

SOUPS & SALADS

The image shows two white bowls filled with a creamy soup. The soup is topped with shredded yellow cheese, crumbled brown bacon, and chopped green onions. The bowls are set against a light-colored, textured background.

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HUMMUS BISQUE



MAKES 4 SERVINGS

- 1 tbsp (15 ml) toasted sesame oil
- ¼ cup (40 g) (1.4oz) chopped shallot
- 2 tsp grated or pressed garlic
- 1 tsp ground cumin
- 1 tsp sambal oelek or harissa paste, or to taste
- ½ tsp smoked paprika
- 2 cups (328 g) (12oz) cooked chickpeas
- ⅓ cup (80 ml) fresh lemon juice
- 3 cups (705 ml) vegetable broth, more if needed
- ½ cup (128 g) (4.5oz) tahini
- Salt and white pepper
- ¼ cup (4 g) (0.14oz) chopped fresh cilantro or (15 g) (0.53oz) parsley (or a combination of the two), for garnish
- Toasted cumin seeds, for garnish, optional
- Lemon zest, for garnish, optional

NUTRITIONAL VALUES

- Calories: 623kcal
- Fat: 27g (3.9g S.Fat)
- Carbs: 72g
- Protein: 28.8g
- Sugar: 12.2g
- Sodium: 685mg

DIRECTIONS

Heat the oil in a large pot. Add the shallot, garlic, cumin, sambal oelek or harissa paste, paprika, and chickpeas. Cook on medium heat, stirring often, until the shallot is tender, and the preparation is fragrant, about 4 minutes. Add the lemon juice, stirring to combine.

Add the broth and bring to a boil. Lower the heat, cover with a lid, and simmer for 10 minutes. Add the tahini, stirring to combine. Note that the tahini might look curdled when you add it, but it will be okay after simmering and blending. Cover with the lid and simmer for another 5 minutes.

Use a handheld blender and blend the mixture until smooth. Be careful: The liquid will be hot, so watch for spatters! You can also use a regular blender to purée the soup, just be careful while transferring the hot liquid. If you find the bisque a little thick for your taste once blended, add extra broth as needed.

Adjust the seasonings to taste and serve garnished with cilantro, parsley, cumin seeds, and lemon zest.

Leftovers can be slowly reheated by simmering in a small saucepan for about 6 minutes until heated through. Stir occasionally while reheating and be careful not to scorch what is a rather thick soup.

MEAN BEAN MINESTRONE



MAKES 8 to 10 SERVINGS

- 1 tbsp (15 ml) olive oil
- ½ cup (80 g) (2.8oz) chopped red onion
- 4 cloves garlic, grated or pressed
- 1 leek, white and light green parts, trimmed and chopped (about 4 ounces, or 113 g)
- 2 carrots, peeled and minced (about 4 ounces, or 113 g)
- 2 ribs of celery, minced (about 2 ounces, or 57 g)
- 2 yellow squashes, trimmed and chopped (about 8 ounces, or 227 g)
- 1 green bell pepper, trimmed and chopped (about 8 ounces, or 227 g)
- 1 tbsp (16 g) (0.56oz) tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp smoked paprika
- ⅛ to ¼ tsp cayenne pepper, or to taste
- 2 cans (each 15 ounces, or 425 g) diced fire-roasted tomatoes
- 4 cups (940 ml) vegetable broth, more if needed
- 3 cups (532 g) (19oz) cannellini beans, or other white beans
- 2 cups (330 g) (12oz) cooked farro, or other whole grain or pasta
- Salt, to taste

NUTRITIONAL VALUES

- Calories: 305kcal
- Fat: 2.9g (0.5g S.Fat)
- Carbs: 52.5g
- Protein: 18.1g
- Sugar: 4.8g
- Sodium: 418mg

DIRECTIONS

In a large pot, add the oil, onion, garlic, leek, carrots, celery, yellow squash, bell pepper, tomato paste, oregano, basil, paprika, and cayenne pepper. Cook on medium-high heat, stirring often, until the vegetables start to get tender, about 6 minutes.

Add the tomatoes and broth. Bring to a boil, lower the heat, cover with a lid, and simmer 15 minutes.

Add the beans and simmer another 10 minutes. Add the farro and simmer 5 more minutes to heat the farro.

Note that this is a thick minestrone. If there are leftovers (which taste even better, by the way), the soup will thicken more once chilled.

Add extra broth if you prefer a thinner soup and adjust seasoning if needed. Add Nut and Seed Sprinkles on each portion upon serving, if desired.

Store leftovers in an airtight container in the refrigerator for up to 5 days. The minestrone can also be frozen for up to 3 months.

KALE WHITE BEAN SOUP



DIRECTIONS

Place the beans in a large stockpot and cover with water by about 3 inches. Let it sit overnight to let the beans expand. If you want to do the quick method for preparing the beans— instead of soaking overnight—then cover beans with water by 2 inches in the stockpot. Cover with a lid and bring to a boil. Remove from the heat and let stand, uncovered, 1 hour. Drain beans in a colander and set aside.

MAKES 6 SERVINGS

- 1 pound navy beans
- 1 tbsp coconut oil
- ½ cup coarsely chopped onions
- 1 clove garlic, minced
- ¼ cup nutritional yeast
- 1 red bell pepper, diced
- 4 Roma tomatoes, chopped
- 2 cups sliced carrots
- 5 cups vegetable broth
- 1 tsp Italian seasoning
- 2 tsp salt
- ½ tsp ground black pepper
- 1 pound kale, de-stemmed and coarsely chopped

Put the oil in the same stockpot and heat over medium heat. Add the onions and sauté for about 10 to 15 minutes until soft and translucent. Add the garlic and cook, stirring, for 1 minute. Add 4 cups water, the beans, nutritional yeast, bell pepper, tomatoes, carrots, broth, Italian seasoning, salt, and pepper. Cover and bring to a boil. Uncover and turn down to a simmer. Cook until beans are tender, about 1 to 1½ hours.

Stir in kale and 2 cups water and simmer, uncovered, until kale is tender, about 12 to 15 minutes.

NUTRITIONAL VALUES

- Calories: 409kcal
- Fat: 5.4g (2.5g S.Fat)
- Carbs: 66.9g
- Protein: 27.6g
- Sugar: 9g
- Sodium: 1482mg

JALAPENO BACON CHEDDAR SOUP



MAKES 5 SERVINGS

- 1/2 lb. Bacon (About 8 slices)
- 4 medium Jalapeno Peppers, diced
- 4 tbsp. Butter
- 3 cups Chicken Broth
- 1 tsp. Dried Thyme
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1/2 tsp. Celery Seed
- 1/2 tsp. Cumin
- 3/4 cup Heavy Cream
- 8 oz. Cheddar Cheese, shredded
- Salt and Pepper to Taste

NUTRITIONAL VALUES

- Calories: 666kcal
- Fat: 59g
- Carbs: 6.6g
- Protein: 28g
- Sugar: 2g
- Sodium: 176mg

DIRECTIONS

Slice or cut bacon into 1 inch pieces. Place into a pan and cook until all pieces are crisp.

Remove bacon from pan while reserving as much bacon grease as possible in the pan. Place bacon on paper towels to dry and become crisp.

Dice 4 jalapeno peppers. Slice in half, then slice the half into half and dice appropriately. If you aren't much of a heat seeker, you might want to remove the seeds before doing this. Season and sauté the jalapenos in the bacon fat until lightly browned and aromatic.

Remove jalapenos and preserve as much bacon fat as you can in the pan. Set jalapenos on bacon to dry off.

In a food processor, process 8 oz. cheddar cheese using the grating attachment. Set aside. In a new pot, add bacon fat, butter, broth, and spices. Bring to a boil and reduce heat to simmer for at least 15 minutes.

Using an immersion blender, blend all ingredients well. You want the fat and broth to emulsify so that they don't separate. Once you've done this, add cream and cheese and season again with salt and pepper.

Add bacon and jalapeno back into the soup and stir well. Let simmer for 5 minutes before serving.

CARIBBEAN CHILI



MAKES 4 SERVINGS

- 2 tbsp coconut oil
- 1 onion, diced
- 1 green pepper, diced
- 3 Roma tomatoes, chopped
- 2 carrots, diced
- 5 ounces tomato paste
- 2 tbsp chili powder
- 1 tsp salt
- 1 tsp ground cumin
- ½ tsp cinnamon
- ½ tsp allspice
- ½ tsp dried oregano
- ½ tsp cayenne pepper
- ¼ tsp garlic powder
- ¼ tsp garlic, minced
- ¼ tsp ground black pepper
- 1 15-ounce can kidney beans, drained and rinsed
- 1 ear corn, kernels cut from the cob

NUTRITIONAL VALUES

- Calories: 543kcal
- Fat: 9.6g (6.4g S.Fat)
- Carbs: 92.9g
- Protein: 29g
- Sugar: 14g
- Sodium: 701mg

DIRECTIONS

Heat the oil in a large skillet over medium-high heat and add the onion and bell pepper. Sauté until the onion is translucent, about 10 to 15 minutes.

Add the tomatoes, carrots, tomato paste, and ½ cup of water. Add the spices and herbs. Bring to a boil, cover, and turn down to simmer for 30 minutes.

Add the kidney beans and corn. Cook on a low simmer for another 15 minutes.

LENTIL BALLS IN SWEET AND SPICY RED SAUCE



MAKES 6 SERVINGS

LENTIL BALLS:

- $\frac{3}{4}$ cup green lentils
- $1\frac{1}{2}$ cups vegetable broth
- 2 tsp extra virgin olive oil
- $\frac{1}{3}$ cup diced onion
- $\frac{1}{3}$ cup quick-cooking oats
- $\frac{2}{3}$ cup grated carrots
- 2 cloves garlic, finely chopped
- 2 tbsp tomato paste
- 1 tbsp aquafaba
- $\frac{3}{4}$ tsp Italian seasoning
- $\frac{3}{4}$ tsp salt
- Pinch of ground black pepper

SWEET AND SPICY SAUCE:

- $\frac{1}{4}$ cup diced onion
- 1 15-ounce can fire-roasted tomatoes
- $\frac{1}{2}$ cup ketchup
- 3 tbsp Tabasco
- $\frac{1}{2}$ cup crushed pineapple
- 2 tbsp cider vinegar
- 2 tbsp maple syrup
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper

NUTRITIONAL VALUES

- Calories: 524kcal
- Fat: 32.7g (3.5g S.Fat)
- Carbs: 41.4g
- Protein: 17.6g
- Sugar: 15.6g
- Sodium: 326mg

DIRECTIONS

LENTIL BALLS:

Rinse and drain the lentils. Place lentils in a medium-large saucepan. Pour in the vegetable broth and cover. Place pan on high heat and bring to a boil. When boiling, turn down to medium high and cook for 20 minutes or until the lentils are tender. All the water should be absorbed. This process can also be done in a rice cooker.

Preheat the oven to 425°F.

Heat the oil in a small skillet over medium-high heat. Add the onion and sauté until translucent, about 10 to 15 minutes.

Add the cooked lentils, sautéed onions, oats, carrots, garlic, tomato paste, aquafaba, Italian seasoning, salt, and pepper to a large bowl. Mix very well.

Roll pieces of the lentil mixture into eighteen balls and place on a baking sheet. Bake for 10 minutes, then flip, and bake another 10 minutes.

SWEET AND SPICY SAUCE:

Add all the sauce ingredients to a food processor. Blend well until almost smooth. There should still be small pieces of pineapple.

Pour into a large saucepan. Bring to a boil then turn down to medium heat.

Carefully add lentil balls to the pan and fold them into the sauce. Heat through about 5 minutes and then serve with toothpicks.

MIXED BEANS CHILI



MAKES 6 SERVINGS

- 1 pound beans, mixed varieties (you can buy premixed or mix your own)
- 1 tbsp extra virgin olive oil
- ½ cup diced onion
- 4 cloves garlic, finely chopped
- 4 cups vegetable broth, more if needed
- 1 28-ounce can crushed fire-roasted tomatoes
- 1 8-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 2 tbsp vegan Worcestershire sauce
- 2 tbsp chilli powder
- 2 tsp ground cumin
- 1½ tsp dried oregano
- ¼ tsp ground cloves
- ½ tsp cayenne pepper
- 1 tsp salt

NUTRITIONAL VALUES

- Calories: 1173kcal
- Fat: 22.7g (2.2g S.Fat)
- Carbs: 22.5g
- Protein: 5.9g
- Sugar: 7.7g
- Sodium: 873mg

DIRECTIONS

THE NIGHT BEFORE

Rinse the beans and place in a large stockpot. Cover with water by about 3 inches. The beans will swell. Let soak overnight.

THE NEXT MORNING

Drain the beans and place back into the stock pot.

Heat the oil in a large skillet over medium-high heat. Add the onion and sauté until translucent, about 10 to 15 minutes. Add the garlic and sauté another minute. Add this mixture to the beans in the stockpot. Add the vegetable broth, crushed tomatoes, tomato sauce, tomato paste, and Worcestershire sauce. The beans should be covered by a couple of inches of liquid. You can add more broth or water, if needed. Stir well. Add the remaining ingredients and stir well again. Cover and bring to a boil.

Remove the lid, turn down the heat, and simmer very low. So low you can barely see the liquid moving. Don't put the lid back on. It becomes much more flavourful with the lid off. If the liquid cooks down to where the beans are not submerged, then add some more broth or water. (If you add more liquid, you'll have to cover again, raise the heat to a boil, and then turn it down immediately and uncover.) Make sure your heat isn't too high. Cook for 1 hour and check the beans. You will want them tender. If they are not done yet, then cook longer. You shouldn't need to cook longer than 1½ hours.

CREAM OF MUSHROOM SOUP



MAKES 3 ½ CUPS

- ½ large (1½- to 2 lb) head cauliflower, broken into florets
- 2 teaspoons vegan butter (soy-free if necessary)
- 8 ounces cremini mushrooms (or button mushrooms), sliced
- 2 teaspoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
- ½ cup raw cashews (if you don't have a high-speed blender, soak in warm water for at least 30 minutes and drain; discard the water)
- 1 cup unsweetened non-dairy milk (soy-free if necessary)
- 2 tablespoons nutritional yeast
- 1 tablespoon arrowroot powder (or cornstarch)
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon salt

NUTRITIONAL VALUES

- Calories: 305kcal
- Fat: 18g (2.2g S.Fat)
- Carbs: 23.5g
- Protein: 6.9g
- Sugar: 1.5g
- Sodium: 473mg

DIRECTIONS

Place the cauliflower in a steamer basket over a pot of boiling water and cover. Steam the cauliflower until tender, 7 to 10 minutes.

Meanwhile, melt the butter in a large frying pan over medium heat. Add the mushrooms and liquid aminos and cook until tender, about 8 minutes. Remove from the heat.

Combine the steamed cauliflower, cashews, milk, nutritional yeast, arrowroot powder, thyme, garlic powder, and salt in a blender and blend until smooth. Add the mushrooms (and if desired, their cooking liquid) and pulse until they're in small bits incorporated throughout. You can use the soup right away in a recipe.

If you are not using it right away, let it cool completely before transferring to an airtight container. The soup will keep for 5 to 7 days in the fridge or 2 months in the freezer. If you freeze it, let it thaw completely before using.

POTATO LEEK SOUP



MAKES 4 to 6 SERVINGS

- 1 teaspoon olive oil
- 2 leeks, thinly sliced (white and light green parts)
- 1 garlic clove, minced
- 2 pounds Yukon gold potatoes, chopped
- 2 teaspoons dried rosemary
- 2 teaspoons dried thyme
- 1 teaspoon ground sage
- 3 cups low-sodium vegetable broth
- 2 cups water
- 1 tablespoon nutritional yeast, optional
- 1 tablespoon lemon juice
- 1 teaspoon liquid smoke
- Salt and black pepper to taste
- Quick Bacon Crumbles, optional
- Chopped green onions, optional

NUTRITIONAL VALUES

- Calories: 305kcal
- Fat: 4.5g
- Carbs: 18.5g
- Protein: 3.7g
- Sugar: 1.2g
- Sodium: 3mg

DIRECTIONS

In a large pot, heat the olive oil over medium heat. Add the leeks and sauté until soft, about 4 minutes. Add the garlic and sauté for another minute. Add the potatoes, rosemary, thyme, sage, broth, and water. Bring to a boil, then reduce the heat and simmer until the potatoes are tender, about 15 minutes. Turn off the heat.

Add the nutritional yeast, lemon juice, and liquid smoke. Use an immersion blender to blend the soup until smooth (or mostly smooth with a few potato chunks—your call). Alternatively, you can transfer the soup in batches to a blender and carefully blend until smooth.

Add salt and pepper. Serve topped with bacon crumbles and green onions, if desired. Leftovers will keep in an airtight container in the fridge for 5 to 6 days.

WHITE CHILI



MAKES 4 SERVINGS

- 1 tbsp (15 ml) olive oil
- 8 ounces (227 g) (8oz) Seitan or Tempeh (store bought), cut into bite-size pieces
- 1 cup (160 g) (5.6oz) chopped onion
- 4 cloves garlic, minced
- 2 to 3 small white potatoes (180 g) (6.3oz), chopped into small cubes
- 4 ounces (113 g) (4oz) mushrooms (any kind), quartered
- 1 poblano pepper, seeded and chopped
- 1 jalapeño pepper, seeded, and minced
- 3 tomatillos, husks removed, chopped
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp chili powder
- ½ tsp dried cilantro
- ¼ tsp ground black pepper
- 1 can (15 ounces, or 425 g) Great Northern beans, drained and rinsed
- ½ cup (82 g) (2.9oz) frozen corn, (run under hot water, drained)
- 2 cups (470 ml) vegetable broth, more if needed (See Recipe Note.)
- Salt and pepper

NUTRITIONAL VALUES

- Calories: 213kcal
- Fat: 4.8g (0.5g S.Fat)
- Carbs: 44.6g
- Protein: 3.8g
- Sugar: 25g
- Sodium: 191mg

DIRECTIONS

Heat the oil in a large soup pot over medium heat. Add the seitan and onion and cook for 5 minutes, stirring occasionally, until the onion is translucent.

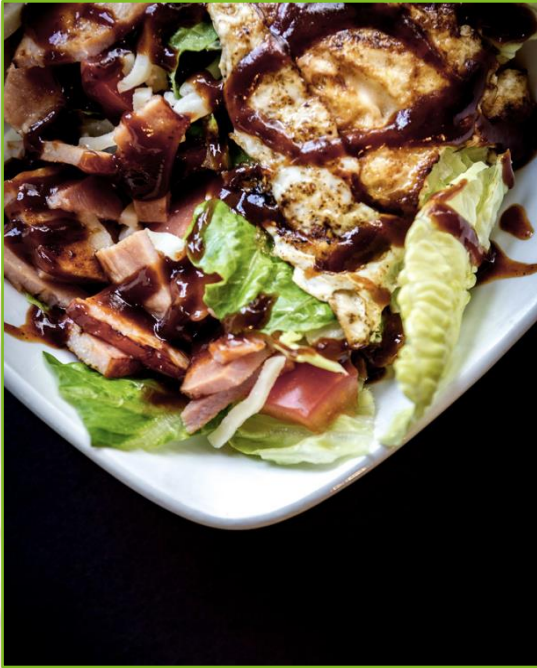
Add the garlic, potatoes, mushrooms, peppers, tomatillos, cumin, oregano, thyme, chili powder, cilantro, and black pepper. Cook for 3 to 4 minutes, stirring, until fragrant. Add the beans, corn, and broth.

Bring to a boil, and then reduce the heat to a simmer. The ingredients should be covered by the broth. If not, add broth as needed. Cook for 30 to 45 minutes, stirring occasionally, until the potatoes are tender. Taste and adjust the seasonings.

RECIPE NOTES

The amount of broth needed will depend on the type of pot used. Have extra broth on hand, just in case.

THAI BBQ PORK SALAD



MAKES 2 SERVINGS

THE SALAD

- 10 oz. Pulled Pork
- 2 cups Romaine Lettuce 1/4 cup Cilantro, chopped
- 1/4 medium Red Bell Pepper, chopped

THE SAUCE

- 2 tbsp. Tomato Paste
- 2 tbsp. + 2 tsp. Soy Sauce (or coconut aminos)
- 1 tbsp. Creamy Peanut Butter 2 tbsp. Cilantro, chopped Juice & Zest of 1/2 Lime
- 1 tsp. Five Spice
- 1 tsp. Red Curry Paste
- 1 tbsp. + 1 tsp. Rice Wine Vinegar 1/4 tsp. Red Pepper Flakes
- 1 tsp. Fish Sauce
- 10 drops Liquid Stevia 1/2 tsp. Mango Extract

NUTRITIONAL VALUES

- Calories: 397kcal
- Fat: 26
- Carbs: 11.5g
- Protein: 30.1g
- Sugar: 3g
- Sodium: 737mg

DIRECTIONS

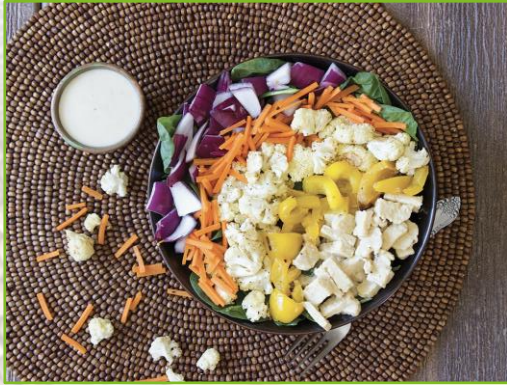
In a bowl, combine all the sauce ingredients together (except for cilantro and lime zest).

Chop cilantro and zest a lime and add to the sauce.

Mix the Thai BBQ sauce together well, and then set aside. Using your fingers, or a knife, pull apart the pork.

That's it! Assemble the salad and glaze over the pork with some sauce. Depending on how you like it, you may have extra sauce to work with so you can save it for another salad!

SPICED CAULIFLOWER TEMPEH SALAD BOWL



MAKES 2 SERVINGS

BOWL:

- 1 small head of cauliflower, cut into florets
- 2 tbsp extra virgin olive oil
- 1 tsp salt
- ½ tsp ground cumin
- ¼ tsp ground black pepper

DRESSING:

- ½ cup vegan mayonnaise
- ¼ cup unsweetened dairy-free milk
- 1 tsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp dill weed
- Pinch of salt
- Pinch of ground black pepper
- 8 ounces tempeh, sliced into ¼-inch-thick slices and then into small bite-size pieces
- 8 ounces baby spinach
- 1 small red onion, cut into bite-size pieces
- 2 carrots, cut into small matchstick pieces
- 1 yellow bell pepper, cut into bite-size pieces

NUTRITIONAL VALUES

- Calories: 576kcal
- Fat: 41.6g (5.1g S.Fat)
- Carbs: 34.1g
- Protein: 26.1g
- Sugar: 8.4g
- Sodium: 1751mg

DIRECTIONS

CAULIFLOWER:

Preheat the oven to 400°F.

Place the cauliflower florets into a large bowl. Sprinkle with the oil, salt, cumin, and ¼ tsp pepper. Toss. Spread out onto a baking sheet and bake for about 25 minutes or until you can easily pierce the cauliflower with a fork. Remove from the oven and set aside.

DRESSING:

While the cauliflower is baking, make the salad dressing. Mix the mayonnaise, milk, lemon juice, garlic and onion powders, dill weed, salt, and pinch of pepper in a small bowl. Place the tempeh in the dressing to marinate while the cauliflower is baking.

ASSEMBLY:

Divide the spinach between two salad bowls. Make a line in the shape of an arc with each vegetable starting with the onion and continuing on with the carrots, cauliflower, and bell pepper. Remove tempeh from the marinade and add it as the final touch to the bowl. Serve with the dressing.

AVOCADO, POMEGRANATE & PINE NUT SALAD



MAKES 2 to 4 SERVINGS

CITRUS-CHILI VINAIGRETTE

- ¼ cup orange juice
- 2 tablespoons Champagne vinegar (or white wine vinegar)
- 1 tablespoon maple syrup
- 2 teaspoons olive oil
- ½ teaspoon chili powder

SALAD

- 3 cups packed mixed baby greens
- 1 avocado, pitted, peeled, and chopped
- 1 cup diced strawberries
- ½ cup pomegranate seeds
- ¼ cup toasted pine nuts

NUTRITIONAL VALUES

- Calories: 470kcal
- Fat: 32g
- Carbs: 44.1g
- Protein: 11.8g
- Sugar: 22.2g
- Sodium: 55mg

DIRECTIONS

In a cup or small bowl, stir together the vinaigrette ingredients.

In a large bowl, toss together the greens, avocado, strawberries, pomegranate seeds, and pine nuts. Add the dressing and toss until evenly coated. Divide between two bowls and serve immediately.

JERK TEMPEH SALAD



MAKES 6 SERVINGS

- 8 ounces (227 g) tempeh, simmered
- ½ cup (80 g) (2.8oz) chopped red onion
- 1 scotch bonnet or habanero pepper, stem and seeds removed
- 3 tbsp (45 ml) olive oil, divided
- 2 tbsp (30 ml) vegetable broth
- 1 tbsp (15 ml) fresh lime juice
- 1 tbsp (20 g) (0.71oz) pure maple syrup
- ½ inch (1.3 cm) piece fresh ginger root, peeled
- 3 cloves garlic
- ¼ tsp fine sea salt
- Pinch of ground black pepper
- Non-stick cooking spray
- ¼ cup plus 2 tbsp (68 g) (2.4oz) chopped fresh mango
- ¼ cup (36 g) (1.3oz) chopped red bell pepper
- 3 tbsp (18 g) (0.63oz) chopped scallion
- 2 tbsp (15 g) (0.53oz) minced celery
- 1 tbsp (9 g) (0.32oz) minced jalapeño, or to taste
- 2 tsp minced fresh thyme
- ⅓ cup (75 g) (2.6oz) vegan mayonnaise, more if needed
- 1 tsp red wine vinegar

NUTRITIONAL VALUES

- Calories: 190kcal
- Fat: 13.8g (10.4g S.Fat)
- Carbs: 16.4g
- Protein: 2.4g
- Sugar: 3.1g
- Sodium: 7mg

DIRECTIONS

Cut the tempeh into ½-inch (1.3 cm) cubes.

Combine the onion, scotch bonnet, 1 tbsp (15 ml) olive oil, and the broth through the black pepper in a small blender. Blend until smooth. Pour the marinade into a shallow container. Add the tempeh cubes and coat them with the marinade. Stir the cubes occasionally. Cover, and marinate in the refrigerator for 12 hours, or up to 2 days.

Preheat the oven to 400°F (200°C, or gas mark 6). Spray a 9 x 13 inch (22 x 33 cm) glass baking dish with cooking spray.

Pour the tempeh and marinade into the baking dish. Bake for 15 minutes, and then remove from the oven. Stir in the remaining 2 tbsp (30 ml) olive oil and return the tempeh to the oven to bake for 30 minutes longer or until slightly crisp. Let the tempeh cool completely before continuing.

Combine the tempeh and remaining ingredients in a medium-size bowl. Stir well, cover, and refrigerate for at least 30 minutes, or up to 2 days before serving. When serving, stir in extra mayonnaise, if needed, and taste and adjust the seasonings.

APPLE BROCCOLI CRUNCH BOWL



MAKES 6 SERVINGS

BOWL:

- 2 medium heads broccoli (about 4 cups when chopped)
- 3 apples of your choice, diced right before you add them to the salad
- ¼ cup diced red onion
- ½ cup raisins
- ½ cup sunflower seed kernels
- ¼ cup raw shelled hempseed

DRESSING:

- ¼ cup cider vinegar
- ½ cup extra virgin olive oil
- 2 cloves garlic, minced
- 1 tbsp maple syrup (you can use up to 2 tbsp)
- ½ tsp salt
- ¼ tsp ground black pepper

NUTRITIONAL VALUES

- Calories: 362kcal
- Fat: 25.2g (3.3g S.Fat)
- Carbs: 33.4g
- Protein: 5.7g
- Sugar: 21.8g
- Sodium: 251mg

DIRECTIONS

BOWL:

Cut the florets from the broccoli stalks and set the stalks aside. Cut the florets into very small pieces. Place in a large bowl.

Cut the hard outer skin off the broccoli stalks to get down to the tender inside. Discard the outer skin. Cut the inside stems into matchsticks. (Or you can use a mandolin or food processor that has an attachment that will cut the stems into long strips—not grated. Scissors work too.) The idea is to have very small sticks of raw broccoli stems that will hold their shape. Add to the large bowl along with the florets. Add the apples, onions, raisins, sunflower seeds, and hempseed.

DRESSING:

Whisk together all of the dressing ingredients in a medium bowl. Add the dressing to the salad and toss. Chill until ready to serve.

ROASTED ROOT VEGETABLE SALAD BOWL



MAKES 6 SERVINGS

ROASTED VEGETABLES:

- 1 sweet potato, peeled and chopped into bite-size pieces
- 1 parsnip, peeled and sliced into ¼-inch rounds
- 2 carrots, peeled and sliced into ½-inch rounds
- 2 tbsp extra virgin olive oil
- ½ tsp salt

TAHINI DRESSING:

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

TO ASSEMBLE:

- ¼ cup diced red onion
- ½ cup chopped red cabbage
- 9 ounces baby spinach
- ¼ cup raw shelled hempseed
- 1 tbsp chia seeds, black or white

NUTRITIONAL VALUES

- Calories: 1010kcal
- Fat: 10.3g (10.2g S.Fat)
- Carbs: 2.9g
- Protein: 50g
- Sugar: 2.6g
- Sodium: 120mg

DIRECTIONS

ROASTED VEGETABLES:

Preheat the oven to 375°F.

Place the sweet potatoes, parsnips, and carrots on a baking sheet, keeping them separated. Drizzle the oil over the top and lightly toss, still keeping the vegetables separated. Sprinkle with salt. Bake for 30 to 35 minutes or until they can be pierced with a fork. Set aside.

TAHINI DRESSING:

Add all the dressing ingredients to a blender and blend until smooth.

ASSEMBLY:

Prepare the salad bowls by placing half the spinach in the bottom of each bowl. Arrange all the remaining vegetables and hempseed in a circle around the edge of the bowl. Pour half of the dressing in the center of the vegetable round. Sprinkle with the chia seeds.

CHINESE CHICKPEA SALAD



MAKES 4 to 6 SERVINGS

- 1 tablespoon sesame oil
- 3 cups cooked chickpeas (or two 15-ounce cans, rinsed and drained)
- 3 tablespoons gluten-free tamari (use coconut aminos to be soy-free)
- 4 cups shredded napa cabbage (about 1 small head)
- 1 cup shredded red cabbage
- 1 cup grated carrots (3 or 4 large carrots)
- 1 cup toasted sliced almonds
- ½ cup sliced green onions (green and white parts)
- One 10-ounce can mandarin oranges (preferably packed in juice, not syrup), rinsed and drained
- One 8-ounce can sliced water chestnuts, rinsed, drained, and cut in half
- Crispy rice crackers, crumbled

MISO GINGER DRESSING

- ½ cup rice vinegar
- 2 tablespoons sesame oil
- 2 tablespoons maple syrup
- 1 tablespoon white soy miso (or chickpea miso)
- 2 teaspoons freshly grated ginger

NUTRITIONAL VALUES

- Calories: 654kcal
- Fat: 14.7g (2.2g S.Fat)
- Carbs: 32.5g
- Protein: 12.9g
- Sugar: 11.7g
- Sodium: 273mg

DIRECTIONS

Heat the sesame oil in a large shallow saucepan over medium heat. Add the chickpeas and cook for a couple of minutes. Add the tamari and cook, stirring occasionally, until the liquid has been absorbed. Set aside to cool for about 5 minutes.

To make the dressing: Stir together all the ingredients in a cup or small bowl.

Combine the napa cabbage, red cabbage, carrots, almonds, green onions, mandarin oranges, and water chestnuts in a large bowl. Add the chickpeas and dressing and toss until fully combined. Serve immediately, topped with crumbled rice crackers.

BUDDHA BOWL



MAKES 4 SERVINGS

- 2 medium sweet potatoes or yams, peeled and chopped into 1-inch cubes
- Olive oil spray
- 2 pinches of smoked paprika
- Salt and black pepper to taste
- 3 cups water
- 1½ cups roasted buckwheat groats (kasha)
- 2 to 3 cups chopped spinach
- 1½ cups cooked, warm kidney beans (or one 15-ounce can, rinsed and drained; or use another bean of your choice)
- 1 cucumber, sliced
- 1 avocado, pitted, peeled, and sliced
- Pickled Red Cabbage & Onion Relish
- Lemon Tahini Sauce or Avocado Ranch Dressing
- ⅓ cup toasted pepitas (pumpkin seeds)

NUTRITIONAL VALUES

- Calories: 466kcal
- Fat: 20g (2.2g S.Fat)
- Carbs: 66g
- Protein: 17.8g
- Sugar: 9.1g
- Sodium: 642mg

DIRECTIONS

Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat. Spread out the sweet potato cubes on the pan and spray with olive oil. Add the paprika, salt, and pepper and toss to coat. Bake for 30 minutes, or until tender and browned, tossing once halfway through to ensure even cooking. Set aside to cool.

While the sweet potatoes are cooking, cook the buckwheat groats: Bring the water to a boil in a medium pot. Add the buckwheat groats and return to a boil. Reduce the heat, cover, and simmer until most of the water has been absorbed, 11 to 12 minutes. Remove from the heat and add salt.

To serve, fill each bowl with spinach, buckwheat groats, beans, sweet potato, cucumber, avocado, and cabbage relish. Drizzle with dressing and top with toasted pepitas.

GREEN QUINOA SALAD



MAKES 6 SERVINGS

- 1 pound brussels sprouts
- ½ cup diced yellow onion
- 1 garlic clove, minced
- 1 tablespoon water, plus more if necessary
- 1½ cups diced zucchini
- 1½ cups shelled edamame
- ¼ cup lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon maple syrup
- 3 cups cooked quinoa
- 3 cups chopped chard leaves
- ½ cup chopped fresh basil
- ½ cup chopped pistachios
- Salt and black pepper to taste

NUTRITIONAL VALUES

- Calories: 236kcal
- Fat: 9.9
- Carbs: 30g
- Protein: 9.3g
- Sugar: 2.8g
- Sodium: 125mg

DIRECTIONS

Slice a brussels sprout in half lengthwise through the stem. Turn each half cut side down and thinly slice into shreds. Repeat with all of the brussels sprouts. Set aside.

Heat a large shallow saucepan over medium heat. Add the onion, garlic, and water and cook until the onion is just becoming translucent. Add more water as needed to prevent sticking.

Add the brussels sprouts, zucchini, and edamame. Cook for about 3 minutes, until the brussels sprouts are just beginning to wilt. Remove from the heat and stir in the lemon juice, lemon zest, and maple syrup.

Stir in the quinoa, chard, basil, and pistachios. Taste and add salt and pepper if needed. Serve immediately or chill until ready to serve. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

CHILE-ROASTED TOFU LETTUCE CUPS



MAKES 4 SERVINGS

CHILE-ROASTED TOFU

- One 14-ounce block extra firm tofu, pressed for at least 1 hour
- ¼ cup orange juice
- 1 tablespoon coconut oil, melted
- 1 tablespoon ancho chile powder
- 2 teaspoons maple syrup
- ½ teaspoon garlic powder
- 2 pinches of cayenne pepper
- ½ teaspoon salt

LETTUCE CUPS

- 1 large or 2 small heads butter lettuce, separated into individual leaves (see Tip)
- Lemon Tahini Sauce
- 1 large carrot, peeled and grated
- ½ red bell pepper, sliced into long, thin slivers
- 15 to 20 chives, trimmed
- White or black sesame seeds

NUTRITIONAL VALUES

- Calories: 188kcal
- Fat: 2g
- Carbs: 12.2g
- Protein: 5g
- Sugar: 5.5g
- Sodium: 123mg

DIRECTIONS

To make the tofu: Slice the tofu horizontally so that you have two flat sheets. Dice both sheets into ½-inch cubes.

In a shallow baking dish, combine the orange juice, coconut oil, ancho chile powder, maple syrup, garlic powder, cayenne pepper, and salt. Add the tofu cubes and toss to coat. Marinate for about 20 minutes, tossing to recoat every 5 minutes.

Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. Spread out the tofu on the baking sheet. Bake for 25 minutes, or until the edges are crispy and browned, flipping once halfway through to ensure even cooking. Remove from the oven.

To serve, fill a lettuce leaf with a large spoonful of the tofu. Drizzle with tahini sauce. Top with a pinch of carrot, a couple of slivers of red bell pepper, and 1 to 2 chives. Sprinkle with sesame seeds. Leftover tofu will keep in an airtight container in the fridge for 3 to 4 days.

SOUTHWEST VEGGIE-PACKED SALAD BOWL



MAKES 2 SERVINGS

VEGETABLES:

- 1 small sweet potato, peeled and chopped in bite-size pieces
- 2 tbsp extra virgin olive oil, divided
- ½ cup green lentils
- ½ cup diced red onion
- ½ cup diced bell pepper, orange and yellow
- ½ cup canned kidney beans, drained and rinsed
- 1 ear corn on the cob, kernels cut off of cob
- 1 tsp salt

DRESSING:

- ¼ cup extra virgin olive oil
- ¼ cup lime juice
- 2 tbsp maple syrup
- ¼ to ½ tsp hot sauce
- ½ tsp salt

TO ASSEMBLE:

- 2 cups mixed lettuce
- ½ cup grape tomatoes, sliced in half

NUTRITIONAL VALUES

- Calories: 1060kcal
- Fat: 4.6g (1.9g S.Fat)
- Carbs: 34.7g
- Protein: 23g
- Sugar: 30g
- Sodium: 228mg

DIRECTIONS

VEGETABLES:

Preheat the oven to 400°F.

Place the sweet potato on a baking sheet and sprinkle with 1 tbsp oil and toss. Roast for about 25 minutes or until you can pierce the sweet potato easily with a fork.

While the sweet potato is roasting, rinse the lentils. Add 1 cup water and the lentils to a medium saucepan. Cover, bring to a boil, crack lid, and turn down the heat to medium. Cook about 20 minutes or until the lentils are tender.

Meanwhile, heat 1 tbsp oil in a skillet over medium-high heat. Add the onion and bell pepper and sauté for about 10 to 15 minutes or until the onion is translucent. Add the kidney beans and corn and heat through. Stir in the lentils, sweet potato, salt, and set aside.

DRESSING:

Mix all the ingredients for the dressing and set aside.

ASSEMBLY:

Divide the lettuce between two salad bowls, pulling the lettuce up higher on half of the bowl. Divide the lentil mixture between each bowl, filling up half the bowl. Lay a row of sliced grape tomatoes between the lettuce and vegetable mixture. Serve with the dressing.