



# Vegan Recipe Book

Following a vegan meal plan can help you incorporate nutrient-rich, whole foods into your diet and may serve to improve heart health and maintain blood sugar levels



CREATED BY LEAGUE MARKETPLACE

# Grocery List



84 ingredients

## FRUITS

- 4 1/2 Avocado
- 1/3 cup Lemon Juice
- 3 Lime
- 3 tbsps Lime Juice
- 1 Mango
- 2 Peach
- 1 cup Strawberries

## BREAKFAST

- 1 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/4 cup Chia Seeds
- 2 1/2 tpsps Chili Powder
- 1 1/4 tpsps Cinnamon
- 1 1/8 tpsps Cumin
- 1 tbsps Curry Powder
- 2 tpsps Garam Masala
- 2 tpsps Garlic Powder
- 2 tpsps Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tpsps Onion Powder
- 1 tsp Oregano
- 1 1/4 tpsps Paprika
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tpsps Sunflower Seeds
- 1/4 tsp Turmeric

## VEGETABLES

- 6 cups Arugula
- 3 cups Asparagus
- 13 cups Baby Spinach
- 6 cups Broccoli
- 1 Carrot
- 4 cups Cauliflower Rice
- 6 stalks Celery
- 1/3 cup Cilantro
- 7 Garlic
- 2 1/3 tpsps Ginger
- 2 cups Green Cabbage
- 2 stalks Green Onion
- 6 cups Mushrooms
- 3/4 cup Oyster Mushrooms
- 3 Red Bell Pepper
- 1/2 head Romain Hearts
- 8 cups Swiss Chard
- 1 1/2 Yellow Onion

## OTHER

- 1/2 cup Couscous
- 10 1/16 cups Water

## BAKING

- 2 tpsps Almond Flour
- 2 1/2 tpsps Arrowroot Powder
- 2 tpsps Coconut Sugar
- 1/4 cup Nutritional Yeast
- 1 cup Oats
- 2 tpsps Vanilla Extract

## FROZEN

- 1/2 cup Frozen Berries
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Peas

## BREAD, FISH, MEAT AND CHEESE

- 2 slices Grain Free Flax Bread
- 9 ozs Tempeh
- 2 1/4 lbs Tofu
- 12 Whole Wheat Tortillas

## CONDIMENTS & OILS

- 1 tbsps Apple Cider Vinegar
- 1/2 cup Avocado Oil
- 2 tpsps Chinese Cooking Wine
- 3 tpsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Sesame Oil
- 3 tpsps Tahini
- 1/2 cup Tamari
- 1 tbsps Thai Red Curry Paste

## BOXED & CANNED

- 1 cup Arborio Rice
- 1/2 cup Brown Rice
- 1/2 cup Brown Rice Macaroni
- 4 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 10 ozs Gluten Free Ramen Noodles
- 2 cups Lentils
- 3/4 cup Lite Coconut Milk
- 1/2 cup Organic Coconut Milk
- 1 1/2 cups Organic Salsa
- 9 3/4 cups Organic Vegetable Broth
- 1 cup Quinoa
- 14 1/8 ozs Udon Noodles

## COLD

- 3 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt



## Peaches & Cream Overnight Oats



8 ingredients



8 hours



4 servings

### DIRECTIONS

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

### NOTES

#### Storage

Store in jars in the fridge up to 4 days.

#### No Coconut Yogurt

Use plain Greek yogurt instead.

### INGREDIENTS

- 1 cup Oats (quick or traditional)
- 1 tsp Cinnamon
- 1/4 cup Chia Seeds
- 2 cups Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 2 tsps Vanilla Extract
- 2 tbsps Maple Syrup
- 2 Peach (medium, diced)

### NUTRITION

Amount per serving

<b>Calories</b>	269	<b>Cholesterol</b>	0mg
<b>Fat</b>	10g	<b>Sodium</b>	108mg
<b>Carbs</b>	40g	<b>Vitamin A</b>	496IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	13g	<b>Calcium</b>	574mg
<b>Protein</b>	6g	<b>Iron</b>	2mg



# Flax Bread Avocado Toast



4 ingredients



5 minutes



2 servings

## DIRECTIONS

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

## NOTES

### More Protein

Top with a poached egg.

## INGREDIENTS

- 2 slices Grain-Free Flax Bread
- 1/2 Avocado
- 1/8 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt

## NUTRITION

Amount per serving

<b>Calories</b>	290	<b>Cholesterol</b>	93mg
<b>Fat</b>	23g	<b>Sodium</b>	510mg
<b>Carbs</b>	11g	<b>Vitamin A</b>	225IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	0g	<b>Calcium</b>	134mg
<b>Protein</b>	9g	<b>Iron</b>	5mg



# Lucky Green Smoothie



6 ingredients



10 minutes



2 servings

## DIRECTIONS

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NOTES

### No Mango

Add frozen pineapple or banana instead.

### More Protein

Add a scoop of your favourite clean protein powder.

## INGREDIENTS

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

## NUTRITION

Amount per serving

<b>Calories</b>	238	<b>Cholesterol</b>	0mg
<b>Fat</b>	13g	<b>Sodium</b>	37mg
<b>Carbs</b>	27g	<b>Vitamin A</b>	4176IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	67mg
<b>Sugar</b>	18g	<b>Calcium</b>	116mg
<b>Protein</b>	10g	<b>Iron</b>	3mg



# Peanut Butter Breakfast Quinoa



8 ingredients



40 minutes



2 servings

## DIRECTIONS

1. Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
2. Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
3. Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

## NOTES

### No Coconut Milk

Any unsweetened nondairy or dairy milk will work.

### No Peanut Butter

Use another natural nut butter like almond.

### Leftovers

Store in the fridge up to 4 days. Reheat with an extra splash of milk or water.

### More Toppings

Crushed peanuts, sliced banana or a drizzle of maple syrup.

## INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 cup Organic Coconut Milk (from can)
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup All Natural Peanut Butter
- 1 cup Strawberries (sliced)

## NUTRITION

Amount per serving

<b>Calories</b>	507	<b>Cholesterol</b>	0mg
<b>Fat</b>	30g	<b>Sodium</b>	176mg
<b>Carbs</b>	49g	<b>Vitamin A</b>	16IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	45mg
<b>Sugar</b>	14g	<b>Calcium</b>	81mg
<b>Protein</b>	14g	<b>Iron</b>	3mg



# Tempeh Buddha Bowl



13 ingredients



30 minutes



3 servings

## DIRECTIONS

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
2. Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
3. In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
4. Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

## NOTES

### Leftovers

Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

### More Flavour

Add chili flakes to the cauliflower rice.

### Additional Toppings

Add cooked sweet potato or other veggies if desired.

### No Avocado Oil

Use extra virgin olive oil or coconut oil.

## INGREDIENTS

- 9 ozs Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

## NUTRITION

Amount per serving

Calories	510	Cholesterol	0mg
Fat	36g	Sodium	838mg
Carbs	30g	Vitamin A	1151IU
Fiber	10g	Vitamin C	17mg
Sugar	9g	Calcium	273mg
Protein	28g	Iron	5mg



# Cream of Celery and Asparagus Soup



10 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## NOTES

### No Hemp Seeds

Use cashews.

### Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### No Spinach

Use kale, swiss chard or any leafy green.

### Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

## INGREDIENTS

- 2 **tblsps** Coconut Oil
- 1 Yellow Onion (chopped)
- 6 **stalks** Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 **cups** Water
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Hemp Seeds
- 4 **cups** Baby Spinach

## NUTRITION

Amount per serving

<b>Calories</b>	222	<b>Cholesterol</b>	0mg
<b>Fat</b>	17g	<b>Sodium</b>	672mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	3846IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	20mg
<b>Sugar</b>	5g	<b>Calcium</b>	131mg
<b>Protein</b>	10g	<b>Iron</b>	5mg





# Tofu Cabbage Wraps with Peanut Sauce



13 ingredients



50 minutes



3 servings

## DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
2. While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
3. Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

## NOTES

### Leftovers

Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cabbage leaf wraps.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### Additional Toppings

Add crushed peanuts and/or sesame seeds on top.

## INGREDIENTS

- 15 3/4 ozs Tofu (extra firm, drained)
- 1 tbsp Avocado Oil
- 2 tsps Arrowroot Powder
- 3 tsps Tamari (divided)
- 1/4 cup All Natural Peanut Butter
- 2 tsps Lime Juice
- 1 tbsp Coconut Sugar
- 2 tsps Sesame Oil
- 2 tsps Water
- 1 Mango (diced)
- 1 Red Bell Pepper (chopped)
- 2 cups Green Cabbage (pulled apart into leaves)
- 1/3 cup Cilantro (optional, chopped)

## NUTRITION

Amount per serving

Calories	443	Cholesterol	0mg
Fat	27g	Sodium	1029mg
Carbs	36g	Vitamin A	2637IU
Fiber	7g	Vitamin C	117mg
Sugar	26g	Calcium	477mg
Protein	24g	Iron	5mg



# Vegan Peanut Ramen Soup



13 ingredients



25 minutes



3 servings

## DIRECTIONS

1. Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
2. Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
3. While the soup simmers, cook the noodles according to the directions on the package and set aside.
4. During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

## NOTES

### No Peanut Butter

Use almond butter instead.

### Nut-Free

Use tahini instead of peanut butter.

### Leftovers

Store in an airtight container in the fridge for up to 3 - 5 days.

### More Protein

Add tofu or a boiled egg.

### No Coconut Sugar

Sweeten with honey instead.

### No Red Curry Paste

Use green curry paste instead.

### No Ramen Noodles

Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

## INGREDIENTS

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Organic Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 10 ozs Gluten-Free Ramen Noodles (dry)
- 2 cups Baby Spinach

## NUTRITION

Amount per serving

<b>Calories</b>	719	<b>Cholesterol</b>	0mg
<b>Fat</b>	32g	<b>Sodium</b>	1375mg
<b>Carbs</b>	95g	<b>Vitamin A</b>	3584IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	13mg
<b>Sugar</b>	11g	<b>Calcium</b>	57mg
<b>Protein</b>	22g	<b>Iron</b>	3mg



# Chickpea Tikka Masala with Couscous



11 ingredients



45 minutes



4 servings

## DIRECTIONS

1. In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
2. Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
3. Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
4. If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

## NOTES

### Gluten-Free

Omit the couscous and serve with quinoa or brown rice instead.

### Storage

Refrigerate in an airtight container up to 5 days.

### Make it Creamy

Add coconut milk.

## INGREDIENTS

- 2 **tblsps** Ginger (grated)
- 1 **tblsp** Curry Powder
- 1 **tsp** Cumin
- 2 **tsps** Garam Masala
- 4 **cups** Chickpeas
- 4 **cups** Broccoli (chopped into florets)
- 2 Red Bell Pepper (stem and seeds removed, chopped)
- 1 **1/2 cups** Crushed Tomatoes
- 1 **1/2 cups** Organic Vegetable Broth
- 1 **tsp** Sea Salt
- 1/2 **cup** Couscous (dry, uncooked)

## NUTRITION

Amount per serving

<b>Calories</b>	445	<b>Cholesterol</b>	0mg
<b>Fat</b>	6g	<b>Sodium</b>	1054mg
<b>Carbs</b>	82g	<b>Vitamin A</b>	2873IU
<b>Fiber</b>	21g	<b>Vitamin C</b>	168mg
<b>Sugar</b>	16g	<b>Calcium</b>	179mg
<b>Protein</b>	23g	<b>Iron</b>	8mg



## Udon Veggie Stir-Fry



7 ingredients



20 minutes



2 servings

### DIRECTIONS

1. Bring a large saucepan of water to a boil. Add udon noodles, blanch for two minutes then transfer to a bowl of cold water.
2. Return the saucepan to the stovetop and heat sesame oil over medium heat. Add the broccoli, mushrooms and carrot. Cook until slightly tender.
3. Add tamari, cooking wine and the noodles. Cook for another 2 to 3 minutes or until heated through.
4. Divide into bowls and enjoy!

### NOTES

#### Additional Toppings

Garnish with green onions, sesame seeds or toasted cashews.

#### No Chinese Cooking Wine

Use dry sherry or mirin instead.

#### No Udon Noodles

Use brown rice spaghetti or any other noodles instead.

#### More Protein

Add cooked chicken breast, beef strips, shrimp, scrambled egg or tofu.

#### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

#### Weighing Your Noodles

Not that this recipe was developed and tested using cooked udon noodles, not dry udon noodles. When weighing your noodles, ensure you weigh them cooked.

### INGREDIENTS

- 14 1/8 ozs Udon Noodles (cooked)
- 2 tsps Sesame Oil
- 2 cups Broccoli (chopped in florets)
- 2 cups Mushrooms (sliced)
- 1 Carrot (medium, peeled and sliced)
- 3 tbsps Tamari
- 2 tbsps Chinese Cooking Wine

### NUTRITION

Amount per serving

Calories	517	Cholesterol	0mg
Fat	9g	Sodium	1967mg
Carbs	89g	Vitamin A	5663IU
Fiber	8g	Vitamin C	85mg
Sugar	6g	Calcium	61mg
Protein	22g	Iron	7mg



# Creamy Edamame & Mushroom Pasta



12 ingredients



25 minutes



2 servings

## DIRECTIONS

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

## NOTES

### Storage

Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

### More Protein

Serve with diced chicken breast, shrimp or add extra edamame.

### Likes it Spicy

Add red pepper flakes.

## INGREDIENTS

- 1/2 cup Brown Rice Macaroni
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1 cup Unsweetened Almond Milk
- 2 tsps Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Arrowroot Powder
- 2 tsps Almond Flour
- 1 tsp Sea Salt
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Edamame
- 2 cups Baby Spinach (chopped)

## NUTRITION

Amount per serving

<b>Calories</b>	327	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	1321mg
<b>Carbs</b>	39g	<b>Vitamin A</b>	4018IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	16mg
<b>Sugar</b>	4g	<b>Calcium</b>	316mg
<b>Protein</b>	13g	<b>Iron</b>	4mg



# Swiss Chard, Lentil & Rice Bowl



11 ingredients



1 hour



4 servings

## DIRECTIONS

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## NOTES

### Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

### No Swiss Chard

Use kale, spinach or collard greens instead.

### More Protein

Top with a poached egg.

## INGREDIENTS

- 1/2 cup** Brown Rice (uncooked)
- 3/4 cup** Water
- 1 tbsp** Coconut Oil
- 8 cups** Swiss Chard (washed, stems removed and chopped)
- 1 tsp** Cumin
- 1 tsp** Paprika
- 2 tbsps** Extra Virgin Olive Oil
- 1** Garlic (clove, minced)
- 1 tbsp** Apple Cider Vinegar
- 2 cups** Lentils (cooked, drained and rinsed)
- Sea Salt & Black Pepper (to taste)

## NUTRITION

Amount per serving

<b>Calories</b>	310	<b>Cholesterol</b>	0mg
<b>Fat</b>	12g	<b>Sodium</b>	160mg
<b>Carbs</b>	41g	<b>Vitamin A</b>	4702IU
<b>Fiber</b>	10g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	3g	<b>Calcium</b>	69mg
<b>Protein</b>	12g	<b>Iron</b>	5mg



# Quinoa Tofu Tacos



15 ingredients



25 minutes



12 servings

## DIRECTIONS

1. Cook the quinoa according to the directions on the package.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, for 8 to 10 minutes or until golden brown. Transfer the tofu to a dish and set aside.
3. Once your quinoa is cooked, add oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add a third of the salsa, the lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even layer in the pan and let it caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. Warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
6. To assemble the tacos, layer the mashed avocado, remaining salsa and quinoa tofu taco meat on top of a warm tortilla followed by the romaine lettuce and green onion. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 5 days. Wait to mash the avocado and assemble tacos until just before serving.

### Serving Size

One serving is approximately one taco.

### Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, yogurt, diced tomatoes and/or lime wedges.

## INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 8 ozs Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 1/2 cups Organic Salsa (divided)
- 1 tbsps Lime Juice
- 1 tsp Nutritional Yeast
- 12 Whole Wheat Tortillas (small)
- 3 Avocado (mashed)
- 1/2 head Romaine Hearts (chopped)
- 2 stalks Green Onion (chopped)

## NUTRITION

Amount per serving

<b>Calories</b>	307	<b>Cholesterol</b>	0mg
<b>Fat</b>	16g	<b>Sodium</b>	741mg
<b>Carbs</b>	36g	<b>Vitamin A</b>	576IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	6mg
<b>Sugar</b>	4g	<b>Calcium</b>	98mg
<b>Protein</b>	8g	<b>Iron</b>	2mg



# Spinach Lentil Curry



10 ingredients



35 minutes



4 servings

## DIRECTIONS

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Sauté the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
3. Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
4. Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
5. Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
6. Divide between plates and enjoy.

## NOTES

### Serving Size

One serving is equal to approximately 1.25 cups of risotto.

### Consistency

If risotto has become too thick after stirring in the spinach and peas, thin with two teaspoons of warm water at a time until desired consistency is reached.

## INGREDIENTS

- 4 cups Organic Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

## NUTRITION

Amount per serving

<b>Calories</b>	312	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	1005mg
<b>Carbs</b>	54g	<b>Vitamin A</b>	3476IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	18mg
<b>Sugar</b>	5g	<b>Calcium</b>	47mg
<b>Protein</b>	8g	<b>Iron</b>	2mg





# Mushroom & Tofu Scramble



6 ingredients



10 minutes



3 servings

## DIRECTIONS

1. Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
2. Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
3. Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 5 days.

### Serving Size

Each serving equals approximately 1.5 cups.

### More Flavour

Add your choice of spices and/or herbs.

### Additional Toppings

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

### No Vegetable Broth

Use water instead.

## INGREDIENTS

- 3/4 cup** Oyster Mushrooms (sliced)
- 1/4 cup** Organic Vegetable Broth (divided)
- 12 ozs** Tofu (extra firm, drained, crumbled)
- 1 tbsp** Nutritional Yeast
- 1/4 tsp** Turmeric
- 1/4 tsp** Sea Salt

## NUTRITION

Amount per serving

<b>Calories</b>	109	<b>Cholesterol</b>	0mg
<b>Fat</b>	6g	<b>Sodium</b>	263mg
<b>Carbs</b>	4g	<b>Vitamin A</b>	54IU
<b>Fiber</b>	2g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	1g	<b>Calcium</b>	321mg
<b>Protein</b>	13g	<b>Iron</b>	3mg