



# Vegetarian Cookbook

Get inspired to go meatless with these plant-based wholesome meals.



CREATED BY LEAGUE MARKETPLACE

# Grocery List



87 ingredients

## FRUITS

- 1 Apple
- 2 1/4 Avocado
- 2 1/2 Banana
- 3 Fig
- 1/3 cup Lemon Juice
- 4 Lime
- 1 1/2 tbsps Lime Juice
- 1 cup Strawberries

## BREAKFAST

- 1 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1 1/3 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 1 3/4 tbsps Cumin
- 3 tbsps Curry Powder
- 1 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/2 tsp Italian Seasoning
- 1/4 cup Raw Peanuts
- 1 tsp Red Pepper Flakes
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1/2 cup Walnuts

## FROZEN

- 3/4 cup Frozen Corn
- 1 cup Frozen Peas

## BAKING

- 1 tbsp Coconut Sugar
- 1/2 cup Dried Unsweetened Cranberries
- 3 tbsps Nutritional Yeast
- 1/2 cup Oats
- 1 tsp Vanilla Extract

## VEGETABLES

- 10 1/2 cups Baby Spinach
- 2 cups Broccoli
- 2 cups Butternut Squash
- 2 Carrot
- 1 stalk Celery
- 1/2 cup Cilantro
- 1 Cucumber
- 2 Eggplant
- 5 Garlic
- 2 tpsps Ginger
- 11 stalks Green Onion
- 1 Jalapeno Pepper
- 8 cups Kale Leaves
- 1/4 cup Mint Leaves
- 5 cups Mushrooms
- 3/4 cup Parsley
- 1/4 cup Radishes
- 3 Red Bell Pepper
- 3/4 cup Red Onion
- 1 head Romaine Hearts
- 6 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 1/4 Zucchini

## BREAD, FISH, MEAT & CHEESE

- 4 ozs Cheddar Cheese
- 1/2 cup Hummus

## OTHER

- 7 1/8 cups Water

## CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 3 1/8 tbsps Avocado Oil
- 2 tbsps Chinese Cooking Wine
- 2 tbsps Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 1/3 cup Sauerkraut
- 1 1/3 tbsps Sesame Oil
- 1/4 cup Tahini
- 1/2 cup Tamari
- 1 tbsp Thai Red Curry Paste

## COLD

- 2 Egg
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

## BOXED & CANNED

- 1 cup Arborio Rice
- 3 3/4 cups Black Beans
- 1 cup Brown Rice
- 3 1/2 ozs Buckwheat Soba Noodles
- 5 1/4 cups Chickpeas
- 2 cups Corn Tortilla Chips
- 1 cup Farro
- 10 ozs Gluten Free Ramen Noodles
- 2 cups Lentils
- 3/4 cup Lite Coconut Milk
- 1 1/4 cup Organic Coconut Milk
- 3/4 cup Organic Salsa
- 10 cups Organic Vegetable Broth
- 3 cups Quinoa
- 4 1/8 ozs Udon Noodles



# Tahini Green Smoothie



8 ingredients



10 minutes



1 serving

## DIRECTIONS

1. Combine all ingredients into your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### More Protein

Add a scoop of protein powder or collagen.

### Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### No Frozen Zucchini

Use fresh zucchini.

### No Fresh Ginger

Use a pinch of dried ginger instead.

### No Chia Seeds

Omit or use flax seeds instead.

### Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

## INGREDIENTS

- 1 cup Water
- 1 1/2 cups Baby Spinach
- 1/4 Avocado
- 1/4 Zucchini (diced, frozen)
- 1/2 Banana (frozen)
- 1 tbsp Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds



## 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 the 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)



# Coconut Chia Pudding



4 ingredients



1 hour



2 servings

## DIRECTIONS

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container up to 5 days.

### Leftovers

One serving is equal to approx. 1.5 cups of chia pudding.

### More Flavour

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom

### Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

## INGREDIENTS

- 3/4 cup** Organic Coconut Milk (from the can or carton)
- 3/4 cup** Water
- 1/4 cup** Chia Seeds
- 1 tsp** Vanilla Extract



# Sweet Potato Toast with Avocado & Sauerkraut



4 ingredients



15 minutes



2 servings

## DIRECTIONS

1. Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
2. Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

## INGREDIENTS

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

## NOTES

### Add Greens

Add a layer of baby spinach before you spread on the avocado.

### Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### No Sweet Potato

Use bread, crackers, crispbread, pita or tortillas instead.

### Storage

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



## Figs & Yogurt with Flax



4 ingredients



5 minutes



1 serving

### DIRECTIONS

1. In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

### NOTES

#### No Greek Yogurt

Use any yogurt alternative or coconut cream.

#### No Maple Syrup

Use honey instead.

#### Leftovers

Refrigerate in an airtight container up to 5 days.

### INGREDIENTS

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Ground Flax Seed
- 3 Fig (sliced)
- 1 tbsp Maple Syrup



# Peanut Butter Banana Oat Smoothie



4 ingredients



5 minutes



2 servings

## DIRECTIONS

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## INGREDIENTS

- 1/2 cup Oats (quick or traditional)
- 1/4 cup All Natural Peanut Butter
- 2 Banana
- 1 cup Unsweetened Almond Milk

## NOTES

### No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

### No Peanut Butter

Use any nut or seed butter.

### Storage

Store in a mason jar with lid in the fridge up to 48 hours.

### More Protein

Add hemp seeds or a scoop of protein powder.

### More Fibre

Add ground flax seed.





# Curried Chickpea Salad



11 ingredients



15 minutes



4 servings

## DIRECTIONS

1. In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
2. Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
3. Serve chilled and enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 4 days.

### Serve it With

Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

### More Flavor

For best flavor, use a tart apple like a Granny Smith or Macintosh.

## INGREDIENTS

- 1/4 cup** Extra Virgin Olive Oil
- 1 1/2 tbsps** Lime Juice
- 2 tbsps** Curry Powder
- 1 1/2 tsps** Maple Syrup
- 2 cups** Chickpeas (cooked)
- 1 stalk** Celery (finely chopped)
- 1** Apple (small, finely chopped)
- 1/4 cup** Red Onion (chopped)
- 1/4 cup** Dried Unsweetened Cranberries
- 1/4 cup** Cilantro (chopped)
- Sea Salt & Black Pepper



## Warm Farro & Sweet Potato Salad



9 ingredients



40 minutes



4 servings

### DIRECTIONS

1. Preheat the oven to 400°F (204°C).
2. Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
3. While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
4. In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
5. Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

### INGREDIENTS

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

### NOTES

#### Leftovers

Refrigerate in an airtight container for up to 3 days.

#### Gluten-Free

Instead of farro, use brown rice cooked according to package directions.

#### Nut-Free

Use pumpkin seeds instead of walnuts.



# Eggplant & Crispy Chickpea with Tahini



8 ingredients



40 minutes



2 servings

## DIRECTIONS

1. Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
2. Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
3. Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
4. Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

## INGREDIENTS

- 2 Eggplant (cut in half lengthwise)
- 2 tbsps Avocado Oil (divided)
- 1 3/4 cups Chickpeas (cooked)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Cumin
- 1 1/2 tbsps Tahini
- 1 tsp Lemon Juice
- 1/4 cup Parsley (chopped)

## NOTES

### Leftover

Refrigerate in an airtight container for up to 3 days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

### More Flavor

Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.



## Spicy Curried Kale & Quinoa Stir Fry



14 ingredients



15 minutes



3 servings

### DIRECTIONS

1. Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
4. Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
5. Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

### NOTES

#### Extra Garnish

Serve with hot sauce and chopped cilantro for an added touch.

#### Leftovers

Store covered in the fridge up to 3 days.

### INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 2 Egg (whisked)
- 2 tbsps Coconut Oil
- 1 Yellow Bell Pepper (thinly sliced)
- 4 stalks Green Onion (chopped)
- 2 Garlic (cloves, minced)
- 8 cups Kale Leaves (chopped)
- 1/4 tsp Sea Salt
- 2 tbsps Tamari
- 1 tsp Red Pepper Flakes
- 1 tbsp Curry Powder
- 1 Lime (cut into wedges)
- 1/4 cup Raw Peanuts (chopped)



# Lentil Salad with Maple Roasted Squash



11 ingredients



30 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

## NOTES

### Leftovers

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

### No Maple Syrup

Use honey instead.

### No Butternut Squash

Use sweet potato or carrots instead.

### Save Time

Buy pre-sliced butternut squash.

## INGREDIENTS

- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 1 1/2 tpsps Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Maple Syrup
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 2 cups Lentils (cooked, from the can)
- 4 stalks Green Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Parsley (chopped)



# Cold Noodle Salad with Tahini Dressing



12 ingredients



20 minutes



2 servings

## DIRECTIONS

1. Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
2. Combine the tahini, olive oil, lime juice, tamari, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
3. Add the sauce to the noodles and toss to coat.
4. Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

## NOTES

### No Buckwheat Soba Noodles

Use brown rice noodles or any type of noodle instead.

### Lower Carb

Use zucchini noodles instead of soba noodles.

### Leftovers

Best enjoyed cold or at room temperature. store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

### No Olive Oil

Use avocado oil instead.

### Sticky Noodle Prevention

Toss the noodles in a splash of oil after cooking to prevent them from sticking.

## INGREDIENTS

- 3 1/2 ozs** Buckwheat Soba Noodles
- 2 tbsps** Tahini
- 2 tbsps** Extra Virgin Olive Oil
- 1** Lime (juiced)
- 1 tbsp** Tamari
- 2 tsps** Sesame Oil
- 1 1/2 tsps** Maple Syrup
- 3 tbsps** Water
- 1/4 cup** Radishes (thinly sliced)
- 1** Carrot (medium, thinly sliced into ribbons)
- 1/4 cup** Mint Leaves (finely sliced)
- 1/2 cup** Chickpeas (cooked, from the can)



## Spinach & Pea Risotto



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.

### 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

### NOTES

#### Leftovers

Keep refrigerated in an airtight container for up to 3 days.

#### Serving Size

One serving is equal to approximately 1.25 cups of risotto.



# One Pot Mexican Black Beans & Rice



15 ingredients



45 minutes



4 servings

## DIRECTIONS

1. Cook the brown rice according to the directions on the package.
2. While the rice cooks, heat the avocado oil in a skillet over medium heat and add the onion. Sauté for 2 to 3 minutes and then add the cumin, chili powder, paprika and sea salt. Then add the red pepper and jalapeño. Cook for an additional 2 to 3 minutes.
3. Add the black beans, corn, salsa, and cooked rice. Stir to combine.
4. Turn the oven to broil. Top the skillet with the shredded cheese and place in the oven for 3 to 4 minutes, until the cheese is bubbly on top. Serve with corn tortillas and fresh cilantro. Enjoy!

## NOTES

### Dairy-Free

Omit the cheddar cheese, or use a dairy-free cheese.

### No Smoked Paprika

Use regular paprika instead.

### Less Spicy

Omit the jalapeño.

### Corn-Free

Omit the corn and tortillas.

### Save Time

Cook the brown rice in advance. You can also use jasmine rice or quinoa, which cooks.

## INGREDIENTS

- 1 cup Brown Rice (dry, uncooked)
- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 tsps Cumin
- 1 tsp Chili Powder
- 1 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 3/4 cups Black Beans (cooked)
- 3/4 cup Frozen Corn (thawed)
- 3/4 cup Organic Salad
- 4 ozs Cheddar Cheese (optional, grated)
- 2 cups Corn Tortilla Chips (optional)
- 1/4 cup Cilantro (optional, chopped)





# 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 to 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

### Optional Garnishes

Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

### 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 to 5 days.

### More Protein

Add tofu or a boiled egg.

### No Coconut Sugar

Sweeten with honey 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



# Mediterranean Buddha Bowl



12 ingredients



10 minutes



4 servings

## DIRECTIONS

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## NOTES

### No Hummus

Use tzatziki instead.

### More Protein

Top with crumbled feta cheese or cooked chicken breast.

### Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### More Flavour

Serve with a lemon wedge and black pepper.

## INGREDIENTS

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt



## 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 heating through.
4. Divide into bowls and enjoy!

### INGREDIENTS

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

### 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.



# Sweet Potato Black Bean Quinoa



12 ingredients



55 minutes



6 servings

## DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

## NOTES

### Baking Dish

Use a 9x13-inch dish for 6 servings.

### No Green Onion

Use a white or red onion instead.

### No Red Bell Pepper

Use a green or yellow bell pepper instead.

### Leftovers

Keeps well in the fridge for up to 4 days.

### More Flavour

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

## INGREDIENTS

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the pan)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)