns are ready, remove the buns from the oven. Cool both buns on a cooling rack. The buns should deflate a bit. Once the buns become cool enough, slice them horizontally but not completely. Spread about 1/2 tbsp. of Unsalted Butter onto both buns.

Toast the buttered side of the buns with a pan.

In a mixing bowl, crack an egg. Add in about half of the cooked Ground Beef, 1 tbsp. each Green Onion and Cilantro. Season with a bit of Salt and Pepper. Mix well. Preheat a large pan on medium heat. Melt 1 tbsp. of Unsalted Butter. Then, add in the omelette mixture to the pan.

Immediately cover the omelette with a bun. When the omelette is cooked (after about 2-3 minutes), flip and toast the bun side until brown.

Remove from the pan and spread about 1 tbsp. of Mayonnaise and Ketchup (or any kinds of sauce) onto the omelette side. Garnish with some sliced Cucumber and Tomatoes, and Lettuce. Repeat steps 7-10 for the other bun.

Fold the buns and serve while hot!

EGGPLANT BALELA



MAKES 6 SERVINGS

FOR THE MARINATED EGGPLANT:

- 1 tbsp (16 g) (0.56oz) tahini
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) fresh lemon juice
- 1 tbsp (15 ml) white balsamic vinegar
- 1½ tsp nutritional yeast
- ½ tsp onion powder
- ½ tsp harissa paste, or to taste
- 1 clove garlic, grated or pressed
- ½ tsp ground cumin
- 1 small eggplant (a little over 10 ounces, or 280 g), trimmed, cut in two width wise and then length-wise in ½-inch (1.3 cm) slices

FOR THE BALELA:

- 1 tbsp (15 ml) extra-virgin olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 2 tbsp (30 ml) white balsamic vinegar
- 1/3 cup (53 g) (1.9oz) minced onion
- 2 cloves garlic, grated or pressed
- 1½ cups (246 g) (8.7oz) cooked chickpeas
- 1½ cups (258 g) (9oz) cooked black beans
- ½ of a roasted red or yellow bell pepper, chopped
- 1 small tomato, seeded if desired, minced
- 3 tbsp (18 g) (0.63oz) minced fresh mint leaves
- 3 tbsp (11 g) (0.39oz) minced fresh parsley
- Salt and pepper
- Red pepper flakes, to taste

NUTRITIONAL VALUES

- Calories: 115kcal
- Fat: 6.5g (4.2g S.Fat)
- Carbs: 15.5g
- Protein: 1.7g
- Sugar: 11.1g
- Sodium: 49mg

DIRECTIONS

To make the marinated eggplant:

Combine the tahini, oil, lemon juice, vinegar, nutritional yeast, onion powder, harissa paste, garlic, cumin, and salt in a shallow pan. Brush a generous amount of this mixture on both sides and edges of each piece of eggplant and place in the shallow pan. Place the pan in the refrigerator for 1 hour to marinate.

Preheat the oven to 450°F (230°C, or gas mark 8). Place the slices of eggplant on a large, rimmed baking sheet.

Bake for 8 minutes, flip the slices, and bake for another 6 to 8 minutes until tender and golden brown. Remove from the oven and set aside. Once cool enough to handle, cut the eggplant slices into ⅓-inch (8 mm) cubes.

TO MAKE THE BALELA:

In a large bowl, combine the oil, lemon juice, vinegar, onion, and garlic. Add the chickpeas, black beans, roasted bell pepper, tomato, mint, parsley, cubed eggplant, salt, ground pepper, and red pepper flakes to taste. Chill overnight and serve cold or brought back to room temperature. Leftovers can be stored in an airtight container for up to 4 days, and they get even better with each passing day.

STUFFED SWEET POTATOES WITH TAHINI DRESSING



MAKES 2 SERVINGS

SWEET POTATOES AND STUFFING:

- 2 sweet potatoes
- 1 tbsp coconut oil
- ¼ cup diced white onion
- 4 ounces white mushrooms, chopped
- 1 cup Slow Cooker Versatile Seitan Balls, chopped
- ¼ tsp ground cumin
- ¼ tsp onion powder
- ¼ tsp salt
- Pinch of ground black pepper

TAHINI SAUCE:

- ¼ cup tahini
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- 1 clove garlic
- ¼ tsp salt
- Pinch of ground black pepper

NUTRITIONAL VALUES

- Calories: 137kcal
- Fat: 10.5g (4.9g S.Fat)
- Carbs: 5.9g
- Protein: 5.3g
- Sugar: 2.3g
- Sodium: 249mg

DIRECTIONS

SWEET POTATOES AND STUFFING:

Preheat the oven to 350°F.

Place the sweet potatoes in the preheated oven and bake for 40 to 45 minutes or until they are soft.

Meanwhile, add the oil to a large skillet and heat over medium- high heat. Add the onion and mushrooms and sauté for 10 minutes. Add seitan, cumin, onion powder, salt, and pepper and cook for another 5 minutes. Set aside.

Cut the top off the long side of the sweet potatoes and scoop out the centres as best you can. Place the centres in a medium bowl. Add all but ⅓ cup of the seitan-mushroom mixture from the skillet into the bowl. Mix well. Stuff the sweet potato mixture back into the shells. Place back in the oven at 350°F to heat through for 15minutes.

TAHINI SAUCE:

During this time, mix all the tahini sauce ingredients together with 3 tbsp water. Set aside.

ASSEMBLY:

Remove the potatoes from oven and place on a serving dish. Drizzle tahini sauce over the stuffed sweet potatoes and sprinkle the remaining seitan-mushroom mixture over the top.

CRISPY SESAME BEEF



MAKES 4 SERVINGS

- 1 medium Daikon Radish (about 3/4 lb.)
- 1 lb. Ribeye Steak, sliced into 1/4" strips
- 1 tbsp. Coconut Flour
- 1/2 tsp. Guar Gum
- 1 tbsp. Coconut Oil
- 4 tbsp. Soy Sauce (can sub tamari or coconut aminos for GF/Paleo)
- 1 tsp. Sesame Oil
- 1 tsp. Oyster Sauce
- 1 tbsp. + 1 tsp. Rice Vinegar
- 1 tsp. Sriracha or Sambal Olek
- 1/2 tsp. Red Pepper Flakes
- 1 tbsp. Toasted Sesame Seeds
- 1/2 medium Red Pepper, sliced into thin strips
- 1/2 medium Jalapeno Pepper, sliced into thin rings
- 1 medium Green Onion, chopped
- 1 clove Garlic, minced
- 1 tsp. Ginger, minced 7 drops Liquid Stevia Oil for frying

NUTRITIONAL VALUES

- Calories: 412kcal
- Fat: 31g
- Carbs: 8g
- Protein: 24.5g
- Sugar: 2.1g

DIRECTIONS

Begin by preparing the daikon noodles for this recipe. Using a spiralizer, slice the daikon radish so that you're left with noodle-like strings. Once you've peeled the entire daikon radish, soak the daikon noodles in a bowl of cold water for 20 minutes. Chop ribeye steak into small strips, about 1/4 in thickness. Place the ribeye steak in a bowl and pour the coconut flour and guar gum over the meat to coat all the pieces. This flour will act as a light breading to create the crispy beef texture. Allow it to rest for 10 minutes.

Prepare all vegetables. Slice Red Pepper into thin strips, jalapeno into thin rings, green onion into small pieces, and mince the garlic and ginger.

In a wok pan or large skillet, heat coconut oil over medium heat. Once hot, add garlic, ginger, and red pepper strips. Fry for 2 minutes until aromatic, taking care not to burn. Add the soy sauce, oyster sauce, sesame oil, rice vinegar, stevia and sriracha. Whisk to combine and allow to cool down for 1-2 minutes. Then add sesame seeds and red pepper flakes to sauce mixture and stir. While vegetables are cooking, heat 1" of cooking oil in a large pot or fryer over high heat until it reaches 325 degrees F. Once the oil reaches the proper temperature, add beef strips, making sure not to crowd the pot. With this shallow fry technique, you will need to turn the meat in the pan once to allow both sides to cook evenly. Fry for 2-3 minutes on each side, or until the meat begins to develop a deep brown crust.

Remove the beef from the oil and place on paper towels to absorb some of the oil. Next, drop the cooked crispy beef into the wok pan containing the sauce and stir to combine. Cook for an additional 2 minutes to develop the flavours of the meat and sauce together.

Drain the daikon radish noodles and divide them onto each serving plate. Top each with a portion of the sesame beef. Garnish with jalapeno slices and green onion.

SLOW COOKER BLACK BEAN AND LENTIL SUPER BURRITOS



MAKES 6 SERVINGS

- 2 15-ounce cans diced tomatoes
- ¼ cup salsa
- 2 15-ounce cans black beans, drained and rinsed
- 1 cup brown rice
- ½ cup corn, fresh, frozen, or canned
- 2 tbsp taco seasoning
- 1 tsp ground cumin
- 1 tsp salt
- 2 chipotle peppers in adobo sauce, finely chopped
- 2½ cups vegetable broth
- ½ cup lentils
- 12 whole wheat tortillas
- Additional toppings, such as more salsa, avocado or guacamole, and black olives

NUTRITIONAL VALUES

- Calories: 1246kcal
- Fat: 25.4g (8.7g S.Fat)
- Carbs: 193.6g
- Protein: 67g
- Sugar: 9.2g
- Sodium: 2634mg

DIRECTIONS

Add the tomatoes, salsa, beans, rice, corn, taco seasoning, cumin, salt, chipotles, and broth to a slow cooker. Stir and cover. Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Add the lentils for the last 40 minutes of cooking. Continue cooking until the lentils are tender. The rice will be tender and most of the liquid will be absorbed. This is the filling.

Lay out the tortillas and place about ⅓ to ½ cup (for a very large burrito) of the filling on each tortilla. Spread the filling down through the center of the tortilla. Fold each end about 1½ inches over the point edge of the beans. Then roll up the tortilla along the long edge. If you have a certain technique that you want to use on these, go right ahead.

Stack up and serve with more salsa, avocado or guacamole, and black olives.

PROTEIN POTLUCK SPECIAL



MAKES 8 SERVINGS

- 1 pound lentils
- 1 bay leaf
- 1 tbsp extra virgin olive oil
- 1 cup finely chopped onion
- 1 green bell pepper, diced
- 2 carrots, finely chopped
- 3 Roma tomatoes, diced
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp coconut sugar
- ½ tsp salt
- 2 Slow Cooker Versatile Seitan Balls, cubed

NUTRITIONAL VALUES

- Calories: 44kcal
- Fat: 3.6g (0.9g S.Fat)
- Carbs: 2.3g
- Protein: 1.4g
- Sugar: 0.3g
- Sodium: 449mg

DIRECTIONS

Place the lentils and bay leaf in a large saucepan and cook according to package directions.

While the lentils are cooking, heat the oil over medium-high heat in a very large skillet. Add the onions and bell pepper and sauté for 10 minutes. Add the remaining ingredients and sauté for 5 minutes. Add the lentils, stir, and cook for 5 minutes to heat through.

VEGETABLE JUMBLE WITH THAI SEITAN



MAKES 6 SERVINGS

- 2 carrots, sliced thinly
- 1 small head cauliflower, cut into florets
- 1 small head broccoli, cut into florets
- 1 tbsp extra virgin olive oil
- 1 small white onion, diced
- 1 red bell pepper, julienned
- 8 ounces mushrooms, sliced
- 1 cup Pressure Cooker Thai Nuggets
- ¼ tsp thyme
- ¼ tsp basil
- ½ tsp salt
- ¼ tsp ground black pepper

NUTRITIONAL VALUES

- Calories: 77kcal
- Fat: 4.2g (2.2g S.Fat)
- Carbs: 0.7g
- Protein: 8.9g
- Sugar: 0.1g
- Sodium: 278mg

DIRECTIONS

Add water to a medium saucepan with a steamer insert and bring to a boil. Add the carrots and cauliflower to the insert and steam over boiling water for 5 minutes.

Add the broccoli on top of the cauliflower and steam for 10 more minutes. Poke all the vegetables and make sure they can be easily pierced with a fork. Do not overcook. Al dente is best.

Heat the oil in a large skillet. Add the onion and bell pepper and sauté for 10 minutes. Add the mushrooms to the skillet and cook for 10 more minutes. Add the seitan nuggets and all of the herbs and spices. Stir and heat through for about 2 minutes. Add the cauliflower mixture, stir well, and cook another 5 minutes.

PANANG SEITAN CURRY



MAKES 6 SERVINGS

- 1 cup red quinoa
- 1 sweet potato, peeled and chopped into bite-size pieces
- 1 tbsp extra virgin olive oil
- 1 red bell pepper, diced
- ¼ cup finely chopped shallot
- 2 cloves garlic, finely diced
- ¼ cup creamy peanut butter
- 2 tbsp red curry paste
- 1 tsp sriracha
- 2 tsp turmeric
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 14-ounce can coconut cream
- 1 tbsp lime juice
- ½ tsp salt
- 2 cups Pressure Cooker Thai Nuggets

NUTRITIONAL VALUES

- Calories: 437kcal
- Fat: 30.2g (16.5g S.Fat)
- Carbs: 31.9g
- Protein: 12.1g
- Sugar: 5.6g
- Sodium: 591mg

DIRECTIONS

Place the quinoa in a sieve and rinse well. Place the quinoa in a medium saucepan and cover with 2 cups water. Bring to a boil and then turn the heat down and cover. Simmer for about 15 to 20 minutes or until all the water is absorbed and quinoa is tender. Set aside, covered.

Add water to a medium saucepan with a steamer insert and bring to a boil. Add sweet potato to the insert and steam over boiling water for 10 minutes.

Heat the oil in a large skillet over medium heat. Add the bell pepper and sauté for 10 minutes. Add the shallots and garlic and cook for 2 minutes. Stir in the peanut butter, red curry paste, sriracha, turmeric, ginger, and cumin. Cook for 5 minutes, stirring occasionally. Stir in 1 cup water, the coconut cream, lime juice, and salt. Add the sweet potato and seitan nuggets. Stir and turn heat to medium high. Bring to a low boil, turn down the heat to a simmer, and cover. Cook for 10 to 15 minutes.

Serve with quinoa.

SLOW COOKER CHIPOTLE TACOS



DIRECTIONS

Put everything in the crock pot except the taco shells and toppings. Cook on low for 3 to 4 hours or on high for 1½ to 2 hours.

Spread quite a bit of the filling on your taco shells, hard or soft. Add your favourite toppings.

MAKES 4 SERVINGS

- 2 15-ounce cans pinto beans, drained and rinsed
- 1 cup corn, fresh, frozen, or canned
- 3 ounces chipotle pepper in adobo sauce
- 2 peppers, chopped
- 6 ounces tomato paste
- ¾ cup Thai sweet chili sauce
- 1 tbsp unsweetened cocoa powder
- 1½ tsp taco seasoning
- 8 white corn taco shells or tortillas, or your favourite
- Favourite toppings: spinach, lettuce, black olives, lime, avocado, peppers

NUTRITIONAL VALUES

- Calories: 1928kcal
- Fat: 58.8g (27.1g S.Fat)
- Carbs: 255.7g
- Protein: 101.1g
- Sugar: 36.1g
- Sodium: 2470mg

DOUBLE-DECKER RED QUINOA SANDWICH



MAKES 3 SERVINGS

- ½ cup red quinoa
- 1 cup vegetable broth
- 4 large portabella mushroom caps
- 2 tbsp coconut oil, divided
- ¼ cup finely chopped onion
- ½ cup raw pecans
- 2 green spring onions, chopped
- 2 tsp rice wine vinegar
- 1 tsp garlic powder
- 2 tbsp nutritional yeast
- 2 tbsp raw shelled hempseed
- ¼ cup flour
- 3 whole wheat burger buns
- Toppings and condiments: lettuce, tomatoes, red onion, mustard, spicy mayo

NUTRITIONAL VALUES

- Calories: 1226kcal
- Fat: 37.1g (4.1g S.Fat)
- Carbs: 76g
- Protein: 6.3g
- Sugar: 32g
- Sodium: 1278mg

DIRECTIONS

Place the quinoa in a sieve and rinse well. Combine the quinoa and broth in a small saucepan. Bring to a boil, cover, and reduce to a simmer. Cook for 10 to 15 minutes or until the broth is absorbed. Remove from the heat and let set with the cover on for 5 minutes.

Remove the gills from the mushrooms and discard. Chop up the mushroom caps.

Heat 1 tbsp oil in a large skillet. Add the onion and mushrooms and sauté for 10 minutes. Add the pecans and sauté for 5 more minutes. Remove from the heat and let cool.

Add the mushroom mixture, green onion, and vinegar to a food processor. Process until very fine. It will not be smooth.

Transfer to a large bowl and add the quinoa, garlic powder, nutritional yeast, hempseed, and flour. Mix until well blended. Form into six patties the size of the burger buns.

Heat remaining oil in a large skillet and fry one patty at a time so that you can flip it easily. Fry until golden brown on each side.

ASSEMBLE THE DOUBLE DECKERS:

Lay down the bottom of the bun, add mustard, lettuce, patty, red onion, lettuce, dairy-free spicy mayo, patty, dairy-free spicy mayo, tomatoes, and top of bun.

EDAMAME AND BROCCOLI RICE BOWL



MAKES 2 SERVINGS

BOWL:

- ½ cup broccoli florets
- ½ cup edamame, frozen
- ¼ tsp salt
- ¼ cup peas, frozen or fresh
- ½ cup chopped yellow bell pepper

TAHINI SAUCE:

- ¼ cup tahini
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1 tbsp tamari

TO ASSEMBLE:

- 2 cups jasmine rice, cooked
- ¼ cup sunflower seed kernels
- ¼ cup raisins

NUTRITIONAL VALUES

- Calories: 1347kcal
- Fat: 43.3g (10.4g S.Fat)
- Carbs: 32.5g
- Protein: 32g
- Sugar: 43g
- Sodium: 544mg

DIRECTIONS

BOWL:

Add water to a medium saucepan with a steamer insert and bring to a boil. Add the broccoli to the insert and steam over boiling water for 10 minutes. Remove from steamer and set aside.

Bring 2 cups water to a boil in a small saucepan and add the edamame and salt. Boil for 5 minutes, adding the peas during the last minute. Drain and set aside.

Meanwhile, add 2 tbsp water to a small skillet and heat over medium-high heat. Add the bell pepper and sauté for 10 minutes. Remove from the heat and set aside.

TAHINI SAUCE:

Add all the ingredients plus 5 tbsp water to a small bowl and blend until smooth.

ASSEMBLY:

Add the rice to the bottom of each bowl. Divide the remaining items in half and add onto the rice in a pinwheel fashion, making sure that the greens don't touch each other for a more pleasing design.

Serve with the tahini sauce.

THAI PEANUT SHRIMP CURRY



MAKES 2 SERVINGS

- 2 tbsp. Green Curry Paste
- 1 cup Vegetable Stock
- 1 cup Coconut Milk
- 6 oz. Pre-cooked Shrimp
- 5 oz. Broccoli Florets
- 3 tbsp. Cilantro, chopped
- 2 tbsp. Coconut Oil
- 1 tbsp. Peanut Butter
- 1 tbsp. Soy Sauce (or coconut aminos)
- Juice of 1/2 Lime
- 1 medium Spring Onion, chopped
- 1 tsp. Crushed Roasted Garlic
- 1 tsp. Minced Ginger
- 1 tsp. Fish Sauce
- 1/2 tsp. Turmeric
- 1/4 tsp. Xanthan Gum
- 1/2 cup Sour Cream (for topping)

NUTRITIONAL VALUES

- Calories: 308kcal
- Fat: 15.8g
- Carbs: 10.4g
- Protein: 28.3g
- Sugar: 3g
- Sodium: 529mg

DIRECTIONS

Start by adding 2 tbsp. coconut oil in a pan over medium heat.

When the coconut oil is melted and the pan is hot, add the 1 tsp. roasted garlic, 1 tsp. minced ginger, and 1 spring onion (chopped). Allow to cook for about a minute, then add 1 tbsp. green curry paste, and 1/2 tsp. turmeric.

Add 1 tbsp. soy sauce (or coconut aminos), 1 tsp. fish sauce, and 1 tbsp. peanut butter to the pan and mix well.

Add 1 cup of vegetable stock and 1 cup of coconut milk (from the carton). Stir well and then add another 1 tbsp. green curry paste.

Let simmer for a few minutes. In the meantime, measure out 6 oz. pre-cooked shrimp.

Add 1/4 tsp. xanthan gum to the curry and mix well.

Once your curry begins thickening up a little bit, add the broccoli florets and stir well.

Chop 3 tbsp. fresh cilantro and add to the pan.

Finally, once you are happy with the consistency of the curry, add the shrimp and lime juice from 1/2 lime, and mix everything together.

Let simmer for a few minutes. Taste and season with salt and pepper if needed.

Serve! You can stir in 1/4 cup of sour cream per serving.

TEMPEH TORTILLA PIZZAS



MAKES 4 SERVINGS

- 2 (10-inch, or 25 cm) flour tortillas
- Non-stick cooking spray
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp dried oregano
- 8 ounces (227 g) (8oz) tempeh, simmered, finely minced
- 1 tbsp (15 ml) high heat neutral-flavoured oil, more if needed
- 2 tbsp (30 ml) vegetable broth, more as needed
- 1 tbsp (15 ml) tamari
- 1 chipotle in adobe, or to taste
- 3 cups (165 g) (5.8oz) shredded lettuce
- ½ cup (90 g) (3.2oz) chopped tomato
- 2 tbsp (12 g) (0.42oz) minced scallion
- 1 large or 2 small avocados, pitted and peeled
- 2 to 4 tbsp (33 to 66 g) (1.2 to 2.3pz) salsa, as desired
- Salt and pepper

NUTRITIONAL VALUES

- Calories: 958kcal
- Fat: 90.6g (18g S.Fat)
- Carbs: 28.4g
- Protein: 4.3g
- Sugar: 15.7g
- Sodium: 1295mg

DIRECTIONS

Preheat the oven to 400°F (200°C, or gas mark 6). Lightly coat the tortillas with the cooking spray. Bake for 2 to 3 minutes until golden (see Recipe Note). Turnover spray the second side and bake for 2 to 3 minutes until they reach the desired crispness. Longer baking will lead to a cracker-like crust.

Combine the onion powder, garlic powder, cumin, chili powder, and oregano in a medium-size bowl. Toss the minced tempeh in the seasonings to coat. Heat the oil in a large skillet over medium-high heat. Add the tempeh and cook for 3 to 5 minutes, stirring occasionally, until lightly browned. Add an additional tbsp (15 ml) of oil if necessary, to keep it from sticking.

Combine 2 tbsp (30 ml) of the broth, tamari, and chipotle in a small blender. Process until smooth. Pour over the tempeh and cook for 3 to 5 minutes, stirring occasionally. Add additional splashes of broth to keep the mixture moist, as needed. The tempeh should absorb the liquid. Season to taste with salt and pepper.

Toss the lettuce, tomato, and scallion together.

Mash the avocado. Spread the avocado evenly on the tortillas and season with salt and pepper. Top with the tempeh mixture, spreading it evenly. Layer with the lettuce mixture. Spoon the salsa on the tortillas as desired.

SPICED GREEN LENTIL SANDWICH



MAKES 8 SERVINGS

- 1 cup green lentils
- 1 small potato, to equal about ½ cup mashed potato
- ½ cup chopped onion
- 1 carrot, finely chopped in a processor
- ¾ cup old-fashioned oats
- ½ cup pepitas or sunflower seed kernels
- 1 tbsp hempseed, toasted in shell
- 1 cup breadcrumbs
- 4 tbsp tamari
- 1 tsp ground ginger
- 1½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp coconut oil
- 8 sandwich buns

NUTRITIONAL VALUES

- Calories: 340kcal
- Fat: 11.1g (6.9g S.Fat)
- Carbs: 58.5g
- Protein: 15.2g
- Sugar: 24.2g
- Sodium: 401mg

DIRECTIONS

Place 2 cups water and the lentils in a large saucepan. Cover and bring to a boil. Turn down to low and cook for 20 minutes. Drain off remaining liquid from the lentils, if any. Set the lentils aside.

Pierce the potato a couple of times with a sharp knife. Wrap in a damp paper towel. Set in the microwave and cook on high for 4 minutes or until you can pinch the potato easily. Peel the potato and mash well. Set aside.

Heat 2 tbsp water in a skillet over medium-high heat. Add the onion and sauté for 10 minutes. Remove from the heat.

Add the lentils, potato, onion, and the remainder of the ingredients to a large bowl (excluding the oil and the buns). Mix well. Form eight patties to the size of your sandwich buns.

Heat the oil in a frying pan and fry the lentil patties on each side without crowding.

Spread the buns with all your favourite condiments and any other toppings of your choice.

You may also freeze extra patties for future meals.

PROTEIN POWER GRILLED VEGGIE AND FRUIT SKEWERS



MAKES 4 SERVINGS

- 8 ounces extra-firm tofu, drained, and cut into 1-inch cubes
- 2 tbsp tamari
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- ¼ tsp chili powder
- 1 large sweet potato, peeled and chopped into bite-size chunks
- 4 ounces cremini mushrooms
- 1 pineapple, chopped into chunks
- 1 red bell pepper, chopped into large pieces
- 1 yellow bell pepper, chopped into large pieces
- Extra virgin olive oil, for grilling

NUTRITIONAL VALUES

- Calories: 181kcal
- Fat: 7.1g (0.8g S.Fat)
- Carbs: 23.2g
- Protein: 8.7g
- Sugar: 12.4g
- Sodium: 528mg

DIRECTIONS

Place the tofu cubes in a large bowl. In a small bowl, mix the tamari, rice vinegar, maple syrup, and chili powder together and pour over tofu. Marinate for 30 minutes.

Parboil the sweet potato chunks for 10 minutes or until just tender.

Clean the mushrooms and cut off the ends of the stems. If some of the mushrooms are large, cut into halves or thirds.

Skewer the tofu, sweet potato, pineapple, red and yellow bell peppers, and mushrooms onto each skewer.

Brush grill or grill pan with oil and set to medium-high heat. Grill skewered vegetables and fruit until there are grill marks. Flip and grill the other side.

A TOUCH OF THE TROPICS RICE BOWL



MAKES 2 SERVINGS

BOWL:

- 1 sweet potato, peeled and chopped into bite-size pieces
- 1 tbsp extra virgin olive oil
- 2 cups jasmine rice, cooked
- 1 pineapple, peeled, cored, and chopped into bite-size pieces
- ¼ cup cashews
- 4 tbsp raw shelled hempseed

SWEET AND SOUR SAUCE:

- 1 tbsp cornstarch
- ½ cup chopped pineapple
- ¼ cup rice vinegar
- ⅓ cup light brown sugar
- 3 tbsp ketchup
- 2 tsp soy sauce

NUTRITIONAL VALUES

- Calories: 1153kcal
- Fat: 23.2g (3.6g S.Fat)
- Carbs: 207.6g
- Protein: 23g
- Sugar: 41.3g
- Sodium: 581mg

DIRECTIONS

SWEET POTATO:

Preheat the oven to 425°F.

Toss the sweet potato with the oil. Place on a baking sheet and roast for 30 minutes.

Remove from the oven and let cool.

SWEET AND SOUR SAUCE:

Whisk together cornstarch and 1 tbsp water in a small bowl. Set aside.

Add the pineapple and ¼ cup water to a blender. Blend until the mixture is as smooth as possible.

Add the pineapple mixture, rice vinegar, brown sugar, ketchup, and soy sauce to a medium saucepan. Bring to a boil over medium-high heat. Stir in the cornstarch mixture and cook until thickened, about a minute. Remove from the heat and set aside while assembling bowls.

ASSEMBLY:

Place rice in the bottom of each bowl. Add rows of pineapple, cashews, hempseed, and sweet potato. Top with the sweet and sour sauce.

ACADIAN BLACK BEANS AND RICE



MAKES 6 SERVINGS

- 1½ cups brown rice
- 3½ cups low sodium vegetable broth
- 1 tbsp extra virgin olive oil
- ½ yellow onion, chopped
- 1 green bell pepper, chopped
- 2 15-ounce cans black beans, drained and rinsed
- 1 clove garlic, finely chopped
- ¼ cup diced tomatoes
- 1 tsp parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp oregano
- ½ tsp cayenne pepper
- ¼ tsp ground black pepper
- 1 tsp salt

NUTRITIONAL VALUES

- Calories: 1190kcal
- Fat: 9.2g (1.8g S.Fat)
- Carbs: 253.3g
- Protein: 44.3g
- Sugar: 7.5g
- Sodium: 1411mg

DIRECTIONS

Cook the brown rice by any method you choose. I use a rice cooker. Cook the rice with vegetable broth for this recipe.

In a large skillet, heat the oil to medium and then add the onion and bell pepper. Sauté until the onion becomes transparent, about 10 minutes. Add all the remaining ingredients (except the rice) to the large skillet with the onion and bell pepper. Cook for 10 minutes. Add the rice and heat through.

LOADED SWEET POTATO BURRITOS



MAKES 6 SERVINGS

- 1 tbsp coconut oil
- 1 sweet potato, peeled and diced
- 8 ounces mushrooms, sliced
- $\frac{3}{4}$ cup diced red onion
- $\frac{3}{4}$ cup diced red bell pepper
- $1\frac{1}{2}$ cups Steamed Seitan Smoky Nuggets
- $1\frac{1}{2}$ tsp chili powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp ground cumin
- 2 cups baby spinach, torn small
- 6 whole wheat or sprouted grain tortillas

NUTRITIONAL VALUES

- Calories: 454kcal
- Fat: 7.1g (0.7g S.Fat)
- Carbs: 103.8g
- Protein: 4.1g
- Sugar: 65.8g
- Sodium: 26mg

DIRECTIONS

Heat the oil in a large skillet over medium-high heat. Add the sweet potato, mushrooms, onion, and bell pepper. Sauté for 15 minutes. Add the seitan, chili powder, garlic powder, and cumin, and cook for 5 more minutes. Add the spinach and cook just a minute or so until wilted.

If the tortillas are stiff, such as sprouted grain, then you can warm them in a microwave for 10 to 15 seconds. This will make them easier to roll.

Spoon about 1 cup of sweet potato mixture down the center of each tortilla. Roll up. Cut in half for easier handling.

TEMPEH CURRY



MAKES 4 SERVINGS

- 1¾ cups plus 2 tbsp (445 ml) vegetable broth, divided
- 3 tsp ground cumin, divided
- 8 ounces (227 g) tempeh, simmered, cut into ¾-inch (2 cm) cubes
- 2 tsp ground coriander
- 2 tbsp plus 1 tsp (35 ml) neutral-flavoured oil, divided
- ½ medium red onion, minced
- 1 tbsp (6 g) (0.21oz) minced garlic
- 1 tsp grated fresh ginger root
- ½ tsp fine sea salt
- 1 tbsp (6 g) (0.21oz) curry powder (mild or hot)
- ½ tsp turmeric
- ½ tsp cayenne pepper, optional
- 1½ cups (150 g) (5.3oz) cauliflower florets
- ½ cup (49 g) (1.7oz) 1-inch (2.5 cm) pieces green beans
- ¼ cup (33 g) (1.2oz) sliced carrot rounds
- ¼ cup (36 g) (1.3 oz) diced red bell pepper
- 3 tbsp (48 g) (1.7oz) tomato paste Chopped tomato, for garnish
- Minced fresh cilantro, for garnish

NUTRITIONAL VALUES

- Calories: 49kcal
- Fat: 2.5g (0.9g S.Fat)
- Carbs: 6.3g
- Protein: 1.1g
- Sugar: 4.3g
- Sodium: 34mg

DIRECTIONS

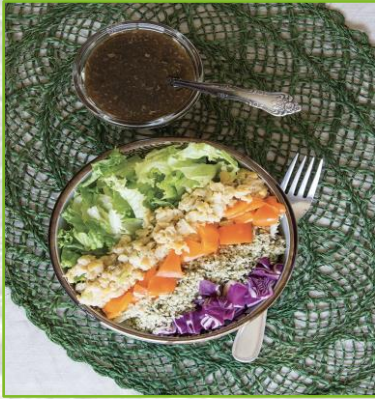
Stir together 2 tbsp (30 ml) of broth, 2 tsp cumin, the coriander, and 1 tsp oil in an 8 x 11 inch (20 x 28 cm) baking dish. Add the tempeh cubes, stirring to coat. Marinate for 1 hour or cover and refrigerate for up to 12 hours.

Heat the remaining 2 tbsp (30 ml) of oil in a large skillet over medium-high heat. Add the tempeh and cook for 8 to 10 minutes, stirring occasionally, until browned. Remove the tempeh and set aside.

To the same skillet, add the onion and reduce the heat to medium. Cook for 3 to 5 minutes, stirring occasionally, until softened. Add the garlic, ginger, and salt and cook and stir for 2 minutes or until fragrant. Add the curry powder, turmeric, the remaining tsp cumin, and the cayenne pepper if desired. Cook and stir for 2 minutes. Add the cauliflower, green beans, carrots, and bell pepper, the remaining 1¾ cups (415 ml) broth, and tomato paste.

Bring to a boil, and then reduce the heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until the vegetables are the desired tenderness. Add the tempeh back to the skillet and stir to combine. Simmer for 5 minutes. Taste and adjust the seasonings. Garnish with tomato and cilantro.

CHOPPED CHICKPEA SALAD VEGGIE BOWL



MAKES 2 SERVINGS

QUINOA:

- ½ cup dry quinoa
- 1 cup vegetable broth
- Pinch of salt
- 1 15-ounce can chickpeas, drained and rinsed
- ¼ cup vegan mayonnaise
- 1 tbsp nutritional yeast
- 1 tbsp cider vinegar
- ½ tsp ground mustard
- 2 scallions, finely sliced
- 1 tsp salt
- Pinch of cayenne pepper

DRESSING:

- ½ cup extra virgin olive oil
- ¼ cup balsamic vinegar

TO ASSEMBLE:

- 3 cups chopped romaine lettuce
- ½ cup diced purple cabbage
- ½ cup diced orange bell pepper

NUTRITIONAL VALUES

- Calories: 1506kcal
- Fat: 74.3g (9.1g S.Fat)
- Carbs: 168.3g
- Protein: 53.2g
- Sugar: 26.5g
- Sodium: 1833mg

DIRECTIONS

QUINOA:

Place the quinoa in a sieve and rinse well. Combine quinoa, broth, and salt in a small saucepan. Bring to a boil, cover, and reduce to a simmer. Cook for 15 minutes or until the broth is absorbed. Remove from the heat and let set with the cover on for 5 minutes. Remove the lid and fluff out into a small bowl to cool.

CHICKPEA SALAD:

Place all of the chickpea salad ingredients in a food processor. Pulse four or five times. The chickpeas should be chunky. Remove the blade and stir to make sure the mixture is blended well.

DRESSING:

Mix the oil and vinegar together in a small bowl and set aside.

ASSEMBLY:

Divide the lettuce between two bowls. Lay the vegetables in decorative rows: cabbage, quinoa, bell pepper, and chickpea salad, leaving an edge of romaine lettuce. Serve with the dressing.

BLACK BEAN PATTIES WITH CARROTS AND CORN



MAKES 6 SERVINGS

- 1½ cups breadcrumbs, fresh
- 2 tbsp chia seeds or ground chia seeds
- 2 tbsp coconut oil, divided
- 1 cup diced yellow onion
- ½ cup finely diced carrot
- 1 ear of corn, kernels cut from the cob, or 1 8-ounce can corn, drained
- ½ tsp dried oregano
- 2 tsp chili powder
- ¼ tsp ground cumin
- 1 tsp salt
- 2 cloves garlic, finely diced
- 1 28-ounce can black beans, drained and rinsed
- ¼ cup sunflower seed kernels
- 2 tbsp raw shelled hempseed
- 6 whole wheat buns
- Condiments and toppings of your choice

NUTRITIONAL VALUES

- Calories: 1375kcal
- Fat: 27g (7.9g S.Fat)
- Carbs: 217.1g
- Protein: 68.6g
- Sugar: 22.23
- Sodium: 2730mg

DIRECTIONS

Make your breadcrumbs using any leftover bread that you have. I used whole wheat but you could use sourdough and whatever else you prefer. Place bread in a food processor and process until the bread is a finely ground texture. Set aside. If you have any leftover breadcrumbs, they can be frozen for 6 months.

Mix the chia seeds with 6 tbsp water and set aside.

Heat 1 tbsp oil in a large skillet, add the onion and carrot, and sauté about 10 minutes. Add the corn and cook another 3 minutes. Add the spices and garlic to the onion and cook another minute.

Pat the black beans dry. You want to make sure they aren't wet when mashing and adding to the rest of ingredients. In a large bowl, add the black beans and mash with a potato masher or the back of a fork. You could pulse them in a food processor instead, but not too fine. Stir in the chia seed mixture. Mix in the onion mixture, breadcrumbs, sunflower seed kernels, and hempseed.

Make into six patties. At this point you can freeze the patties, before frying.

Fry the patties in 1 tbsp medium-hot oil until browned on each side.

Serve on the whole wheat buns with your favourite toppings.

WILD RICE PILAF WITH SPICY CASHEWS



MAKES 4 to 6 SERVINGS

FOR THE CASHEWS:

- 1½ tsp toasted sesame oil
- 1½ tsp agave nectar
- 1½ tsp tamari
- 1 tsp onion powder
- 1 tsp sriracha
- ¼ tsp garlic powder
- ¼ tsp ginger powder
- 1 cup (140 g) (4.9oz) raw cashews

FOR THE PILAF:

- 1 cup (160 g) (5.6oz) dry wild rice, rinsed
- 3 cups (705 ml) vegetable broth
- 2 tsp toasted sesame oil
- 12 ounces (340 g) carrots, trimmed, peeled, and cut into thin half-moons (about 5 carrots)
- ⅓ cup (53 g) (1.9oz) minced shallot
- 3 cloves garlic, grated or pressed
- 3 tbsp (45 ml) tamari
- 3 tbsp (45 ml) fresh orange juice
- 1½ tbsp (30 g) (1.1oz) agave nectar
- 1½ tsp packed grated fresh ginger root or ½ tsp ginger powder
- ¼ to ½ tsp red pepper flakes, to taste
- 1 cup (150 g) (5.3oz) steamed fresh English peas or thawed green peas

NUTRITIONAL VALUES

- Calories: 405 kcal
- Fat: 15.9g (2.9g S.Fat)
- Carbs: 56.7g
- Protein: 12.9g
- Sugar: 21.1g
- Sodium: 742mg

DIRECTIONS

TO MAKE THE CASHEWS:

Preheat the oven to 325°F (170°C, or gas mark 3). Combine the oil, agave, tamari, onion powder, sriracha, garlic powder, and ginger powder in a medium bowl. Add the cashews and stir to coat evenly. Place in an even layer on a parchment paper-lined rimmed baking sheet and bake for 8 minutes. Stir and bake for another 4 to 6 minutes until toasty and dry-looking, being careful not to let the nuts burn. Remove from the oven and let cool on the paper. Once cooled, use immediately or store in an airtight container in the refrigerator for up to 4 days.

TO MAKE THE PILAF:

Combine the rice and broth in a rice cooker. Cook until tender, about 40 minutes. Check for doneness and drain if ready. Add extra broth if needed.

In a large skillet, add the oil, carrots, and shallot and sauté on medium heat until the carrots are barely tender, about 10 minutes.

Combine the garlic, tamari, orange juice, agave, ginger, and red pepper flakes in a small bowl. Add ¼ cup (60 ml) of this mixture to the carrots, cover, lower the heat, and simmer until completely tender, about 6 minutes. Stir the wild rice and green peas into the carrots, add the remaining tamari mixture, and simmer for another 4 minutes. Stir the nuts into the rice mixture. Serve warm.

Leftovers can be stored in an airtight container in the refrigerator for up to 4 days and gently reheated.